



FUN
AT THE AGM
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**UNPAID CAREGIVERS
DESERVE BETTER TAX BREAK**
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Chapter 36 acknowledges Jeff Scott from Steckley-Gooderham Funeral Homes for his generous support in the production of this newsletter.

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CARP 705.252.4756

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**REMEMBER!
WE SOLD OUT LAST YEAR**

CHAPTER 36 MEETING SCHEDULE

(doors open at 6:00pm)

December 2016 - NO MEETING - Happy Holiday Season

Tuesday, January 17, 2017 - 6:30pm • Guest Speaker Community Police

Being aware, staying safe - don't let the scammers scam you! Please check our website, www.barriecarp.org for updates.

Steckley-Gooderham Funeral Home, 201 Minet's Point Road, Barrie (opposite Giant Tiger)

Saturday, Feb. 11, 2017 - 9:30am - 12:30pm • HYDRO EXPLAINED

The Great Hydro Event (in place of usual monthly meeting)

@ The Southshore Centre, \$10.00 admission, light refreshments

- Fred Hacker, Q.C.,J.D., B.A. moderating.

• **Guests are welcome • Light refreshments are provided**

• **Bring a loonie or toonie for the 50/50 draw • Meetings are free of charge**

**Thank you to our sponsors for door prizes and monetary donations
for our Annual General Meeting on November 15**

Parkbridge Lifestyle Communities • Holland Marsh Wineries

Chartwell Whispering Pines • Vida Remieka • Rosemary Mowat

A Special Thank You to Patricia Dent, Grow Vantage, for
rescheduling her event so that we could hold our event November 15th.

CONNECTING WITH THE CHAIR

Christmas wishes to all of you.

Did you notice the stores were putting out Christmas inventory before we finished Halloween? Maybe I'm old-fashioned but Christmas seems to have become way too commercial for my tastes. I still make Christmas Cake (see p. 6 for the recipe) and, yes send out those dreaded Christmas Cards. I detest putting up the tree but once it is up, I love the ambience it creates, and while I really don't want snow, who doesn't like a White Christmas? Magical lights, poinsettias, eggnog, visiting with family and friends are all wonderful traditions.

It has been a very busy year for our Chapter and I want to thank all the board members and our volunteers for their interest, their time and their talents. We have had member meetings, trips, lecture series, iPad training for seniors, art classes and cooking for one. I especially want to mention how much we appreciate the Georgian College students coming out to teach the iPad training for seniors. Thanks to Georgian College's Kathy Lyle we have some intergenerational mingling happening.

On November 15th we had our Annual General Meeting (AGM), which was held in the Donna Douglas room at Suite Success, 411 Huronia Road. It was a great evening and lots of fun. Check out the pictures in our Winter 2016/17 newsletter, where you'll see some of the attendees. They all seemed to be wearing a smile! As usual, our social committee, namely Margot Scott, along with Keith and Shirley Richards, did a fine job with food, punch and decorations. Entertaining us,

were the Sandycove Covettes and a magician, The Magical Duda. Yes, he did have a rabbit.

Three new board members were elected. They are, in no particular order, Tom Oldershaw, Rosemary Mowat and Dave Caldwell. I look forward to working with them. Regretfully, two board members resigned. Beverly McGrath is leaving us to go back to school (good for her) and Rob McEachern, while he will still be representing CARP on the Senior Advisory Committee, has become very involved in the steering committee, which is working to make Barrie an Age Friendly City, according to the tenets of the World Health Organization. We are still ahead though, with three new Board Members, even though two are stepping down. Rob will still report back to us on the Senior Advisory Committee meetings.

So, all in all, it has been an eventful year and I do want to mention that we are planning a mega event on Saturday morning of February 11, 2017, in place of our regular meeting. It will be called 'Hydro Explained' and held at the South Shore Community Centre. More to follow.

Merry Christmas and wishing you a Happy New Year!

Gwen Kavanagh
Chair, CARP Chapter 36



UNPAID CAREGIVERS DESERVE BETTER TAX BREAK, Retirees' Group CARP Says

CBC - Fri, 14 Oct, 2016 9:58 AM EDT.

The support available to unpaid caregivers in Canada is not good enough, but better tax breaks would help, says Wanda Morris, vice president of advocacy for the Canadian Association of Retired Persons.

Morris is currently on a Canada-wide tour - visiting CARP chapters throughout the country - as part of the launch of what it calls the Caregiver Campaign.

Wanda spoke with CBC Radio's The Morning Edition host Sheila Coles about the campaign.

More than eight million caregivers are providing services, informally and unpaid,

according to CARP.

How government can help

Morris will be looking to the federal and provincial governments for help.

A tax refund instead of a tax credit is one thing being asked of the federal government by CARP.

A refund will ensure all caregivers will benefit, rather than simply the ones who pay taxes - especially people who have had to give up their employment to care for someone.

Morris said CARP also wants to see the Employment Insurance benefits expanded.

continued on page 11



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Space is limited, so please RSVP to: Phyllis 705-431-7690

Saturday, January 21, 2017 • 9:30am – 11:30am

Location: Suite Success at ESS Direct

411 Huronia Road, Suite 5, Barrie, L4N 9B3

ANNUAL Angel Tea and Bake Sale December 10, 2016 • 11:30am – 2:30pm

Barrie Masonic Temple
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Tickets: **\$8** per person for Tea

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WINTER RECIPE IDEA

GWEN'S YUMMY CHRISTMAS CAKE

INGREDIENTS

- 10 eggs
- 1 lb. butter
- 1 1/2 lbs. brown sugar
- 4 cups all-purpose flour
(reserves 1/2 cup to flour fruit)
- 1 tsp. cinnamon
- 1 tsp. mace
- 1 tsp. clove
- 2 lbs. raisins
- 2 lbs. cut mixed fruit
(remember to flour the fruit)
- 2 lbs. cherries, I mix red and green
for colour
- 1 lb. Nuts (walnuts and pecans)



- 1/2 cup juice of cherries
- 1/2 cup milk
- Pinch of salt
- 1 tsp. baking powder
- 1 tsp. soda

PREPARATION

Cream the butter, add sugar and continue to cream with butter.
 Beat eggs, add to creamed butter, sugar & continue creaming.
 Combine all the rest of the ingredient and mix thoroughly. It will be thick.
 Use 3 Round Decreasing Pans or use 4 to 5 Loaf Pans.

Ladle into buttered pans.

Bake large cake at 250° F. 3 hours or small for 1 1/2 hours. I use the loaf pans and I find it can take 3 hours plus, depending on how much batter goes in the pan.

I like to bake my cakes in October, so they can rest until Christmas.

I have been using this recipe for years, it makes a moist dark cake and I find it does not need icing, so decorate the top as you like!

NEW Ontario Electricity Support Program

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A Fraternal Christmas Luncheon and Pageant

Saturday December 17th
11:30am to 4pm

Barrie Masonic Temple

99 Morrow Rd, Barrie ON L4N 3V7

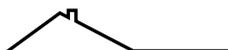
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Larry Hoover,
HomeGuard
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FUN AT THE AGM



Gwen Kavanagh, Chapter Chair & Margot Scott, Social Committee

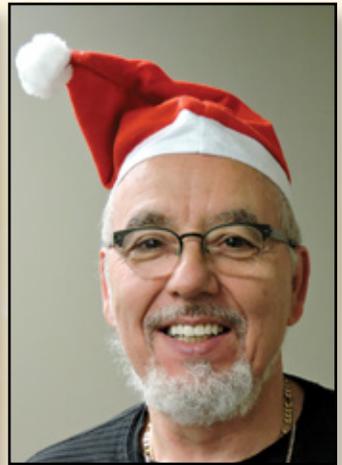
On November 15th, CARP Barrie Chapter #36 celebrated the end of our year, actually our 7th year, with good food, songs and laughter. It was a very successful night and a great time was had by all.



Sandy Wetherald, Secretary



Happy Reindeer, Marlene



Rick, new member



Bonnie North, Director & hubby, Rob Gerbrandt



Keith & Shirley Richards, Social Committee



Rosemary Mowat, New Director



Dave Caldwell, New Director



Joyce



Lloyd & happy wife



Cory, The Magical Duda



Doug Renault and partner Beth Hendry



The Covettes kazooing



All Photos by Phyllis Mahon



CARP CHAPTER 36, BARRIE & SURROUNDING AREAS IS PLEASED TO PRESENT "HYDRO EXPLAINED"

Saturday morning Feb. 11, 2017 from 9:30am to 12:30pm

Barrie South Shore Community Centre (holds 225)
205 Lakeshore Drive, Barrie, ON L4N 7Y9

There will be four speakers, followed by a break and then a panel with the four speakers moderated by Fred Hacker, Q.C.,J.D., B.A.

The First Speaker will be John Vincent, speaking to the history of hydro and describing the current system.

The Second Speaker will be from the OEB, Ontario Energy Board, speaking to rates, etc.

The Third speaker will overview the system currently in place and speak to mergers and consolidation in the industry, as well as the future.

The Fourth and last speaker will be Barrie Mayor, Jeff Lehman, speaking to Power Stream and why we are involved in hydro, with comments on the merger.

There will be a \$10.00 charge for attendees – light refreshments included.

Please go to our website, www.barriecarp.org for further information.

We are in the process of upgrading our website so you will soon be able to sign up on the website and print off your ticket. Otherwise, you can RSVP to David Wetherald at 705.252.4916 and forward your cheque, made payable to CARP Barrie Chapter #36, to him.

We believe this will be a popular event and you should sign up as early as possible in the New Year. More Information will follow as we fine tune the event.



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continued from page 4

Someone who has to provide care for someone can claim EI only if a family member is facing imminent death, within 26 weeks.

“That’s terrific, but we should expand so that [it factors in] individuals who are some ways from death,” she said.

An allowance for caregivers such as the one given in Nova Scotia – \$100 a week – would help alleviate some difficulties and is one of the issues CARP is hoping the provinces will address, Morris said.

These caregivers are often spouses, siblings or children. Half of people in the work force will provide care for another at one time or another, Morris said.

The allowance would help those who stay home to help care for someone rather than having to send them into a care home, she added. Morris is also asking the provinces to help with respite leave, to ensure

caregivers can have a bit of a break and personal time.

Friends, neighbours also caregiving “It really takes a toll,” Morris said.

More than half of caregivers will suffer some sort of mental or physical distress during their caregiving, she added.

The effect can balloon to more than immediate family and close friends, Morris warned.

“Increasingly, as families move apart, we have friends and neighbours playing a caregiving role.”

A little bit of support can keep someone out of an institution, she said.

“We have to recognize the incredible load that’s on these caregivers and it’s probably time to just face reality and provide that support.”

@YahooFinanceCA on Twitter.

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By April Lewis - Peace Arch News

April is the communications director for CARP, B.C.

Peninsula Zoomers: Finding Value in Fitness

With autumn upon us, marking the end of the ‘lazy, hazy days of summer,’ it is easy to fall back (pun intended) on our fitness regime.

Zoomers know how important it is to keep up with some kind of exercise program as it’s conducive to healthy aging.

Of course, there are many programs available locally at our community and senior centres, but I am presenting you with two other options, both of which I consider challenging.

The first option is best done on a sunny day and will only cost you \$14. More if you have lunch.

The second alternative is recommended for a rainy day and could cost you thousands of dollars, depending on your willpower.

Both choices require physical and mental stamina.

I recently took advantage of a beautiful, sunny Friday and opted for the first choice, which is commonly referred to as “Mother Nature’s Stairmaster” or the Grouse Grind.

Wanting to test my fitness level, I stopped talking about doing it and did it!

With a distance of 2.9 km (1.8 miles) and an elevation gain of 850 metres, it is not for the faint of heart.



You are climbing straight up a mountain and there is no turning back. You can’t change your mind halfway and descend the mountain. Not allowed.

Trusting the gentle coaching and guidance of my daughter, who has done it twice before, I joined the 150,000 people ranging in age from 7 to 90, who climb this demanding trail annually.

Dressed appropriately in layers, I whipped off my first layer within the first half hour. Gingerly placing one foot in front of the other, not wanting to trip or twist an ankle, I challenged myself, one step at a time.

Often mimicking a billy goat, I hoisted myself upon rocks, grunted on all fours and ascended all 2,830 stairs to the summit, which is 1,100m.

What a view of the city! And to think I didn’t even break a fingernail.

continued on next page

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And nothing aches. I must have strong quadriceps left over from my running days. I am proud of this physical and mental accomplishment.

Cost: \$4 for parking, \$10 for the gondola down the mountain for a total of \$14.

But the value: priceless!

Buoyed by my achievement, I decided I was up for the second challenge. This time, I was at or below sea level.

Good walking shoes and a FitBit are recommended, if you plan to traverse the 1.4 million square feet footprint of the newly opened Tsawwassen Mills outlet mall. I call it “retail insanity.”

The mall is mammoth in size equal to 80 hockey rinks. I walked for miles through a labyrinth of 180 stores I have seen before. It is retail therapy on steroids. Massive. Exhausting.

Planning my escape, I staggered into a store called Bass Pro Shops. The sign over the entrance, “Welcome Fishermen, Hunters, and Other Liars” beckoned me to enter.

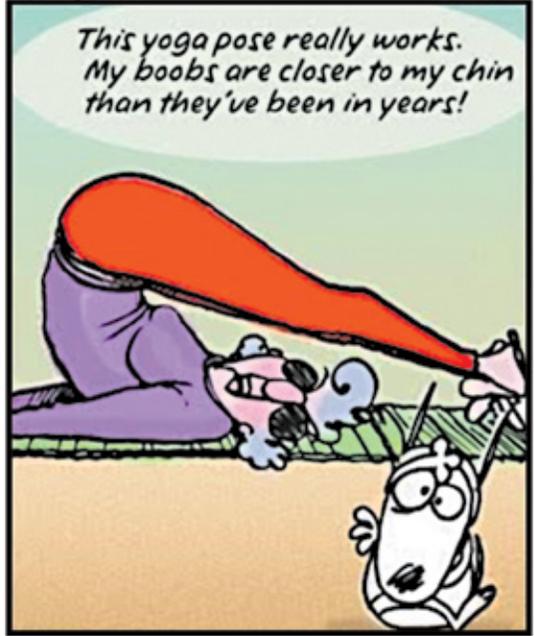
Looking up, I was greeted by a different type of menagerie, which set them apart from the throngs of mindless shoppers.

Dead animals. Taxidermy heaven. Glassy eyes of moose, elk and sheep staring down at me. I am sure I saw one of them wink at me.

Maybe they thought I was a long-lost relative who looked like that billy goat ascending the Grouse Grind recently.

This mall is definitely not for the faint of heart, either. I didn’t spend a penny as I skedaddled out of there to find my car amidst the other 5,999 in the parking lot.

Now there is a challenge for you.



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Rosemary Mowat *Director*

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NOTE: Rob McEachern represents CARP on the Sr. Advisory Committee to the City and Sandy Wetherald is acting secretary for the Senior Housing Committee.

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Please contact: Phyllis Mahon 705.431.7690 or smartofficeservices1@gmail.com
for additional information, rates, specifications, etc.

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funeral homes



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