

**2018**  
**SPRING**  
**INTO**  
**GREEN**

IT'S A WRAP!  
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CARP MEMBERS  
ARE ASKING THE  
**TOUGH**  
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*Photo of Tom Oldershaw by Mark Wanzel*

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

## 2018 Midland Brunch Theatre – Sunday May 6th

Midland Brunch Theatre on May 6th, had 38 participants this year. The day started with a visit to the Midland Cultural Centre, a tour of Quest Art Gallery and Brunch at Roxy Theatre with Chef Glenn. Everyone enjoyed the Huronia Players Theatre presentation of Calendar Girls.

*We plan to host the event again next year.*

**MARK THIS EVENT ON YOUR ANNUAL CALENDARS.**

## CHAPTER 36 MEETING SCHEDULE

Meetings at Steckley-Gooderham Funeral Home,  
201 Minet's Point Road, Barrie (opposite Giant Tiger)  
(doors open at 6:00pm)

**Tuesday, June 19, 2018 - 6:30 p.m.** • JUNE IS ONTARIO'S 34TH ANNUAL SENIORS' MONTH • *Presented by: CARP Head Office*

CARP Barrie will share information on events including award ceremonies, recognition events, socials and seniors' information and active living fairs. For more information visit [www.BarrieCarp.org/AggingWell](http://www.BarrieCarp.org/AggingWell)

- **Guests are welcome • Light refreshments are provided**
- **Bring a loonie or toonie for the 50/50 draw • Meetings are free of charge**

**NO MEETINGS IN JULY OR AUGUST – Have a great summer!**



# CONNECTING WITH THE CHAIR

**W**elcome to Summer, we waited long enough.

This last quarter was exceptionally busy for our Chapter with the “Spring Into Green” eco event on earth day, April 22nd and two Political Forums for the two Barrie Ridings on May 8th for Barrie Springwater Oro-Medonte and on May 15th for Barrie Innisfil.

I hope everyone turned out to vote as our members have such a great record of turning out for elections (98%). This of course helps with our Advocacy efforts as the politicians need to pay attention to us. We recorded the two political forums and a link should be available on our Facebook and Website by the time you receive this newsletter. Perhaps the recordings by the four candidates at each Barrie riding will help with your decision at the electoral poll.

The eco green event will be held again next year at the Holly Rec Centre in South Barrie. We feel such an event is very beneficial to the Community as a whole and for all ages. We intend to build on this year’s event with more exhibitors, more information, great speakers and some fun too. So keep in the back of your mind and we encourage advice and comments from you to make this the “go to” for next April.

The Chapter Board consists of nine individuals and works hard to please our members with events and great presentations by some very worthy guests, such as our April meeting with Commissioner of the OPP, Vince Hawkes.

The brunch theatre trip on May 6th was well received as always, and I know some members are requesting a wine tour again. I believe the Social Committee will be



looking into that for the fall. Meanwhile, check out other upcoming events in the pages of this newsletter. I hope many of you will attend our June 19th meeting as we have CARP Head Office sending us a speaker to inform you of all the many benefits and discounts you receive as a member. It all adds up to great savings, which many of you might not even be aware of. Also, in September we will have a presentation by LHIN (Local Health Integration Network) which I feel most of you would like to know about and understand.

Gardening is around the corner with fresh veggies and I always look forward to a BLT sandwich with wonderful tasty home grown tomatoes. Meanwhile, I hope all of you will have a great summer and a chance to visit with friends and family, both near and far.

Your Chair  
Gwen Kavanagh  
CARP Chapter 36



# CARP Members Are Asking The Tough Questions

In case you missed it, CARP Chapter 36 hosted Political Forums on May 8th & 15th at Steckley Gooderham. It is no surprise that with all the attention surrounding the election that our members were out asking the candidates all the tough questions.

CARP Chapter 36 for Barrie and Surrounding Areas has always held political forums for all elections (City, Provincial and Federal) since we came into being nine years ago.

We format 5 questions in 5 different areas, which we send out well in advance, to all of the 4 major party candidates.

**Question 1:** According to a recent FAO (Financial Accountability Office) report, it would have cost Ontarians 1.8 billion dollars less to borrow money for transit and infrastructure projects than to sell a 53% stake in Hydro One. If elected, what would you do to create greater transparency and accountability when the government decides to sell off a public work without consulting the public first AND why is it under the secrecy act?



**Question 2:** Ontario's \$312 billion debt is now at the point where every person in the province is \$22K in debt because of Queen's Park mismanagement and poor budgeting. That is the worst debt per citizen ratio of any province in Canada or state in the USA. If elected what would your first three actions be to address this issue?

**Question 3:** Baby Boomers are now well into their 60's and 70's and as such costs and pressure on health care are going to be rising very quickly. If elected what are some policies that you would support to care for our aging population, including improving the current up to 10 year wait list for L/T care.

**Question 4:** Many Ontarians, especially seniors, live on fixed incomes that rarely keep up with inflation. Housing costs have skyrocketed over the last few years to the point where even people working full time are struggling to make rent, never mind a mortgage. If elected what would you do to help Ontario create more affordable housing? For instance would you consider alternatives, such as a five year, interest free loan for \$100M to build 100 Co-housing homes across Ontario.

**Question 5:** What would you do to expand the Ontario Network of Entrepreneurs and support Small Business in Barrie Springwater Oro-Medonte and Barrie Innisfil, our two local ridings.

For anyone who missed the discussions, you are able to watch recorded live stream videos and will find links on the website and CARP Barrie Facebook pages online.

**DON'T MISS THIS!**

### Township of Tiny SENIOR SYMPOSIUM

Join us for the annual update on Tiny's Local Aging Plan which outlines Tiny's opportunities to enhance senior services and strategies to build an Age-Friendly Community. Enjoy brunch, receive a copy of Tiny's new 2018 Directory of Senior Services, be a part of Tiny's new Senior of the Year Award Ceremony and learn about local seniors' clubs and senior service providers in North Simcoe.

**WHERE:** Township of Tiny Community Centre (91 Concession 8 East)

**WHEN:** June 19th, 2018 OR June 21st, 2018 **TIME:** 10am - 1pm

FREE ADMISSION • Registration Required (includes Brunch)  
Space is limited! Registrations accepted until event is full.

### MEETING INVITATION

#### Stand Up Straight – CARP Advocacy Priority 5

CARP's advocacy is a campaign to rouse our own Members to become an active part of society. The far-reaching effects of physical activity work for almost every system in the body; from brain to the heart. There is a wealth of evidence to show that moderate activity, even started much later in life is good for you and can improve the quality of life as we age.

I am proposing the opportunity for the formation and participation in a walking group. This can be done in our own CARP Barrie Chapter group or in partnership with other groups. I would like to hold a meeting to assess the level of interest and talk about what the group would look like. You are invited to attend.

**WHERE:** Casa Cappuccino, 91 Dunlop Street East.

**WHEN:** Tuesday June 26, 2018

**TIME:** 7:30 PM

CONTACT: Tom Oldershaw, Vice-Chair CARP Chapter 36,  
Tel: (705) 794-7170, Email: [tom@keys4life.onmicrosoft.com](mailto:tom@keys4life.onmicrosoft.com),  
**Please RSVP.**

# Making The Difference

**O**n August 11, 2018, Tom Oldershaw will ride 200kms over a 14-hour day on his mountain bike. One could think a remarkable feat for anyone, Tom will be 76 years old.

“When it comes to aging I believe it’s a mind over matter,” laughs Tom, “if I don’t mind, it does not matter”.

Tom rides to bring attention and raise the profile of Oldershaw Making-The-Difference Endowment Fund managed by the Barrie Community Foundation. The local foundation is a member of the Community Foundations of Canada builds and manages endowment funds to support charities activities in the City of Barrie and surrounding areas.

Guided by the belief, passion and desire that every life has equal value the Oldershaw Making the Difference Endowment Fund will work to help those individuals experiencing homelessness or poverty to lead healthy productive lives. It will focus on improving people’s health and give them a chance to lift themselves out of poverty and homelessness. To quote Teddy Roosevelt, “No one cares how much you know until they know how much you care”. The goal is to raise \$1 million for the **“Oldershaw Making-The-Difference Endowment Fund”** by 2026.



Our missions are the outcomes that help us achieve our vision of seeing a community where every person could live a healthy, productive life:

- Ensure more children and young people survive and thrive.
- Empower the poorest, especially women and girls to transform their lives.
- Inspire people to care about the less fortunate lending a hand up.
- To provide the opportunity to design-build a better life for family and love ones.
- Inspire people to act and provide change for their Community.

Understandably, current needs must be met by all charities. We need to escape the tyranny of the urgent by also building for the future.

Tom has Sponsorship and companies that work in partnership to fund the ride including Steckley Gooderham Funeral Homes, Peaceful Transition, Immunotec Inc., Swirl@ez, Bikeland and City of Barrie. The need for funding is greater and resulted in the establishment of a Social Enterprise, Health4Life that partnered as an Independent Consultant with Immunotec Inc., a Canadian based Company that develops, manufactures, markets and sells research-driven, nutritional products through direct to consumers sales channels.

*continued on page 10*



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# 2018 Spring Into Green – It's A Wrap!

**O**ur first annual Spring Into Green at Holy Community Centre this past Earth Day was a success. Visitors who attended the event enjoyed Featured Speakers, Electric Cars, Discovery KidZone and food samples from Taco Bout It. There are plenty of pictures of the activities on the website and CARP Barrie Facebook page so visit us online.

The Committee would like to thank Bonnie North for arranging our

featured speakers and displays of Electric Vehicles. This years committee worked for several months to pull it all together. Special thank you to Gwen, Tom, Bonnie, Ingram, Sandy, Rosemary, Sandra and all others who helped out.

The committee is looking forward to getting an early start for next years event. Anyone looking to get involved is encouraged to get it touch with Gwen.





# Discovery KidZone



*Making the Difference continued from page 4*

There are a variety of charities involved when it comes to benefitting from the interest that comes off the \$1 million once its raised and that will be a big thing. If every individual did a little bit, we would eliminate poverty. Organizations in Barrie such as the David Busby Street Centre, Hope City Church and Youth Haven to name a few.

This will be the seventh year Oldershaw has taken to the trails around Barrie and Simcoe County cycling up to 450 Km. in a 2-day ride. This year is a ride to celebrate Oldershaw's 76 birthday. The ride will start at Barrie's Spirit Catcher, head to Orillia along the Oro-Medonte Rail Trail, through to Waubaushene on the Uthoff Trail,

travelling to Midland and Penetanguishene on the Tay Shore Trail, returning to Barrie on the North Simcoe Rail Trail.

When we ride Barrie's and Simcoe County Rail Trails there is no better place to ride than the beautiful waterfront trails, Oldershaw said, adding he feels fortunate to be able to jump on his bike and go.

Being active at 76 years old, train daily riding about 2500 Km between May and August is phenomenal. I believe we all need to remember "if your life style does not control your body eventually your body will control your life style".

Past efforts in the City of Barrie haven't gone unnoticed. Tom is a recipient of the Queen's Diamond Jubilee Medal and Order of the Spirit Catcher Award in

*continued on next page*

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recognition of outstanding accomplishments, inspiration and contribution in the Community.

I have learned not to underestimate the power of individual action no matter how seemingly small. You never know the difference you can make until you have tried. To quote Author and Speaker, who wrote the book, *Love Your LIFE to DEATH*, Yvonne Heath, "I Just Showed Up". I want it to matter that I was here Making the Difference.

To learn more about the Oldershaw Making-The-Difference Endowment Fund visit [www.making-the-difference.ca](http://www.making-the-difference.ca), email: [tom@keys4life.onmicrosoft.com](mailto:tom@keys4life.onmicrosoft.com), tel: (705) 794-7170. Help through Sponsorship opportunities for MTD Events: Luncheon or Breakfast, Gala Dinner, or Speaker Events Contact: Tom Oldershaw, tel: (705) 794-7170. To donate to Oldershaw Making the Difference Endowment Fund, ONLINE: [barriecommunityfoundation.org](http://barriecommunityfoundation.org) and follow instructions under giving. BY CHEQUE: Pay to the order: Barrie Community Foundation, Memo MTDRide, Barrie Community Foundation, 36 George Street, Barrie Ontario, L4N 5N3, tel: (705) 737-5220.

# JOHN'S JOKES

In Memory of John Rodgers,  
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## Stand up Straight

**T**here are a large number of important issues on our members' minds, and we hear from them through the course of the year, through our online polling, from our chapter meetings, and from communication directly from members to our national office. Each year, at our Annual Chapter Congress, we drill down on a handful of topics which are a priority for a wide number of our members, and on which we believe we can best effect change.

Our national priorities for 2018 included Pension Protection, RRIF Reform, Resident Safety in Long-Term Care and better access to Housing for Seniors in poverty... but we also announced something unique to our members for 2018.

Our work has almost always focused on what our various governments, and their policymakers, can and must do for us. But this year, we're also taking a look in the mirror and asking, not only what our governments can do for us but, when it comes to improving life as we age, what we can do for ourselves!

### Stand up Straight

So our fifth priority for 2018 is a campaign to rouse our own members and supporters to become an active part of the solution how our society will deal with all those from among our cohort who will converge on our healthcare system over the coming decades.

As CARP President Moses Znaimer said, "It's time for Zoomers to stand up straight, and move their buns, to preserve their body and their mind."

We have a launched a community priority campaign called, "Stand Up Straight"

and encourage all of our members to take it to heart, for their own health. On May 26th, 2018 is CARP's National Walking Day, kicking off this campaign and our Chapter will be hosting a walk and welcomes all of our members, of all fitness levels, to join us.

Doctors say that if they could prescribe the benefits of moderate physical activity in the form a pill, it would change the healthcare landscape. The far-reaching effects of exercise work for almost every body system from the brain to the heart. There is a wealth of evidence to show that moderate activity, even if started much later in life, is good for you... and can improve the quality of life as we age.

### Why Walking?

Walking is the easiest and most accessible form of physical activity. Walking improves fitness, cardiac health, alleviates depression and fatigue, improves mood, creates less stress on joints and reduces pain, can prevent weight gain, reduce risk for cancer and chronic disease, improve endurance, circulation, and posture, and the list goes on... Plus it's fun and you can share your activity easily with others.

[www.carp.ca/standupstraight](http://www.carp.ca/standupstraight)





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# BOARD MEMBERS AND COMMITTEES

## BOARD MEMBERS 2018

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<b>Tom Oldershaw</b>	<i>Vice-Chair</i>
<b>Sandy Wetherald</b>	<i>Secretary</i>
<b>Beverley McGrath</b>	<i>Treasurer</i>
<b>Dave Caldwell</b>	<i>Director</i>
<b>Bonnie North</b>	<i>Director</i>
<b>Ingram Nurse</b>	<i>Director</i>
<b>Kelly Patterson</b>	<i>Director</i>
<b>Randy Ward</b>	<i>Director</i>

## COMMITTEE MEMBERS

### Executive Committee

**Gwen Kavanagh**, Chair  
**Tom Oldershaw**, Vice-Chair  
**Sandy Wetherald**, Secretary  
**Beverley McGrath**, Treasurer

### Membership Committee

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### Senior Housing Committee

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### Murray Steban

**Ross Cotton**, Consultant  
**Shelley Raymond**, Consultant  
**Sandy Wetherald**

### Spring Into Green Committee

**Gwen Kavanagh**, Committee Chair  
**Tom Oldershaw**, Sponsorship  
Coordinator, Sales

### Bonnie North

**Randy Ward**, Media & Community  
Relations

### Sandy Wetherald, Secretary

**Sandra Roberts**, Event Manager  
**Ingram Nurse**, Media & Sponsorship  
Relations

### Community Relations Committee

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& Online

**Ingram Nurse**, Media & PR,  
Newsletter - Advertising Sales

**Randy Ward**, Media & PR, Newsletter  
- Publisher/Editor

**Ryan Tomlinson**, Website

**Colour Something Creative**, Graphic  
Design, Newsletter

## MOVING? MOVED? NEED TO UPDATE YOUR MEMBERSHIP INFORMATION?

To manage your CARP membership:

Go to [www.carp.ca](http://www.carp.ca)  
and click on MyCarp

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e-mail to: [support@carp.ca](mailto:support@carp.ca)

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Ingram Nurse 705-730-3493, text, call or e-mail [ingram@bettercareservices.ca](mailto:ingram@bettercareservices.ca) for additional information, rates, specifications, etc.

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