



# CONNECTOR CHAPTER 36

SERVING BARRIE AND SURROUNDING AREA | [barrie@carp.ca](mailto:barrie@carp.ca)

Winter Edition 2018/19

**FUN**  
**AT THE AGM**  
**» PAGE 8**

**WHEN IT COMES TO MEDICATION, LESS IS MORE**  
**» PAGE 4**

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

Special thanks to Pamela Hillier for giving the 211 presentation at our October member meeting. It was very informative.



## CHAPTER 36 MEETING SCHEDULE



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



**December - No meeting**  
**Have a Healthy, Happy and MERRY holiday season!**  
**See you next year.**

**Tuesday, January 15, 2019 - 6:30 p.m. • LOVE YOUR LIFE TO DEATH**  
*Yvonne Heath, an Inspirational Speaker/Radio Host, shares with heart and humour, her book "Love Your Life to Death".*

**Tuesday, February 19, 2019 - 6:30 p.m. • ENDING AGEISM**  
*World Specialists at the WHO this past summer discuss the multiple forms ageism can take.*

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



# CONNECTING WITH THE CHAIR

**U**nfortunately, winter has come early this year and since I am not a skier, or a snowmobile person, I would have been happy to wait another month. With Christmas around the corner, the sparkling lights and festive carols do make up for some of the pain of the extended shovelling..

Finished complaining and want to tell you some of the good news for our Chapter. In October, four of our Board spent a day at CARP HO and we four were able to spend 45 minutes with each department head to discuss and answer any questions we had. We found this very helpful and came away enthused. Our membership across Canada is increasing, which is encouraging as the more members we have, the more governments listen to us. They know our members vote.

We also had a fun Karaoke evening at our Celebrate CARP & the Community on Oct. 5th at Meridian Place and Casa Cappuccino gave out 50% off tickets for beverages to help keep us warm. The Board thinks it would be great to repeat in 2019 but perhaps a few weeks earlier when it will be warmer.

Our final meeting of the year, our AGM was on Nov. 20th at the Royal Canadian Legion off Ferris Lane and it was a tremendous success with a presentation by WeedMD and superb entertainment by the "Even Steven". It was nice to see people dancing and enjoying themselves. There was food, cake and two kinds of punch. I vote for the Champagne Punch personally.



The next member meeting will be on Jan. 15th at Steckley-Gooderham on the corner of Minet's Point Road and Yonge St. and I hope to see most of you there. Please keep in mind our big Event for 2019, the **Be Green Show** is to be held at the Holly Rec Centre on Mapleton Ave., April 20th. Look forward to lots more information on this Event in the future.

From our House, CARP Chapter 36 to all of you, have a wonderful Holiday Season and stay warm.

Your Chair  
Gwen Kavanagh  
CARP Chapter 36



The Allandale 55+ Centre is collecting pop tabs to help raise money for wheelchairs and other adaptive equipment for children. The funds that comes from the tabs, goes to the Robert Hampson Tabs for Kids Fund at Easter Seals Ontario.

Please save your pop tabs and bring them into the 55+ center, and we will ensure they get delivered to where they can make a difference.

*Thank You for helping us make this valuable contribution to our community!*

## When it comes to medication, less is more

**U**nless we've been incredibly healthy, we're all familiar with the side effects of medication. We may take a drug to relieve pain, itching or heart attack risks, and end up drowsy, pudgy and unable to operate heavy machinery.

We typically accept those consequences as a small price for the relief of our original problem.

But we may not realize that taking more than one drug at the same time — or taking supplements in addition to medication — leaves us at risk of side effects from the interactions between them. The consequences may be severe.

Students of math know when we increase the size of a sample, the number of combinations within that sample increases very quickly. For example, if we are shopping and face a choice of two power-tools — or two purses — or two pastries, we have four choices. We can buy the first, the second, both or neither.

But as the supply increases, our choices multiply.

The number of options for a purse, power tool or pastry selection may be largely irrelevant; no matter how tantalizing the choices, we are likely to limit ourselves to one (okay two).

But when we surveyed our members, we found the typical CARP member takes four medications, with 11 per cent taking eight or more. This means older Canadians are at significant risk of severe side effects — not only from any one medication they take, but also from the many interactions that arise between multiple medications.

Thousands of medications are available, and pharmacists and doctors can't know the possible side effects from all combinations of any two. When three or more drugs are prescribed, pharmacists are even less likely to know all possible side effects. But it is clear that polypharmacy, the simultaneous use of five or more medications by a patient, can lead to severe consequences. For example, a research paper published in *Postgraduate Medicine* in 2014, noted an increase in the risk of falls in older patients who were prescribed four or more medications.

While at times it's clinically necessary to take multiple medications, too many Canadians are swallowing too many pills and running the risk of harmful side effects unnecessarily. Our healthcare system is very good at helping us get treatment (medication), but too few systems are in place to deprescribe it.

We may be taking a medication, such as a proton pump inhibitor (for acid reflux), when we could control our symptoms through gentler means. Or we may have become accustomed to a nightly sleeping pill — when the prescription was only meant for short-term relief. If a specialist prescribes us a medication, our family doctor may be reluctant to change or stop it. We may be prescribed a drug to help us prepare for an operation or other medical procedure, and inadvertently end up taking it long after the need has passed.

To be as healthy as possible, we need to pay just as much attention to coming off our medications as we do to going on them. Doctors and pharmacists can help

*Advocacy continued on page 11*

# KARAOKE NIGHT A SUCCESS!

Thanks to everyone who came out to our fun evening at Meridian Place on October 5th for karaoke and popcorn and the chance to win a turkey!



Baton Twirler with fire at Karaoke.



This is Board member Sharon Turcott, Rob North and City Councillor Keenan Alywin enjoying the night.



First singer of the evening.

Photos by Ingram Nurse



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# Remembrance Day

**S**alute to a brave and modest nation - Kevin Myers, 'The Sunday Telegraph' LONDON:

Until the deaths of Canadian soldiers killed in Afghanistan, probably almost no one outside their home country had been aware that Canadian troops are deployed in the region.

And as always, Canada will bury its dead, just as the rest of the world, as always will forget its sacrifice, just as it always forgets nearly everything Canada ever does. It seems that Canada's historic mission is to come to the selfless aid both of its friends and of complete strangers, and then once the crisis is over, to be well and truly ignored.

Canada is the perpetual wallflower that stands on the edge of the hall, waiting for someone to come and ask her for a dance. A fire breaks out, she risks life and limb to rescue her fellow dance-goers, and suffers serious injuries. But when the hall is repaired and the dancing resumes, there is Canada the wallflower still, while those she once helped glamorously cavort across the floor blithely neglecting her yet again.

That is the price Canada pays for sharing the North American continent with the United States and for being a selfless friend of Britain in two global conflicts.

For much of the 20th century, Canada was torn in two different directions: It seemed to be a part of the old world yet had an address in the new one, and that divided identity ensured that it never fully got the gratitude it deserved.

Yet it's purely voluntary contribution to the cause of freedom in two world wars was perhaps the greatest of any

democracy. Almost 10% of Canada's entire population of seven million people served in the armed forces during the First World War, and nearly 60,000 died. The great Allied victories of 1918 were spearheaded by Canadian troops, perhaps the most capable soldiers in the entire British order of battle.

Canada was repaid for its enormous sacrifice by downright neglect, it's unique contribution to victory being absorbed into the popular memory as somehow or other the work of the 'British.'

The Second World War provided a re-run. The Canadian navy began the war with a half dozen vessels, and ended up policing nearly half of the Atlantic against U-boat attack. More than 120 Canadian warships participated in the Normandy landings during which 15,000 Canadian soldiers went ashore on D Day alone.

Canada finished the war with the third-largest navy and the fourth largest air force in the world. The world thanked Canada with the same sublime indifference as it had the previous time.

Canadian participation in the war was acknowledged in film only if it was necessary to give an American actor a part in a campaign in which the United States had clearly not participated - a touching scrupulousness which of course, Hollywood has since abandoned, as it has any notion of a separate Canadian identity.

So it is a general rule that actors and filmmakers arriving in Hollywood keep their nationality - unless that is, they are

*Remembrance Day continued on page 10*





# SAVE THE DATE!



**Saturday April 20th, 2019 • 10am to 5pm**

Holly Centre located at 171 Mapleton Ave, Barrie ON

The "Be Green Show" and the City of Barrie, invites you and the Family to attend a fun filled day learning and interacting with the companies and organizations making our great City a greener place.

- Over 100 Eco Green Exhibitors • Kids Zone & Children's Fashion Show
- Guest speakers & a special message from the Mayor • Great food
- Interactive Games for the entire Family

**Admission FREE with a donation to the Barrie Food Bank**

## CONFIRMED EXHIBITORS

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| ✓ OTN (Pam)                | ✓ Busch Systems             | ✓ Robin Clay Fitness       |
| ✓ Tandempark (Aaron)       | ✓ Amintro Social Networking | ✓ The Barrievue            |
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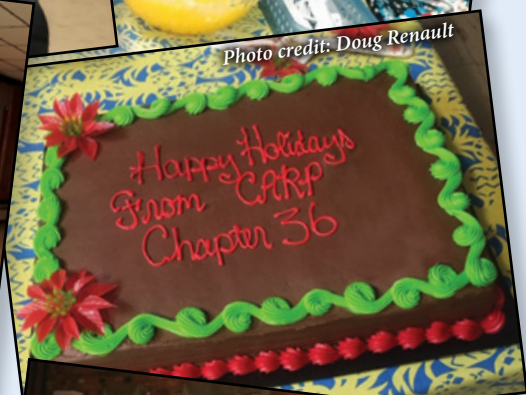
SANDBOXCENTRE.COM

**JOIN THE CONVERSATION**

# Fun at the AGM

A great evening was enjoyed by 90 plus members at the Annual General Meeting held at the Legion. We had some great door prizes following the business portion of the evening and an informative presentation by WeedMD.

Attendees were able to enjoy some delicious snacks, cake and dancing to the wonderful entertainment provided by Even Steven.







# W BARRIE interFEST

February 2 & 3, 2019

**Grab Your Mittens and Celebrate Winter!**

## Outdoor Fun

Ice & Snow Sculptures  
Horse-Drawn Wagon Rides  
Lumberjack Shows  
Maple Taffy Samples

## Indoor Activities

Pancake Breakfast  
Family Entertainment  
February Blues Festival  
Hot Chocolate Trail

**And so much more!**

**Barrie**  
Well played.

**[barrie.ca/winterfest](http://barrie.ca/winterfest)**



Remembrance Day continued from page 6

Canadian. Thus Mary Pickford, Walter Huston, Donald Sutherland, Michael J. Fox, William Shatner, Norman Jewison, David Cronenberg, Alex Trebek, Art Linkletter, Mike Weir and Dan Aykroyd have in the popular perception become American, and Christopher Plummer, British.

It is as if, in the very act of becoming famous, a Canadian ceases to be Canadian unless she is Margaret Atwood, who is as unshakably Canadian as a moose, or Celine Dion, for whom Canada has proved quite unable to find any takers.

Moreover, Canada is every bit as querulously alert to the achievements of its sons and daughters as the rest of the world is completely unaware of them. The Canadians proudly say of themselves - and are unheard by anyone else - that 1% of the world's population has provided 10% of the world's peacekeeping forces.

Canadian soldiers in the past half century have been the greatest peacekeepers on Earth - in 39 missions on UN mandates and six on non-UN peacekeeping duties, from Vietnam to East Timor, from Sinai to Bosnia.

Yet the only foreign engagement that has entered the popular non-Canadian imagination was the sorry affair in Somalia, in which out-of-control paratroopers murdered two Somali infiltrators. Their regiment was then disbanded in disgrace - a uniquely Canadian act of self-abasement for which naturally, the Canadians received no international credit.

So who today in the United States knows about the stoic and selfless friendship its northern neighbour has given it in Afghanistan?

Rather like Cyrano de Bergerac, Canada repeatedly does honourable things for honourable motives but instead of being thanked for it, it remains something of a figure of fun. It is the Canadian way for which Canadians should be proud, yet such honour comes at a high cost. This past year more grieving Canadian families knew that cost all too tragically well.

*Lest we forget.*

**Robin Clay**  
Nutrition & Fitness Coach





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- ★ GAIN STRENGTH
- ★ INCREASED IMMUNITY



*Advocacy continued from page 4*  
assess our medications and provide advice and support to help wean us off of them.

It may be time to ask your doctor (or pharmacist), if less medication is right for you.

If you are taking medication for heartburn or acid reflux, **click here for a guide** to help determine if you still need to take it. Check out [deprescribingnetwork.ca](http://deprescribingnetwork.ca) for information and other resources to help you identify ways to reduce the number of medications you take.

WANDA MORRIS | POSTMEDIA



# JOHN'S JOKES

In Memory of John Rodgers,  
Former Board Member  
And Joker Extraordinaire!



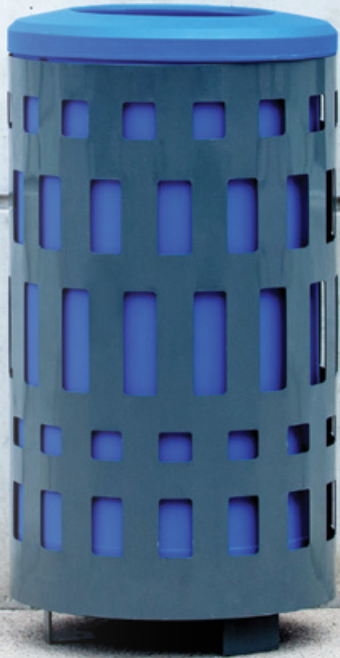
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## By April Lewis - Author of Lovingly Arrogant: From Chaos to Contentment [www.lovinglyarrogant.com](http://www.lovinglyarrogant.com)

CARP White Rock Surrey Chapter, Communications Director



### High School Reunion

*We don't need no education*

*We don't need no thought control*

*No dark sarcasm in the classroom*

*Teachers leave them kids alone!*

Although Pink Floyd hadn't yet written these lyrics when I was in high school, the song Another Brick in the Wall became an anthem for rebellious youth for decades.

My high school graduation was 1969. I wouldn't exactly call myself rebellious although I did wear the shortest skirts and highest boots as I walked down the hallway with my nose in the air. You see, I was a member of the Drama club. Very elitist I was.

I wasn't the most popular girl in school or the prettiest but I got along with everyone.

Fast forward to our high school reunion of 1979. I can honestly say I have no recollection of it.

Then suddenly it was 1989 and the twenty year reunion. Now that I do remember. All the dishy guys were balding and paunchy. All the cute girls weren't so cute anymore. I remember unabashedly telling my friend that I looked better than anyone and I wanted to keep that memory intact.

No more high school reunions for this gal. Next year will be the 50th but I shall stay home.

I have several girlfriends, however, who recently attended their 50th reunion, including Catherine Sperling Dreyer

who winged her way up to Prince George.

She wrote a poem about this experience and has allowed me to share it with you.

This could be my life she is writing about. Only thing missing is Kahlil Gibran and Hermann Hesse. I thought I was so cool reading these authors.

This could be your life.

*Ours is a good life.*

*Into the fray when the swells of change are high*

*And the gifts inspired*

*Prophecy by Leonard Cohen*

*Insight by Bob Dylan*

*Craze by Jim Morrison*

*Peace by John Lennon*

*Anger by Alan Ginsburg*

*Sweet rejection by Laurence Ferlinghetti*

*Canada by Pierre Elliot Trudeau.*

*Ours is a good life.*

*On and on, and still swimming strong in the swells of change*

*And the action is brisk*

*Women on the move, move, move*

*Sexual equality is hot*

*She is making change in the government*

*She is making change in the university*

*She is calling herself MS*

*And having sex on the waterbed*

*Revelation: God is Dead.*

*Ours is a good life.*

*On and on, and the swell is internal and consuming*

*Stress and doing, doing, doing*

*Partners, kids, jobs, bills*

*continued on next page*

*continued from previous page*

*Oh, there's sweet joy, laughter, love  
And heartache, heartbreak, courage  
There are no plans that do not swerve  
There are no promises that can be kept  
Oh God, yes, You God, sustain us  
This life is an earthy, rutted road.*

*Ours is a good life.  
On and on, and the internal swell is  
loosening, calming  
Looking outward, assessing  
Refining, synthesizing  
More aware, more flexible  
Family, friends, colleagues  
Conversations over dinner and wine  
Politics, global inequity  
Grateful to be Canadian  
Grateful to be alive  
Ours is a good life.  
On and on, and letting go of the swell  
Breathing, reflecting, filling in the holes*

*Learning humility  
Can the next big one really be 70?  
70 is not the new 50, it is our 70  
We made it ours, we own it  
And it looks like this  
And this is grace.*



*Ours is a good life.*

Thank you Catherine for sharing your insightful poem. You have given us much to reflect upon but I am still not going to my 50th high school reunion next year.

Well maybe if Pink Floyd showed up...

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# BOARD MEMBERS AND COMMITTEES

## BOARD MEMBERS 2018/19

<b>Gwen Kavanagh</b>	<i>Chair</i>
<b>Ingram Nurse</b>	<i>Vice-Chair</i>
<b>Sandy Wetherald</b>	<i>Secretary</i>
<b>Position Available</b>	<i>Treasurer</i>
<b>Dave Caldwell</b>	<i>Director</i>
<b>Bonnie North</b>	<i>Director</i>
<b>Kelly Patterson</b>	<i>Director</i>
<b>Sharon Turcott</b>	<i>Director</i>

## COMMITTEE MEMBERS

### Executive Committee

**Gwen Kavanagh**, Chair  
**Ingram Nurse**, Vice-Chair  
**Sandy Wetherald**, Secretary

### Membership Committee

**Dave Caldwell**  
**Kelly Patterson**

### Senior Housing Committee

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**Constan Boiangiu**  
**George Gibson**, Retired  
**Murray Steban**

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

### Be Green Show Committee

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 Media & Sponsorship Relations  
**Sandy Wetherald**, Secretary  
**Sandra Roberts**, Event Manager  
**Dave Caldwell**  
**Gwen Kavanagh**  
**Bonnie North**  
**Tom Oldershaw**

### Community Relations Committee

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**Kelly Patterson**, Media & PR - Social  
 & Online  
**Sharon Turcott**, Social Director  
**Ingram Nurse**, Media & PR,  
 Newsletter - Advertising Sales  
**Ryan Tomlinson**, Website  
**Sandra Fraser**, Newsletter Editor  
**George Rogan**, Media & PR,  
 Meetings  
**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

OR

Write to:

CARP, PO Box 940 Stn Main,  
 Markham, ON L3P 9Z9

OR

Telephone Member Support:  
 1-800-363-9736

Toll Free: 1-888-363-2279

Local: 416-363-8748

OR

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

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Gwen Kavanagh, Financial Advisor

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**1/3 COLUMN AD – \$250** (2.75" x 2.25" horizontal APPROX. business card size)  
Placement in 4 editions

**QUARTER PAGE – \$400** (5.5"x 2" horizontal – 2.75" x 4" vertical)  
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**HALF PAGE – \$700** (5.5"x 4" horizontal – 2.75" x 8" vertical)  
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**FULL PAGE – \$1,200** (6"x9" vertical) – Placement in 4 editions

**CENTREFOLD – \$750** per issue (6"x9" vertical) – Placement in 1 edition  
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for additional information, rates, specifications, etc.

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# *Our next chapter in the* evolution of tradition.



March 4th, 2019, will mark the beginning of a new chapter for Steckley-Gooderham:

Our location at Minet's Point will begin serving the community from our newly appointed location at 30 Worsley St. Just five minutes away, our Worsley Street location will support our growing community for years to come, offering both traditional and alternative funeral services, adapting, changing, and continuously growing to meet the needs and exceed the expectations of our clients.

Questions?  
Call Jeff Scott or Susanne Pretty today at  
(705) 721-9921