

# MUSKOKA SENIORS MAGAZINE

Your Resource for Living Well

Jul/Aug 2017

*Happy 150th Birthday Canada!*



**Inside...  
History, Ancestry, Heritage...**

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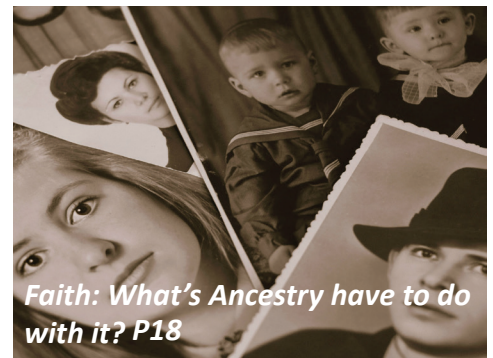
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JUL/AUG 2017

VOL 2, ISSUE 5

YOUR RESOURCE FOR LIVING WELL



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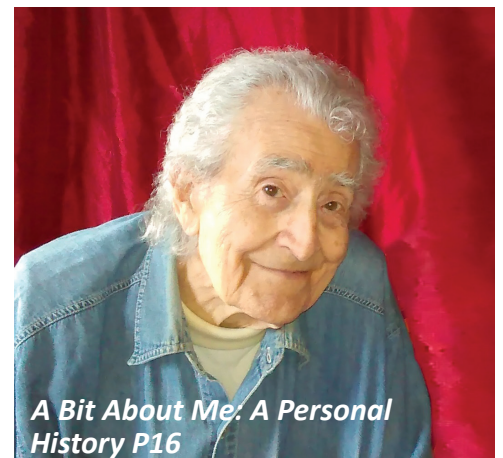
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### **Muskoka Seniors Magazine**

*Your Resource for Living Well*

*Catering to Muskoka and surrounding areas,  
with a mission to inform, inspire, support and include.*

As we embark on Canada's 150th birthday, or as some refer as Canada's "colonial anniversary," we are reminded about the importance of what it means. History, ancestry and heritage are a few areas that stand out during this time.

The general history of our country may be a hot topic right now, like pioneers settling in Canada, as expressed in poem format by Bessie Grimes in this edition. However, our personal histories also play an important role in contributing to the picture of our communities and Canadian culture as a whole.

For instance, also having community members like 95 year old Mike Napolitano inspiring us with his personal history and message about believing in ourselves can propel us to soar individually and his recent challenge with the deportation of his son, Ray - his primary caregiver - can inspire us to step up as a community (page 16)... Stories such as this can give us the opportunity to help one another to know we're not alone with our challenges and that we can get through adversity.

History covers a broad range of topics, including that of our growth as individuals and how we are supported in our attempts at being well. Our mental health is an area rich in history and an area that thankfully is now more understood and supported, as indicated by Catherine Moffat in the Mind Health section.

Ancestry is another important area that we are reminded of during the many Canada Day celebrations, including but not limited to family reunions. It is a topic that can be applied to many areas of our lives, including how we see ourselves, our beliefs and even faith, which Reverend S. Derek Shelly helps to shed some light on, sharing, "Those who have gone before us and those who are yet to come, are all very much a part of this very time."

You'll also probably come across Heritage Days and events during this time, which remind us of the many practices, customs and traditions that once existed. The Dorset Heritage Museum is a great example of this, and they were kind enough to also share a taste of what it was like for the first settler of Dorset, Francis Harvey, in 1821.

We tried to give you a little sample of the spirit that has made up our communities and country, through courage, perseverance, growth and support. And as always, we threw in a few chuckles along the way, and hope you enjoy this edition as much as we enjoyed putting it together for you.

Enjoy your Canada Day!

A handwritten signature in black ink, appearing to be the name of the publisher, written in a cursive style.



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## MUSKOKA SENIORS MAGAZINE

*Your Resource for Living Well*

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### PRINTING

McLaren Press Graphics, Gravenhurst, ON

### DISTRIBUTION

Distributed in public and senior venues within and surrounding Muskoka.

*Muskoka Seniors Magazine* is published bi-monthly.

### EDITORIAL NOTE

The information presented in this magazine is not intended to substitute medical advice from a licensed practitioner.

Your suggestions and submissions are welcomed. However unsolicited manuscripts will not be returned.

If you're not in the distribution area, prefer home delivery or want to send a subscription as a gift, you can email: [subscription@muskokaseniorsmagazine.ca](mailto:subscription@muskokaseniorsmagazine.ca)  
Canada: \$29.99

<http://muskokaseniorsmagazine.ca>

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**Mike Napoliano** retired from NYC in 1980 to marry a Muskoka girl. Since then, he has harmonized his American background with Muskokan sensibilities, keeping those within earshot entertained and informed.



**Wendie Donabie's** love of language drives her passion to write. When words won't do, she turns to her easel. Her creative work focuses on the beauty and fragility of Planet Earth.



**George Brooks** is a retired teacher. He and his wife moved from the Niagara area to Ahmic Lake. He has been published by Reader's Digest magazine, "More of Canada."



**Bob Birrell** ("Birrelli" on his paintings) 82, was born in Scotland and emigrated to Canada at 23. He lives at Deerhurst in Huntsville, and paints and writes in his retirement.



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**Shirley Cambray** spent many summers on Oxbow Lake before taking up full-time residency in Huntsville. Now in her senior years, she is enjoying the writing of poems and short stories.



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**Dr Nick Bianchi** is a Chiropractor in Bracebridge. Chiropractors deal with conditions of the spine and all muscles, joints and nerves of the body. He deals with common conditions, such as sciatica, neck ache and shoulder pain. You can send him questions related to physical health and well-being, exercise and conditions such as arthritis.

**Q:** *“I have a friend that broke one arm in 5 places in a fall a while ago. So, she has overcompensated with the other arm, and now she is in such pain with it that she can hardly get any sleep. And she can only raise it so high because of pain and discomfort. What can she do to relieve the situation and get a fair amount of sleep?”*

Ah, yes, the pain and helplessness related to shoulder injuries is something that I know all too well. In fact, a few weeks ago I injured my shoulder while skateboarding! Shoulder injuries generally result from either a trauma such as a fall, or from repetitive overuse. The pain itself is often generated from injured muscles as opposed to bones or ligaments. Whereas accidents do happen, there are some unique aspects of the shoulder that make it especially prone to injury, especially in seniors.

### **The Rotator Cuff – From Shoulder Pain to Arm and Hand Numbness**

The shoulder joint is a very loose joint, held together mainly by muscles (the Rotator Cuff). This arrangement allows for an incredible range of motion, however these muscles are vulnerable to developing strains, knots and tears. Symptoms include shoulder pain of course but also arm pain, deep bone pain and hand numbness or

tingling. Doctors tend to see a high incidence of shoulder problems in older people, not because of aging per se but because of under-use. Essentially, the muscles and tendons become weak because people in our culture don't lift, pull and carry things as we once did. When this occurs, even “normal” use, such as reaching into the back seat of the car, can create tears, resulting in pain and stiffness. In regard to the questioner above, because she has had to rely solely on one arm to do everything, the muscles have fatigued to the point of strain or possibly worse.

### **What To Do – Part 1**

In the short-term, rest is advised (not likely in the above case), ice packs for pain (or sometimes heat to help the tense muscles relax), pain-reliever gels and creams and manual therapy, including massage provided by a massage therapist, physiotherapist or a chiropractor.

### **What To Do – Part 2**

Shoulder rehabilitation needs to be done for all shoulder injuries and, for all you non-injured readers, to prevent



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shoulder injury. The exercises for shoulder strengthening are simple, non-strenuous and can be completed in 10-15 minutes. I advise that strength training be considered by everyone, especially by seniors. Not only does strength training prevent muscle injuries but it also makes our bones and immune system stronger.

In summary, most shoulder pain lasting more than a few days should be assessed and treated by a health-care provider. These problems don't readily go away on their own and even if the pain has subsided, the odds are that the muscles will remain weak and more serious injury is likely.

The good news is that shoulder pain is relatively easy to treat. Patients will be encouraged to learn that they can do a lot for themselves, however an overall assessment and guidance is a must.

*Keep those questions coming and thanks for being interested in your health!*

Dr. Nick

*If you have a physical health question for Dr. Nick, addressing your muscles, bones or nerves, including exercise, conditions such as arthritis, or general well being, email:*

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*Dr. Nick would love to hear from you!*

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Melvin Bartman of Huntsville called in to inform us of this delicious and healthy alternative to the more common bleached and/or and gluten-laden products we’re used to, and he had our attention at “easily digestible, one of the least allergenic, cheap and nutritious.” So, we took a closer look.

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We experimented with Millet and here’s some great ways we tried it:

#### **Hot Breakfast Cereal**

This is also how Melvin likes it, and eats it every morning. To get the most out of it, we added blueberries and bananas in addition to some soy milk, and it was delicious.

#### **Rice Alternative**

Boiled like rice, and topped with a little olive oil, salt and pepper, it made for a delicious snack (or side).

Another tasty method was to cook it like a rice pilaf (without the stock), some garlic, diced tomatoes and broccoli. This prompted an enthusiastic request from a young family member to “make it all of the time!”

#### **Bread**

It makes for a healthier alternative than white flour (given less carbs and calories, and high fibre), and given that it’s gluten-free makes for a win-win situation. (Muffins, fruit

crisp, cobbler or cookies are a few other ideas. But the possibilities are endless.)

We tried tea biscuits. We started with 1 cup Millet – grounded in a coffee grinder – 2 teaspoons baking powder, 1/2 teaspoon salt, 1/6th cup coconut oil, 1/3 cup soy milk and it likened to a pancake mix...a little more flour was muffins...so we added another part brown rice and white flour to get the right consistency (we ran out of Millet and had to improvise!). The results... A crisp outside that remains light in colour, a little denser inside than would be with all white flour, and delicious! You can play around with your recipes and have fun with it. We found it versatile, and with a flavour and texture a little like corn flour that works well sweet or salty.

Thank you Melvin for taking the time to call in and let us know about this delicious, healthy and versatile grain! **-MSM**

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## SUPPORT FOR STRESS



### Social Support: We Fare Better Together

In spite of the pride that many of us feel at the thought of our independence, we're social creatures that need each other to thrive.

Researchers have likened loneliness to hunger, thirst, or pain, in addition to associating it with health problems such as diminished immunity, cardiovascular risk, the progression of Alzheimer's, obesity, alcoholism and depression.

In contrast, support from others can help us solve problems, cope better with hardship and have a sense of control over our life circumstances.

The Canadian Mental Health Association indicates, "One of the greatest benefits of social support is that it helps people deal with stress. Having someone to talk to reduces stress and protects you from the physical damage it causes such as high blood pressure, ulcers, migraines, anxiety attacks and depression."

#### Ways we can feel supported

As friends and family members, we can provide each other with

emotional support by helping to boost each other's moods, encourage confidence and a sense of support.

We can also turn to our communities which provide needed health and social services, along with events that encourage a sense of belonging.

Statistics Canada indicates, "Nearly two-thirds of those who felt a very strong or somewhat strong sense of community belonging reported excellent or very good general health.

In contrast, only half of those with a very weak sense of belonging view their general health as favourable as those with a strong sense of community belonging."

So, as we go about our personal endeavours, let's remember to include the social aspects and not forget that our well being is "solidly anchored in the threads of connections to others"( J. T. Cacioppo, et al. "Happiness and the invisible threads of Social Connection," 2008). **MSM**

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## MIND HEALTH



### Mental Health in a Changing Canada

By Catherine Moffat

*“Mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”*  
–World Health Organization

Over the past 150 years the understanding of mental health in Canada continues to evolve as new knowledge and awareness develops. Mental Health and Mental Illness in Canada are often a reflection of the values and attitudes within the Canadian landscape.

In the 18th to the early 20th century, women were sometimes institutionalized due to their opinions, unruliness, and inability to be controlled properly by a primarily male-dominated culture. When women gained civil and reproductive rights in Canada they gained a sense of agency over their lives, which is a critical component for mental health.

In the last century, Christian authorities and institutions played a role in demonizing “otherness” and people were labelled as “deviant” and “mentally ill” if they did not conform to social norms.

The medical model replaced the religious model and the growth of mental health asylums became the norm in the early 1900’s. Insulin shock treatment, electro convulsive treatment (ECT), prefrontal lobotomies and sedatives were considered acceptable forms of treatment.

In the 1940’s, tourists would walk through the wards of insane asylums as spectators of the patients, who were segregated and alienated from society. Patients provided unpaid services while living in institutions, with the patient’s rights movement only starting in the 1970’s. Families turned to asylums out of despair, as the only option.

War and economic depression resulted in large numbers of “undesirables” who were separated from the mainstream. Indigenous peoples were sent off to reserves and later separated from their families...“Out of sight, out of mind”.

The DSM (Diagnostic Statistical Manual) has been a controversial way to label people, and many categories and treatments have been changed over the past 50 years.

Psycho-tropic drugs (anti-psychotic drugs) in the 1950’s started a revolution in the deinstitutionalization of people with mental health. Community-based mental health was deemed possible with the advent of drugs. Smaller psychiatric institutions were built and people had to manage living with minimal supports in community settings.

There was a move from in-patient to out-patient, and drugs were the vehicle that opened this gateway, as did a better understanding of the psyche.

As children started to gain rights

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in Canada, we began to realize the developmental impact of abuse and neglect. Our understanding of the significance of trauma on the human psyche came to light after WWII, and continues to evolve as we learn about the neurobiology of the brain.

The stigmatization of mental health is rooted in the historical attitudes that started from a place of ignorance and fear. Stigma, discrimination and racialization are major barriers to people seeking help. The freedom to choose ones gender identity, sexual orientation and life path are all ingredients to positive health, and we continue to address the social determinants while working with the Canadian society to enhance the well-being of all Canadians.

**Catherine Moffat** MSW, RSW. 30 years providing counselling services. Therapy for anxiety, depression, trauma, relationships and grief. CBT, EMDR, Mindfulness and Trauma Therapy. [www.CounsellingMuskoka.com](http://www.CounsellingMuskoka.com)



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# The Story Tellers

By Shirley Cambray  
(Some names changed in this article)

We all seemed to be content with our retirement condo lifestyle and indeed, why shouldn't we be? We don't have to prepare meals or wash dishes, do house work or yard work. We don't even have to drive a car any more – we have the wonderful shuttle bus. In fact we are in retirement heaven, hardly having to even think for ourselves, activities for each day are listed on the bulletin board.

There's a morning swim at the pool for the early birds, followed by light exercises with Gladys to awaken our appetites, as if they needed stimulation. In the afternoon, if we don't feel the need for a nap, there's shuffle board, card games and board games, as well as crafts and wood carving. Some of the men like to play darts, but that has proven hazardous on some occasions.

The shuttle bus arrives on Monday, Wednesday and Friday to take us to the local Mall so we can walk around and look at all the things we no longer need, or want to have. If we wish to stay and have lunch there, at the Chinese restaurant, we let our condo chef know beforehand and then make arrangements for the bus to pick us up later.

We don't have to leave the complex to have the services of a barber or hairdresser. We can even arrange for a massage, facial and manicure or, out of necessity have our toenails clipped. How could we possibly complain? Daily routine can get to feel sort of comfortable.

In fact it appeared we had all become complacent, cheerfully accepting our rather tedious lifestyle in the senior' complex, that is until we met the new occupant

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of number 42. Self-assured, outgoing, energetic Pam. Like a whirl of fresh air, she got our attention.

It was Friday evening and, in keeping with our routine, we'd assembled in the community room to watch a re-run of another old movie. Then, halfway through, it was put on hold so we could enjoy refreshments. During the interlude someone remarked that the movie night had become monotonous and perhaps we should join a dating club. This provoked a great deal of guffawing until Pam said she'd once been encouraged to enter that world and had been given a number of possibilities. Did they want to hear about **(CONTINUED ON PAGE 22) >>>**

## BITS & GIGGLES

Figure this word out:  (Contributor: Betty Whitehead - collaborative group effort)

Answer: xoqpuoꝥ

Seen on a badge in Huntsville: "I put maple syrup on my maple syrup!" -Anonymous



Mike Napolitano

## A Bit of Me

By Mike Napolitano

*People always ask me how I made it to age 95 in complete control of my mental and physical faculties. I really don't know the answer. Perhaps, after reading this you'll be able to help me figure it out.*

I have learned to share my personal life experiences, in three different languages, with anyone willing to hear them.

I opted not to have a required hip replacement at age 88 for obvious reasons. My avid curiosity and daring almost got me killed more than once. I wanted to find out what would happen to me if I did nothing about my hip. As time passed I needed a cane, then had to go to a walker, yet I still went out every day, even in winter, until I had to use a wheelchair. I gave up my driving privileges at 93 and scaled back my social engagements where I often sing and perform for friends and others. At age 90, I was videotaped dancing while using my walker as a partner, winning the People's Choice Award during the Chartwell Senior Star Competition (it's on YouTube).

Now, confined, I wheel myself around the house, handle all my personal needs with a bit of help from an agency, spending my time annoying and informing both sides with my writing to newspapers and magazines, and calling in to radio programs. My pet targets are governments, war mongers, profiteering corporations with no sense of concern for the effects of their products upon consumers,

religious institutions that preach loving philosophy but don't practice it, people who believe success is measured in financial gain and material acquisition, dictatorships, abusers of women, minorities (I was part of one growing up in The Bronx, NY), and any who discriminate.

I stand up against deniers of the Holocaust - an occurrence I can personally vouch for. I served as a combat soldier in WWII and visited a site still in tact in all its shocking details about how totally innocent, defenseless people could be so cruelly abused by other human beings. That, combined with my own participation in the senseless slaughter of "the enemy," usually a people otherwise known as neighbors in peacetime, had me leaving the service determined to do my bit about denouncing war, conflicts, arguments, all violence against the weak and disenfranchised, the less educated, the defenseless, and the abused.

I learned the principles of peaceful resistance, saw how effective they could be when used by giants like Ghandi, Martin Luther King, Nelson Mandela and others. Looking back on my life I wish I had learned it before being dragged into a situation that reversed my upbringing 180 degrees by forcing me into the mistreatment of people I didn't even know under the guise of saving my country. That is a typical lie used to perpetuate war, made clear by General Smedley Darlington Butler in the 1930's in his seminal essay: "War Is A Racket." I still feel that one sure way to stop war is to organize the various churches into preaching pacifism and refusing to send their parishioners to war. They can use their churches as refuges for the young draftees and others being recruited as killing machines, like I was.

Born in The Bronx, NY, of Italian immigrant parents, I soon came to learn about discrimination. I grew up during The Depression of the 1930s, working odd jobs as a kid of seven, shining shoes for gamblers who were doing well in illegal bookmaking despite no jobs being available. With the help of the church, the NY police department, some real sympathetic store owners who extended us credit for food that we later paid back in full, we managed to squeak through the hard times, content to still be alive and happy to have enough food, shelter and clothing to learn what the real valuables in life were all about. But fate was only just starting to work me over.

At ages 13-15, each summer I'd be stricken with Rheumatic Fever. It was so painful I built up a resistance that is useful today when my hip starts trying my patience, as the pain comes and goes. I have learned to talk to it, often in the language reserved for an army barracks, but



it works. I don't take pain killers of any kind thus far. If it turns into constant 'round the clock pain, we'll see. At age 16, the Rheumatic Fever left and never returned.

After high school graduation in 1940, at age 18, when jobs were still scarce, I found one working in a slaughterhouse located where the United Nations now stands. They talk there now about wars that kill humans on the very site where I was preparing for it by learning how to do it to animals. It seems I was thrown into the path of history from time to time.

As a soldier on pass in Alabama, while on our way to a friend's wedding, a buddy and I were picked up by 3 deputies and questioned. They placed us in the Selma Jail, saying they were calling the military police to come get us. We spent the night there in 1943, a couple of decades before Dr. Martin Luther King Jr graced that same establishment.

Another time my life overlapped a historic place was when I was sent to Springfield, Illinois for special military training. Springfield is the town where Abraham Lincoln and later Barack Obama made history.

It was a quote from Dr King: "My God, if President Lyndon Johnson can send help to Vietnam, why can't he send soldiers here to defend us?" that stood out for me as I kind thus far. If it turns into constant 'round the clock pain, we'll see. At age 16, the Rheumatic Fever left and never returned.

It was a quote from Dr King: "My God, if President Lyndon Johnson can send help to Vietnam, why can't he send soldiers here to defend us?" that stood out for me as I headed down the pathway toward holding legislators, governments and others in power accountable. They are placed there to protect us, the taxpayers, not the war mongers and profiteering firms that buy out their allegiance, rendering them derelict in the oaths they swore to uphold when they took office. My nagging curiosity, combined with a trained eye for deception and corruption, led me into researching the health field.

Like most, I hadn't paid much attention to health issues. My regular insurance coverage appeared adequate for my family's needs until...until my wife was diagnosed with lung cancer at age 52. We were told she would die in 30 days and there was nothing they could do to help. Well, a long story for another day saw us start down a winding road to nutritional therapies and alternative perspectives that afforded my wife 2-plus years of incredibly vibrant health, despite a body ravaged by tumors. Fortunately, we had one bright light of a doctor who told us: ***"Don't ever let anyone ever tell you there is nothing you can do!"***

Those words are branded into my memory and have led me on a whole quest since, helping those feeling "there is nothing they can do" find solutions to problems others have given up on - those open-minded people refusing to succumb to the brainwashing determined to stifle possibilities.

So I roll and I write, I sing and I laugh, and I curse at my hip but live on, determined to chase the inevitable future a little bit further forward until such time as has been allotted me is up. Thank you for allowing me to share of bit of me with a bit of you.

**Mike Napolitano** retired from NYC in 1980 to marry a Muskoka girl. Since then, he has harmonized his American background with Muskokan sensibilities, keeping those within earshot entertained and informed.

**Mike is also currently facing the challenge of having his son, Ray - his primary caregiver - deported back to the United States, due to a visa mishap. You can read more about it here:**

<https://www.thestar.com/news/immigration/2017/06/27/american-worries-border-ban-may-keep-him-from-caring-for-canadian-dad-95.html>

("American Worries Border Ban May Keep Him From Caring For Canadian Dad, 95" The Star.com, by Nicholas Keung, June 27, 2017)

**In the meantime, if there is anything that you can do to lend your support to Mike, please do so. You can give him a call at: 705-684-8890**



## Faith: What's Ancestry Have to do With It?

*In 1992, I remember discussion around the idea of celebrating the 'discovery' of America by Christopher Columbus while at the same time, the event was referred to as the 'invasion' by Spain. Just like this year many Canadians will be celebrating 2017 as the 150th anniversary of the birth of Canada. Some First Nations' people have other terms for July 1, 2017. Even though everything one does is "political," it is not my intent to use this column for that purpose. Rather, I make reference to the First Nations people because of the respect they hold out for their ancestors.*

Ancestry is a crucial part of anyone's faith journey. Who I am as a person is determined in part by my lineage. Time and time again the Bible, the Torah and the Quran remind the faithful to remember his or her heritage. Deuteronomy 26:5 tells the one who brings a gift to God, to "make the response before the Lord your

God (saying): A wandering Aramean was my ancestor..." The purpose of making such a recitation was (is) to help the worshipper to connect in some mystical way with those who have gone before. It is reminder that we are never alone in our faith journey.

Some cultures have been known to bury their dead in a tomb beneath their living space so as to have their ancestors with them. Burial grounds are considered important for many cultures for more reasons than they simply are the final resting place of earthly remains. The connection with our ancestors is considered sacred.

Most cultures hold great respect for their "elders," realizing that wisdom and experience is often more meaningful than intelligence. Benjamin Hoff in *The Tao of Pooh* (The Pooh of A.A. Milne fame) wrote, "...Knowledge and experience do not necessarily speak the same language...Lots of people talk to the animals...Not very many listen, though (and) that's the problem, he (Pooh) added" (p.29). Yet it is for more

than even wisdom that elders are so revered and held sacred.

It is important then that we re-realize that our lives are much more than even what we can see. We are still connected through our ancestry. Even when we feel let down by our ancestors, we should not assume that everyone has let us down. Rather than run from the situation we need to stop and allow ourselves to be encircled by those who do care for us. We need to reconnect with a deeper sense of who we are and there find those who truly care for us. In some instances, those whom we first thought as enemies may be our strongest supports.

Faith is that which helps us remain true to whoever we are. Despite the challenges that confront us, it becomes even more important to know that those who have gone before us and those who are yet to come, are all very much a part of this very time. We are more than the physicality of DNA. We are all part of a wonderful yet sometimes painful creation. Yet the most important element of it all is that we are never alone.

Whether or not we call ourselves "religious," we are spiritual. It is this spirit that connects us with our ancestors and with all of creation. Faith is enhanced when we let ourselves feel connected to that which has and continues to be sacred. My faith and my ancestry are forever correlated, offering each of us the empowerment of our past and our future.

*Rev. S. Derek Shelly is a minister with the United Church of Canada, serving Trinity United in Huntsville, and is the author of the book, *Dying to Live*.*

# Stories: A Part of Our Heritage

**“After nourishment, shelter and companionship, stories are the thing we need most in the world.” - Philip Pullman**

Canada’s 150th birthday is a reminder of heritage, which includes stories passed down from generations of experiences, traditions and practices. In addition to being entertaining, stories are a part of the fabric of who we are, as individuals, communities and a society.

## Individuals

When we feel connected to family stories that have been passed down, it can help us feel like we belong to something larger than our immediate life, which can become a part of our own legacy. We can gain pride and strength from stories about our heritage, especially when it comes to overcoming adversity. They can be a great learning tool to help us to push forward, for instance, when thinking about what an ancestor that we admired would do or encourage us to do in a similar situation.

*“We can gain pride and strength from stories about our heritage.”*

## Communities

Stories also reflect how we evolve as a town or area and can shine on our strengths as people that work together to create a healthy and thriving place to live and raise our families. They can include how people earned a living, the types of businesses that thrived, economic conditions, family support systems and even artistic influences.

*“Stories also reflect how we evolve.”*

For instance, with this year marking the 100th year since the presence of Tom Thompson, his legacy of painting in our area naturally inspires stories to go with them. A great example of this is Sue and Jim Waddington’s perseverance over the course of 40 years, finding over 600 sites where he painted. Each location has its own story that has touched the residences and land owners that reside at some of them (Huntsville.ca, July 2017). Imagine your home being one of the spots he sketched or painted? Some story!

## Society

As a society, stories reflect who we are in the larger scheme of things, such as a country and world as a whole. As individuals and communities, we contribute to our country and how we want it to be (i.e. strong, supportive, inclusive and diverse, working together toward common goals and reputation). The stories we tell our children and grandchildren about our country affects their sense of pride and can inspire positive efforts to maintain it..

*“As individuals and communities, we contribute to our country and how we want it to be.”*

Stories inspire change. As we continue to share stories that encourage each other as individuals, communities and as a country, we can continue to build a society we that we can all be proud of. **MSM**

## FEATURE



### *My Walk With Julien and Camrynne*

*By George Brooks*

Our grandson Julien and our granddaughter Camrynne visit us often at our cottage home on Ahmic Lake. When they arrived on the long May weekend the three of us walked around the property investigating what had changed since their last visit. This is what happened when we wandered hand in hand down towards the lake.

“Oh Papa,” cries Camrynne when we get to the lawn near the lake, “look at all the beautiful yellow flowers.”

“Damn dandelions,” I mutter out loud.

“Damn dandelions, damn dandelions,” mimics 7 year old Julien.

“Julien,” I say sternly.

“Damn dandelions,” he repeats.

“Julien, that’s once!” That’s the parent signal for the misbehaving to stop.

Camrynne pipes in, “But Papa they are beautiful.” And I suppose they are to a 5 year old. She has no idea the hours I spend pulling and digging out those offending weeds from the grass. The children let go of my hands and plunk themselves down on the ground as only flexible children can.

“Papa, Papa, sit down with the flowers,” invites Camrynne.

Easy for her to say! The getting down is not too bad, it’s the getting back up that will be the chore. I manage to squat down and then sit with a fair amount of knee joint cracking.

That brings a puzzled look from Julien but no comment.

The children each pluck one of the offending dandelions and I think to myself “Maybe I can trick them into picking them all.”

Camrynne picks another one - a mature one loaded with those pesky white wings that fly off with the wind to start more damn dandelions somewhere else on my

property. “Why are there white ones with the yellow ones?” asks Camrynne.

“Because they’re old or dead,” pipes up Julien, the precocious and typical 7 year old. “Like Papa,” he continues.

I give him a stern look but not the “twice” warning. Camrynne is still looking at me for an answer.

“Well,” I say, “when the dandelions get old, the yellow blossoms turn into little white wings and at the end of the wing is a seed. The wind blows the wings with the seeds into the air and they float away and when they land they start growing a new dandelion.”

“Is that like the birds and the bees?” asks Julien with a silly grin on his face.

“What has his mother been telling him?” “He’s only 7,” I think to myself.

Camrynne looks puzzled and asks “What does Julien mean birds and the bees?”

“Oh no, I’m not going there,” and I start to feel a little hot under the collar.

“Birds and the bees, birds and the bees,” chirps Julien.

“Enough Julien,” I growl.

“Camrynne doesn’t know about the birds and bees,” he continues.

“Julien, now that’s twice!”

We sit quietly for a few minutes and Camrynne plucks a white wing from the mature dandelion and studies it. “Is this the seed?” asks Camrynne as she points to a dark spot at the end of the wing.

I give Julien a nervous glance but he seems more interested in some dried leaves he has found on the ground. “Yes,” I whisper, “that’s the seed.”

“Do all seeds grow into new dandelions?” she asks.

I ponder this as adults do instead of just giving a simple answer and saving myself a lot of grief. “I think most of them do,” I cautiously answer.

“So some seeds just die like Carli’s puppies did?” she continues. It is more of a statement than a question, so I let the thought just hang there.

“Are you going to die Papa?” she asks and looks at me with those big brown eyes that are starting to fill with tears as if she already knows the answer.

Julien stops playing with the leaves and looks apprehensively at me.

“How do I get myself into these things?” I wonder and avoid the question a little. “Ah, all things die but new life comes to replace whatever dies,” I say quickly. Both children give me a quizzical look. “I believe” I

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continue, “that when things die they give new life to something else. Like those dried leaves that Julien has in his hand. They were green and alive once on a branch on that tree over there. They died and dropped to the ground. When one of these feathery dandelion seeds lands on them, then the seed will use the leaves as food and grow and become a beautiful yellow dandelion.” I almost choke on that part! “So life starts over and over and over again,” I continue. “That is the magical and beautiful part about nature and life.”

Julien and Camrynne stare at the leaves and then look at the white feathered dandelion in their hand.

Camrynne gently blows on a mature dandelion and dozens of seed wings float away. “Have a good life,” she whispers. She says it so softly and sincerely that I have to say the same.

“Have a good life!”

At this poignant moment Nana calls from the porch of the cottage, “I have some lemonade ready. Do you want some?”

I raise my arm and give a friendly wave “yes.”

The children jump to their feet and I struggle but finally make it up. I look at the ground where I had been sitting. There is dog dirt from Carli. I look at the back of my pants which are now covered in it!

“Papa pooped his pants!” yells Julien and both children look and laugh.

“Julien, don’t make it three!”

We start back towards the cottage. Partway up, I stop and look back at the yellow blanket of dandelions. They somehow have changed or I guess I have because they no longer look like a blight to be torn out of the ground but beauty and life to enjoy.

I am just about to say sorry to Julien for not seeing the humour in my plight and the joy of simple things when he solemnly says, “Sorry Papa.”

I gently squeeze his hand. How can I explain to him that I am the one that should be sorry? These intelligent and inquisitive children have reopened my mind to the beauty and wonder of nature. I need the count of three, not them!

They let go of my hands and run towards the cottage and before the screen door is half opened I hear the children yelling, “Papa pooped his pants! Papa pooped his pants!”

*George Brooks is a retired teacher. He and his wife moved from the Niagara area to Ahmic Lake. He has been published by Reader’s Digest magazine, “More of Canada.”*

it? Of course they did.

“Well,” she said, “The first candidate and I arranged to meet at the local donut shop. He apologized for making a late appearance, and then informed me he’d forgotten his wallet. After coffee and some small talk, I discovered he’d arrived on a riding lawnmower and it was low on gas, so I followed him down the road to ensure he’d make it to his driveway, then waved him a vigorous goodbye and left. He called later, wondering why I had not followed along into his house.

The next person, a very nice man, was still trying to recover from the the passing of his wife the previous year. He brought me her lotion and cologne to wear so the fragrance would sustain his memory of her. Although we had a good conversation I couldn’t play the role he had in mind, and consequently there was no second meeting.”

These stories prompted others in the group to say they too probably could recall peculiar things that had either happened to them, or been told to them by friends. So someone suggested we set aside one evening each month to exchange true life experiences.

And that is how it all began – our Friday evening for story tellers.

Being the oldest member of the group it seemed imperative to have Jean start first, keeping in mind she still had a delicious sense of humour. According to her, she went to sleep at ten o’clock as usual, no problem there, but then awoke with a start – her bedside clock said eleven forty-five. Fearing she was going to be late for lunch, she hastily jumped into the handiest clothes and made her way out into the hall. That’s funny, no one around and why were the hall night lights still on. Better check her clock again – good grief, she’d made a mistake, it must be twelve midnight. Oh, well back into her pyjamas.

Everyone laughed, except Lillian who was the group’s sceptic. She argued if Jean had not arrived for breakfast someone would have checked on her, so how could she possibly think it was noon. But the group disagreed. It was entirely plausible that, by awakening so abruptly, Jean became confused.

Thanks,” said Jean. “For a while I thought I was losing it entirely.”

Lorraine had a story to share but, it was so bizarre, Lillian probably would just poke holes in it. Anyway she didn’t have it all sorted out in her mind yet.

After an uncomfortable pause, Pam recalled something

that happened early in her married life:

“It was 1965 and we were trying to establish a social life. I was in awe of my brother-in-law and wife, who were sophisticated and well-settled, so when we were invited to a Saturday night party at the home of one of his co-workers, we carefully figured out what would be suitable to wear. But early that morning he phoned reminding us about the party and asking if we had our funny outfits chosen. We had no idea it was a costume party, so it became a mad scramble to line up something. A visit to the thrift shop helped us to down-dress and go as a butler and a maid.

Feeling very pleased with ourselves, we arrived at the party and the door was opened by a woman looking elegant in a stylish dress. She appeared to be appalled by the way we were dressed and suggested we might be at the wrong house. Then, in the background, we saw the prankster, wearing camel-coloured slacks and silk shirt, laughing his head off. We knew we’d been had. Actually all those in on the joke said we were good sports; the evening was a lot of fun and we made friends.”

Everyone smiled, imagining a similar situation, although a couple of people remarked they hadn’t found it funny when tricks were played on them.

Another silence fell over the group and they looked at each other rather sheepishly. So Lillian tried to give encouragement by promising she would not be critical because it should be an evening of fun. Surely they’d all lived long enough that something in the past was worth recounting. If someone else didn’t step up to the plate, the idea for the evening would be lost and they might as well go back to watching old movies.

While all this back and forth chit-chat was going on, Beryl, who is rather shy, said in a quiet voice:

“My story is rather short but it is true and you might like it. Going to bed one night, although very tired, I followed my usual habit of removing my watch and partial plate and putting them on the bedside table. Next morning, both items were still on the table, but the teeth were dry, and the watch was soaking in liquid.”

This brought a few groans from the listeners, but everything was moving along now and Lillian, who liked being in-charge, quickly looked around for another contributor.

Then a hand shot up in the air as Elizabeth laughingly remembered the birth of her second son.

“I’d left it too late. The baby’s arrival was imminent. In



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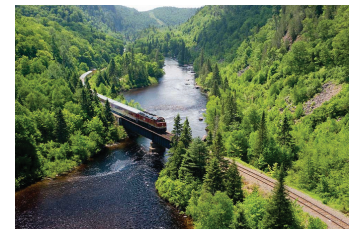
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a dither we called on the next door neighbour “ to take care of our two-year old child, and the rush was on. No time for husband to change from his tatty, garden work-clothes. Speeding through red lights, we arrived at the hospital where I was quickly put on a trolley, then shoved into the service elevator. A workman, complete with tool bag, was in the elevator too. He looked at me in panic and said, “Lady, please don’t do this to me, I can’t handle it.” I remember thinking, what does that mean, he can’t handle it – I’m the one that’s going to give birth.

The orderly rushed me down the hall to the delivery room, with a nurse running behind frantically shouting, “No, not yet, she hasn’t been prepped. Too late, he replied, baby’s on its way.” In the meantime my husband, trying to find the maternity ward, found himself on the wrong floor. He was an unshaven mess, with torn, cut-off stained shorts, old shoes with backs broken down, no shirt and carrying my suitcase. He’d landed in the psychiatric ward and a couple of doctors standing by remarked: “Isn’t it nice when they check themselves in.”

This brought some chuckles from the group and just as they decided to wrap up the evening Gladys, our

early morning swim enthusiast, remembered being seventeen years old:

“I was visiting friends in the city and, on a very windy evening, we headed out to a movie theatre. In the foyer I spotted a fish aquarium with a large wall mirror behind it - the perfect place to fix my wind-blown hair. Needing two hands to re-arrange my hair, I placed my purse on the glass top of the aquarium. Of course, you guessed it...there was no glass top. Embarrassed at my foolishness, I had to stand aside with amused patrons, to watch the theatre manager fish my purse out of the tank.”

Another wave of laughter prompted Lillian to say this was a good time to wind up the evening. It had indeed been fun and a good start for the next story tellers’ get-together. She hoped Lorraine would have her story sorted out by then, and that the men residents, who had certainly enjoyed all the snacks, would have something cerebral to add to the mix.

**Shirley Cambray** spent many summers on Oxbow Lake before taking up full-time residency in Huntsville. Now in her senior years, she is enjoying the writing of poems and short stories.



**Mother Earth: The Mother of Us All**  
*(Part II - Cont'd from May/June Edition)*

By Wendie Donabie

Long ago, indigenous peoples developed a relationship of respect and interdependence with Mother Earth. They felt her rhythms, recognized her cycles, listened to her voice and learned from her.

The rock taught them faith, wisdom, strength and endurance while the trees illustrated honesty and uprightness. As the sap flowed through the trees, so must honesty flow through the people. When they trod upon the grass, it bounced back teaching them to be resilient, kind to themselves and others. Animals taught companionship, how to care for and protect one another.

Today, Mother Earth continues to share these lessons; she teaches us to be human. As her children, our job is simple - listen to her and care for her.

When I walk through the forest, I feel her support beneath my feet as she responds to each footfall. *Feel me, touch me, embrace me*, she says.

Her scent wafts through the air filling my nostrils with the living smells of the earth, water and plant life. *Breathe deeply; fill your body, heart and soul with my abundance.*

From quiet lakes, gurgling brooks, rushing rivers, roaring waterfalls and mighty oceans, I hear her enduring heartbeat. *We are one, each a part of one another. What affects one, affects all.*

Her voice travels on the wind, through the calls of birds; I see her messages in the movement of wildlife and hear them echoing through her canyons and valleys. *Know me; know your brothers and sisters. Care for each other. Everything you need is here for you to*

*use, not abuse.*

This is my experience; it is a spiritual one. It's why the death of that little fawn hit me so hard and why I felt the need to rescue the drowning wasp. Aboriginal peoples believe in the sanctity of all life and that we are to respect animals as equal in rights to humans. When hunted for food, the hunter first asks the animal's permission to take its life. I didn't ask for that young deer's life but I took it. I felt I owed it something in return.

In the hours following the accident, I attempted to capture in words the impact of that horrific incident. As I worked away, I heard Mother Earth whisper to me. *All earthly life will end. Death is part of the experience. I only ask you to remember and honour that young animal's life.*

I hope through this writing, I've done that. In addition, paintings will follow. I sense the spirit of that little fawn with me, urging me on.

So, this is how I relate to Mother Earth. I feel her, hear her and see her in every moment of my day. To me, she is the Mother of us all. However, just as each child relates in a different way to his or her own mother, your connection with Mother Earth will be unique. I encourage you to develop a relationship with her. She is a wise advisor and . . . we all need her.

*View Part I at: <http://muskokaseniorsmagazine.ca> Wendie Donabie's love of language drives her passion to write. When words won't do, she turns to her easel. Her creative work focuses on the beauty and fragility of Planet Earth.*



## FEATURE: A LITTLE HISTORY



Francis Harvey's hand hewn square timber home. Later covered in wood siding by the new owners. Story and picture courtesy of Dorset Heritage Museum

### Memories of Dorset and Area: Francis Harvey 1821-1903

***While putting together this exhibit about Dorset's first settler, we wanted to try and find out more than the basic facts. We went on a hunt for Francis Harvey's life to find out more. Did he have more than his one child Agnes? Why didn't his family live here? When did he die? Where was he buried? This is what we found...***

Francis was born in Rigaud, Quebec in 1821. His parents were Thomas Harvey who was born in England, and Agnes Willman who was born in Ontario, and he had 8 siblings.

When he first arrived here in 1854-1859, he left behind a farm and his family in the Prescott Russell area of Ontario, near Hawkesbury, which is located near the border of Ontario and Quebec. His parents also farmed near him.

He was married to Ellen Smith and they had six children: Agnes, John, Mary Ellen, Robert, Emma Jane, and Annabella Theresa. When Francis came here, he had five children. Annabella Theresa was born in 1861.

It is possible to think that he came here, claimed land and then traveled home again for supplies and to see family, maybe hoping to have them come with him or to come later when he had a home built.

He claimed a very large portion of land that touched both Big and Little Trading Bays - land that ran on both sides of the now Main Street in Ridout Township and in Sherborne Township Lot 29 Con A, and he farm-

-ed it with oxen. On this land he built a square timber dove tail home with a second story. It sat beside the Anglican Church.

Francis built and operated the first trading post sitting where the Dorset Garage is today. Trading with the First Nations people, he ran a small trading post in the Narrows. He traded with the Chippewa. They traded fish, game, brightly coloured utensils, and clothing which had been painted with ochre from Loon Bay on Kawagama Lake.

Mr. Harvey also cleared land on Otter Lake. At the time it was known as Harvey Lake and the little lake to the east to it Harvey Lake Jr. The name Harvey Lake was later changed by some government worker without local input. He built a square timber dove tail home at the shore. He sold this land to Francis Hoover in 1880 and the building was moved to the top of the hill and added on to and sided over.

He donated the land for the United Church, the Anglican Church, the Methodist Church, and the Orange Hall sometimes referred to as "the church hall," beside the Methodist Church. He gave the land for Harvey Avenue, selling parts of his land later as the village developed and as he grew older.

It is believed that the first ones[settlers?] came here through a chain of trails, lakes and rivers on through to Havelock Township down into Hollow Lake (Kawagama), and further down into the Lake of Bays. So quite possibly Francis came that way too.

He is listed on two 1861 censuses. One for our area titled Stanhope, Peterborough, Canada West, and one for East Hawkesbury, Prescott, Canada West where his family were living on their farm. His wife Ellen would have made sure he was listed on the census.

On the census for our area, it was fun to read that he was listed as a Hunter, and lived on Trading Lake! On all other Census records, he is listed as a farmer. In 1871, he is listed with his family in Hawkesbury East. We could not find any of his family listed on any 1881 Census records. By the 1891 Census records, he is seventy years old, living here in Dorset and widowed, living on his own, as his wife Ellen passed in 1872. By the next Census record of 1901, his eldest child Agnes Harvey McCallum came to live with him, and in checking records at the land registry, Agnes was in Dorset by 1892. In 1901, Francis was listed as being eighty years old and his daughter as fifty three. They had had him down as older than he was. His birth date all through the Census records varied slightly, except for the 1891 record. Even on his death record they had the term 'about' before his birth date! (Continued on page 26) >>>

## CONT'D FROM PAGE 25...

There are local Dorset family remembrances regarding when he was older, indicating that he was crippled up and his legs didn't work properly. This did not stop him from crawling from his home across the road to his wood lot to try and work on his firewood. Another known story was that Agnes didn't want her father to smoke. His friends that stopped in to visit would give him some and this upset Agnes, so she discouraged his friends from any more visits. However, the local men feeling sorry for Francis would give some smoking material to their boys and the boys were allowed to stop in and visit Mr. Harvey!

Agnes Harvey McCallum's name was added to the remaining property that her father owned on September 26, 1894, and she was helping tidy up her father's affairs. From that document and following documents, you can see his handwriting deteriorating to just putting an X for his mark. So you know that his physical health his declining.

1902 Francis had left Dorset for good. The end of an era here in Dorset... He would have seen so many changes during his time here!

He went back to where the rest of his family were still living in Hawkesbury, Ontario, possibly living with his son Robert Harvey.

On June 23, 1903 Francis Harvey died. His son Robert Harvey was the informant on the death record, and it stated "disability" as being the cause of death. He was buried in the Barb Protestant Cemetery, in East Hawkesbury Twp., Prescott Co, ON.

In closing, we can't help but wonder what his family thought of him being away for most of their lives, whether they resented how he lived his life, or if they ever understood his need to explore and claim untouched land and be a part of the birth of a new village. We still don't know if any of them other than Agnes ever came to Dorset even just for a visit. But we do feel that Francis must have loved his life here.

While searching for information about his life, we found a few family members doing the same on Ancestry. We thought we may have had some family photos sent to us but they haven't materialized yet. We remain hopeful.

**The Dorset Heritage Museum** is located on Main St. in Dorset. For more stories or information about the museum, visit: [www.dorsetheragemuseum.ca](http://www.dorsetheragemuseum.ca)

## CREATIVE CORNER



### ***A Quiz for Curious People: 4 out of 10 correct answers means your brilliant***

*By Shirley Cambray*

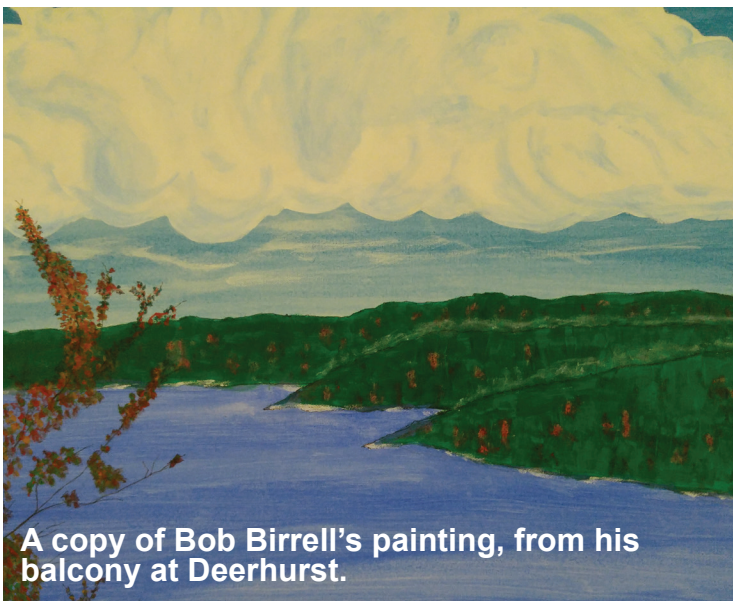
#### **QUESTIONS:**

- 1 How long did the Hundred Years War last?
- 2 Which country makes Panama hats?
- 3 From which animal do we get catgut?
- 4 In which month do Russians celebrate the October Revolution?
- 5 What is a camel's hair brush made of?
- 6 The Canary Islands in the Pacific are named after what animal?
- 7 What was King George VI's first name?
- 8 What colour is a purple finch?
- 9 Where are Chinese gooseberries from?
- 10 What is the colour of the black box in a commercial airplane?

#### **ANSWERS:**

- 1 116 years
- 2 Ecuador
- 3 Sheep and Horses
- 4 November
- 5 Squirrel fur
- 6 Dogs
- 7 Albert
- 8 Crimson
- 9 New Zealand
- 10 Orange

**Shirley Cambray** spent many summers on Oxbow Lake before taking up full-time residency in Huntsville. Now in her senior years, she is enjoying the writing of poems and short stories.



A copy of Bob Birrell's painting, from his balcony at Deerhurst.

## TREES

By Bob Birrell

A million trees I can see from my little balconee,  
Some are big and some are small,  
But I truly love them all.

And I think that God made them all for me,  
but I am willing to share with others to see,  
Like big hands they reach to the sky,  
For sun and rain to survive.

They also clutch the soil below them  
for sustance and to hold them.  
Some change colours during the year,  
Some stay green far and near,  
But they all reflect themselves in the lakes so clear.

They hide, feed and protect our animals so wild,  
and help keep our air healthy and mild.  
Their branches sway and swing with the mind,  
Shaking their leaves and planting their seeds,  
viewing the cycle for new trees to sow,  
and as they say, "big things from an acorn will grow."

It's also true what they say  
that Mother Nature cannot be beat,  
So, thank you God for those wonderful trees.  
They are oh so neat!

**Bob Birrell** ("Birrelli" on his paintings) 82, was born in Scotland and emigrated to Canada at 23. He lives at Deerhurst in Huntsville, and paints and writes in his retirement.



## A Pioneer's Story

By Bessie Grimes

We come from war. We come from strife.  
We need a place where there is life;  
A chance to live in peace and be  
The people we were meant to be.

Within this land, there is a chance  
To start again and e'em advance.  
To grow a future we can see  
Will help us fill our destiny.

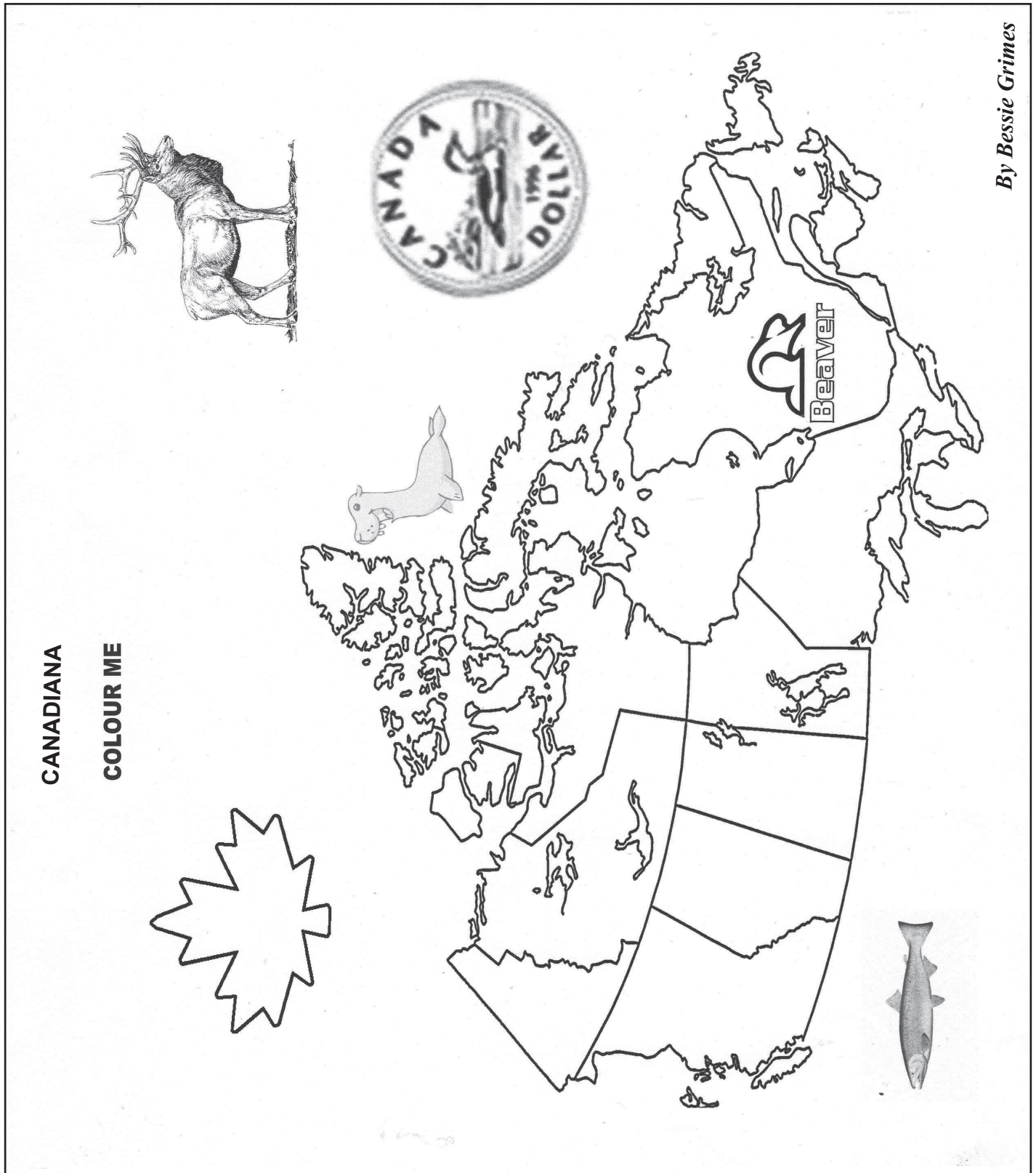
It's eighteen sixty-seven; time  
For new beginnings, quite in line  
With what we need. It seems we'll see  
A country born where hope can be.

A year's gone by and times were tough  
And even sometimes very rough.  
But we are in a land newborn  
In peace away from lands war torn.

In Canada, we now can live  
And ever after always give  
Our best to keep all strife away  
And live free for another day.

**Bessie Grimes** is the author of *Bible Stories From a Different Point of View*, the editor of *Pioneer Homemaking in Muskoka*, and likes to stay busy and participate in her community.

COLOUR ME, for stress or perhaps another thing you can do with your grandkids...



By Bessie Grimes

If you have a picture for colouring that you created, an experience, short or funny story, or poem that you would like to share, email it to:  
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**Correction:** In the May/June edition of Muskoka Seniors Magazine, "Righter Notnoan" was just that - submitted (not written) by Shirley Cambray.

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### Boggle, By Bessie Grimes

List the words you find in the puzzle below on a separate page. Each word must contain at least three letters, and each letter must connect either vertically, horizontally or diagonally. Letters may only be used once in any one word.

**SCORING:**

3 letters = 1 point; 4 letters = 2 points; 5 letters = 3 points; 6 letters = 4 points; 7 letters = 6 points; 8 letters = 10 points; 9+ letters = 15 points.

S	T	Y	O
P	E	R	C
A	C	E	O
R	K	S	D

### Word Find, By Bessie Grimes

#### CANADIANA

Find the following words below and circle them.

Beaver

Arctic

Maritimes

Maple

Ice

Yukon

Logs

Blackfly

Hudson Bay

Seal

Via Rail

Snow

M	A	R	C	T	I	C	M
Y	O	U	B	D	V	N	A
A	U	I	C	E	I	Y	R
B	P	K	X	W	A	L	I
N	E	J	O	O	R	F	T
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#36 NPN 80058161

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#67 NPN 80060124

## Calming Stress

Helps to promote healthy mood balance. Promotes relaxation and can be used as a natural sleep aid. GMO Free and Allergen Free.

■ **"I am calm now in stressful situations!** In the past ten years, I had a very short fuse, because my job is quite unpredictable. After I started Bell Calming Chronic Stress, the difference was amazing. My reactions to stressful situations have totally changed. I have more energy too. I don't yell at others. I have more patience and I am much happier as well. Thank you." May-Anne Thompson, 61, Lasalle, ON. ■ **"I suffered with anxiety.** Standard treatments did not make me feel good. So my mother bought Bell Calming Chronic Stress and it has been helping me a lot. I am on my 3rd bottle." Remington Fletcher, 19, Pontypool, ON. ■ **"I have a very high stress career** in the film industry. There was no time for relaxation or meditation, as you are on demand for 12-15 hours a day with no breaks. Since using Bell Lifestyle's Calming Chronic Stress, I am able to focus on the tasks at hand with more patience. Thank you for your help!" Christina Ollson, 36, Burnaby, BC. Results may vary from one person to another.



#66 NPN 80041855

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