

MUSKOKA SENIORS MAGAZINE

Not Just A Read... It's A Connection

Summer 2021

**Do Something
Different**

**Faith in
Each Other for the
Greater Good**

**How My
Business
Survived Covid**

MUSKOKASENIORSMAGAZINE.CA

How To Get Through Emotional Strain And Come Out Strong

SUPPORT FOR STRESS

*A Collection of Writings
for Coping with Emotional Strain*



Cheryl A. Patterson

Whether you are trying to cope with minor or major challenges in your life, you can have support along the way.

Learn and feel inspired to propel yourself forward from the emotional strains that go with dealing with adversity.

*Order your paperback copy today
(copy and paste this link in your browser):*

<https://www.amazon.com/dp/B07PJN9GGD>

MUSKOKA SENIORS MAGAZINE

CONTENTS



Faith in Each Other, P 20

SUMMER 2021

VOL 6, ISSUE 3

NOT JUST A READ... IT'S A CONNECTION



How My Business Survived Covid, P 18

DEPARTMENTS

- 8 Your Health
- 10 Loss Support
- 12 Family Matters
- 14 Nutrition: Recipes
- 16 Support for Stress
- 17 Mind Health
- 20 Faithfully Speaking
- 22 Aging with a Gusto
- 23 Sports Corner
- 23 Gardening; Did You Know...?
- 29 Creative Corner
- 30 Puzzles
- 31 Business Directory

HIGHLIGHTS

Ontario Not-for-Profit, MROO, Donates to Foodbanks in Simcoe and Muskoka

“MROO donated a total of \$7,000 to local charities and organizations across the region...”

13

Fishin With Susan and the One That Got Away, by Kenn R. E. Page

“Once in awhile a fishing story sounds so fishy it taxes the imagination...”

26

Pouring Salve on Tender Wounds, by Geraldine O’Meara

“The gift of love that they shared with me that day, poured salve on my tender wounds of the past...”

28



Fishing with Susan... P 27

ON THE COVER

- DO SOMETHING DIFFERENT.....16
- HOW MY BUSINESS SURVIVED COVID18
- FAITH IN EACH OTHER.....20

FROM THE PUBLISHER



MUSKOKA SENIORS MAGAZINE

*Not just a read...
It's a connection.*

*With a mission to inform,
inspire, support and
include..*

“Faith in each other for the greater good” is the topic for the Faithfully Speaking column in this edition of *Muskoka Seniors Magazine*. It seems fitting because if ever there was a time where we are counting on each other, this is it.

Covid has had us spinning and relying on each other more than ever, including the government, the health care system, companies that developed the vaccines, and as fellow community members to respect things like social distancing, isolation upon symptoms, and other social protocols, for the betterment of us all.

We have more power than some people may realize when it comes to our impact on each other as families, communities and as a society, which is reflected in more depth in the above faith section.

Our connections are the glue to our health, happiness, progress and in many other ways. This is something we also strive to provide for you. Our priority is “not just a read...it’s a connection,” to information, helpful resources, to each other, your communities, and to be a venue where you can share your stories, experiences, poems and more.

In this edition, Geraldine O’Meara opens up about the valuable connections she shared during her time



Minden Haliburton Hearing Service
41 Bobcaygeon Road, PO Box 579
Minden, ON K0M 2K0
Minden: 705 286-6001 Haliburton: 705 457-9171
mindenhearingserviceinc@gmail.com
mindenhaliburtonhearingservice.com

GORD KIDD, H.I.S./H.L.D.
KATHRYN KIDD, Consultant

teaching, Margeurite Thomas shares some of the valuable experiences people have shared with her about what they really crave when going through loss, Ray Picco shares what works to keep him inspired as he gets closer to retirement in the Aging With a Gusto section. In the Mind Health section, we provide information about the importance of nurturing the connections in your life, and much more.

There’s always a bigger picture to every thing we do. And a little care and effort can go a long way to a unity that we can all feel proud of for the greater good of us all. Strength really does come in numbers.

As usual, we hope you enjoy this edition as much as we enjoyed putting it together for you.

Enjoy your summer!

Cheryl Patterson,
Publisher

You are seen. You are heard. You are respected.



With everything happening in the news regarding Long Term Care Homes, people have been more hesitant than ever to transition into senior living facilities.

They are concerned that they may be overlooked, not seen, and not truly cared for. They are tired of “institutions” where residents are treated like a number instead of a fellow human being.

Meanwhile our residents and caregivers feel at peace knowing that personalized care is being delivered.

The Home in Muskoka is an intimate environment that creates a true family living experience through Connection, Attention, Relationship and Excellence in CARE.

Our newly renovated section is now open. It is accessible and elegant with calming natural views.

Book a free 15 minute information session to see if our family living experience is the perfect fit for you or your loved one today.

Book now: <https://thehomeinmuskoka.com/info-session>



the
Home
in
Muskoka
Life Enhancement for Seniors

(705) 385-0459
62 South Mary Lake Road,
Port Sydney, Ontario
P0B 1L0

Want to Keep Your Brain Sharp? We've Got You Covered!



MSM Activity Package

Keep your mind sharp, spend your time productively, stay safe and environmentally friendly (including less recycling!), with this full-colour, easy-to-read, print-per-use digital activity package.

Here's What You Get:

- Boggle Book with worksheets (\$14.99 value)
- Polygon Colouring Puzzle Book (Keep your mind sharp!) (\$14.99 value)
- MSM's Popular Word Find Puzzles (\$9.99 value)
- MSM's all time favourites colouring pages (\$9.99 value)
- Poems That Inspire Compilation (\$8.99)
- MSM TRIVIA CORNER collection (\$10.99)

Total Value: \$69.94

But you're getting all of this...

FOR ONLY \$27.97

Get started today at:

[https://muskokaseniorsmagazine.ca/
product/msm-activity-package/](https://muskokaseniorsmagazine.ca/product/msm-activity-package/)

MUSKOKA SENIORS MAGAZINE

Not Just A Read... It's A Connection

PUBLISHER

Cheryl Patterson
cpatterson@muskokaseniorsmagazine.ca
705-783-2203

SALES REPRESENTATIVE

Larry Hope
lhope@muskokaseniorsmagazine.ca
705-788-4926

CONTRIBUTORS

Bessie Grimes
Peter Cassidy
Sandra Hartill
Kenn R. E. Page
Bill Harvey
Bev G. Smith (BG)
Geraldine O'Meara
Marguerite Oberle Thomas
Ray Picco

MUSKOKA SENIORS MAGAZINE is published quarterly.

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 want to receive it directly, or want to send a subscription as a gift, you can email: subscriptions@muskokaseniorsmagazine.ca or call: 705-783-2203.

Canada: Annually \$19.99 + HST
HST: 785187089

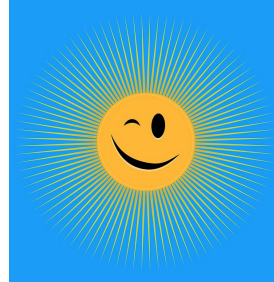
<http://muskokaseniorsmagazine.ca>
info@muskokaseniorsmagazine.ca
705-783-2203
PO Box 283, Dorset, ON, P0A 1E0

CONTRIBUTORS

Summer 2021



Marguerite Oberle Thomas, RN., BScN is a fall prevention consultant, great-grandmother and gardener who also focuses on article writing and encouraging other seniors to write.



BG Markstad is a mom, grandma and occasional humor writer who is shy about getting her picture taken for risk of camera explosion.



Geraldine O'Meara spent twenty-one years in England, working for a spirituality/environmental centre before residency in Huntsville. As a senior, she is enjoying writing, painting, her grandchildren and great-granddaughter.



Bill Harvey Born in Detroit, 1954. Day job career as a computer technician, and analyst. Wanted to draw superhero comic books but switched to a single panel comic strip in the mid-2000's.



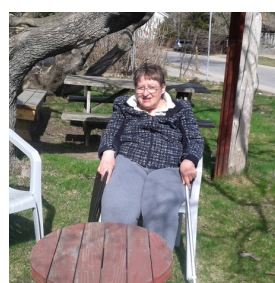
Kenn R. E. Page, proud to be Canadian! Born in Toronto, raised in Pickering, worked for Bell and IBM. Moved to Muskoka in '75 to design and build homes for 40 years. Hobbies: Fishing, reading, painting, gardening.



Sandra Hartill, Master Gardeners of Muskoka and Parry Sound. Our goal is to share, inform and advise avid and amateur gardeners with tips for indoor, outdoor and balcony gardening.



Peter Cassidy, born in Scotland and came to Canada in 1948. I played Canadian sports, and loved hockey and boxing. I love to write stories of those wonderful players and characters who were the stars in my day.



Bessie Grimes is the author of Bible Stories From a Different Point of View, Little Pigs and Big Carrots and Other Amazing Tales, and the editor of Pioneer Homemaking in Muskoka.



Peter Meraw is a pharmacist and owner of the pharmacy in Dorset, Lake of Bays. He visited cottage country often in his youth and was thrilled to move here permanently in 2006 to run his first pharmacy. He lives in Minden with his wife, two daughters and golden retriever Simba.

Cottage Country's Uninvited Guests

The great benefit of life in Muskoka is its proximity to nature. During the pandemic, Muskoka residents have been able to enjoy hiking, gardening, and bird watching with very low risk of Covid exposure.

As the weather gets warmer, we're likely to spend even more time outdoors and need to be careful about other bugs that can still do us harm, such as the parade of unwanted insects that come in waves during summer. Some are just a nuisance; others can be more dangerous. Here's what you need to know about some of Muskoka's problematic pests to keep them from ruining your outdoor oasis this summer:

Mosquitos are plentiful during early summer. DEET based repellants are your most effective and longest lasting defence. Reapply every few hours and after swimming. Never apply DEET products to pets, as it is toxic to dogs and cats. Children under 12 should use products <10% strength and no more than 3 times a day. Avoid DEET repellants with kids under 2.

Natural insect repellants are an effective and much safer choice for children and pets, usually made from essential oils like lemongrass, eucalyptus and citronella. They also have a shorter duration of effect than DEET, and generally need to be applied every half hour.

Protective clothing and smoking

these bugs out with coils, scented candles, and campfires also works.

Itchy bites can be treated with antihistamines (Benadryl works best but can be sedating). Cortisone creams, calamine lotion, and topical antihistamines applied directly to skin work if you'd rather avoid taking a pill.

Fortunately, in Ontario we are mostly spared the serious illnesses that mosquitos transmit in other parts of the world, however, the following pests need to be taken seriously:

Spider bites are an increasingly serious problem due to their potential to transmit bacteria that cause cellulitis and blood infections. Any bite that develops a red swelling that travels along a limb should be assessed by a health professional. Antibiotics may be necessary, and prompt treatment can prevent damage to limbs and organs.

Bees, Wasps and Hornets are also dangerous. Not only are their stings painful; they can cause life-threatening allergic reactions. At risk persons should always have an EpiPen handy. These are sold in drug stores and can be a life saver. Beekeepers and honey hobbyists should also keep these around for emergencies. Follow up care involves calling 911 and getting the patient to an ER ward asap for observation.

Also, if you own a dog and like to go on hikes, you are at risk of tick exposure. They can be sneaky, often hitching a ride by jumping off

plants and vegetation along walking trails and low lying, grassy shorelines. They are tiny and can be hard to spot, often hiding in clothing, under collars, hairlines, and pet fur.

Ticks are slow and methodical, burrowing over several hours. It takes 24 hours to burrow deep enough to reach our blood. Lyme disease bacteria exist in their saliva. So, if you spot one buried and engorged from a feeding, proper removal is key to avoid depositing bacteria into the bloodstream.

To remove a tick, clean the area around it with rubbing alcohol, and using tweezers (pointy tips work better than square) close to the jaw and pull up slowly, firmly and without twisting. Once removed, rub the area around the bite with alcohol again. Place the tick in a jar and take it to public health for testing.

A tick bite typically leaves a bullseye appearance. Professional treatment with antibiotics within 72 hours will destroy the bacteria before it has time to cause illness. If left untreated, early Lyme disease causes flu-like symptoms a few weeks later. The bacteria then go into remission and may reappear months later as an increasingly problematic illness resembling arthritis, lupus, or neurological disease.

Take tick bites seriously. But remember...summers are also meant to be enjoyed outdoors! So, prepare yourself accordingly and enjoy the greatest summertime destination in the world!



Cheryl Kinghan, Funeral Director, Billingsley Funeral Home, We help you share memories. We provide thoughtful services and detailed information at a competitive cost. "Death leaves a heartache no one can heal, Love leaves a memory no one can steal." www.billingsleyfuneralhome.com, 705-789-8982.

Grief: How Would You Want to be Supported?

Friday, April 9, 2021, I learned of the passing of Prince Philip. He was 99 years old and he was married to Queen Elizabeth for 73 years. Most of us will never see 90 years of age. Others may never see 73. I cannot begin to measure her grief, on the loss of her husband and partner.

Can you?

Grief, it is said, is the price we pay for love. I think we could all agree that we love different people in different ways. It would also be logical to suggest that since we love in different ways, and we would grieve in different ways too.

As a funeral professional, one of my most difficult tasks is to understand the measure of support any one person or family needs from myself and our staff. No two people are alike, which makes this so important to address.

As funeral professionals, we need to constantly remind ourselves that we have two ears and one mouth. Putting more emphasis on the listening, is paramount in learning about the needs of a person or family.

During a funeral arrangement interview, we aim to learn about the deceased person, their family, their

hobbies and those things that best reflect the memories created during their life. The efforts to listen and learn, directly impact the actionable support we can offer for the surviving family.

Sometimes it is as simple as a hug; sometimes it is giving a family the opportunity to view their loved one in a private setting; sometimes it is walking a family through some valuable estate processes. There are many ways to support a grieving person. Understanding and offering the best way is part of our profession.

Covid 19 has made the provision of traditional funeral services and celebrations difficult, but not impossible. It has given Billingsley Funeral Home pause, to recognize and address what is most important to the families we are trusted to help through the loss of a loved one.

I have been known to remind all our staff to "dwell not on what you cannot do, but excel on the things you can".

We have improved our Aftercare to help with estate related support. We continue to provide public visitation and funeral services, just in smaller groups. We have adopted a

secure streaming service to broadcast and record funeral services. Travel has been hindered during Covid 19, so we have adopted an electronic document exchange, that allows you to view and sign any necessary paperwork, never needing to leave the comforts of your home.

Covid 19 has modified the way we do business, but it has not changed the sadness one feels when they lose someone special. It has not diminished grief.

Let me take you back to Queen Elizabeth... Put yourself in her shoes as a wife, mother, grandmother, then ask yourself, "How would I feel? How would I want to be supported? What do I need to help me through this loss? Who do I turn to for help?"

Yes, even the Queen, as strong as she seems, will need help to mourn the loss of her husband.

We hope this article has given you pause to think about how you would support a family member or friend through grief. Or how you would like to be supported, in the event you lost someone close to you.

As funeral professionals, we are here to help. Feel free to call us with questions.

Having a hard time with the loss of a loved one?

Sadness, frustration, isolation...

It's still surreal looking back at that period, where I felt like I couldn't breathe, feeling overwhelmed, and without the needed support that most people have.

It had taken its toll and consumed enough of my life. It was time for me to turn my life around, which I did, and so can you.

If you're struggling with loss, you're not alone, and it can get better.

In this book I show you ways that I got through. And if I can get through 9 in a row, you can get through your grief too.

We have this notion that we should stay suffering to prove our loyalty to the loved one that passed, but is that what they would want for you?

Get your life back today and make the most of your time again.

Nine Lives Mourned

A Story About Overcoming Multiple Loss



FIRST EDITION

Cheryl A. Patterson

Photo by Matt Paulson

Get your paperback copy today
(copy and paste this link in your browser):

<https://www.amazon.com/gp/product/B01595ALEK>

Where *Stories* are told
and *Memories* are shared.

Billingsley
Funeral Home Ltd.

Call to receive your complimentary
cremation guide today.
705-789-8982

www.billingsleyfuneralhome.com

PHARMASAVE®

Canada's
community pharmacy

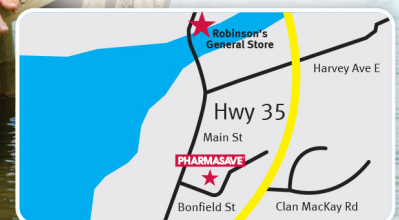
Dorset Village Pharmacy



- Quick & Easy Prescription Transfers
- Injections* & Immunizations
- Compliance Packaging
- Health & Beauty Supplies
- Vitamins & Natural Health Products

*see store for details

1103 Main Street, Dorset
Tel: 705-766-1911
Fax: 705-766-1654
www.pharmasave.com



thank you
for supporting
LOCAL



A Scottish Immigrant Grows Up in Canada

By Peter Cassidy

I was born into a large, close and tight knit Scottish family. My grandmother had 10 children who went on to have children of their own. As far back as I can remember all I heard at home was broad Glasgow accents and laughter.

My family were all born in Scotland of Irish descent. An older cousin and my brother traced our family right back to Ireland. Some of the things they found were amazing.

There are only 4 other cousins who were born in Scotland. Apart from 2 uncles and an aunt, all the other aunts and uncles landed in Canada.

The Canadian Government brought over skilled tradesmen from Scotland. My father was one of them. He came over with a few of his pals and himself, leaving my mother and me in Scotland. When my dad saw what Canada had to offer his family, he sent for my mother and me, when I was 10 months old.

When I started school there was no kindergarten, so I began my

education in grade 1. It was not easy. I had a strong Scottish accent and the principal or my teacher would call home for an interpretation for what I had said to them. This was difficult at times because my school mates would tease me. I think that might have been where I started my boxing skills. I did not like to be teased.

My mother used to tell me that every action deserves a reaction. I learned that quickly and it saved me a lot of aggravation over the years. There were times I used my accent to my advantage. If I spoke fast nobody could understand me.

There were also so many wonderful parties and barbeques that are part of our family folklore. After one of my uncles installed a pool in his yard it was insane with good humour and merriment.

We were also a family with our fair share of trials and tribulations. My aunt lost her husband at an early age and was left to raise 7 children on her own. My mother lost her husband, my father, when she was 37. He left 4 boys behind, including a baby of 8 weeks. I like to think it was our sense of humour, our faith, and the help we gave each other that got us through those hard times.

We also lost a few young cousins as a result of human errors.

While my uncles are likely disappointed to discover there is no Scotch in heaven. I learned so much from each one that has seen me through to make me who and where I am today. We were not perfect, but we recognized each others' abilities and limitations and in a world that taught us tolerance and forgiveness.

I learned patience and kindness from my mother, ambition and de-

termination from my aunts and uncles, and gratitude from each one in a different way. My grandpa taught me humility. He and my father used to say to me, "Peter, no matter how good you are and how good you think you are, remember, there will always be someone who is just a wee bit better." That taught me caution and respect.

Although our family is separated by distance and miles, and it prevents us from frequent gatherings, we try to get together once per year at different places, to share a laugh and a memory or two.

I used to work for Air Canada and one of the benefits was free air travel, so I did make it back to Scotland in the seventies.

My wife and I managed to make it to Ireland to see some very distant relatives who were so welcoming it made my heart proud. We also managed to make it to Scotland twice where I met cousins for the very first time. They were all exactly the same as their Canadian counterparts... funny, ambitious and intelligent.

If it were possible, my wish would be to have them back for just a half an hour. If only to thank them for all the life lessons they taught me.

The things I learned from a little boy until now has made me an accomplished adult with my own family. I have tried to pass on the values I was taught to turn them into productive human beings. Thank God they are.

Peter Cassidy, Scotland born. Came to Canada in 1948. Played Canadian sports, and loved hockey and boxing. I love to write stories of those wonderful players and characters who were the stars in my day.

AROUND MUSKOKA: IN THE NEWS



Ontario Not-for-Profit, MROO, Donates \$7,000 to Local Salvation Army Food Banks in Simcoe and the District of Muskoka

The Municipal Retirees Organization of Ontario (MROO) is pleased to announce that in 2020-2021 MROO donated a total of \$7,000 to local charities and organizations across the region. This year, MROO donated a total of \$63,000 to local organizations and charities across Ontario as part of their COVID-19 relief initiative.

MROO, a not-for-profit organization that advocates and supports the rights of OMERS pensioners, is divided into 9 Zones across the province. Due to COVID-19 restrictions, many events and conferences were cancelled in 2020-2021. The Board of Directors decided to put these savings from those events back into their local communities.

In Zone 9, which includes the following counties (Simcoe, Grey, Dufferin, Victoria, and the District of Muskoka), Director of Zone 9, Cindy Snider and her team, donated to the following 12 local Salvation Army Food Banks in the region: Bracebridge Community Church, Collingwood Community Church, Fenelon Falls Corps, Georgina Community Church, Gravenhurst Community Church, Midland Community Church, Lindsay Community Church, Midland Community Church, Orangeville New Hope

Community Church, Orillia Food Bank, Owen Sound Community Church and Barrie Bayside Mission Centre.

President of MROO, Keith Robicheau, is very pleased with this initiative from the Board of Directors and Zone Directors. Robicheau explains, "MROO is all about supporting and advocating for our members and our local communities. We couldn't be happier with the efforts of our Zone Directors to continue to connect with and support their local communities during this very difficult year. Through grass-roots

initiatives and community outreach, MROO continues to be a pillar of support across Ontario."

About MROO:

MROO was created as a not-for-profit corporation in 1977 and speaks on behalf of all OMERS retirees providing services and support to 30,000+ members. MROO is the largest OMERS retiree organization and the only one with membership open to retirees from all walks of local government life. Find out more about MROO: www.mroo.org

Introducing The NEW Environmentally Friendly PREMIUM MUSKOKA SENIORS MAGAZINE!

This digital version is recycling free, 100% germ-free, comes to you (no searching!), is easy to share, and as always, keeps your mind sharp and body healthy, while being fun too!

Here's What You Get With MSM Premium Today!

- Full-colour digital Muskoka Seniors Magazine (\$19.99 value)
- Boggle Book with worksheets and easy-print pages (\$14.99 value)
- Polygon Colouring Puzzle Book (Keep your mind sharp!) (\$14.99 value)
- Word Find Book featuring MSM's popular word find puzzles (\$9.99)
- MSM's all time favourites colouring pages (\$9.99)
- Ask Dr. Nick physical health collection (\$12.99 value)
- BOOST YOUR LIFE radio interviews of inspirational senior's stories (\$12.96 value)
- Access to access to health and wellness archives (\$16.99 value)
- Access to authentic MSM Facebook Page, featuring our popular MSM TRIVIA CORNER, 'oldie-but goodie' articles, connections with members and more (Being a part of something uplifting and special...invaluable!)

Total Value: \$112.89
But today, you're getting all of this...

FOR ONLY: \$39.99

Get Your MSM Premium Package Now At:
<https://muskokaseniorsmagazine.ca/product/muskoka-seniors-magazine-premium/>

NUTRITION: A HEALTHY SPIN ON AN OLD FAVOURITE



Frozen Yogurt Pops

Fresh fruit and summer go hand and hand. And when it comes to those hot summer days, most of us don't want a hot oven going to bake in or feel like heavy desserts weighing us down. So, we thought this one would be easy, fun, healthy, and delicious!

Remember how refreshing and tasty popsicles are on a hot day? A summer favourite for sure. Here's a healthier spin, with all of the flavour, yet without all of the refined sugars and synthetic dyes of the store-bought ones.

Ingredients:

1 cup chopped strawberries
1 cup of sliced peaches
2 cups vanilla yogurt
(can be substituted with coconut milk,
pureed bananas or fruit juice for non-dairy)
1 bag of popsicle sticks
A popsicle mold (tray of 10-12)

Directions:

Wash and chop up strawberries and peaches to bite size and place into a large bowl.
Pour the vanilla yogurt over the fruit and mix well, then spoon into popsicle molds.
Put a popsicle stick in each mold and place the tray in the freezer for 4-6 hours or until frozen.
Enjoy!

Handy Tips:

- If you don't want the fruit pieces in your popsicles, puree the fruit and mix in yogurt, or layer it in between the yogurt.
- Use a cupcake liner to prevent drips if you don't have handles. Cut a small slit in the bottom of each one, then place one over each mold, and insert the popsicle stick through it (great for grandkids!).
- Fruit juice popsicles with fresh fruit are another great alternative to dairy, and may remain softer and easier to bite unless frozen at well below 0 degrees.
- Other flavour ideas include, strawberry/vanilla, coconut/mango, blueberry/maple/yogurt, but do what you like... Tickle your taste buds and have fun!

We want to hear from you!

We know it's important to eat healthy,
but it can be tricky to remember to, or to come up with new ideas.
So, if you have a healthy recipe, we'd love to help you share it with others.
Send your healthy recipe, along with the benefits and/or your special spin to:
editorial@muskokaseniorsmagazine.ca

Let's be healthy together!



Do Something *Different*

Change doesn't have to be a bad thing, or something to fear or resist. It can be fun and even take you to a new level of your life that you never imagined happening. Sometimes change can enhance, enrich and add new meaning. All you have to do is to be open to it, to let go and try something different.

If there's ever a time to start something new, now would be a great time, in the throes of change anyhow.... Why not make it work for you? New hobbies based on your current circumstances, new learning or studies, skills, jobs or volunteer work, and new activities can all be an immune booster.

Things that redirect your attention to meaningful and positive experiences reduces stress.

Dr. Doug Saunders of the University of Toronto suggests that reducing stress isn't just about eliminating it, or as he puts it, "running away from the tiger," as our ancestors did. He associates the additional stress we face as a society to a loss of things that are meaningful to us, in addition to increasing demands. Add new things that bring you joy to even out the scales and to inspire what Saunders refers to as "islands of peace," among other things.

When you learn new things, it instills a sense of pride, confidence, faith in oneself, and elev-

-ated emotions, like fun and joy that tell your body "I'm good," and boosts those happy healing hormones.

Covid has been stressful for most of us, but you can take control of your life and turn it around to your advantage. So, why not choose health, happiness, and a life to feel thankful for? You don't have to sit around and wait for life to happen to you.

Realign what's out of balance or dragging you down and build on your strengths.

What can you do today that's different? The world really *is* your oyster, so enjoy the many wonderful opportunities it has to offer. **MSM**



Simple Ways to Nurture Your Mental Health

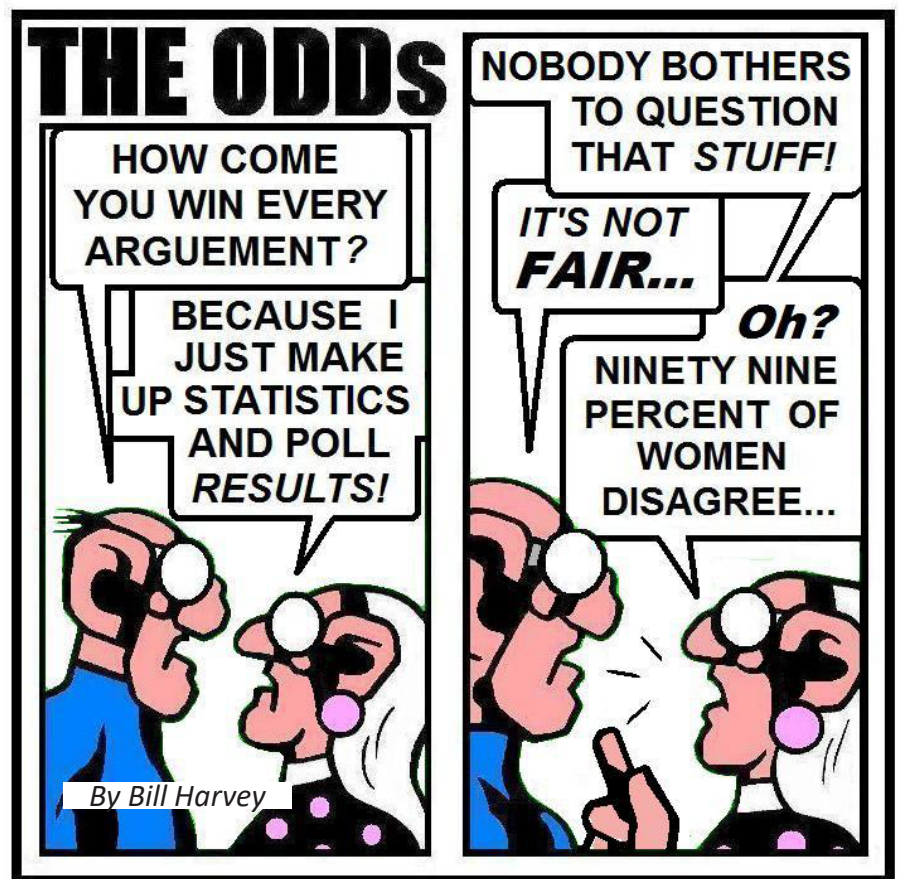
Our mental health is everything, as it affects whether we want to get out of bed in the morning to our appetite, to how functional we are in a given day. It's not something to be taken for granted. The World Health Organization (WHO) suggests a few things simple things you can do each day to help stay healthy.

- **Stay informed but don't obsess.** Keep news to 1-2 times per day maximum (but not before bed). Balance tv with other things you enjoy, such as gardening, art, music, woodwork, walks, cycling, swimming, etc..
- **Maintain healthy routines and/or create new ones,** regarding things such as sleep times, hygiene, eating, exercise, medications and down time.
- **Nurture your connections,** even if it's by phone, email, social media or facetime. This includes helpers. "Keep in touch with people who care for you and know who you can contact if your mental health declines," indicates WHO. Also, keep phone numbers handy in case you need them unexpectedly. And be helpful to others that need it where you can (i.e., with grocery shopping etc.).

- **Limit use of alcohol.** WHO suggests, "There is no evidence of any protective effect of drinking alcohol for viral or other infections. The opposite is true, as the harmful use of alcohol is associated with increased risk of infections and worse treatment outcomes."
- **Use social media to inspire** and

share positive hopeful stories and to correct misinformation where possible.

- **Don't discriminate.** Don't let fear get in the way of how you treat others individually or from specific groups. Be kind and treat others how you want to be treated. We're all in this together. **MSM**





How My Business Survived Covid

Muskoka Seniors Magazine ran the contest above to see how businesses in the area were managing, given the challenges of Covid, and the winning entry is Wintergreen Maple Products, Minden, ON. Here's their story, By Tom Dawson

THE MARTIAL ARTS OF COVID 19

Small businesses have been attacked by an enemy which has come from many directions and

in a variety of forms. Our Maple Pancake Barn was not like the one quarter of Quebec's 200 sugar shacks that closed during these difficult times. We resorted to a three-thousand-year-old Chinese

battle manual. "The Art of War" written by Sun Tzu. His sayings are terse yet elegant, simple, yet profound, and eminently practical.

CONT'D NEXT PAGE >>>

“BE HEARD IN THE EAST BUT ARRIVE FROM THE WEST”

After being legislated to close as a restaurant in 2020, within 24 hours, we became a grocery store with over a hundred products made on site. Because this made our syrup operation a primary food production facility, we not only stayed open, we flourished.

“FIGHT THE FORM WITH THE FORMLESS”

We moved our kitchen outside to our massive barbecue trailers. We cooked over a thousand pounds of meat outdoors using firewood. No heat in the kitchen, no propane or electricity, hardly any dishes, and hardly any staff. All this during a charcoal shortage.

“SACRIFICE THE PEACH TREE TO SAVE THE MULBERRY BUSH”

Most people would pick the peach, but the Chinese know the value of the lowly mulberry bush.

“THE POWER OF NOTHING”

During Covid, our municipality decided to tear up our highway after 43 years of terrible road conditions. Dust, dirt, and little traffic in front of our business for over a month. Our huge parking lot became a common staging point for trucks, excavators, and graders. Due to this asset, we were able to utilize this benefit in many ways. Rocks in the parking lot were removed, the lot was graded and ultimately loads of gravel were spread and rolled to bring our driveways up to the level of the

new paving. At no cost...thus the power of nothing.

“TAKE THE LINE OF LEAST EXPECTATION. PEOPLE EXPECT YOUR BEHAVIOR TO CONFORM TO THE KNOWN”

Walk Disney, built a fake castle in a swamp in Florida, inspired by King Ludwig's castle in Germany on the Rhine River. He then created imaginary figures like Mickey Mouse and Donald Duck. None of these were real. They were a creation. Eleven million people go there every year. What is the lesson? Michelangelo painted the greatest story ever told on the ceiling of the Sistine Chapel over a period of four years. Millions of people every year, go to stare at that ceiling and the pick pockets steal your money.

The Catholic church knew peo-

-ple were illiterate and could not read or write. So, they created an array of wondrous stories. Here was the brilliant part. You didn't need to prove the stories, you only had to make people believe them. The common thread here is...

“The invisible is far more powerful than the visible.”

Picasso said, “Good artists copy, but great artists steal.” Stay tuned for the Canadian version of the Sistine Chapel...the Cathedral of the Canoes....the handyman's version. It should only take me two years and I have scaffolds.

Einstein agreed with Sun Tzu in his now famous quote and my favourite...

“IF YOU DO WHAT EVERYONE ELSE DOES AND EXPECT TO GET A DIFFERENT RESULT...IT'S A FORM OF INSANITY”



Asparagus preserves. One of many delicious delights by Wintergreen Maple Products.



Faith in Each Other for the Greater Good

“Let your strength become a beacon to others.”

– Jeff Rake

When you think about the greater good, what might come to mind is the collective or whole, as in the bigger picture. We often get caught up in the ‘I,’ as in, “Am I going to be okay?” or “Can I do this?” or “How will this affect me?” We get so wrapped up in our own lives, but what many people don’t realize is that remembering the bigger picture ultimately affects you and everyone around you.

Imagine a family where the members support and believe in each other, and make choices that have a positive impact on one another... How would it make you feel to know that your family supported and trusted that you’ll make good decisions, and upon

mistakes, you’ll learn from it and do better next time?

Knowing someone has that much faith in you can be empowering. And when we feel good about ourselves, we challenge ourselves more, which can lead to richer and more productive lives.

On the flipside, imagine a group where people are critical, disparaging, and not accepting of each other... Would you feel good enough the way you are, or like you can accomplish things or like trying anything new? You would likely want a low-risk life out of fear of failing and would likely impact others to be the same.

CONT’D NEXT PAGE >>>

FAITHFULLY SPEAKING CONT'D...

You have a stronger influence over the groups, community and society that you exist in than you may realize. How we conduct our lives, from our belief systems to even our feelings, can be contagious and ultimately affects the bigger picture.

Researchers in a 2009 study in *The Journal of Personality and Social Psychology* coined the term 'social contagion,' indicating that something as simple as how you feel, like lonely, can spread by way of facial expressions, tone of voice, perceptions and actions.

Researchers also indicate that a tendency of people to behave in less trusting and hostile ways may influence people's desire to want to have a relationship with them, essentially creating more of what they don't want.

The *homophily* or *law of attraction theory* states that we surround ourselves with those with similar attitudes and perceptions and emotions. If you're

untrusting of others, you may be attracting the same, discouraging the opportunity for an open, supportive community instilling faith and confidence in each other.

The *shared environment hypothesis* indicates that people exposed to similar situations contributes to shared feelings. Think about the kind of family, community and society you would like to be a part of... untrusting, anxious or worried, or one of confidence, support and faith?

We're all small fishes with the potential to have a big impact on the bigger picture. You have the power to help inspire a happier, healthier collective whole.

When we have faith in each other, we feel good, the people we believe in feel good, and the ripple effect continues, toward a stronger united front that will inspire more positive outcomes for each other and the greater good. **MSM**

Are you feeling off but can't quite put your finger on why?

"Old habits die hard," or so they say. It may depend on how much it's sabotaging your health, relationships, goals or life. Sometimes it's happening right under your nose and you don't even realize it. You just know something is not right.

Wellness Habits

A Compilation of Writings
for Emotional Health

Cheryl Patterson

Maybe you find yourself angry more than usual and for no apparent reason. You're outwardly lashing out in the form of criticism, blame or hurtful comments, or passively engaging in digs or "jokes," or forgetting things that are important to others. Either way, you're sabotaging your chance at happiness because the focus is on the emotions and reacting to what you don't want through these destructive behaviours that you think nobody notices, instead of focusing on your wants and needs.

How about your self-worth or esteem? What would you rate that on a scale from 1 to 10? Are you noticing that you're doubting yourself or seeming a little worse for wear emotionally when you're around certain people? Could you be feeling better about yourself?

If you were to describe yourself to someone, what would you say? Would there be a criticism of some kind, such as about your weight or lack of abilities in some area? Are you your own worst critic? Would you like to have a better view about yourself?

Our habits can come in many shapes and forms. The trick is to pay attention to what ones are propelling you forward and which ones are holding you back from living your life to the fullest.

Order your paperback copy today (copy and paste this link in your browser):

<https://www.amazon.ca/dp/1698857292>



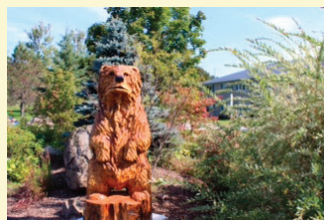
Putting the health and safety of our residents and staff first always.

24/7 Nursing • Respite Independent & Assisted Living Retire Happy



MUSKOKA HILLS RETIREMENT VILLA

WHERE HAPPINESS LIVES



Enjoy Many Antiques

COVID-19 Protection for Staff and Residents is Our Priority

- Walk the Nature Trails or Relax on the Patio
- Join the Gardening or Snooker Club
- Meet Pastor John or Relax by the Fireplace

SPACIOUS SUITES WITH WI-FI AND GREAT VIEWS

Semi-Private - Large Individual Rooms - Suites

TRY OUR WINTER OR SUMMER SHORT TERM STAY TEMPORARY RESPITE AVAILABLE

JOIN US FOR A TOUR AND COMPLIMENTARY LUNCH

MUSKOKA HILLS RETIREMENT VILLA

290 Muskoka Rd., 118 West, Bracebridge
705-645-6364 www.MuskokaHillsRetirement.com

AGING WITH A GUSTO: WHAT WORKS FOR YOU?



Ray Picco, 59
North Bay, Ontario.

In my heart I am a competitor and always will be. Overcoming physical and mental barriers is a big part

of what motivates me. I think that is what draws me to exercise and marathons.

I exercise mostly because I like to compete. It can be against the clock for a 'personal best' time, such as running or triathlons, or against an opponent, like squash or golf.

I also exercise to relieve stress (i.e., biking or running), to remain at a healthy weight, and to achieve goals that I have set for myself, such as winning a tournament or qualifying for an event. I'm still working on my Boston Qualifier, which is a burning desire. I have been close, so I know it is attainable if I can stay healthy.

Every sport is different, and I have tried most. The past 10 years has been mostly running and triathlons, however I have also been an avid golfer, squash, badminton and hockey player in my younger days.

Running is my go-to and first love, however it can be extremely hard on the body. This is where cross training seems to help. Presently I am trying to balance my running with cycling due to a nagging hip injury. If you can't run, you can walk, bike or swim.

I think we have to reinvent ourselves from time to time to keep moving. What works and gives you joy in your 20's may no longer hold true in your 50's. But keeping a healthy body weight through exercise and diet are so important as we age.

Exercise slows down the aging process for sure. I will never be 20 again but I can be a fit 60 and still running Marathons. Always nice to pass someone much younger than you near the finish line!

**What works for you?
We want to know what keeps you motivated, inspired, and feeling good?
Submit it to: editorial@muskokaseniorsmagazine.ca**

SPORTS CORNER



*Sports Corner
With Peter Cassidy*

YOUR FIRST GOLF GAME OF THE SEASON

It is Saturday morning you did not sleep a wink the night before. You are in eager anticipation of the first game of golf of the year. You have spent hours cleaning your clubs until they have a shine you could shave in them.

Your golf pals show up bright and early.

As you arrive at the golf course you admire how well it looks from the road and how it survived the winter.

It is high fives all around as you see some of the men you might have played with last summer.

It is nice to see the Pro at the golf shop again to pay him your fees and complain as to why they went up.

To the first tee we go... You have a few practice swings to limber up. It is now that you are aware that you have a wee bit of a gallery. Some of the golfers waiting to tee off have come out to watch you. You take your first swing... Your ball rolls about 15 feet from the tee. Now comes a couple of snickers and jests from your mini gallery.

A member of your loyal foursome says, "Hey, that was your first swing this year. Hit it again."

Your second shot is a bit better but not much. Now your objective is to try and have a decent first game of the year. Hoping this is not a sign of things to come. You say to your pals, "Why am I out here? I could be home in my bed. Instead, I am out here hitting a stupid ball into a stupid hole." Then you remember the drive you had in the fall that resulted in a birdie. This is what makes it golf.

Have a great season!

***Peter Cassidy**, Scotland born. Came to Canada in 1948. Played Canadian sports, and loved hockey and boxing. I love to write stories of those wonderful players and characters who were the stars in my day.*

GARDENING: DID YOU KNOW...?



Roses: A Few Good Ones

By Sandra Harthill

Lover of roses? We are! Here are a few good ones to consider during your planting season:

- *Hybrid tea* roses are bushy plants with strong stems that usually produce one large flower on each stem. They usually grow double flowers but occasionally produce single flowers. This rose flowers best in June but continue to flower throughout the season. It is best to plant them in special rose beds.
- *Floribunda* roses are also bushy and have clusters of flowers which are smaller than the hybrid teas. They are usually hardier and easier to grow than the hybrid teas. They can be planted with shrubs in flower beds. They usually start to bloom in profusion after June.
- *Grandiflora* roses are a mix between hybrid teas and floribundas. They have large blooms like the hybrid teas but are in clusters like the floribundas and are taller than the hybrid teas. They grow extremely vigorously and look good planted in the centre or back of the rose bed and should be placed further apart than the other two types to allow for the profuse growth.

Enjoy your gardening!

***Sandra Harthill** Master Gardeners of Muskoka and Parry Sound. Our goal is to share, inform and advise avid and amateur gardeners with tips for indoor, outdoor and balcony gardening.*



Covid Widowhood and Grief - Part II: Being Helpful in the Early Days

By Marguerite Oberle Thomas

“I’m hungry for Annie’s potato salad,” said my long-time friend, Ken. It was summer and not a surprising statement. His mother-in-law and my mother would have used the same homemade salad dressing recipe that made it so good. Had we lived closer, the mumsy in me could have bustled about and whipped up a batch of potato salad. But then, Covid means that we don’t travel. More quickly, the nurse in me heard not just that potato salad would be a treat, but that it was code for “I miss Annie. I miss the good times we had in the summer when potato salad was part of the menu and I want to talk about Annie”. So, we did.

During my years as a psychiatric nurse, we had a motto “Don’t just do something, sit there”. It is way easier – a thousand times easier – to bustle about and whip up a batch of potato salad than it is to sit and share ourselves with someone who is experiencing pain. We generally tend to be uncomfort-

able when someone cries in front of us, or on the phone, and we feel an anxiety to move them past that obvious pain and to a less emotional conversation. Pain is such a part of the human condition, yet our skill at dealing with it in others is not something that we generally do well.

Thank you for reading that uncomfortable opening. When the first widowhood article was published, we didn’t know what the response would be. I asked for readers to send feedback and I was amazed and gratified to see the huge outpouring that followed. There were around two hundred online Facebook likes, comments, emails, telephone calls and personal contacts that expressed just how many people are mourning, how they felt, and how they would like others to treat them.

I asked readers to share what was annoying, horrible, and helpful. The most repeated theme from those mourning was the inability of others to comfort or to comfort

graciously. They despised “He’s in a better place” when the only place they wanted him to be was right here. They really found it difficult how others were so uncomfortable with a tear or a choke in the voice. Often, mourners just wanted to be heard and didn’t need a response, just not a pulling away. So, do talk about the person lost if you sense that the mourner wants to do that. The lost love is always on the mind of mourners and great memories are greatly appreciated. During these Covid times, some times offering a virtual hug can be a strong thing to do. Losing a spouse is more than losing the person who hugged you. It is losing the future you thought you had and the daily routine that you did have.

It can be really hard to be told, “Have a wonderful day” or “a great day,” when your heart has just been ripped out. Almost eleven months later, I am ready to have some wonderful parts in my days, but it sure didn’t feel right in

CONT'D FROM P. 23...

earlier days. Other annoyances others mentioned included the loss of being a couple, which meant not being invited to social functions by other couples. Covid has dampened social functions for sure, but this comment also came from the era before Covid.

Along with that, widows miss all the little jobs that husbands used to do readily. The new reality is a reluctance to ask someone else's husband to do a small job that needs to happen. The saving grace for me here in Brussels is that a community resident, Peter Jaycock, has taken over the role that my late husband Bob had in being a local handyman, lawn mower and snow shoveler. I have counted on my brothers-in-law, Murray and Kevin for car and home issues. I had other helpers, but, like many widows, I find it most comfortable to hire and pay someone who charges very reasonable rates. Handy helpers are heroes.

In the early days, it is difficult to make decisions. So, if you are a helper, please find ways so that choices are not onerous. It may be helpful to simply ask, "Do you want to decide a lunch menu or would you just like me to do it?" Mood varies by the minute and the bereaved may want favourite items or may simply not care. Covid precludes big gatherings, but even in the intimate bubble, people still do need to eat.

Other simple helpful communications are to not say, "I know exactly how you feel" – because you can't. And please don't follow it up with your own problems, whatever they may be. Early days just mean getting by, not being able to give back. And in that vein, just be forgiving if the bereaved says or does something

-ing that is repetitive or could be taken wrong. Early days are about surviving, not being high functioning. Those left behind spoke about feeling a fuzziness and not being able to concentrate. It was hard to do even simple things like following a recipe. Difficulty with being able to focus was a problem for many of the logistical items, such as decisions around the funeral, cancelling a cell phone or questioning car maintenance.

It can be a true gift to ask to go along to help with those appointments, even when Covid complicates these interactions. Newly bereaved have said, "My head just isn't working right", especially when it comes to remembering everything. Brain fog makes it hard to respond appropriately to sympathy and kindness from others. Don't take it personally.

Although each loss is different, mourners shared some things that they liked to hear:

- I think of you – please accept my sincere condolence. I am so sorry for your loss
- I know it is difficult and I just wish you the best. My heart goes out to you
- I feel for you and know that you lost a wonderful person. He was so happy with you
- I know that it is tough, and I am here for you. Is there something that I can do for you today

- I brought you these groceries and a hot meal
- I can sit with you for awhile if you wish. Please tell me how things are with you today
- I am just calling to see how you are doing. I think of you fondly and you are on my mind

The last one is especially important. Don't treat your relationship as if the widow died when the spouse did. Remember the most beautiful five words in the English language that you can say and mean are, "How can I help you?" And then do it.

As for those early day sad times – don't be fooled. Ken and other mourners will tell you that those sad times visit often and unexpectedly even much later: sometimes strong; sometimes bittersweet; and sometimes with tenderness or humour. But they never really go away. We learn to live with loss, but we don't get over it. As singer/songwriter Jann Arden posted, "You have to have had a vast love in order to miss somebody. Grief is the lingering gift of love". It is also the loss of love.

Please - just be present, just be a friend.

Marguerite Oberle Thomas RN., BScN is a fall prevention consultant, great-grandmother and gardener who also focuses on article writing and encouraging other seniors to write.

Cottage Country
CREMATION

Low Overhead Equals Low Prices
"SIMPLY SERVING FAMILIES"
844-773-6283

Basic Packages From \$2046.85
Price includes professional staff services, documentation, basic prep, initial transport, vehicle to crematorium, Min. Container (CCI), cremation fees and HST

www.cottagecountrycremation.ca





Fishin' with Susan and the One That Got Away

By Kenn R. E. Page

FEATURE “FISHIN...” CONT'D

Once in awhile, a fishing story sounds so fishy it taxes the imagination. If you find that hard to believe, stick around. Now a days with cell phones doubling as video cameras, some people want videographic proof before they will believe anything at all. Unfortunately, it's almost impossible to land photographic proof when the action is fast and furious and the fish doesn't quite make it into the boat. Susan and I have had our share of those.

People believe what they want to believe, or not. It doesn't matter much to me. Susan and I have a friendly but determined competition going on to see who can out fish the other size wise. Susan holds the family record for big walleye. A record I don't hope to beat anytime soon. Susan is still trying to beat my record for pike, which has stood for a long time. A record that may stand a lot longer since we don't really want a pike that size in the boat with us. Back then twice the same hour was enough. Besides, the fish slime all over the place making the floor slippery, trying to hold down a large thrashing pike can break your knuckles. I haven't done that yet and don't want to. Picked that tip up off a TV fishing show. I thought fishing was supposed to be fun.

Saturday mornings in water, watching TV fishing shows, I sometimes pick up a valuable tip, like the one how to grab a large pike and keep it outside the boat and safely get the hook out. Susan once hooked a fish off a dock that took off like a torpedo, it could only have been a pike, as we'd already caught several smaller ones. Susan's arms were straight out trying to

hold onto her rod for dear life. Had she landed that fish, I'm sure my pike record would have been beaten. Having a fish that size in a twelve-foot aluminum boat with us, and it thrashing around as they do, it would not surprise me to see Susan out of the boat learning to walk on water so fast it would make your head spin.

Susan lost her torpedo fish, and almost exactly one year later I lost a black crappie, the biggest one either of us had ever seen, inches from dropping into the boat. It shook it's head so violently that my stinger hook slipped its mooring. There's no telling how long we'll have to wait to see him again or somebody like it. Some people say size matters. It sure does! Bigger is not always better. The bigger the fish, the more the mercury contamination, and some species are worse than others. Mercury affects the brain, which may explain why I sometimes can't find my keys. That stuff is seriously bad stuff! Which is why Susan and I either eat a few small size fish or catch and release. When the word got out, the fish in the local lakes had a party to celebrate.

Susan holds the family record for largest largemouth bass and the year after catching it, tied up to the exact same spot Susan started whispering that a big fish just swam under her end of the boat headed in my direction. Looking down, sure enough there it was. I didn't have a line in the water yet, but you can trust me I soon did. I dropped a jug head trimmed with a soft-plastic twisty tail down there, and nearly hit the fish right on the nose. All it did was turn around and swim back the way it had come. By the time the fish got back to her end of the boat Susan had lunch waiting for it.

If that minnow had not been hooked to Susan's line as well as it was and it had any brains at all, it would have been out of that bay and down the lake to Baysville and over the dam in about a minute and a half. The minnow was out of luck and Susan's rod bent over close to snapping in half. She fought it hard, but it thrashed harder and split the hook. I had been holding the net but dropped it and grabbed my rod and had a minnow over the side so fast the minnow aged five years in the process. I don't know if that minnow ever saw what was coming, but it was all over in a split second. I'm pretty sure that smallmouth must have said something like, "Oh no, here we go again... When will I ever learn?"

Later I lifted that fish out of the water to show a few people paddling by in kayaks, and one gentleman >>

suggested we should fish there for lake trout after ice-out. Susan and I always appreciate any good tips, but it was going to be a long cold wait. This was summer and ice-out was about eight months away unless he knew something we didn't. We'd have to come back. Meanwhile, Susan was sitting in her end of the boat being very quiet. When I thought back on it, my guess was Susan was not very pleased. I'd caught her record size smallmouth bass. Had I been a gentleman and given her time to hook on another minnow, I'm sure the outcome would have been different. That same summer, Susan came within three quarters of an inch of beating her bass that I caught.

Well, we didn't make it back to that earlier fishing spot for ice-out fishing the next spring. The next time Susan lost a big fish I'm sure it was another pike, not a lake trout as hoped for. Fishing for the lake trout in a different lake, at dusk, backing the boat away from a big island, there on my sonar screen was something I had never seen before. I couldn't have been more surprised if a scuba diver had surfaced right beside us. At home, comparing what I had seen on my sonar screen with examples from an encyclopedic fishing book, the only conclusion I could come to was I had seen a big school of baitfish. Possibly smelt. The much larger purple boomerang shapes on my screen that were darting in and out of the baitfish, had to be lake trout having dinner, or so I hoped. We never saw that happen again.

When that happened, it had just gotten dark and we had to leave, but as I remember it, I was back there the very next day trolling back and forth over the same spot off the same island. There were a number of big fish down there about halfway to the bottom which was 100 feet below me. The deepest trolling lure I had onboard only went down to 20 feet, still I did get good solid bites, but no cigar. It didn't take long, and I was the owner of several lures that trolled at 30 feet. Later I purchased a diving disc that pulled a lure down to 40 feet. If there had been a drive through tackle window for boats anywhere on that lake, I would have had that equipment even sooner.

That next day when I went back, I did see big fish on my sonar screen again but then they moved. Days later I found them again, only south of the island in water half as deep. There was a bit of a long stretch of water and there were so many fish showing up on the screen as we drifted along, I couldn't keep up with counting them all. I warned you this would sound fishy. It was

a September afternoon and I said to Susan, "You've just got to see this!" Straining her neck to glimpse the screen from where she sat in the bow, she was definitely impressed! Her comment was similar to what I might have expected her to say if she had seen a thousand-dollar bill go floating by. Besides Susan, there is another witness. My neighbour and I went fishing and he saw what Susan saw. That isn't all.

Besides trolling deep lures, Susan and I got hold of some lively minnows. Just sitting there in the boat, Susan dropped one over the side on her line. In less than a minute her fishing rod tip nearly hit the water. It didn't last long, whatever hit her bait left without saying goodbye. Not only was Susan's minnow gone, but half of her new 20 lb. test drop-shot rig I had made up for her was gone. Nothing cuts 20 lb. line as slick as big pike unless that scuba diver I mentioned earlier was down there with scissors. Once again, no fish, so I dropped the net once again. It was good I soon grabbed onto my rod; I may have lost more than just my minnow. Same thing happened to me, rod bent over, minnow gone, no fish. Then a few days later fishing alone, I did land a fair size fish. I guess though it depends on what you consider to be a fair size fish. The fish that kept showing up in numbers on my screen no longer struck me as lake trout transitioning to their fall spawning area. The fish down there had to be pike as I had started to suspect, namely because that is what I caught. I started thinking that if the 100s of fish that had showed up on my screen, and there was no mistaking they were fish, were all pike, then it was a wonder there were any other fish in the same lake. You see, fish eat fish.

Susan and I only started fishing for lake trout mid-August that year. It never came to be, we were just learning, and lake trout season ended in zone 15 on September 30th. We did catch more fish that season, but when the water level got so low that when launching the boat off the trailer it hit bottom and just sat there, we gave up. Every year Susan and I fish, we learn something new. The great thing about fishing is, you can be doing it all your life and still be getting better.

Kenn R. E. Page, proud to be Canadian! Born in Toronto, raised in Pickering, worked for Bell and IBM. Moved to Muskoka in '75 to design and build homes for 40 years. Hobbies: Fishing, reading, painting, gardening.



Pouring Salve on Tender Wounds

By Geraldine O'Meara

It was the year 2001, and I was living at Post Green in Dorset, U.K. I had just celebrated my sixty-third birthday, and life was full and rich in terms of my career. Besides co-running a Pastoral Centre and counselling a number of clients, I had begun to tip my toe into new territory; a position for teaching Gestalt counselling had come up at Fareham College, where I had done most of my own training. I applied and got hired. I was looking forward to the challenge, but also nervous. I was revisiting a time in my life, at the age of seventeen, when I entered Teachers College, but left at the end of the first year as I didn't feel confident enough. So, there I was at sixty-three entering the den of fear that I ran from.

I started my job and had just completed two terms at the College, which included a weekend workshop focusing on the creative process of Gestalt Therapy, which was a major part of my own style of working therapeutically with clients. The students loved it. They were a wonderful group of people, ages 25-60; some setting out for the first time on a career path, others getting ready to change careers in their second stage of life. We bonded quickly, and I began to feel comfortable as a teacher; they learning from me and I learning from them; it was a beautiful exchange of understanding and wisdom, and I was feeling confident and enjoying myself.

Then the bombshell dropped! I was diagnosed with breast cancer; a small malignant tumour in my breast to be removed, along with numerous lymph nodes, and followed up with thirty radiotherapy sessions five days a week. I was shocked, "How could this happen to me!" I went through various stages of denial, to the point of telling the doctor that I hadn't time for all

this, my diary was already full.

She replied, "This is your life, and it's far too important to ignore!" I humbly conceded.

I looked at my diary and realised that a lot of my work could be covered by others in the Pastoral Centre, but the college group was not an easy decision to make for many reasons as I have already mentioned. I wondered if I could carry on with a couple of days a week, but looking at it sensibly, it was an hour's drive both to and from the College, and trying to fit it into radiotherapy sessions and recovering from the operation all seemed too much, so I knew I had to let it go.

Ironically, the next term was the subject of grief, and I was able to be with the group for two more sessions. I decided to tell them at the end of the first session that I had been diagnosed with breast cancer, and would be leaving at the end of the following session. I left enough time for discussion and welcomed any questions that they might have. They were saddened for me and for themselves as they were enjoying our times together, and liked my "easy style of teaching". I reassured them that there would be a good replacement to finish their year. I left that day feeling sad, and told them that I would be there for them next week.

I had prepared well for the final session, photocopied a lot of material at my own expense as the college was penny pinching, suggested areas of research on the computer, and felt confident that there was enough material to keep them going for awhile.

When I arrived the next week, I noticed a comfortable chair included in our already arranged circle. They invited me to sit in it, and instructed me to put my materials for the evening back in my bag and place them alongside my chair. CONT'D NEXT PAGE>>>

I had no idea what was going on, this was not the norm. Then one of the more vocal members of the group said, “Okay, Gerry, we don’t want you to teach us today, you’ve given a lot to us, and now we want to give back to you!” I was flabbergasted. I’ve never been very good at receiving, but there I was, no excuses, no backing out and feeling vulnerable, I had no choice.

The whole three hours was a pleasant surprise: they told stories, jokes, talked about their own experiences at the College, what they had taken from our sessions thus far and how they enjoyed them, we listened to music, danced, reminisced and had some good belly laughs. The more religious said they would pray for me, and others said they would be thinking about me and hoped for a quick healing. Then the penultimate came, a song at the end of our session; a beautiful rendition of “Somewhere over the rainbow, way up high...dreams that we dare to dream, really do come true.” I sat back and soaked in those words, as tears streamed down my face.

Truly, the gift of love that they shared with me that day, poured salve on my tender wounds of the past, the present and gave me hope for the future. The good news is, I am nineteen years on and no return of cancer. I am grateful.

***Geraldine O’Meara** spent twenty-one years in England, working for a spirituality/environmental centre before residency in Huntsville. As a senior, she is enjoying writing, painting, her grandchildren and great-granddaughter.*



Ode to the Plastic Bag

By BG Markstad

Cloth bags need washing
And water and power.
In them germs from raw meat
Build up by the hour.

A paper bag folds well
But leaks pretty badly
And trees need to die,
Forests wiped out, and sadly.

Containers of metal
Are strong but don’t fold
And rust can cause sickness
And cracks lead to mold.

The reason that plastic
Brought health and great care
Was that is it leak proof
And keeps out the air.

It keeps out the germs
And it just does not rust.
It stretches round edges
It’s what we can trust.

A single use plastic
Is unfairly bashed
Cause home from the store
It is then used for trash.

For picking up dog poo
It always gives back
In a pinch it is part of
A travelling pack.

In a purse what you carry
Then will not spill
And few of us really
Just toss it at will
Randomly over the fields
Or the water.

If trash cans were handy
We’d do what we ought’er.

We need plastic bags
So here’s the proposal -
The problem’s not plastic
It’s just safe disposal.

***BG Markstad** is a mom, grandma and occasional humor writer who is shy about getting her picture taken for risk of camera explosion.*

Boggle (print or write words on paper), 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.

F	R	H	E
O	A	E	S
L	L	W	G
K	S	O	N

Word Find (print or write words on paper), By Bessie Grimes

FLOWERS

Find the following words below and circle or write them down.

Lily	Rose	Daffodil	Tulip
Bluebell	Daisy	Iris	Trillium
Crocus	Pansy	Violet	Peony
Aster	Lilac	Poppy	

D	P	M	U	I	L	L	I	R	T
A	A	O	F	V	I	O	L	E	T
I	X	F	P	D	L	I	L	A	C
S	R	P	F	P	Y	S	N	A	P
Y	B	I	C	O	Y	G	Y	N	E
U	T	C	S	G	D	S	P	M	O
E	U	X	N	Y	L	I	I	O	N
S	L	L	E	B	E	U	L	B	Y
O	D	P	C	R	O	C	U	S	W
R	S	O	N	Y	A	S	T	E	R

MUSKOKA SENIORS MAGAZINE

Business Directory

BILLINGSLEY FUNERAL HOME – We help you share memories. We provide thoughtful services and detailed information at a competitive cost. “Death leaves a heartache no one can heal, Love leaves a memory no one can steal.” www.billingsleyfuneralhome.com p. 11

COTTAGE COUNTRY CREMATION - Simply serving families. Low overhead equals low prices. Professional staff services. 844-773-6283, www.cottagecountrycremation.ca. p. 29

DORSET VILLAGE PHARMACY - 1103 Main St., Dorset, ON., 705-766-1911, www.pharmasave.com. p. 10

MINDEN HALIBURTON HEARING SERVICES - Open by appointment. Minden office, call: 705-286-6001, Haliburton office, call: 705-457-9171. mindenhearingserviceinc@gmail.com, mindenhaliburtonhearingservice.com, p. 4

MITCHELL FUNERAL HOME - As the only family owned funeral home in Muskoka, the Mitchell Funeral Home provides a special kind of compassion and level of care. The Mitchell family has connected with countless local families through the generations and greatly value their community. 705-789-5252, www.mitchellfuneralhome.ca

MUSKOKA CREMATION & BURIAL SERVICES LTD - We offer a professional, cost effective cremation and burial service. We carry memorial merchandise such as urns, keepsakes and memorial jewellery. For further information or inquiry call 705-789-0086, or email: muskokacremationandburial@gmail.com. p. 23

THE HOME IN MUSKOKA - Join our family! Our Home wants to open its' doors and welcome you in. Book an info session to see if our family-style retirement living is right for you. p. 5
<https://thehomeinmuskoka.com/info-session>

CHARITIES AND NON-PROFITS

Alzheimer Society of Muskoka - Support for people with Alzheimer's disease and other dementias and their caregivers, with a mission to provide meaningful support that helps people live well with dementia. Muskoka/Parry Sound 705-645-5621 www.alzheimermuskoka.ca.

Huntsville Meals on Wheels - Weekday, lunch-time hot, nutritious meals at a reasonable cost to anyone needing this service, delivered by friendly volunteers. Delivery: 705-789-5681, to volunteer: 705-635-3216.

Municipal Retirees Organization of Ontario (MROO) - is a not-for-profit organization that advocates for the rights & interests of OMERS pensioners - www.mroo.org.

Muskoka Lawn Bowling Club & CROQUET - New croquet program starting in July! Lessons & equipment provided. Membership information: www.muskokabowls.ca, 705-646-0086

Muskoka Seniors - Frozen Meals on Wheels, Transportation, and more. Connect with us for more information: www.muskokaseniors.org, 705-789-6676, or info@muskokaseniors.org

Feeling Stuck? One Step Forward, two steps back?

Many of us find ourselves in unwanted circumstances, and if it's happening regularly, you may be feeling tired of the struggle. Having the same problems in the same area repeatedly can be frustrating and overwhelming. No matter how hard you try, you can't seem to move forward from it, like a hamster in a wheel, going nowhere fast, or if you do, sometimes it doesn't last.

On one hand, you worry about what people think of your current situations or choices, yet on the other hand, if you change for the better, you wonder if you'll be judged then too, as maybe 'too much' somehow. It's like the tape recorder of a fear of being 'good enough' is constantly playing over and over again no matter what you do. Sound familiar?



The Little Black Book for Getting Unstuck

*"I got mine
yesterday...
Loved it.
Finished very
quick. Totally
hit home. You
know my story...
No more being
stuck!"*

*- C.C., Muskoka,
ON, Canada*

Cheryl A. Patterson

*"I received your
book last week.
It was amazing.
Since I have been
going through a
lot of changes so
it really did help
me out. It was
great timing."*

*- D. B.,
St. Catharines,
ON, Canada*

The unique strategies in this book can help you to gain the insight, power and skills, necessary to create the changes that you want. You'll learn the ways that thousands of people use to fulfill their life's goals and live their truth.

If you'd like to start to easily get unstuck in ways you're destined to, and move forward in leaps, and have a peace of mind knowing that you're living to your potential, don't miss this book!

Get your paperback copy today at:

(copy and paste this link in your browser)

<https://www.amazon.com/gp/product/B01595ALEK>