

MUSKOKA SENIORS MAGAZINE

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

Winter 2022

**Cannabis:
What Exactly is it?**

**New Year's Resolutions:
Areas to Pay Attention to**

**How to Sell
Your Home or Cottage**

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Cheryl A. Patterson

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MUSKOKA SENIORS MAGAZINE

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FROM THE PUBLISHER



The New Year brought in a bang of record high cases of Covid once again. When will it end, right? The fact is that challenges will always be a part of our lives, and some, like this one, can be worse than others. But we're not helpless and it doesn't have to feel hopeless.

Personally, one of the greatest lessons I learned about adversity is that I always have choices regarding the outcomes in my life, even though it may not feel like it at the time.

If you're going through a challenging time, put one foot in front of the other each day, hour, moment...and at least make the choice that you want things to be better, and begin to do little things each day to make it happen.

One area to pay attention to is that what you focus your attention on grows, like a dominoes effect, for better or worse. A good example of this is how you cope with adversity. Is it in the spirit of fear or faith?

Now is the time to practice what you preach when it comes to your faith, regardless of whether you're religious or spiritual. As discussed in our Faithfully Speaking section, faith is more than going to church or talking about right and wrong. It affects every emotion that you have and everything that you do, and it's a good time to act on it, maybe more than ever, and we show you how.

It's also important to remember that regardless of the adversities

you might be going through, the good stuff is always there too, if you choose to see it, and support is always available, even though it can be easy to feel isolated and alone with the challenges.

Sometimes support can come in the form of a phrase or message in a show or movie, or a bird on your windowsill, some kind of symbol or song that reminds you to feel good, and of course through kind gestures or words from friends and loved ones. So, if you're alone, look for those special signs to show you that you're supported because they're always there, if you choose to see them.

This New Year can be whatever you want it to be, regardless of your situation. Turn disadvantages into advantages, and despair into hope.

Our goal is to be a connection for information, support and inspiration for you, regardless of your circumstances. And of course, a good


chuckle along the way is always fun (and healthy!), too.

We are about inclusion too, so feel free to be a part of something special and drop us a line if you have a challenge that you've overcome and think might help others, a funny joke or experience... At the end of the day, we thrive together, and the best impacts we can make are how we show up for each other.

And as always, keeping you safe with a publication that you have access to that is as simple as the click of a link is something we're proud to be able to offer you given these times as well.

Wishing you health, love and happiness in 2022.

Cheryl Patterson, Publisher

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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.

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MUSKOKA SENIORS MAGAZINE

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

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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.

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Contributors Winter 2022



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Marguerite Oberle Thomas, RN., BScN is Consultant Liaison, Fall Prevention Community of Practice, sponsored by Parachute. She is a senior and former caregiver, keen to prevent injuries.



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.

New Year's Resolutions: Areas to Pay Attention to

New Year's resolutions are an effective motivator to help us improve our health each year. The success rate improves when we share our resolutions with others, so keep this in mind if you want to improve your chances.

The last couple of years have been uniquely challenging and as a pharmacist, these health issues seem important:

Weight loss. This is always at the top of the list of resolutions, since carrying excess weight causes so many other health problems, including arthritis, heart disease and diabetes.

Two years of on-again off-again lockdowns and club closures have resulted in many of us packing on more pounds than we normally should carry. The 'covid 20' is a thing, and gains in weight exceeding 20 lbs. are common with people these days.

While it's not easy to lose weight, we seem to know a whole lot more about healthy eating than we ever did in the past. Trust me, as a Canadian kid who grew up in the 70's being taught 'foot triangle' science, we've come a long way.

As 2022 kicks off, if you want to lose weight, it helps to have specific goals and make tangible changes,

rather than vague promises to 'eat better'. Carbs matter, and reducing your consumption of pasta, breads, and sugared beverages will help.

Timing also matters, avoid late evening snacking. Scheduled fasting can be a safe and inexpensive way to lose weight, and your doctor can give you suggestions about a good schedule for you. However, if you are on medications for type 2 diabetes, or use insulin, scheduled fasting may be risky and lower blood glucose to dangerous levels. If in doubt, ask your doctor or pharmacist. New drugs are available for weight loss but can be costly and should be reserved only in a small percentage of people.

Stop procrastinating about lab tests and exams. Lab and office closures during the pandemic resulted in a backlog of important testing for a lot of people. Many patients missed appointments or had delays to important surgeries over the last year. Illnesses that are best treated early may be ticking time bombs, going undiagnosed. If you have missed appointments during the pandemic, or have a lab requisition posted on the bulletin board at home, stop procrastinating and resolve to go in and get that test done. You'll stop worrying.

Unplug yourself for a while (maybe). This one may not apply to seniors. We hear a lot about

social media causing mental health issues. Certainly, this is true of teenagers and young adults where increased social media use is linked to higher rates of anxiety and depression. In seniors the story is mixed.

When social media use is done primarily to compare oneself to others, e.g. in looks, money, status, such as is often the case in teens and younger people, depression is common. But seniors tend to use the internet and social media more as a means of connection to the outside world, to stay in touch with family who live in far off places.

Lockdowns and border closures have prevented many of us from visiting loved ones the last 2 years. For these families, zoom calls, face-timing and social media have been a lifeline. The Internet can increase positive feelings and elevate the mood if used in this way.

If you fall into the 'at risk' category, then unplug. It wouldn't hurt to avoid news sites that make us feel more anxious than informed. But if you use the internet to stay connected to loved ones, keep yourself plugged in.

So, with those ideas in mind going into the New Year, good luck with your resolutions and don't be shy about sharing them with a friend.

The best in 2022!

Crazy Chicken Orzo Soup

by Bessie Grimes

What do you do when you have a craving for homemade Chicken Noodle Soup and you have no pasta in the house except orzo and no chicken pieces, only chicken nuggets? Here's a solution that tastes pretty good.

Ingredients:

6 frozen chicken nuggets
4 cups lamb or pork stock
1 large onion, diced
2 cloves garlic, diced
1 cup orzo
1 tbsp. dried parsley flakes
salt and pepper to taste



Directions:

Bring meat stock to a boil. Microwave chicken nuggets for one minute and chop them into bite-sized pieces. Add them to the stock along with salt and pepper, onion and garlic. Boil 15 minutes to cook the chicken and vegetables, then add orzo. Boil another 10 minutes, stirring constantly to prevent the orzo from sticking to the pot.

Makes 4 servings. Garnish each bowl with parsley flakes and enjoy.

Do you have a favourite recipe your friends and family rave about?

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 favourite recipe that your friends and/or family enjoy,
we'd love to help you share it with others.

Send your recipe to:

editorial@muskokaseniorsmagazine.ca

CANNABIS: FOR YOUR INFORMATION



Heather Huff-Bogart - Heather has more than a decade of experience in the Cannabis industry and holds certificates in cannabis marketing / production and is a certified Cannabis Sommelier. Her passion for cannabis and helping people shines through in every interaction she has with customers at The Green Bouquest Cannabis.

Cannabis: What Exactly Is It?

Occasionally, something comes along that peaks people's curiosity, and even though, it's been around for centuries, with the recent legalization, cannabis is one of those things. People have many questions, and we're here to answer them for you with this column. First, it's important to understand what it is.

Cannabis is a plant that has many similarities to many other plants that we all use on a regular basis. It produces terpenes (scent and flavour) the same as a tomato would. The biggest difference is that cannabis produces higher chemical compositions that directly work our bodies receptors through our endocannabinoid system (ECS). The most understood chemical compositions produced are known as Phyto cannabinoids. Many other plants contain Phyto cannabinoids (cannabinoids), just on a lesser level than cannabis, like, black pepper, flax seed, echinacea, chocolate, etc.

Cannabis produces over 100 different cannabinoids, but we are going to focus on the two most popular and understood cannabinoids, CBD (cannabidiol) and THC (Delta 9-Tetrahydrocannabinol).

We get asked all the time what is CBD and THC?

CBD is found to be non-intoxicating and not overly psychoactive.

Research has shown though that it can influence your mind and body. It has been found that CBD works best when taken with a very low dose of THC, as THC will help carry the CBD to your appropriate internal receptors. As well, it could help reduce the "high" if you have taken too much THC.

When taking CBD, for it to work at its full potential you must take it daily and the full effects are usually not felt right away, it normally takes about 1 to 2 weeks to fully get into your system. Research has shown that CBD can be an incredible asset to our ECS and bodies.

THC is the psychoactive component of cannabis and what provides the "high". The cannabinoid THC is not actually found in the cannabis plant, its predecessor is THC-A. The cannabinoid THC-A (A is for acidic) changes or is converted to THC when dried, cured and decarboxylated (or activated or heated up). Research has found that THC has many of its own health benefits that work directly with our ECS.

Does CBD and or THC help with sleep?

Dr Potter suggests that CBD may be beneficial in regulating your sleeping pattern ("Cannabis for Seniors," Berkeley, CA, Ronin Publications, 2017.)

THC has been found to help with falling asleep and reducing the chatter that can keep you awake at night by working directly with your REM sleeping pattern.

CBN (Cannabinoid) is known as the sleepy cannabinoid and is found to be around 5 times more sedative than THC, so you have your options when purchasing cannabis for sleeping. Always, consult your doctor or pharmacist when taking cannabis with medications.

Can cannabis help with pain?

Research has found that THC and CBD are the two best cannabinoids for this ailment according to many doctors including Beverly A Potter, Ph.D. Always, consult your doctor or pharmacist when taking cannabis with medications.

What are my best options for consumption?

With so many options on the market, we always find out customer preferences and then we can guide them through our available options. From tinctures, lotions, beverages, edibles, topicals and so much more.

Our team is Cansell Certified and here to talk to you about your cannabis questions. We have free educational information instore for seniors and will be holding an educational workshop soon.

Want to win this beautiful handmade quilt?



Handmade lap quilt made by Brad Normand.

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We all know that businesses continue to suffer from the impacts of Covid. So, what can we do about it? Support them! How?

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List the business name, town, and why you're voting for them (businesses cannot vote for themselves).

Each vote will be placed in a draw, and the name selected will win this lovely quilt!

Charities, this could be a great raffle item for you, and for individuals, it could be an opportunity to treat yourself or a loved one to something cozy...just in time for Valentine's Day!

The votes start now and end Feb 8th.

The winner will be contacted on this day and announced on our Facebook page: <https://www.facebook.com/muskokaseniorsmagazine.ca/> and Twitter page: <https://twitter.com/Muskoka-SensMag>

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History and The Smartest Man I've Ever Known

By Lisa (Steele) Amendola

My mind is always flooded with great childhood memories of my dad's way of teaching my sister and our younger brother and I his own way of life history lessons, which usually began as road trips to everywhere...you name it...in Ontario.

He's 90 now, but he worked at Ontario Hydro for 36 1/2 years, which made him a great living to provide for his family. Then he moved on to being the curator at the Nipissing Township Museum for 16 years, which was fitting for someone so passionate about history. He had such a special way of wanting us kids to be informed about any special person who came before us, and from any town it seemed.

I can't begin to list all of the many places in my head that he took us to but there were many. He wanted us to know about different people and places, even if it meant sharing history about people from a gravestone.

He's a real storyteller. I remember listening to a CD of him being interviewed by someone in North Bay for news, talking about the history of the area, including how the water was used for power and so much more. My dad is a fascinating man...a vast encyclopedia of knowledge. "Joe's school of learning," and whenever he could take us to learn something he would.

For instance, he didn't just tell us about Thom Thompson, he took us to Algonquin Park and a boat access spot to be where he once was. He took the time to show us things like this as well as share about it. He didn't come across as a know it all though. He just said, "Everyone has something to share."

He wanted us to learn stuff that he learned. Teaching was one of his ways of expressing love. There's so much I wouldn't have known otherwise. What kid knows about things like straw keeping ice cold in the summer? I did!

He also had a wonderful fascination for old trains and ships and could share about the history of those, too. He wanted us to know stuff about old buildings, ships, trains, what came before us, who logged where, monuments in different towns, pioneer homesteads and so much more. So, in hindsight, I guess everything wasn't always about his total addiction to hockey, even though he's been called the "Don Cherry of Powassan" or "Mr. Hockey. That's Joe!"

"See that garage...? Bobby Ore practiced there, shooting pucks off a garage door," he would say in Parry Sound about an old house. Or "Turn on the tv, its hockey night in Canada!"

His love of hockey is probably due to the fact that we are related to so many famous hockey players, like Billy Barber from Callander, who considers dad a great friend and cousin, Bobby Orr, who's mother was Arva Steele Orr, directly related to my dad's dad, and the great number 10 of 1967's only leaf cup winner, Mr. George Armstrong, whom was even in a family photo with his wife, my older sister and my dad at a reunion one summertime.

He was always telling us how we were related to someone we could have bumped into at a coffee shop in some other town somewhere. You could shake a tree, and dad would have a relative falling and tell us how we're related.

He's also a real family man. When we went away on school trips, he missed us. He loved everyone being together. And he used to always say he hated "the empty nest" and never wanted us to go away. He also had my son (his grandson), Brad working at the museum with him at 14 years old.

Dad also loved driving on country roads. We had many Sunday outings, where he'd say, "We're going for a drive." We'd ask, "Dad where are we going?"

"Kalamazoo! It's a real place. Look it up!" He'd say.

I did. It's in Michigan! So, he was teasing. There was always a lesson to be learned whether driving in the car, or near a farm somewhere... It was like the song "I've been everywhere man..."

Mom used to say, "You gonna run the tires off the car, Joe?" when we'd head out to another adventure.



Lisa (front), her dad (top left) and son, Brad (top right).

He also has a million friends, been to every coffee shop from here to Kalamazoo, and knows people from everywhere, and their families.

He was also the biggest collector of things, which could range from antiques to something as simple as an old brick that was connected to a piece of history in its own way too, and say, "This was from the old church in Nipissing," and write the date on it. A little artifact that holds a lot of memories for a lot of people. He could tell you a story about the simplest things like this. History has meaning to him, regardless of what it is. And I think it rubbed off.

I've collected things too. One time it was spikes off a railroad track while visiting St. Jacobs, and said, "Dad I'm getting to be like you."

The stories and lessons were because he loved to get into the car and drive for the day and ask people things. As much as he can show you something, he loved to learn too.

I've seen his old report cards

from when he was around 10 or 11 years old, with 90% in spelling, history and so on. And the teacher's comment on it said, "Joe loves to learn."

He must have been 90 when he was 14. He loved old stuff, more so than modern stuff, and he had a spring in his step always.

He also loves books and had stacks and stacks of them from the library or bookstore. Mom used to say, "Joe, come on..."

He would have made a great teacher. When I think back to a lot of teachers I had, dad would have been better than a lot of them. He had a thirst for knowledge and wanted to share it. That was his gift. I'm forever changed and a better person for it.

I've always looked up to him. He's the smartest man I've ever known. A really fascinating man from a to z.

My friends even said he was interesting. I was lucky like that growing up. Some of them would ask, "How do you know that?" I would say, "I know because dad told me."

Do you have a family story to share?

A special memory, endearing story, family challenge you overcame, or news that you think others might be interested in hearing about...

We want to hear about it!

You can easily share by email, Word attachment, or even a chat on the phone!

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Have You Thought About What Your Plan Will Be?

My high school football coach said, "Planning Prevents Poor Performance". A motto for the practice, drills, and effort, during our daily practices, in preparation for upcoming games. This little saying, from over 30 years ago, is one I have referred to often, because if you don't have a plan, you leave room for disappointment. As funeral professionals, our team is charged with the honourable task of planning the final goodbye of your loved one. We are the trained, experienced support, to guide you prior to or at the time of a death. It is the preparation we strive to help with, to ensure a memorable send off is achieved.

Death is not a conversation that comes easily to most. Taboo talk if you will. However, at some point, we will all need to have "the talk" about what to do at THE END.

Funeral professionals are trained to provide you with relevant information, so you are prepared to make decisions for you or for a loved one. Sounds quite simple, however, every person is different, which makes planning for every person, unique.

People often make decisions based on prior experiences. For example, if you attended a funeral

for a close friend, perhaps you liked the officiating minister. Or you attended a visitation for your aunt, and you thought the casket the family selected was exquisite. Or you thought that the video the funeral home prepared was truly special and brought back many memories. Any one of these experiences can play a role in the decisions you make for "your end".

My grandfather died when I was ten. I remember seeing him in his casket. I remember the funeral director asked me if I wanted to write a note to my grandpa. I remember vividly, walking up to the casket with my mother and the funeral director and I watched him put my note into my grandfather's jacket pocket. My note was going to be with him forever. Now, I'm the funeral director, trying to impart special memories for others.

13 years later, shortly after becoming a funeral director, my grandmother asked me to help plan her funeral. It made sense that she would ask someone she could trust. So, we had "the talk". She began by telling me, that she did not want anything at all. She just wanted to be cremated and her ashes placed

beside my grandfather. At first, I was shocked. So, I challenged her. Before I go on, you should know that my grandma lived with my family for several years and she was part of a bridge group, a church group and she was well known to all our family's friends. I asked her why she would do it differently than her own husband's funeral. I recounted my memory of my grandfather's funeral. I reminded her that she had 3 children, 6 grandchildren and was very connected within her community groups. I wanted her to understand and think about the impact that her decisions regarding death, would have on everyone who cared about her in life. I offered her every option and idea under the sun. But she made her own decisions.

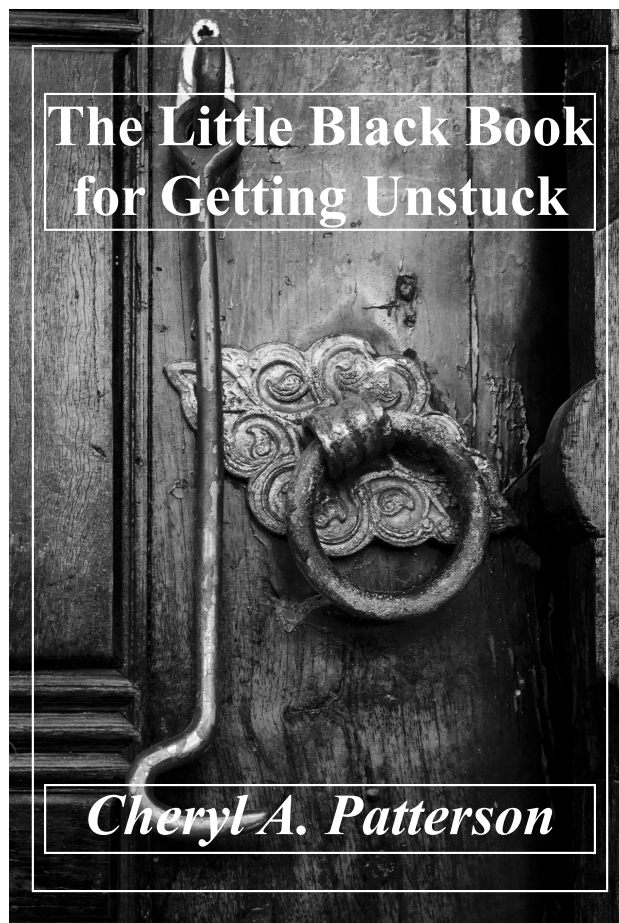
9 years later we celebrated my grandmother's passing. She decided on a private viewing for our family, followed by public visitation for friends. She opted for a traditional funeral held in the funeral home. She chose the cherry casket and the matching cherry urn. We buried her next to my grandfather, just as she wanted. She planned it perfectly.

Have you thought about what your plan will be?

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*

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How to Embrace Change

It's funny when you think about it... Change is the very thing that many of us often fear and resist at all costs because of the uncertainty, yet it is the very thing that is a constant in our lives and that we can count on happening for sure. People, careers, goals, homes and even interests change. It's a given that situations in our lives may change at any given time. But we still worry and grapple at the thought of it.

For some people, change in a specific area of their lives has a greater or lesser impact on them, and for others, the thought of anything changing can create a sense of panic. At some point, change affects us all in various ways, and the important thing is how we cope with it when it happens. The following are some tips to help you manage change successfully.

Tips for coping with change:

- **Accept it.** Know that change is normal and something we all go through at various times, and that it can be challenging, and that's okay.
- **Take the time you need.** This doesn't mean procrastinate until no end to resist it, but know that it may take some time to adjust to your new circumstances.
- **Have a positive outlook.** It's simply a part of life – nobody is to blame.

And sometimes it creates new possibilities.

- **Don't go it alone.** Surround yourself with people you can talk to about it. Some people may have gone through a similar situation and can provide insight or a fresh perspective. It's also comforting to simply have someone to talk to when going through stressful situations.
- **Take it a step at a time.** It can be overwhelming to try and sort everything out all at once regarding what's going to be involved with the new circumstances. Break it down to small manageable pieces and go from there.
- **Think of what you can learn.** Coping with change can make us wiser, more resilient and better able to cope with similar situations in the future.
- **Create a buffer.** Have positive things in your life to fall back on. Friends, family, hobbies, exercise and healthy diet are all great supports to help you cope constructively.

Remember that new doesn't stay that way. What seems so new and unfamiliar will eventually become familiar and not so scary. And we are more resilient than we realize and have it in us to manage if we put our minds to it. **MSM**

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

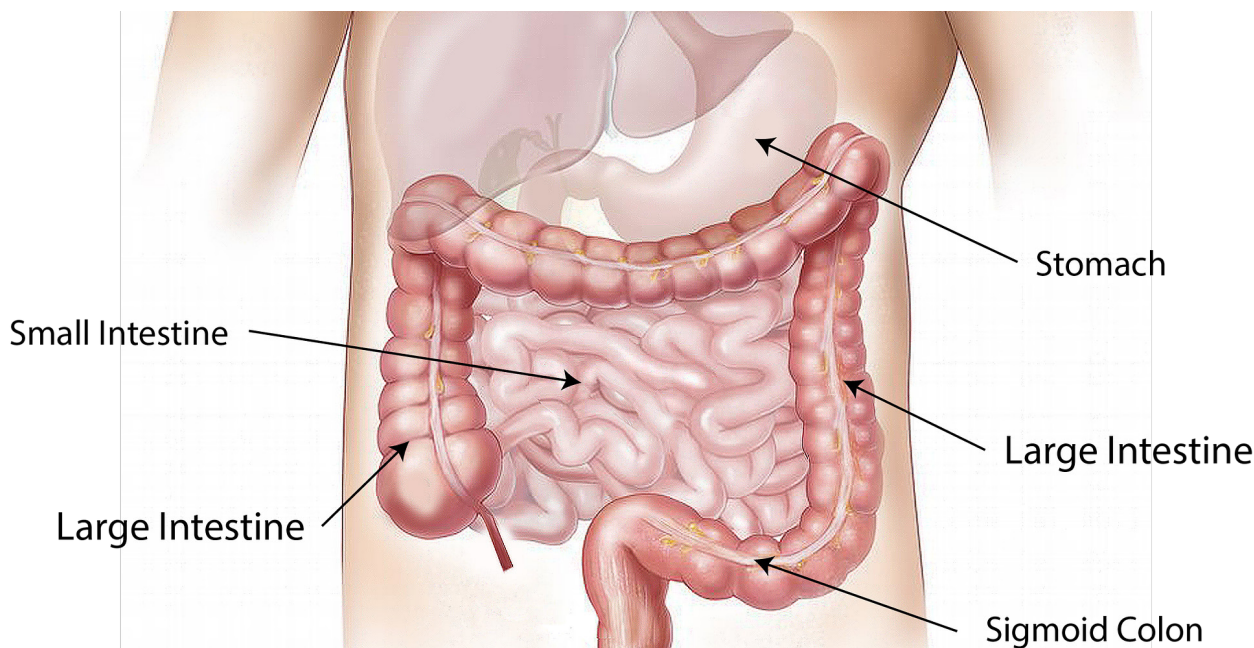


Cheryl A. Patterson

Photo by Matt Paulson

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Cognitive Health: What do Probiotics Have to do With it?

Think your brain is your brain and your gut is your gut? Think again!

Many people think “gut” when they hear about probiotics. Although that’s where the process begins, the effects don’t end there. Research is now linking the effects of probiotics to our cognitive functioning.

A study by Elmira Akbari et al, published in *Frontiers in Aging Neuroscience* journal (“Effect of Probiotics on Cognitive Function and Metabolic Status in Alzheimer’s Disease: A Randomized, Double-Blind and Controlled Trial,” V.8, Nov. 2016), monitored the impact of probiotic supplements on 60 patients with Alzheimer’s Disease. Half were given cow’s milk, and the other half were given probiotic milk containing *Lactobacillus acidophilus*, *Lactobacillus casei*, *Bifidobac-*

terium bifidum, and *Lactobacillus fermentum* for 12 weeks. A cognitive assessment called the mini-mental state exam (MMSE) to evaluate the degree of cognitive impairments was done before the treatment, along with the highly sensitive c-reactive protein (hs-CRP) blood test to detect inflammation – an important characteristic of Alzheimer’s Disease. And the tests were repeated after 12 weeks.

The results of the study revealed, “Overall, the current study demonstrated that probiotic consumption for 12 weeks positively affects cognitive function.”

The placebo group showed an increase in hs-CRP - the indicator of inflammation - by 45%, whereas the probiotic group declined by 18%. And over the 12 weeks the placebo group continued to mentally dec-

-line, however, the probiotics group showed a substantial improvement in cognitive function. So in addition to preventing a decline in cognitive function, the probiotics helped participants regain it.

The study indicates, “From these considerations it can be concluded that, at least through contributing in neurotransmitter synthesis or receptor expression, probiotics might adjust the brain activity.” They add, “Accordingly, it is suggested that dysfunction of the neuroendocrine system, behavior, and cognition are correlated with gut microbiota dysbiosis (Liang et al., 2015).”

Although a small study, it encourages hope and opens the door to further investigation on the impact of probiotics not only to our immune systems but our brains. Good news indeed! **MSM**



What Does the Opposite of Faith Look Like?

It's easy to say that we live by a certain faith – in God or other spiritual source that moves, comforts and inspires strength in you. People do it all the time. They go to church, or talk about their religious upbringing or current practice. But are you really practicing what you preach?

When you get sick and feel that you have no control over your health, how do you respond? Are you consumed with worry or doubt about getting better?

If you are waiting for a test result from something, do fear and anxiety take over?

Is feeling in control important to you to the point where you feel compelled to do the same things everyday, from the time you wake to the time you go to sleep? Is it uncomfortable and challenging to step out of your comfort zones?

Is it hard to let go and leave some room for the unknown?

How about the pandemic? Do the new strains have you feeling doubtful about the future and how things will turn out for you?

Do you have a negative outlook on life, or feel skeptical or untrusting of people and situations?

These are all on the opposite spectrum of faith. Here is a list of some things we do when we aren't allowing ourselves to have faith:

- Worry
- Doubt
- Fear
- Anxiety
- Stress
- Frustration
- Lack of trust
- Pessimism
- Skepticism
- Control (vs. letting go)
- Shut down/closed off (vs. open)

In contrast, having faith means...

- You believe in your ability to heal, get through challenges and trying situations.
- You embrace change, even if it's a little each day, week, month... because you know that with change comes new opportunity for growth, meaning, joy and

fulfillment.

- You feel comfortable being open to new people and ways of doing things because you don't feel threatened but rather secure knowing things are fine and as they are meant to be.
- You have a positive outlook and focus on trust because you choose to see the good and divine in all things.
- You are grateful for your experiences everyday because you can see they help you to grow stronger and wiser.
- You embrace feeling good because you know that it's a waste of time choosing to feel bad for a lifetime.

Having faith is a lifestyle, a choice, and inspiring way of being in the world. The opposite is easy but detrimental to our health, relationships and overall life. What are some opposites of faith in your life that you can change today to put your faith into greater practice?

MSM

AGING WITH A GUSTO: WHAT WORKS FOR YOU?



Marie Warkenton
Haliburton, Ontario.

A positive attitude goes along way. One needs a positive attitude and a smile which at times is very difficult. Depression is the enemy. Seeking help immediately is important.

The days that I was so incapacitated, where I could barely lift my head off the pillow, I forced myself to get up and at least get dressed and comb my hair. Some days that was it.

When going through cancer treatment, I met others who also had their issues, and one would discuss symptoms and compare, "Oh yes I had that. Wait till this happens, and this is what you can expect..." It was good therapy in a way. If you knew what lay ahead of you, you could plan for it. I made some very good friends and we still keep in touch with supporting one another. I also met individuals that were in worse positions and stages than I. So I decided nothing wrong with me...it is what it is and learned how to deal with it.

I learned trust in the Lord our God. Life has become more peaceful and I am content within. And I was extremely fortunate to my Church Family (as I refer to them). I actually had individuals call from Florida checking in on me, to inquire what my status was and to see if there was anything they could do for me.

I also researched, had many discussions with doctors, regarding alternatives to use with main stream medicine...not always welcomed.

And what gave me purpose and forced me to keep positive and moving were my two dogs, Abbey and Stormi. Animals tend to have a soothing affect on the soul. They never left my side.

This is my story. Cancer changes one's life. Things once important are now secondary. I now cherish each day and am happy that I put my feet on the floor each day.

What inspires and makes you happy?

Friends, hobbies, volunteering, exercise?

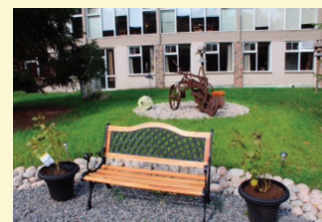
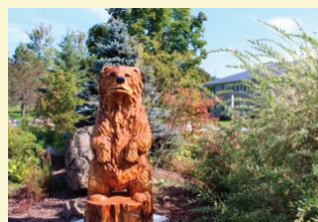
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*Sports Corner
with Peter Cassidy*

A True Ice Fishing Tale on Lake Simcoe

A few years ago, I was invited to try ice fishing for the first time. I have always enjoyed walking up a stream looking for a deep pool where I knew a trout would be. I was looking forward to this new venture. A chance to be with my old pals.

I was amazed at their homemade fishing gear. It was slats of wood notched at each end with fishing line wrapped end to end. At the lake there were snowmobiles with sleds on the back for transportation. The boys cut holes in the ice and dropped lines through them.

With the warm sun shining on our backs, I took out my thermos of whiskey laced coffee and relaxed. The lads had lines into other holes and were patiently waiting for a hit. Then it happened!

I felt a pressure crack right between my legs, I froze instantly. As if in slow motion I drank my coffee, not wanting to waste good scotch, and I stood up. I pulled up my line and laid it on the snow. I then put my thermos of Scotch in my bag.

Turning slowly towards the shoreline I made sure my feet were firmly planted. I began to walk very fast. My pace picked up and I started to run. My mind made me forget I was wearing snow boots. That did not slow me down one little bit. I had one ambition and that was to get off the lake as fast as I could.

I looked back and could see my friends looking towards me. They did deny laughing and said I had set a speed record from lake to shore. They returned and having a bit more experience than me, the crack bothered them as well. They did not panic like I had though. I still had a good day and learned a lot.

***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.*



Starting Vegetable Seeds Indoors

By Sandra Harthill

As we start a new year, our thoughts turn to our garden and what we might plant and grow this summer. Growing your own vegetables is extremely gratifying and delicious!

If you're going to grow vegetables, it's good to start planning ahead. Many vegetables can be started indoors using seeds.

When purchasing seeds, it's always good to get them and the seed-starting mix from a trusted source.

There are some vegetables, such as root vegetables that are not suitable for starting seeds indoors as they do not transplant well.

Typically, it is good to start long season vegetables, such as tomatoes, broccoli, eggplant, and kale.

When planting seeds, always remember how much space you have in the garden for these plants.

Start planting the seeds 4-6 weeks before the last frost. In Muskoka, the last frost date is usually the end of May.

By starting the seeds indoors, you are extending the growing season.

Make sure your containers are clean and have drainage holes before adding the seed-starting soil, and lightly pack the soil in the container, as compacted soil can lead to poor root growth.

Always pack your seeds at the recommended depth listed on the packet, which is usually at a depth twice the diameter of the seed, and then place the pots in a warm location.

Gently water to keep the seed-starting soil moist.

Seeds are alive but sleeping. Warmth and moisture will wake them up and start the growing process.

Remember to label your seeds.

***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 III Beginning Our Own Estate Planning

By Marguerite Oberle Thomas

I got a lovely photo of a gourmet cheese selection from my son today. That might seem like an odd photo to send, but I am getting great pleasure from giving gifts to others now, especially my own kids, grandkids, the stepfamily members who have been so kind to me, and some special friends.

My son was gifted the gourmet cheeses, but I have had way too much fun doing home baking and buying presents and shipping them to the precious people that I can't see now because of Covid. Becoming a widow last year definitely made me realize that someday I too shall pass.

I need to do some more planning about what I will leave behind, but in the meantime, why not be happy for their joy now, while I am still here? I love the thrill they get from the surprises, and I can't take it with

me. I cannot. My grandmother gave away items and labelled who she wanted to get what. She was my role model, so why not? The next columns will be about the practicalities of preparing for our own end of life. What do we want it to be like if we become seriously ill and when we pass away? When it comes to estate planning, many of us don't even know what we don't know.

The very first practical suggestion is to pick who you want as the Powers of Attorney (POA) and as executors for your estate. Ask them if they can and will do it. Be sure to have all their correct contact information for your legal work. Who do you want to make your financial and care decisions should you become incapacitated? Will this be joint or just one person? What about their capacity to do tasks for you in terms of living close by, having time and

experience, and keeping your best interests at heart? Will you have the same person/people for both or split it? Do you want a "Do Not Resuscitate" if your brain function or general health are greatly diminished? Would you want a MAID (Medically Assisted in Dying)?

Next is to locate all your paperwork in a place that those designated know about. Be sure that they have a key to your home, safety deposit and fireboxes or know where to get the keys. These papers should not only be your will and other essentials, but It should also include all your end of life wishes for what you want them to do. Make sure they know your passwords for your computer etc. Also include your wedding certificate, divorce papers, Social Insurance card and birth certificate insurance policies and any

CONT'D NEXT PAGE >>>

GRIEF SERIES CONT'D...

pension information.

How everything unfolds may be different with Covid, but if those designated are from out of town, an up-to-date list of contacts for accommodations, the local funeral director, clergy and where to get prepared food could also be helpful.

Thinking about family who lives out of town, give serious thought as to where you wish to be buried and who will provide gravesite visiting and maintenance. Should you not pass, but suffer a serious illness, it is good to have your POAs and end of life wishes previously well-written and well-discussed.

We can't control how our family and friends will feel, but we can do our best to create an atmosphere whereby harmony is most likely, and discord shouldn't thrive. We hear lots of horror stories about families not speaking to each other after a will is read. There is an old expression that "Money is when friendship and kinship turn to hen spit". Well, it isn't actually hen "spit", but maybe ...you get what I mean.

Sudden death and prolonged death can both be awful. The ideal of living long and well and then having a few days to say goodbye, with everything perfectly in order, is a nice myth that some families and loved ones might get, but many do not.

You can check out the websites on your home computer for the Powers of Attorney background information, but the best advice is to consult a lawyer. If you don't have a computer, the office of MPP Lisa Thompson in Blyth, (519-523-4251) does stock the forms for various POAs. There is no cost. You will need to call to make the appointment and follow Covid rules, but

they will be happy to assist you. There are many government websites with free forms to help with end-of-life choices: POAs, Final Wishes, Being a Donor, Medical Assistance in Dying (MAID), Wills, Death Benefits and Probate.

Besides writing it all down, do discuss it with the people who will be left behind. Probably the worst thing is to have people surprised as to who gets what and why. You are the boss, and it is your estate, but discussing it with your beneficiaries ahead can help you to make choices. No point in leaving the silverware to the child who wants to travel and doesn't want to be tied down with possessions. But then again, there might be a grandson who really wants Great-Grandma's cookware, even if you would never have thought of that. While trying

to be fair, it should also about who treasures what.

A sidenote here is to really re-read your will well after the lawyer writes it up. I left my grandfather's truck to my son, according to the will. Problem is, Grandpa never had a truck. It was his trunk, the one my great-great-grandfather brought from England. Simple misspelling, but lesson learned.

Check out your home ownership. Are you joint tenants or tenants in common? Is there a mortgage or other debt? Check out the bank accounts and the other financial plans. Find out what that means when you pass. Does it mean what you want it to? What about your car? Is it jointly owned? Could there be a claim on it when you pass? What about all of your furniture, tools, cookware,

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jewelry, or valuable collectables? Where do you want them to go? It would take many columns to look at all the possibilities of what can go wrong here. Know what your bank accounts mean. Do you have joint account right of survivorship? That actually means that the survivor owns all the funds in the joint account. Do you have joint credit cards? This was a tricky place where I got caught as we had other accounts in my name and this joint one in his name. When I notified the bank that he passed, they didn't just take his name off, they cancelled the card without telling me and I had the embarrassing situation of being in the grocery store and having my card denied. Then they totally wiped out all the online transaction information. I always did the banking on my computer and those records were just gone forever. Dastardly? Yes. Legal? Probably. My sideswipe? Totally. It meant that I had no access to what we had done in that account. My howls of protest fell on deaf ears, as they did in another situation.

We got caught with my late husband having LIRAs (locked in accounts). The assets had a portion of beneficiaries, which was no problem. However, there was also a designation of assets to be divided equally between his daughter and me, the spouse. While this was his intent, the LIRA rules were clear that it all had to come to me, the spouse, and go into my RRIF.

His daughter could have actually been left with nothing, had I been a wicked stepmother. His financial advisor had allowed him to designate what could not legally be designated. I wanted to give his daughter half. With the funds

transferred to my RRIF, this meant a HUGE taxation problem, had I withdrawn her half from there. CRA would have had way too much, way too soon. I took funds out of my non-registered accounts to give her the half she was supposed to inherit. The bank no doubt laughed gleefully as it charged me a HUGE cancellation fee as I had locked-in long term market related funds. Lessons learned about Locked-In accounts. Check it all out well.

It might be best to have designated beneficiaries for all the accounts where that works (RRSPs, RESPs, RRIFs, TFSA's etc). What goes directly to a beneficiary does not go through probate. Probate is not a horrible monster, but it is a payment that you might decrease or avoid if you plan well. We really

need to do our homework.

There are so many things to consider for future columns, including doing the End of Life Wishes. We have barely warmed up to what we should, could, and might do to plan for our demise. We haven't even started on all those other wonderful helpers. But back to those gifts that make me feel good to give – Kimberley, my stepdaughter, in BC said, "The things in the parcel were great, but the best part was that I could see that it was packed with so much love". It doesn't get better than that.

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.


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How to Sell Your Home or Cottage

The housing market seems to have a mind of its own right now, and has been yet another thing impacted by Covid. Many people are buying and selling, and it can be challenging to know what to do. If you're wanting to sell it's important to plan and consider a variety of details as follows:

- An accountant to understand what portion of the sale funds will be taxed (i.e. capital gain, etc.).
- A real estate lawyer to verify readiness of title of subject property to sell. For instance, remove any deceased spouse on title, ask if parts on survey have merged, prepare right-of-way/easement/legal description and all related documents for the realtor, contact municipal office for copy of final occupancy permit, septic and driveway permits and well report, and ver-

-ify no outstanding issues.

- A bank/lender of existing mortgage to verify costs of terminating it on closing of the transaction. Is your mortgage transferrable? Is a pre-approval/application needed for you to buy something else?
- 3 different realtors for their FREE opinions of value, suggestions to prepare home for sale, marketing strategies and services offered. And use this opportunity to establish a connection with a realtor you can feel comfortable with.
- A stager and/or someone specializing in "de-cluttering and re-arranging" the interior, to create best potential for future buyer viewings, to achieve maximum results.
- A cleaner to do a deep clean

and steam clean floor coverings and furniture.

- A Home Inspector to do a preliminary inspection report and make it available to buyers in the spirit of full disclosure or perhaps give the owner an opportunity to remedy some deficiencies in preparation to list.
- A landscaping maintenance company to cut grass, remove weeds, trim, etc.
- Various trades to help prepare your property and home, if necessary, in conjunction with advice from your preferred realtor.

This may seem like a lot, but when you think of the value of your home, it's worth taking the time. You get out of it what you put into it. It's worth the effort to be thorough.



The Raven and the Bandit

By Kenn R. E. Page

This story is true, although you may be tempted to think otherwise. The title may sound like a children's tale, I assure you that it's not. You can read it to your grandchildren if you like. They may get a kick out of it. It all started early one spring following the arrival of the robins back to my yard.

It kind of amazes me that at my age, I can still remember some tiny details from my childhood like it was just yesterday. For example, when I was growing up, my parents kept reminding me that if I wanted to grow big and strong, I had to eat my bread crusts, especially brown bread. Actually, I don't think I had much of a choice about it, I was going to have to eat my crusts if it took all afternoon. With that in mind, I quickly got it over with and left the table to go outside and do something a little more interesting.

Now-a-days I don't want to do more growing, so I've gone back to not eating my crusts. Usually, it's my breakfast toast crusts. I cut them off and toss them to the birds. I started saving them in winter in bags in the freezer and as soon as the robins arrived back and there was a dry lawn beside my house again, I started throwing crusts out to see if I could attract a few blue jays. The robins, I discovered, were not interested, they just ignored the crusts and hopped right over them. So, it was not the robins eating them and not seeing any blue jays, so something strange was going

on. Who was eating the crusts? Each and every day the bread crusts disappeared.

If the robins didn't want the crusts that was fine. What I didn't get was how they could think bugs tasted better than 14 grain toast crusts.

One day, while I was outside, a dark shadow passed over my head and looking up I saw what looked to be a raven. Later, when inside, a raven swooped down and landed in my yard, well away from the house. Slowly it waddled and hopped, very nervous looking, toward the toast crusts. When it got to the closest one, it just stood there with its head tilted to one side eyeing the crust. Obviously, the raven didn't know quite what to think. Was the crust suddenly going to jump up and bite it, or maybe suddenly run away?

It was kind of comical, the robins being much smaller birds compared to the raven, hopped right over top of the crusts, ignoring them, and the big strong Raven was acting afraid. As I watched, the raven suddenly pounced, and snapped up the one crust so fast that if the crust had been alive, it wouldn't have known what hit it. Having got that over with, the raven moved on to the next crust. Seeing that nothing serious happened, I assume the raven felt it was safe to continue on and eat the rest. Clearly the raven liked them. This got to be a routine...out went the crusts, in flew the raven.

The funny thing is, I was told I had to eat my crusts if I wanted to grow big and strong. After feeding the raven for weeks I didn't notice it getting any bigger. I must have fed that raven enough crusts to equal a whole loaf of bread. A loaf of bread is almost the same size as a raven, so why wasn't the raven now almost twice as big? Day after day the raven would fly high overhead and check out the scene. If there were crusts on my lawn the raven would swoop in for a snack. It started to make me think I was operating a fast-food fly through window for birds.

For reasons I don't now remember, I took a bag of toast crusts with us fishing. Out in the boat I threw a few crusts on the water. The single seagull that spotted them just about bent itself in two trying to do a u-turn so fast to come back to get them. Susan didn't pay much attention at first, it was no big deal, but as the sky quickly filled with more birds, she looked like she could hardly believe what was going on. I knew this would happen, but Susan was surprised. More and more seagulls kept coming from who knows where,

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RAVEN FEATURE CONT'D...

swooping and diving all over the place. Out came Susan's cell phone to video the show. The clean white colour of the swooping gulls against the rich blue cloudless sky was quite striking actually.

Twice more on outings I did this until Susan wanted me to stop. She said she didn't want me to feed the gulls anymore. She didn't want to catch fish to eat out of the same water all these gulls did their business in. I wasn't sure I should point out or not that fish do the same thing, but in the end I thought better of it. When I think back on those swooping diving gulls, many of them flying over our heads, it was surprising they didn't drop any unwanted gifts on us. Susan was right, I should save the toast crusts for the raven.

During that summer I didn't see the raven for the longest time. Each day I threw out crusts, and the next day not a single one remained. So what's up? The answer turned out in part to be a red squirrel. It was hard to believe that a red squirrel that size would eat so many crusts, especially since it took only one crust at a time and ate it all before starting on the next piece. A crust or two and it would take off like a shot and that was that, but the next day it was back. Often, I saw the red squirrel run right over the crusts and keep going. Not hungry, I guess. So, who was cleaning up the leftovers? The answer came as no surprise.

One morning after throwing out a fistful of crusts and sticking around on my front porch to watch, I first spotted what I soon called the bandit. I should have known that summer I had a chipmunk population explosion in my yard. It got so that all the crusts were stolen within minutes of them being tossed out. I discovered that one enterprising striped critter had dug a tunnel under a Christmas tree sized spruce a yard from where I tossed the crusts. Within minutes of a new batch of crusts hitting the ground came the mini vacuum cleaner. The raven and the squirrel consumed one at a time, the chipmunk grabbed a mouthful and ran and was right back in seconds. It was a hit and run operation.

That discovery revealed I'd been tossing food right on the Bandit's doorstep. Clearly this critter was stockpiling the goods. I started to think that Fred, as I named it, Fred the Bandit, was in for a bit of a shock! If a whole bread bag full of crusts turned a blue-green-while stored in my freezer, what was going to happen to all the toast crusts stored in an underground pantry that wasn't refrigerated? From that point on I stopped tossing out crusts. It was for Fred's own good. Fred

would have to return to a healthier all-natural diet.

It was not clear if it was the Bandit or not but sitting in my garage in the shade on a hot summer day with the big door open, a chipmunk ran inside and almost ran right across the toe of my shoe. As I watched, it stole peanut butter from a mouse trap at the back of the garage. Then another chipmunk entered the garage. The second the first chipmunk realized it had company, it went ballistic! Its feet could hardly get traction on the concrete floor fast enough. When the second chipmunk realized what was coming its way, it let out a squeal and took off like a shot. As far as I know those two are still going and have probably crossed several county lines by now.

Fall season came and went and on the fourth day following Christmas the raven returned. The Bandit by now was no doubt fast asleep down in its tunnel along with a pantry full of mouldy toast crusts. I could have told it this would happen. With the coast clear the raven would swoop in and land close to my front steps. This I considered pretty bold since it would land no closer than half a lawn away back in the spring. After a week or so, I noticed the raven was inviting along a friend. There were now two ravens regularly stopping by for lunch. But then a new bandit showed up.

One morning after a light snowfall, in the area where I throw the crusts in winter, there was a mass of footprints. Whoever it was, they had clearly walked up my long driveway from the road to get there. I had rabbit tracks, but this did not explain all the tracks. Who was I feeding now? A few days later, sitting by my front window reading, I spotted out the corner of my eye something move near the bottom of my front steps. Turning to look, I saw a red fox. Not finding any bread crusts, it left and wandered here and there all over my yard.

Around the time of astrological equinox, the raven got really bold! It landed on my stair railing and then climbed sideways up onto the level porch railing at the top and wandered around there next to the front wall of the house. This it did more than once. Then later, out for a walk, I saw the first robin of spring in my yard. We had come full circle. The robins would of course ignore the toast crusts same as they did last spring. Throw out a few toast crusts and you never know who will show up.

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.

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To A Winter Night

By Bessie Grimes

I breathe the freshness of your night;
The crystal sharpness, feel its bite.
I look beyond the banks of snow
To stars that great in beauty grow.

A picture carved from clearest ice;
Your beauty draws and would entice
The palest creature of the day
To come upon your trancing way.

It grows quite chill and I must go.
Tonight your face no more I'll know.
You, bewitching, drew me from
The warmer fold whence I had come.

I wish again to reach this height,
To drink the charming grace of night
When naught exists but you and I;
Or so it seems, for none draw nigh.

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*.



Sun Catchers

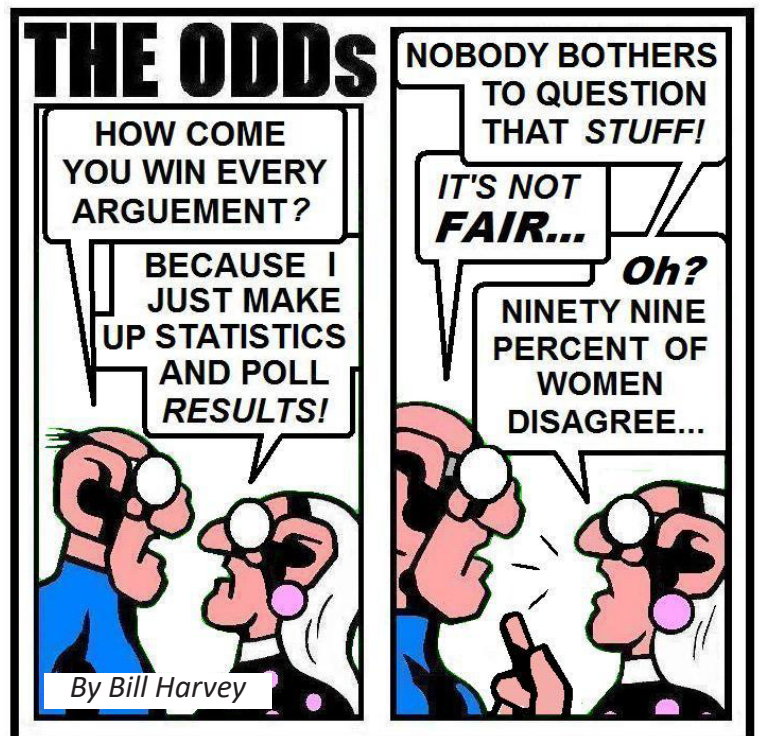
By Marguerite Oberle Thomas

A local woman asked others to make ice suncatchers for the residents of the local nursing home. She said that a number of people did make them and that the residents enjoyed seeing them through the window.

I made a number of these and learned a lot about technique along the way. I had way too much fun posting them on facebook and getting comments. People seemed to really enjoy them and you make them out of water, greenery, leaves, petals and baubles. The children and grandchildren gave me an enormous Valentine Day bouquet, so I had lots of colour in mine.

The technique is not that difficult, but there are tips for best quality. I used bundt pans, and others frozen twine inside heart shaped or square pans. I wanted to share this pleasant idea during a not-so-pleasant winter.

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.



Boggle (print this page, or write words that you find 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.

S	P	M	T
T	E	U	O
R	C	E	R
A	I	N	T

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

BUILDINGS

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

Warehouse	Castle	House
Cottage	Shack	High rise
Mall	Shed	Hut
Gazebo	Barn	

W	Y	E	G	A	R	A	G
A	C	A	S	T	L	E	H
R	S	H	A	C	K	D	U
E	O	B	E	Z	A	G	I
H	I	G	H	R	I	S	E
O	L	X	O	T	N	H	C
U	L	N	U	B	R	E	A
S	A	P	S	N	A	D	L
E	M	L	E	O	B	X	A
C	O	T	T	A	G	E	P

MUSKOKA SENIORS MAGAZINE

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Huntsville Meals on Wheels - Hot, nutritious meals reasonably priced, delivered weekdays to your door by friendly volunteers. For service 705 780-5681 To Volunteer 705 789-1987.

Free Online (live) Zoom seminar. Event: Sociology Speaker Series (Lakehead University). Scheduled: Tuesday February 22 from 1 PM to 2 PM (eastern standard time). Title of talk: “Unraveling Poverty Using Integrative Approaches.” Presented by Orillia-born and raised: Kevin Willison, PhD. He is currently an external adjunct professor at the Orillia campus. Website: https://www.researchgate.net/profile/Kevin_Willison/

The free Zoom link for this is:

<https://lakeheadu.zoom.us/j/99605990951?pwd=ejFrbzgxSWtCYWxEUkVzNk1qK0taUT09> Passcode: 722987

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