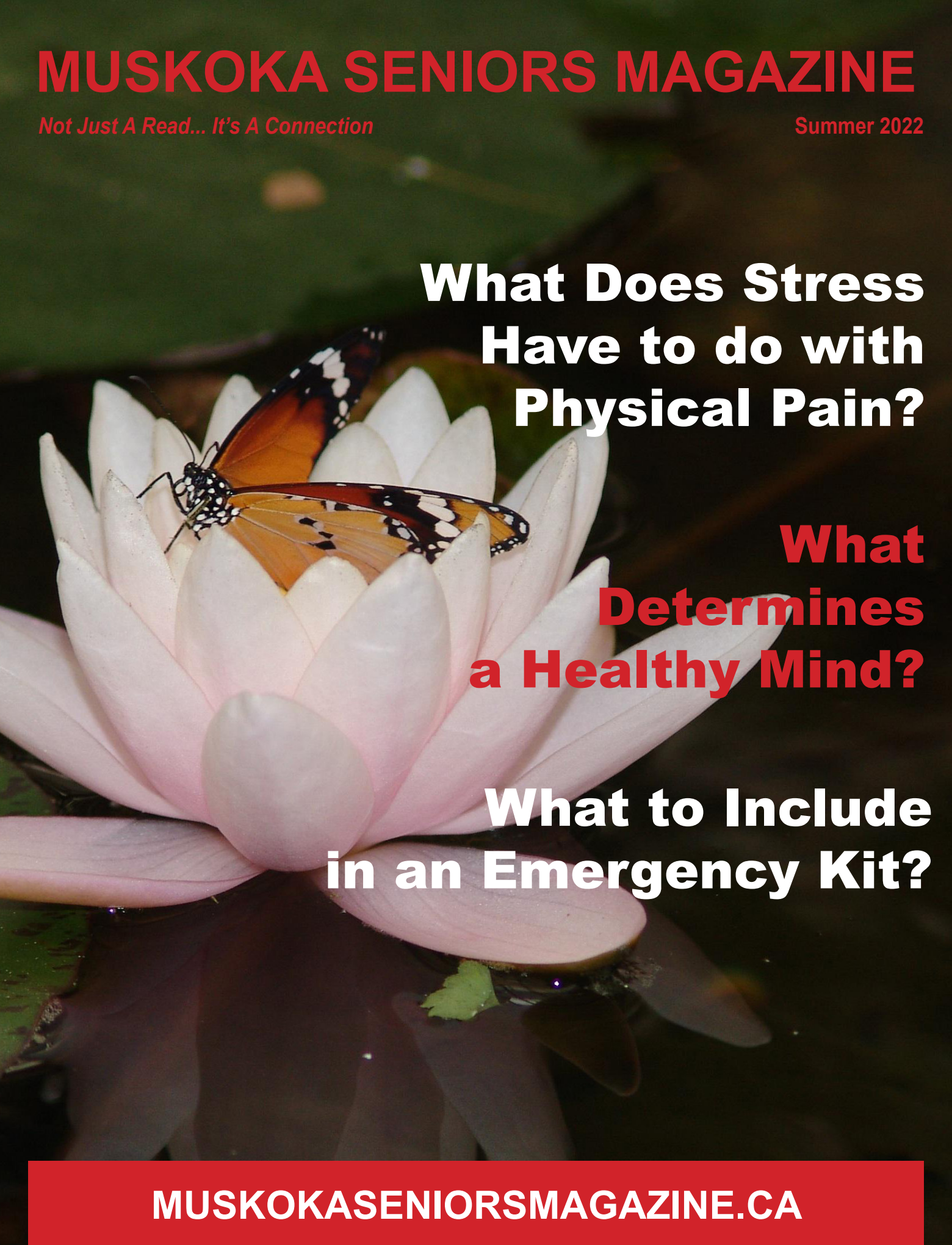


MUSKOKA SENIORS MAGAZINE

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

Summer 2022



**What Does Stress
Have to do with
Physical Pain?**

**What
Determines
a Healthy Mind?**

**What to Include
in an Emergency Kit?**

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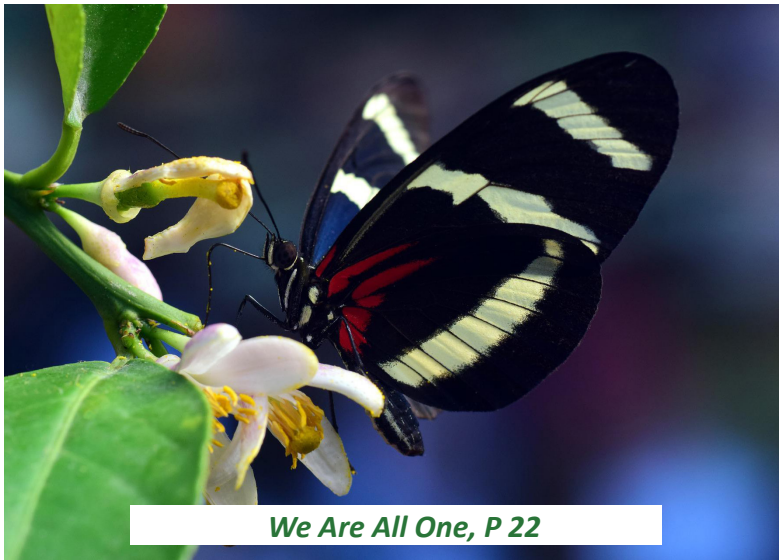


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FROM THE PUBLISHER



MUSKOKA SENIORS MAGAZINE

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

A mission to inform, inspire, support, and include.

Ah, the glories of summer once again (and no masks!)... The warm sun and gentle breezes, flowers, birds, butterflies, and abundance of Muskoka's lovely water spots. It truly is the simple things that can put a mind and heart at ease.

One of my personal favourite things right now, and as I sit here writing this, is the mama bird nested above my bathroom window at my deck out back, for the 5th year now. She's either laid her second batch of eggs and is keeping them warm or is about to. I got to hear the flutter of the first bunch of babies fly off this year, and actually saw them leave the nest last year.

It's heart-warming experiences like these that can help reduce stress and maintain a healthy mind, which we elaborate more about in the Support for Stress and Mind Health sections. Stress being a key factor to inflammation and physical pain is something we all want to avoid.

This time of year, we really get to make the most of our great outdoors, with things like country drives, swimming, barbecues, gardening, and fishing. Talk about moments of joy!

Kenn Page shares one of his joyful fishing excursions in this edition, although he might describe it a little differently...

Geraldine O'Meara shares an experience with a butterfly and the

connection we have to mother nature and each other.

Peter Cassidy shares the family-like connection he had at a residence he once worked at in the Family Matters section.

This edition is filled with information to inform and inspire you as you make your way through this season that has so much to offer.

So, sit a while and enjoy. And don't forget to share it with your friends, groups, and anyone that

you think may appreciate it (simply copy and paste the URL link), so everyone can relish in a little joy too.

Enjoy your summer!

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

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Mission:

Inform, include, support and inspire you!

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MUSKOKA SENIORS MAGAZINE is published quarterly.

EDITORIAL NOTE

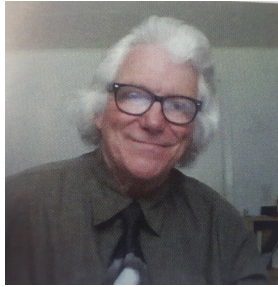
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Your suggestions and submissions are welcomed. However unsolicited manuscripts will not be returned.

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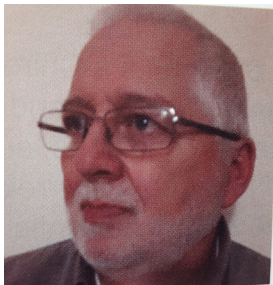
Geraldine O'Meara, spent 21 years in England, working for a spirituality/Environmental centre before residency in Huntsville. As a senior, she is enjoying writing, painting, her grandchildren, and great-granddaughter.



Doris Villemaire, is a retired school teacher. Writing and photography are my hobbies. I have 3 children, 3 granddaughters and 4 great grandsons. I've been a member of Sprucedale and District Horticultural Society for 30 years.



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.



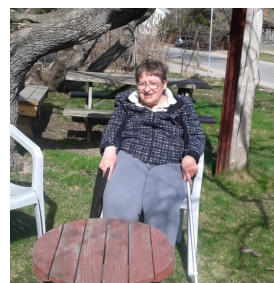
Kenn R. E. Page, is proud to be Canadian! Born in Toronto, raised in Pickering, worked for Bell and IBM. Moved to Muskoka in '75 to design and build homes for 40 years. Hobbies: Fishing, reading, painting, gardening.



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 Dorset Village Pharmacy, Pharmasave, 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.

What to Include in an Emergency Kit?

One of the most common questions that I am asked at the pharmacy when seasonal cottagers return in the spring is: “What should I include in an emergency first aid kit?”

I was reminded of the importance of this on Victoria Day Long Weekend when I, like hundreds of thousands of Canadians, was surprised by the sudden and terrifying ‘derecho’ weather event which swept through suddenly on Saturday afternoon of that holiday weekend.

I happened to be working on a gazebo with my father at the time, enjoying unseasonably warm weather, when the storm hit. Fortunately, we were lucky, but sadly eleven others were not and lost their lives that afternoon, most of which were due to falling trees. Cottages are especially vulnerable in high windstorms, due to their proximity to forests.

Generally, the biggest health risk associated with cottages and parks are due to their isolation and remoteness. For this very reason, we love our cottages, as the distance offers an escape from crowded urban life. This remoteness, however, can be dangerous since distance equals time and in health emergencies, a few minutes can mean the difference between life and death. An emergency kit should include items when it is needed.

Injury: The obvious first example where timeliness is critical is injury. Motorized vehicles, like boats, ATVs, and seadoos, are popular in

Muskoka. The area is also popular for angling and hunting. Recreation vehicles, flying fish lures and firearms can all lead to injuries, where cuts, lacerations, and deep wounds can occur. Your first aid kit should include gauze, bandages and disinfectants for wound cleansing (such as peroxide, rubbing alcohol or iodine), as well as tourniquets, splints, and ice packs. For a comprehensive list, the University of Toronto Emergency Health Services have posted an excellent and thorough checklist of first aid items, at: https://ehs.utoronto.ca/wp-content/uploads/2016/11/First_Aid_Checklist_nov2016-Updated.pdf

Anaphylaxis: The forests of Muskoka have hundreds of species of insects, bees, and spiders. Their bites and stings are not usually fatal; however, in rare occasions, some people can have a severe allergic reaction leading to anaphylaxis (closing of the throat and breathing passage which can be fatal if not treated quickly). An EpiPen, along with Diphenhydramine (Benadryl) capsules, are useful in emergency anaphylaxis allergy situations and can be lifesaving.

Heart Attacks: The residents of Muskoka are, on average, ten years older than the average GTA resident, putting them at greater risk of heart attacks. Summer heat waves and social activities like barbecues (which can lead to overindulgences of food and drink) can also make

emergencies more common. Your emergency kit should include aspirin (ASA) for this very reason. Treatment with 162 mg (1/2 a regular strength uncoated aspirin) has been shown to reduce the severity of heart attacks if taken in good time.

Lastly, with the proliferation of opiate abuse today, a Naloxone Nasal Spray can be a lifesaving medicine to have on hand should you encounter a situation where you suspect a drug overdose has occurred. These can be picked up free of charge at most pharmacies.

Of course, not all health situations at the cottage involve life threatening emergencies. In addition, the kit should include treatments for bothersome, non-serious, common ailments. This would include antibiotic ointments for infected cuts and insect bites (Calamine lotion, cortisone creams, and Benadryl for poison ivy, rashes, and itch), acetaminophen and ibuprofen for fever and pain relief, Gravol and antacids for upset stomach, and antibiotic eye and ear drops for swimmers’ ear and pink eye. Other items to consider which may be just as important are flashlights, charged batteries, and (of course) a smart phone.

So don’t procrastinate, the extreme weather event in May should remind and motivate us that the time to prepare for the next emergency is now.

BOOK EXCERPT



*Gillian Ranson is a former journalist and professor of sociology. She has written three books on various aspects of family life, inspired by her personal experience as a working mother. In her new book, **Front-Wave Boomers: Growing (Very) Old, Staying Connected, and Reimagining Aging**, Gillian Ranson weaves front-wave boomers' stories of life and aging before and during the pandemic into a powerful account of how to make growing old more humane, for this generation and for everyone.*

Book Excerpt from the Introduction of **Front-Wave Boomers**

One afternoon in July 2019, Philip and I met at a Calgary coffee shop. We were there to talk about aging, and Philip had a lot to say.

At seventy-one, he was pulling back from his small consulting business, and he was wondering what to do next. It wasn't that he was missing the work (though, during his career, it had "fed his soul"). It was that he now had questions about what might lie ahead.

"So now I'm in this space," he said. "What am I to do? I have energy. I have enthusiasm, but I don't know where it's going ... It's a disquieting time of life, is what it is."

Philip was probably speaking for many people in his age group. At seventy-one, he was at the front wave of the baby boom – the generation classified as those born between 1946 and 1965 that now makes up more than 25 percent of the Canadian population. Those born in 1946 turned sixty-five in 2011. Like Philip, they're now in their mid-seventies. Over the next decades, millions more will be following them as they head much deeper into old age. Philip would not be the only one with questions about how this move would go. "You can be so busy that you don't take any time to figure out where

you're going, or where you should be going," he said. "I know that I'm going somewhere else. But I don't know exactly where that is."

Melanie, another front-wave boomer, described herself as "treading water." At seventy-two, with a seventy-six-year-old husband whose health had taken a sudden downturn, she was primarily concerned about housing and sources of support over the long term. She and her husband were living in a house that was too big, in a community that was not particularly sociable and where contact with younger people was hard to establish. "What's going to happen next, and am I going to be prepared to deal with it?" she asked.

In another conversation that summer, Cynthia talked about concerns that were in a different league. At sixty-four, she was younger than Philip and Melanie, but she was in a more precarious position when it came to aging. She was living on a disability pension, on her own, in subsidized housing. She went to aquafit and yoga classes and walked her dog in the dog park. But she had no close social connections.

"I live in poverty, social isolation, with declining health, mental illness," she said. "There's no one

who will care for me ... The only thing that gets me out of bed in the morning is my dog." Cynthia said she had "great clarity" about her situation. "I want to speak to you because I want the voice of someone in my circumstances to be heard."

I wanted her voice to be heard, too, along with the voices of Philip and Melanie and as many front-wave baby boomers as I could find. I reached out to them because I was also deeply interested in what they could tell me about aging. I, too, was a front-wave baby boomer, concerned just as much as they were about the future of (very) old age that was to come. Back in 2019, when I spoke with Philip, Melanie, and Cynthia, I was seventy-two, and wondering, as they were, about what might lie ahead. But as a technically retired but still engaged professor of sociology, I had questions that went beyond the personal.

*For more information about **Front-Wave Boomers: Growing (Very) Old, Staying Connected, and Reimagining Aging** by Gillian Ranson go to: www.ubcpublishing.com*

NUTRITION:



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NUTRITION CONT'D...

Health Benefits

Berries are high in fibre, antioxidants, nutrients and vitamins, like vitamin C, and they lower cholesterol.

Blueberries alone are considered brain food! They're also a healthy sugar substitute to cook or sweeten with in many ways.

For instance, if diabetes is an issue, make berries your priority over prepared desserts. Oatmeal with blueberries is a good source of fibre, delicious and satisfying, unlike some desserts that leave you wanting more.

Food Ideas

Use in morning smoothies or yogurt, homemade pop-sicles, fruit crisps, salad dressings, and sweet and sour sauces for marinating or cooking your meats in.

By the way, cranberries aren't just for Thanksgiving! Throw some over chicken in a crockpot with sweet berries and you have a slice of naturally sweet and sour heaven.

Growing

Strawberries, raspberries, blueberries, and blackberries are some of the easiest berries to grow here. Most grow wild in Muskoka and other rural areas. Plant a few and some, like raspberries and strawberries, will spread and provide abundance for years to come. Given the cost of food these days, this is a win, win!

Buying

You can get berries at a reasonable price year-round. When you can't get them fresh, you can get large bags of frozen to carry you through winter months, or simply to have on hand when you need them. And farmer's markets (or strawberry picking) are always fun in the summer, not to mention the support it lends to local growers.

It doesn't get any easier when it comes to berries for versatility and an easy way to stay healthy. And with summer here, your choices are endless!



QUICK AND EASY RECIPE

Raspberry Vinaigrette

- 1 ½ cups ground raspberries
- ½ cup olive oil
- ¼ cup red wine vinegar
- 2 tbsp chopped green onions
- 1 tspn dried or chopped oregano
- 1/2 tspn mustard
- A pinch of salt and pepper to taste

Combine ingredients and enjoy!

You can modify this how you want with the type of berries, oil, vinegar, shallots (chives work great too), and mustard based on your taste preferences.

The point is to have fun with it and enjoy the fact that you're eating a much healthier variation than some in the stores (with all the sugars, fructose, corn syrups, xanthan gum, dyes, and other questionable ingredients added).

Store in the fridge. Keeps for about a week.

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

Email it 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 Bouquet Cannabis.

Cannabis Products: What's On the Market

Now that cannabis has been legalized across Canada there are many new stores with tons of new products on the market. I would like to break down some of the products for you.

Cannabis-based products include tinctures, capsules, topicals, edibles, beverages, powders, vapes, extracts and flowers of course, all of which we carry at The Green Bouquet Cannabis. Something to keep in mind is that when first using cannabis it is smart to start with lower doses as all cannabis is a personal experiment because everyone's endocannabinoid system is different, and cannabis works individually in everyone. If you are on medications that you are worried about conflicting with cannabis, please talk with your doctor or pharmacist.

With that being said, some of the most popular products used by new customers are tinctures, edibles, beverages and flowers.

- **Tinctures**, also known as sublinguals or an oil normally come in a 30ml bottle or bigger with a dropper in the package and can be only CBD or THC or a mixture of both cannabinoids. Being that this is a sublingual product cannabis is absorbed into our blood streams, so it works faster than taking an edible. They can also be more cost effective com-

-pared to edibles. You can also use them as a topical, in cooking and so much more.

- **Capsules** are a similar format to oils but are already pre-dosed so they are easier and more convenient to take, they however may take longer to get into your system as they have to go through our digestive systems and not directly into our bloodstream.
- **Topicals** work much differently than anything that you take orally or inhale. They also can be just THC, CBD or a mixture of both. There are also different types of topicals from lotions, salves and transdermals. Topicals work by binding with our CB2 Receptors that our bodies naturally have and are part of our Endocannabinoid systems. Topicals will not make you high, because they do not breach the bloodstream. They work with our bodies much differently than if you ingest or inhale cannabis. We have a range of topicals from face cream to transdermals as they are focused on aiding the body in different ways.
- **Edibles, Beverages and Powders.** There are many popular products. Edibles or gummies and baked goods All come in an arrange of flavors, cannabinoid ranges, and there are also quick versions that make gummies

absorb faster into our system than a normal edibles.

- **Beverages** are probably one of the fastest growing products in the market as many are substituting alcoholic beverages for cannabis drinks. Many cannabis drinks are sugar free, low calories and they come in a large variety of flavours (including non-alcoholic beer) and cannabinoid ranges.

To use a beverage powder, you can add them to any beverage, and most are flavorless and odorless so are a great alternative, they also come in a range for THC and CBD.

- **Vapes and extracts** are another alternative to smoking cannabis. Vapes are considered convenient, discreet and easy to use. They come in a large variety of styles, flavors and cannabinoid ranges. Extracts cover a large variety of products from hash, honey oil and shatter. Hash is the most popular in this category and it also comes in a large variety of styles, sizes, cannabinoid ranges and taste.

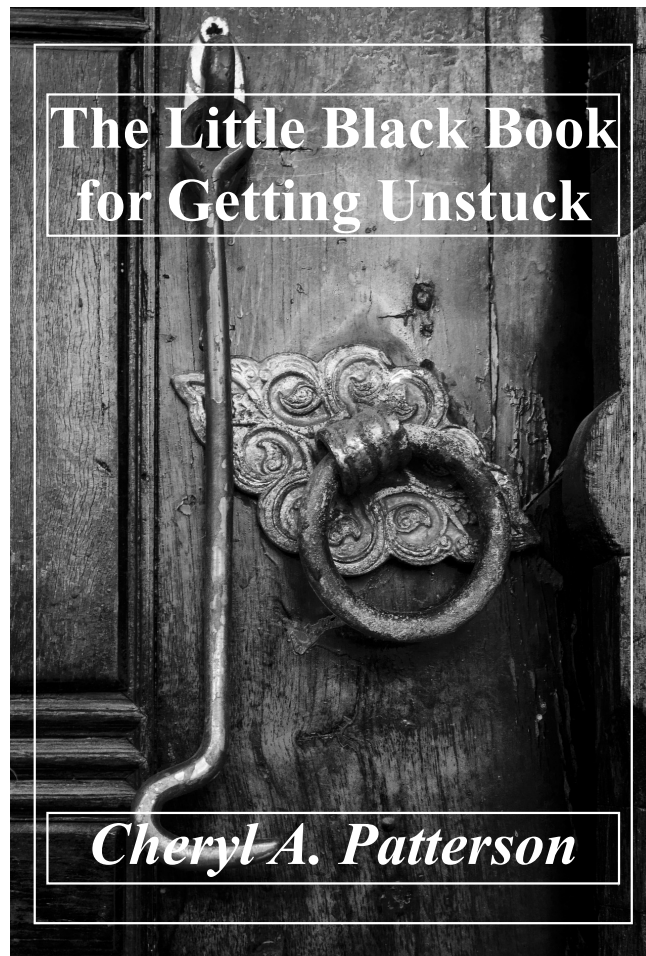
We know it can be overwhelming when first using cannabis or cannabis products, so we do our best to explain the information at the store. If you have questions or want more information, stop in, give us a call, or send us an email. We're here to help.

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.

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!



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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<https://www.amazon.ca/dp/B094SL98YZ>



What Does Stress Have to do with Physical Pain?

Stress doesn't just wreak havoc on your immune system, it can increase or cause physical pain.

When we're feeling stressed, our muscles tense up and can spasm. This tense state is not a healing state for your body to be in, but rather the opposite.

A stressed state means an increase of cortisol in the body, causing inflammation - one of the most common causes of chronic pain - which can lead to damage to the joints and bones, and cause abnormalities.

Think of stress as an aggravator to your whole system, increasing the risk of chronic ailments.

To the contrary, being in a relaxed state gives the body a chance to relax and repair. Studies have shown that extremely relaxed states, such as meditation, can even reverse diseases like cancer.

Results from a recent research study by Dr. Joe Dispenza showed participant's biology changed from an increase in the enzyme, HAD Hydrolase, which causes resistance to cancer treatments, to a decrease after a meditation program for 7 days.

The Chorismate Mutase enzyme, responsible for regulating anti-cancer and anti-bacterial functions were increased in these participants.

If that wasn't enough, the cancer

patients "surpassed their fellow study participants in wellness," said Dr. Dispenza.

Talk about our power to heal from within!

"As we see everywhere in this work, meaningful, lasting change doesn't happen only from the outside-in. The kind of transformation we're talking about happens from the inside-out," said Dr. Dispenza.

A few ways to deal with pain from stress (in addition to professional care where needed) are simply moving around more and exercising, so your blood can pump oxygen into those areas that need healing, gentle stretching, ergonomics, such as changing postures, sitting positions and furniture to prevent repetitive physical strain, and of course meditation! **MSM**

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What Determines a Healthy Mind?

What would you say, if we were to ask you what a healthy mind looks like?

According to research, you probably have a healthy mind if you can easily manage new situations, have a generally positive view about life, have a healthy lifestyle (including your physical, emotional, psychological, and social well being), and can cope with adversity.

Picture the scenario of someone who is isolated and without many friends or family around, doesn't budge from their exact same routine day-in-day-out, doesn't like change or trying new things, they know what they know and are set in their beliefs, may think that modern-day nutritional information is hog-wash or not what it's 'hyped up' to be, and spends a lot of time watching television...

In contrast, imagine someone who enjoys getting out and trying new things, is physically active with things like walks or group exercising classes, has hobbies and interests they do regularly, makes time for social activities and personal connections, eats healthy, likes

learning, and has an optimistic view of people, places and things...

Who do you think has optimal mind health?

If you choose the second option, you guessed it. We don't often attribute our daily activities to greater or lesser mind health, but it applies to everything we do each day.

Here are a few tips for good mind health:

Embrace celebrations. Acknowledge the small and large occasions as they can be a great way to feel good and maintain close connections.

A Little Kindness Goes a long way. This not only applies to who you're being nice to, but makes you feel good as well, and gets the healing chemicals flowing in your body.

Get physical. According to experts, it's one of the best mood enhancers, not to mention the physical benefits, like optimal health, weight loss and healing.

Limit negative input. Cut back on news, gossip, and anything negative. It's toxic to your brain, body and relationships.

Celebrate the wins. Notice the good stuff that happens each day and appreciate it. There is an abundance of great things going on in our lives, communities, and the world, if we simply take a moment to notice and embrace it.

Get support when you need it. If you're worried about asking for help, don't be. Professionals are there to help because they care, and you might be surprised at how many people are going through what you are. Life is too short to duck and hide from challenges.

There really is no time like the present when it comes to mind health. So, notice it, nurture it and be well! **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 it's 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.

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A Story About Overcoming Multiple Loss



FIRST EDITION

Cheryl A. Patterson

Photo by Matt Paulson

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The Hardest Part About Having Faith

Faith is easy when things are going well – when your life is flowing along and you’re doing things you enjoy, and have meaning, feel fulfilled and supported, and are generally happy or content. The concept of faith probably rarely comes up for people during these times. It’s the tough times that’s the clincher.

For some people faith may be ingrained as a part of how they were raised, and might come easily during challenging times, like being on autopilot, and automatically have an unwavering trust that things will be okay. What a great place to be! Unfortunately, many people feeling discouraged struggle with having faith during hard times, and others lose it altogether.

The hardest part of having faith is when your life is at its worst and things are going poorly. This is when your faith is challenged the most. How can you trust in things being okay when they’re not? How can these things even happen to you

when you’ve practiced believing your whole life? What’s the point in having faith if bad things are going to happen anyway? Sound familiar?

It can be challenging to try and have an optimistic mindset when bad things are happening. However, perception is everything. Just because we’re going through adversity, doesn’t mean faith should be questioned or is at fault.

Faith is the saving grace that can carry us through those times of adversity. It can’t prevent the blows from happening but can support us through them. Life will happen, for better or worse, because it’s simply the law of nature. It’s what you do with those tough blows. That’s where faith comes in.

Rather than be resentful at the concept of faith when things aren’t going the way we want them to, we can ask ourselves the truth of the matter... Why is this situation happening (with the intention of preventing it in the future), and more

importantly, what can I do about it?

Faith is your response to life... You can either choose to believe things will be okay, or not. One can bring you comfort and peace, and the other can keep you spinning and swimming in doubt, fear, and reactions that draw more negativity to you.

Whether you believe in God, a Higher Power of another kind, or nothing spiritual at all, faith will always be there.

It’s simple, really... You can trust that things can be okay, or cling on and white knuckle it through life, grappling with the notion of a happy life.

So, when you’re feeling stuck in a situation that has you filled with fear and doubt, and are struggling with having faith, you can ask yourself, “What’s the alternative?”

“Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith” (Henry Ward Beecher). **MSM**



Mike Baum is one of Dorset, Ontario's most prominent real estate agents with extensive experience and knowledge of the area of more than 50 years. He excels in waterfront recreation property sales, land development and commercial business ventures, is driven to service his Buyers and Sellers and be as informative as possible, given the unique circumstances involved in "cottage country."

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.



Family Comes in Many Forms

By Peter Cassidy

Back in my younger formative years, I was employed at a senior's home in Bolton, Ontario. I was the maintenance man - "Jack of all trades".

If anyone has ever been in this line of work, you are quite often asked to do the impossible.

I liked the job and was up to most tasks asked of me. I will never forget a couple of gentlemen there, who have sadly passed away, but sure kept me hopping. One fellow kept me running, changing batteries in his old transistor radio.

I got smart one day and got him a proper AC/DC electric radio. This was very functional until he knocked it onto the floor. I got him another one that was a bit better and fastened it to his table...problem

solved.

I really think that all these men wanted was male company. I used to listen so intently to one man who would relate stories from the war. He had my undivided attention.

I always liked to sing and would sing in the halls. (I made a living with it a couple of years later.) One night I was singing a Jolson song. I was minding my own business singing away... All of a sudden, I heard some very loud applause... Some of the residents and nursing staff were sitting in the hall listening to me. I felt like a superstar.

I like to think that I brought some joy to these people whom I knew were never leaving the place.

It took some doing but I arranged to take 4 of the male residents down to the Legion. Due to the meds they were on, they could not consume alcohol. Nevertheless, they all thoroughly enjoyed themselves.

These residents became so close to me they were like an extended family. I was always invited to their special days. A lot received those certificates that the Government send out to those with milestone birthdays.

It was always a very sad occasion when they passed on.

On one occasion, I was asked by a daughter to be a Pallbearer for her father (he was the battery resident). I did not know until much later after I received a parcel to my front door. It was his old radio and a photo of him smiling as if right at me.

I got a lot of happiness and satisfaction from this job, until my restless nature presented me with other challenges.

I will never forget these members of my "stepfamily." I often think of them and mentally thank them for being a huge part of my life. I feel privileged that they invited me to be part of their families. I was always treated as one of their own, not just by one but all of them.

May they all rest in peace. And thank you so much.

Have a family story to share?

News, a challenge, or a funny story about a sibling, cousin, aunt/uncle, parent or grandparent that others can have a chuckle about or relate to in some way...

Send it in!

Your stories are a part of what makes this magazine special!

Email it to:
**editorial@muskoka
seniorsmagazine.ca**

FEATURE



Finding Beauty in Ordinary Views

By Doris Villemaire

I know I am far from being alone in my appreciation of the natural beauty of our earth. Nevertheless, I often wonder how many people find beauty in usual normal scenes in their own backyard. It is easy to appreciate scenes that are too wonderful to ignore.... like the photo taken here.

I had an experience with a city friend of mine. As we were walking on a trail she replied, "Not much to see here today!" Did she want a bear to jump out? Hey my friend, LOOK and See!

The pathway was covered in soft pine needles. On the side of the trail was an abundance of wild flowers, moss, mushrooms and a great variety of trees. The afternoon sun was low and set a beautiful glow on this spectacular scene.

She did not see! It's essential to find beauty in ordinary settings where we live. Appreciation can be part of everyone and awakened in each person...no matter how humble the surroundings. We can learn that any landscape has something to offer, even on a cloudy day or the dreariest month of year. When you decide to hunt the ordinary places and see the beauty, you'll find a slice of sunshine on a shady field, an old fence grown over with wild vines or a moss covered tree.

Countless simple scenes can become jewels to enrich your mind and soul. In your heart ...by looking... you can create a masterpiece. Enjoy!

"To see the summer sky is Poetry; Though never in a book it lie-True poems flee." - Emily Dickinson.

Doris Villemaire, is a retired school teacher. Writing and photography are my hobbies. I have 3 children, 3 granddaughters and 4 great grandsons. I've been a member of Sprucedale and District Horticultural Society for 30 years.

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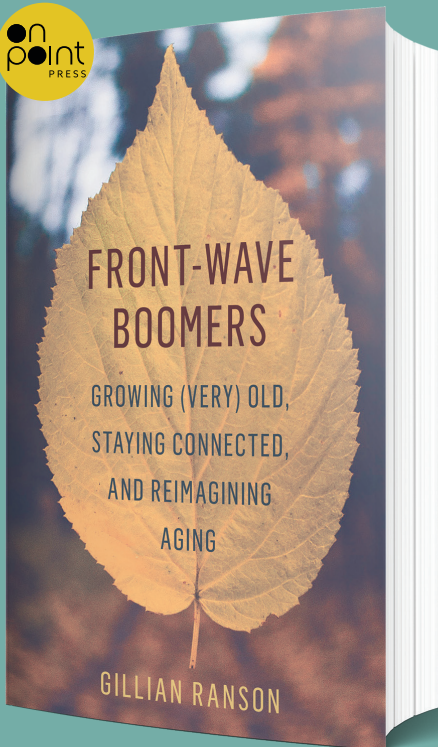
Have you overcome a health challenge that you think may help others?

Do you have a funny joke or story that might give people a chuckle?


Do you know volunteers that genuinely care about the community and give their all that you'd like to give a 'shout out' to?

Send it in!

**Email it to:
[editorial@muskoka
seniormagazine.ca](mailto:editorial@muskoka
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Gillian Ranson weaves front-wave boomers' stories of life and aging before and during the pandemic into a powerful account of how to make growing old more humane for everyone.



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We Are All One

By Geraldine O'Meara

It was a cool, early morning in July when I took my dog, Lucy, out for a walk. As I was coming back towards my condo, I saw something black and white fluttering on the grass. At close inspection, I noticed it was a butterfly with an injured wing. As it was struggling, I placed my hand carefully beside it, and it crawled up on the back of my hand. It didn't move and seemed to want to stay. So, I walked back to my condo with Lucy in tow, a poop bag in one hand and the butterfly on the other. I placed the butterfly gently on the verbena flowers in my railing box on the deck, and left it there likely to die.

An hour later, I went out to inspect it and found it on the lower railing, but it made no attempt to move. So I placed my hand gently beside it, and once again it crawled back up. I could see now that it was in the process of dying. So, I took it back to the trees at the edge of the forest and left it there to die.

In the meantime, I got on with my day, but couldn't stop thinking about the butterfly. Later, I went to see if it was still there, but looking everywhere I couldn't find it. As I was walking back I saw it on the grass near to my condo. By now, I was thinking that it didn't want to be alone. I was beginning to feel like a 'death doula', and humbled to be in the presence of another soul transitioning. I placed my hand beside it, and once again it

crawled up. I carried her back (by now the butterfly had become a 'she') and placed her on the flowers to die.

Shortly after, I went to her and found her clinging to a stem of one of the flowers, and she had died. I felt sad. I took her on the flower she was clinging to into the forest and placed her in a crevice in an old log on the ground. I said a fleeting prayer that her spirit would soar on, and left feeling slightly gutted as if a dear friend had died.

The next morning, I came down to my kitchen and opened the window that winds away from the screen. Immediately a tiny, yellow butterfly took flight. What to make of all this! For me, it reinforced my belief in the Mystery of life and death; I truly felt that this little soul wanted to have another humble soul accompany her as she transitioned from this life to the next; and my belief that we are all One; trees, flowers, humans, butterflies, insects and all sentient beings are here to enjoy and protect one another, and yes, accompany one another as we exit this phase of our journey. With that experience, I felt immersed in the Mystery that we are all One!

Geraldine O'Meara, spent 21 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.

DISCOVER MROO: OMERS RETIREE ORGANIZATION

Interview with MROO's VP and Director of Zone 9, Cindy Snider



WHEN DID YOU JOIN MROO?

I joined MROO in 2015 prior to retiring in 2016.

HOW DID YOU FIRST HEAR ABOUT MROO?

I first learned about MROO at a CUPE Ontario convention 35 years ago. At that convention I met Don MacLeod, one of the founders of MROO.

WHAT IS YOUR CURRENT ROLE AT MROO?

I am the VP and Director of Zone 9 representing the Counties of Simcoe, Grey & Dufferin the District of Muskoka and Kawartha Lakes. Part of my role as VP is to represent MROO and advocate on behalf of our members to protect their pension and enhance our members' retirement.

WHAT DOES MROO OFFERS ITS MEMBERS?

MROO offers its members discounts on health, dental, travel insurance, cellphones, home and auto insurance, hearing aids and tests, travel offers, prescription glasses and more!

WHAT DO YOU THINK IS THE BEST PART OF THE BEING A MROO MEMBER?

The best part of being a MROO member is belonging to an active retiree group that helps members with the cost of everyday items and provides important resources and a feeling of community to retirees across Ontario.

WHAT DO YOU LIKE ABOUT BEING ON THE MROO BOARD?

The best part of being on the MROO board is helping to improve our members' lives by advocating for seniors' issues in Ontario like pension protection, healthcare and long term care.



WHAT DID YOU DO BEFORE YOU RETIRED?

I worked for the County of Simcoe in the Social Services Department or what is now called Ontario Works for over 38 years. My last position was as a Family Support Worker.

DO YOU LIVE IN MUSKOKA?

I lived in Midland for 35 years and in October 2021 my husband and I moved to a 55+ community in Simcoe County where we met some wonderful people. We look forward to discovering Muskoka this summer!

ABOUT MROO

Municipal Retirees Organization Ontario (MROO) was created as a not-for-profit in 1977. MROO speaks on behalf of our OMERS pensioners and provides services to 32,000+ members. MROO is the largest OMERS retiree organization and the only one with membership open to retirees from all walks of local government life.

To find out more about MROO or get involved in your area, contact Cindy Snider at director-zone9@mroo.org

Website: www.mroo.org • Email: info@mroo.org • Toll-Free: 1-800-595-4497

SPORTS CORNER



*Sports Corner
with Peter Cassidy*

Personal Hall of Fame

The other day, my boss, who is a fan of the Montreal Canadiens, asked me where my inspirations come from. He really liked the story I wrote about Moe Norman (*Muskoka Seniors Magazine, Jul/Aug 2019*). I was flattered by his compliments, and it was the inspiration for this story.

I have several inductees who would definitely be in my Hall of Fame. However, I will concern myself with 4 or 5 that would get in without committee approval. These are the main ones who directly or indirectly affected my life.

I will start with Maurice “Rocket” Richard. He inspired me to do my best at whatever I did. He naturally ruled my school days. He set the scoring bar that today’s hockey players strive to achieve. A few players have but not 50 goals in 50 games. From the blue line in he was the best.

Next would be Arnold Palmer. He was, in my opinion, one of the best golfers I ever watched. It was not just his golf skills but his demeanor that I admired in him. I never ever talked to him but always had the impression that he would take the time to chat with you.

Mike Weir is another golfer, only he is Canadian from Eastern Ontario. It is tough for a Canadian to succeed in the United States. When you are a professional golfer, it is even harder. When he won the Masters, I was so proud when somebody said, “The Masters trophy goes north of the border.”

Jean Beliveau, who was pure class. I put him on the same pedestal as Arnold Palmer - gentlemen who were great at their sport but carried themselves with grace and humility. To me this is what being a superstar is all about.

My favourite singer, Perry Como, would be there to serenade them in. Who is in your Hall?

***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...?



Gardening Safely

By Sandra Harthill

Gardening is so good for us and it is also very rewarding but it is important that we always do it safely.

Before starting to garden, make sure to have all your equipment ready to use.

Gardening can be very strenuous, so it is important to warm up before starting, such as doing some stretching exercises.

Always take regular breaks to stretch and rehydrate. Never overdo it, remember there is always tomorrow and you need to take care of your body.

Avoid bending as this is very hard on your body, and never lift heavy objects alone! Listen to your body!

Kneeling stools are great and can also be used as a seat when needed. Kneeling, instead of bending, puts much less strain on your back. Kneepads are also very useful to wear.

Before starting to garden, make sure you have all your gardening equipment beside you. Always wear gardening gloves to protect your hands and remember to wear a wide brimmed hat to keep the sun off your face and entire head.

Apply sunscreen regularly to prevent sun damage to your exposed skin.

Happy 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.*



Terms and Conditions

By Kenn R. E. Page

Recently, when considering some music on a CD, I read this: "...it therefore takes into account the artistic maturity...but above all, the synergic ethical – aesthetic effect." Say what? Why am I even bringing this up? Because fishing can be like that. Can anyone please explain to me the difference between a mesotrophic lake and a eutrophic lake?

Out on the water, Susan and I often get thrown about

in my fishing boat by bigger boats zipping back and forth at a high rate of speed, often towing a tube. The crisscross waves that are created rock us around severely and make me seasick. The only thing that calms my stomach is ginger beer, which I don't always have with me. While trying to decide on a name for my boat, I once considered calling it GingerBoat (one word).

CONT'D NEXT PAGE >>>

FEATURE: Cont'd from page 25

What did we do to warrant all this disturbance? Our only crime was sitting there disturbing no one with our lines in the water trying to catch something besides an upset stomach. My line trying to tempt a fish to bite with a bait called a pumpkinseed pattern soft-plastic tube, a different kind of tube than mentioned earlier.

It's not that I'm complaining... On second thought, yes, I am. My tube bait has not always worked, so I switched to something else called a chartreus colour soft-plastic paddletail swimbait rigged weedless. Either that or a weightless straight Senko in flaming pink for Walleye, rigged Texas style. Confused? I was until I studied and learned all these new terms after Susan talked me back into fishing after years away. Susan and I could be out fishing all day and never use English once except for, "Please pass the mustard," or a few bad words like, "Darn!!!" I've tried talking fish talk with people like my mechanic and he uses one language with words like driveshaft, fuel injectors and exhaust system, and I'm using another.

Often when talking about soft-water fishing and hard-water fishing I get some very puzzled looks. I like to explain it this way: With soft-water fishing you can troll with a boat. With hard-water fishing you can troll the same lake, but you need a snowmobile and an ice hole seven inches wide and over a mile long. One you can perform in shorts and a t-shirt, and the other you may come away from it after 6 hours out in the open frozen stiff as a plank.

Going fishing all day and coming home skunked can make it difficult explaining where you've been all day. A question I've had for a long time is: "If one person goes fishing and gets nothing and they call it skunked, what do they call it when two people go fishing and come up with nothing? Do they call that double skunked, or twice as skunked, or a pair of skunks? If you got skunked due to pouring rain, do they still call that skunked or just soaked?" I often wonder things like that. To mail answers, I'm in the book.

While out on Lake Vernon, a lake not too far from us, and returning to the boat ramp skunked, I nearly ploughed the boat into a tree trunk that was floating barely at the surface. It didn't have a single branch sticking up to warn me. I hate to think what would have happened if a boat going full speed had hit it. I think the boater's code says, "If you don't sink your ship first, you tow the ship sinker to shore." That we did.

That killer log had to be 16 feet long if it was an inch. It was so waterlogged and heavy I had to go dead slow. If I tried to speed up at all, the thing dove for the bottom. Not the best of situations! Back at the beach somebody asked if we caught anything. I pointed to the log.

Some rather interesting things can happen out on the water. My policy now is to never drive fast near a river mouth. You never know what might have floated downstream overnight. I once picked a perfectly good picnic table out of the water. I had a bigger boat then and could do that. Cruising along with Susan one day close to an extensive pencil reed bed, Susan suddenly exclaimed that something had just crossed our bow. Holding her hands out to indicate the size, I said, half questioning, "A Pike?" She didn't think so. I said, What then, Lock Ness Monster?" By the look on her face, I could tell she had no idea what I meant, and I sure had no idea what she meant. There were no indicators of navy frogmen in the area.

There was nothing in that lake that I could imagine would be that size that swam other than a Pike. Lake Trout don't swim at the surface mid-simmer. Pike can. On a different lake, a large Pike swam right under our boat under where Susan was sitting. I didn't see it, but Susan did, and she said it was a Pike, and she ought to know having caught a number of them. If whatever Susan saw cross our bow was not a Pike and it was the size she indicated, I was never going swimming again. That is unless it was a mermaid, which was highly unlikely! I don't have that kind of luck.

Pike can get pretty semi-big in Muskoka. I caught two 40-inch Pike inside an hour of the backside of a small island in shallow water. This Pike was small compared to the 52-inch Pike a friend of ours caught in Mary Lake. For some time now I have wanted to beat my record, but a 52-inch Pike thrashing about in the boat with us is more than I can imagine. A fish like that would be more than a third the length of our boat. I can just see Susan out of the boat learning to walk on water so fast it would make your head spin.

A top Ontario fish expert and writer said that ninety percent of a lake has no fish in it. When I repeated that to Susan, she found it hard to believe. I'm not sure what Susan did believe, but I believed it because that's the part of the lake I usually fish in. I tried to explain it to Susan this way: A family of four at home in a three-bedroom house are not in all the house at once. If they're in the kitchen there's a lot of places in the house

CONT'D NEXT PAGE >>>

FEATURE: Cont'd from page 26

where they're not. I don't know if that helped, but I left it at that.

When fish finding sonar was first installed in our boat, I was amazed at what the bottom looked like! I might have known if the parts of Muskoka above water are up and down, the parts below water would be up and down. It was a "Wow!!!" experience. Sometimes we would pass the boat over something, and I would startle Susan out of her nap by suddenly yelling, "What the heck was that?" Before sonar, the only fish finding tool we had was Susan's nose. She tried to tell me sometimes she could smell the presence of fish. At my age, smelling anything would be a present.

There are times I can sense that some people think sonar units is cheating, as in the fish don't have a chance. If you're in that boat, I suggest there's not much to worry about. We've caught fish we never saw down there and been frustrated to tears when we could see fish and they refuse to bite. I don't care how fancy the name of the bait, if it don't work, it don't work! Bad English I know. I've taken old plugs that I could never catch a fish with and painted them with clear sparkle nail polish and nailed a fish. It works, believe me!

Some sonar units cost the equivalent of dinner out every night for two for a month and a half. Our unit is just basic, but some units have depth sounding, temperature reading, down-scan, up-scan, side-scan...every scan in the book, live video, GPS waypoint recording and route mapping, to name a few.

Our favourite fish to find and catch for keepers is a Black Crappie. Two would be even better! Black Crappie like to roam. Sonar cannot tell you what room of the house Crappie are in at 6:35pm on the third Tuesday in June. I wish it could! Susan and I have caught groups of bass from one spot, never Crappie.

Sonar can be scary! Travelling across a local lake from a big island to a small island a little distance away, the lake bottom kept falling off the bottom of my screen. I finally found it at 200 feet down. I didn't see any fish and I was hoping I didn't see anything else. I found myself suddenly wishing the bottom of our aluminum boat was much thicker! If the Lock Ness Monster ever visited Muskoka, I now know where it will want to spend the weekend. I've learned bottoms can be deceiving. You don't always get what you think you're getting. You could be over 4 feet of water or 255 feet of water and not know the difference without sonar.

It's true that sonar can be very helpful! Like the time in early June, I discovered hundreds of very distinct boomerangs sitting tight to the bottom in 32 feet of water. There I go using fishing lingo again. A boomerang on a sonar unit means one thing usually – fish. In fact, I found a spot where there are hundreds of fish in a stretch of water that is 45 to 55 feet deep, soft-water season round, two years in a row. Susan has seen it and my neighbour fishing with me has seen it. What we caught there was Pike. Here comes my new record, I hope. Susan may or may not want to beat her own personal record size Pike, which was a chore to land at 37 inches.

A day in May was 36 degrees Celsius, feeling like 40, and the fish were not co-operating. The sky to the west of us was looking more angry by the half minute. I hate getting soaked in the boat and I wanted to head back in, but Susan wanted to fish. She seemed to have some insider information that the obvious coming downpour would go around us. I didn't believe a word of it and pulled up the anchor. Back at the boat ramp, the dock was wall-to-wall people trying to catch a breeze and I hesitated to go in. We sat out from shore and slowly drifted westward, closer and closer to the blackened sky and the coming storm.

Then suddenly Susan's rod did something funny and she had her first fish of the season on the line – a 12-inch Crappie. I know that sounds small until you consider the Ontario record is around 14 inches. As excited to catch more as she was, I was still very worried about the approaching obvious wetness. There was a mass of darkness down to the ground. Susan was determined the storm would split and go around us. That was her theory. I was getting ready to make a dash for it. The boat ramp was still within sight.

Somebody once asked this: "How do you know a fisherman is lying?" The answer: "Their lips are moving." I'm not lying when I tell you the storm due west of us split and went north and south of us, passing by and leaving us bone dry. That was a good enough deal for me. No complaints! But that was not all. The water got as calm as glass and the sunset was amazing! It was the most beautiful evening on the water I think I have ever experienced. Terms cannot describe it!

***Kenn R. E. Page**, is 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.*

VOLUNTEERS

A Shout Out Goes To...

Enid Wray!

Enid Wray lives on Bass Lake, Muskoka.

Not only does she volunteer for our lake association, she helps prepare food for harvest in Parry Sound, advocates for environmental and turtle protection, and supports the library in Mactier.

She works part time, doing amazing work for Hospice Muskoka at Andy's house in Port Carling.

Even though she is now an employee, she started out volunteering with Hospice and continues to put many non-paid hours in support of end of life care in our community.

A true beacon of selfless service to make Muskoka a better place to live.

Do you know someone who gives back to the community and deserves to be thanked?

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CREATIVE CORNER



Blossom

By David Patterson

I am blossoming like the spring
It is not a strength of my own
It is brought on by miracles
The perfumes of floral fountains

Pink and white and violet
Dancing in the breeze
Bees waving their contented wings
with nectar's syrupy smile

My joy is administered by love
a universal unexplainable song
pronounced in a language so soft
waltzing through sprinkles of rain

I rejoice in plain and simple words
Adamant in my passion for reality

David Patterson, lives in Bracebridge, and is the membership chairman of the Muskoka Author's Assoc. He is the author of *Square Wheels* and *Forthright but Furtive*.



Morning

By Bessie Grimes

*Lightly dawn kisses the meadow;
Stirring to life the slumbering flowers
That closed at sunset's kiss
The evening before.*

*Soft glow of light lifting the sky
From its deep black hue of the night,
Bringing to shape the form of the fence
Enclosing the field.*

*Moist touch of leaf on white daisy
Whose golden heart greets the morning
Eagerly welcoming the warm glow
Of the sun's bright rays.*

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 Homemak-*



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.

D	N	Y	R
E	O	R	E
T	S	A	V
E	C	T	I

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

CANADA

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

Beaver	Ice	Hudson Bay
Arctic	Yukon	Seal
Maritimes	Logs	Via Rail
Maple	Blackfly	Snow

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

MUSKOKA SENIORS MAGAZINE

Business Directory

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CHARITIES & NON-PROFITS

Alzheimer Society of Muskoka - Alzheimer Society of Muskoka - Helping people live well with Alzheimer's and other dementias, and their caregivers. Muskoka/Parry Sound. 705-645-5621 www.alzheimermuskoka.ca

Hospice Muskoka - Person-centred palliative care approach to helping residents and families with life limiting illnesses or end-of-life issues. 705 646 1697, www.hospice muskoka.com.

Port Carling Lions Club - Spends every year thousands of dollars to support the community, the needy, the sick, the hospital, the school. And the list goes on.

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