

# MUSKOKA SENIORS MAGAZINE

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

Summer 2023

## Care Receiver Stress

## What's Food and What Isn't

## It Never Rains but it Pours

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# MUSKOKA SENIORS MAGAZINE

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SUMMER 2023

VOL 8, ISSUE 3

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



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*Cheryl Patterson,  
Publisher*

**MUSKOKA SENIORS MAGAZINE**  
**Not just a read... It's a connection!**

Summer at last! Waking with the birds, lots of sunny days, pretty gardens, farmer's markets, walks, warm weather, swimming and so much more. There's a freedom that comes with this time of year, including slipping into easy shoes and you're out the door. It's the simple things that make this season so special.

Speaking of the simple things that can make one's day, we have lots of little delights for you in this edition, including personal conundrums, poems, health advice, gardening tips and more.

Heather, from The Green Bouquet, gives you a head's up about how to tell the difference between legal versus illegal cannabis retail stores.

Dr. Shane Williams gives it to us straight about diet and exercise for

heart health.

Peter Cassidy shares an inspiring story about how faith propelled him forward in his life during times of uncertainty while raising his family.

Kenn Page gives us a chuckle with his story about getting caught in the rain in his boat while fishing.

There are stories to inform, inspire, support, and include, as we wouldn't have it any other way for you.

Note that Facebook has changed and hasn't been allowing the magazine link to appear in posts as before, so, we'll put our website link on that page instead which will take you to current and past editions of the magazine.

If you still want the download version, drop us your email address to have it emailed directly to you when each edition comes out.

Of course, if you have any questions, we're here to help. You can reach us at: [editorial@muskokaseniorsmagazine.ca](mailto:editorial@muskokaseniorsmagazine.ca).

Remember, we are an inclusive magazine, so if you have a poem, or funny story to share, or have been through a challenge that you think might be benefitting for others to hear about, feel free to drop us a line about that too.

In the meantime, enjoy your summer!

A handwritten signature in black ink, appearing to be 'Cheryl Patterson'.

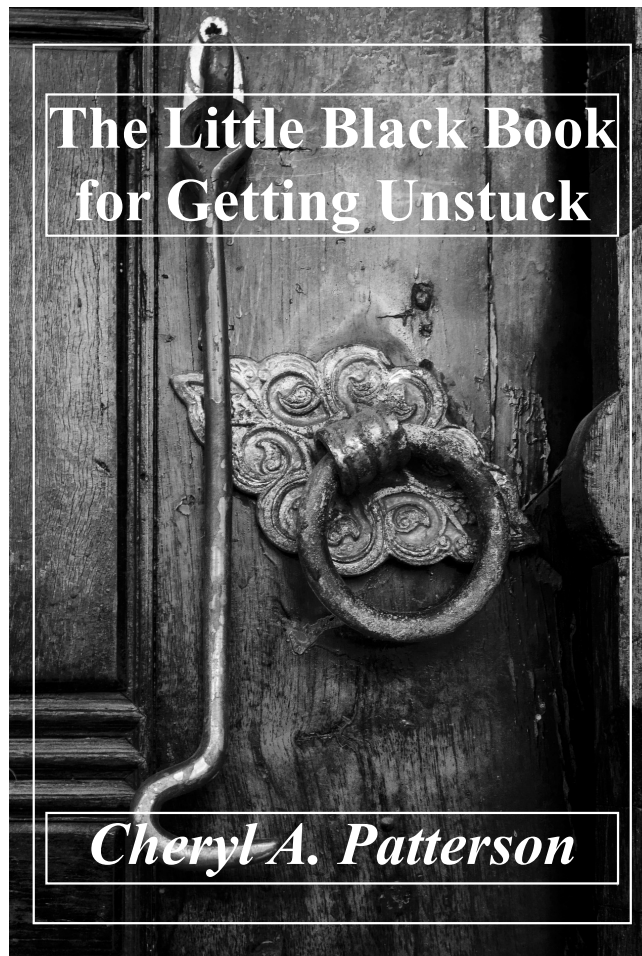
# Feeling Stuck?

## 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!*

***A great gift for someone going through a tough time!***



### **The Little Black Book for Getting Unstuck**

*"I got mine yesterday...  
Loved it.  
Finished very quick. Totally hit home. You know my story...  
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**- 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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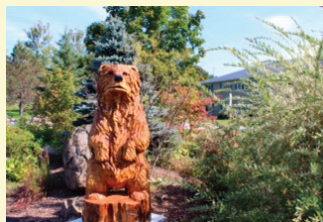
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## MUSKOKA SENIORS MAGAZINE

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

**Mission:**

**Inform, inspire, support and include you!**

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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 welcome. However unsolicited manuscripts will not be returned.

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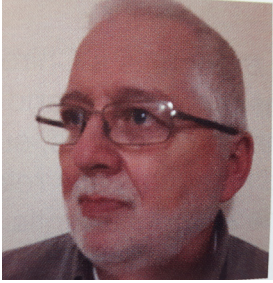
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## CONTRIBUTORS SUMMER 2023



**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.



**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.



**Carol Ford** has short stories in Hot Apple Cider books, volunteers with The Word Guild, facilitates a memoir writer's group, writes about her adoption and birth family reunion, and resides in Newmarket.



**Dr. Shane Williams**, Williams Cardiology and Wellness Medical Centre, Bracebridge, "Blends a traditional medical practice with an enhanced program of proactive wellness."  
[www.williamscardiology.com](http://www.williamscardiology.com)



**Linda Smith**. I wrote a book of cartoons with commentary called: The Senior Boomer – Whatever happened to the Baby Boomers? The cartoons tell the story of where we landed up!



**Rose Meyer**, 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.



## What's Food and What Isn't

*“The bottom line for these companies is the all mighty dollar – not our health – so we have to be our own advocates.”*



## NUTRITION CONT'D...

It seems an easy concept, however, these days you never know. Given today's standards it's a topic you don't want to ignore.

We all know that food is what sustains us, like fuel in a car. It nourishes us, provides us with energy to carry on with our day. We can't survive long without it. Unfortunately, so much of what we call food today is filled with the opposite – nothing more than synthetic derivatives or toxic chemically based artificial products that appear, taste, and even smell like food.

By the time much of our food is genetically modified, filled with hormones, dyes, nitrates, antibiotics and is processed – bleached, pasteurized, deodorized – it makes you wonder how much of it is actual food anymore.

Of course, the big wigs don't make it obvious this is what's happening to our food, but rather trick us with word games on labels and in ingredients. For instance, what is “natural” in their eyes anyway? Dye can be natural, even if it's synthetic if they're talking about the “natural” process they use. Flavours can also be their own synthetic “natural” flavours. It doesn't make the product authentic because they use this word. The likelihood is that if the product is good quality, you will see it in the ingredients, and they wouldn't have to fake it with buzz words.

For instance, natural peanuts should be nothing more than peanuts, rather than include icing sugar, maltodextrin, mono and diglycerides, and cottonseed oil. They also use “rapeseed oil” which is canola oil. Why the disguise? And why add more oil to a food already rich in it?

The bottom line for these companies is the all mighty dollar – not our health – so we have to be our own advocates.

The following are some tips for keeping your food just that – a substance you ingest for the betterment of your health and sustainability.

**Read ingredients.** Despite the “sugar free,” “low sodium” “fat free” words to entice you, go to the one place that will show you what you're eating. And remember low salt likely means higher fat, or lower fat may mean higher salt or sugar. Sugar, salt, and fat are their core ingredients to make you like it and want more (their primary goal), and most prepared foods are overloaded with all three. And all three can also be sneakily substituted with synthetics or alternatives, such as the way sugar is with sucrose, glucose, or fructose.

**Can you pronounce all the ingredients?** A handy rule is the harder the words are to pronounce the ingredient the unhealthier it is. It's a sneaky way for them to include ingredients you don't want, like more sugar or synthetic flavours to get you to keep on eating.

**Pay attention to the order of the ingredients.** The general rule is the first product that's in it is the most, and the second is the second most, and so on. If the front of a product indicates a “healthy” ingredient and it's tenth in the ingredient list, chances are there is very little of this “healthy” food.

**Know your sweeteners.** Artificial include: Acesulfame, Aspartame, Neotame, Saccharin, Sucralose and Advantame. Real natural options include: Cane sugar (unbleached), molasses, honey, unsweetened fruit

juices, date sugar, agave nectar and maple syrup.

While too much of any kind of sugar isn't healthy and will convert to fat and can contribute to health problems, such as diabetes, sugars from natural sources have health benefits. It's real food – from the earth – versus something concocted in a lab somewhere.

**Eat whole foods.** The more processed your food is, the more the healthy ingredients have been stripped away. It's also sometimes cheaper to buy whole foods, such as a bag of plain rice versus the chemically flavoured options. Remember, you're paying for the convenience of ready-made products financially and with your health.

**Prepare your own food.** This way you know what you're putting in your body, and eliminating the fillers, synthetic substitutes, preservatives, and other harmful additives they use in excess, like sugar, salt, and fat. Not to mention, you get the pride that goes with knowing you made it and are taking care of yourself.

**Beware of “enriched” and “fortified” foods.** This often means synthetic ingredients are added.

**Learn.** There is a wealth of information available. You don't have to know it all in a day. The point is to be mindful about what food is and what it is not. One will nourish you, and the other will sabotage your health.

Food is meant to give us fuel – to propel us forward physically, mentally, and emotionally. Choosing wisely supports our vitality, enabling us to live our lives to the fullest. **MSM**



By  
Marie Warkentin,  
Minden, ON

## A Nephew in Need

Hello fellow readers of *Muskoka Seniors Magazine*. I'm Marie Warkentin and I'm writing to you about how accidents can change one's life in a blink of an eye.

Quinn Trotter is my nephew, a once vibrant man who enjoyed physical activity and various sports, however now due to several sports-related accidents, he has sustained several concussions which have left him with complicated neck, temporal mandibular joint/orofacial pain, spinal and head complications which have greatly impacted his daily living.

Quinn has exhausted everything that the Canadian Medical System has to offer but alas nothing has given him the necessary relief. He is constantly in significant pain and unable to participate in daily activities, nor continue his studies at Western University in an effective manner, as he is in such distress.

Quinn has researched far and wide amongst the Medical Community looking for anything that would help him with his medical situation. After much research, he found a Clinic out of the country in South Korea that has an "All Body" approach, which we are hoping will help him regain his life.

Please take a moment to read his story. Quinn has covered all the bases with documentation to help understand his condition, which he is seeking help for.

### Quinn's story:

*Since 2012, my injuries have greatly changed my life as I've been unable to finish my university or hold down meaningful employment. My final hurdle is to overcome TMJD and the structural collapse of my body. I unfortunately experience many physical complications and pain on a daily basis.*

*Thoracic scoliosis resulting from body compensations*

*causes a great deal of discomfort. Inflammation like pain, difficulty breathing, uneven shoulders, uneven leg length, a tilted pelvis, facial asymmetry, nerve compression, tinnitus, and upper neck pain are just some of the symptoms experienced.*

*Eating is something that is a mundane task for most that cause no problems. It causes me significant jaw pain, and nerve irritation.*

*I've sought out many treatments such as acupuncture, chiropractor, physiotherapy, pain injections, and nighttime oral splints. However, I'm constantly left frustrated by the few answers when questioned about the interconnectedness of intricate body physiology regarding my case, and the lack of results. Treatments are just too fragmented, treating the symptoms and not the root cause or the whole picture. I'm simply left with just more questions.*

*These treatments were also unfortunately not covered by OHIP and over time have proven to be quite costly. It has indeed been a frustrating journey. Successful healing takes time: faith, hope, paced focus, and hard work. I have not given up and am determined to find the way.*

*The treatment at the clinic I'm going to will include complementary therapies such as Pelvic and Spinal Balancing; Craniosacral Therapy; Acupuncture; Physical Therapy, and daytime intra-oral balancing appliances to correct occlusion and balance the spine to offer structural stability. All of these therapies would be done in conjunction with the intra-oral devices and are equally as important. This creates a well-rounded, all-inclusive treatment approach where there is optimal communication (no isolation) between team healthcare providers.*



Marie's Nephew, Quinn

*I thank you all for taking the time to read my story and would be immensely grateful for any help. Whether you'd like to contribute or not, please consider sharing my fundraising explanatory presentation with your friends, family, and other social networks.*

I, his aunt, Marie Warkentin, thank everyone for reading and sharing his story. It has not only impacted him but his parents too. It's extremely difficult to see one's child now as a grown man unable to do things we take for granted every day.

A GoFundMe page has been started to help Quinn realize his goal. Please share with your friends, acquaintances. All help is appreciated! For more information and to keep up with Quinn's journey, you can visit: <https://www.gofundme.com/f/help-for-quinns-tmjd> I thank you all.

## ***Have a family story to share?***

- A challenge
- A funny or heartwarming story
- A story that others can relate to or enjoy in some way...

**We'd love to hear about it!**

**Email it to:**

**editorial@  
muskokaseniorsmagazine.ca**

## **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.*

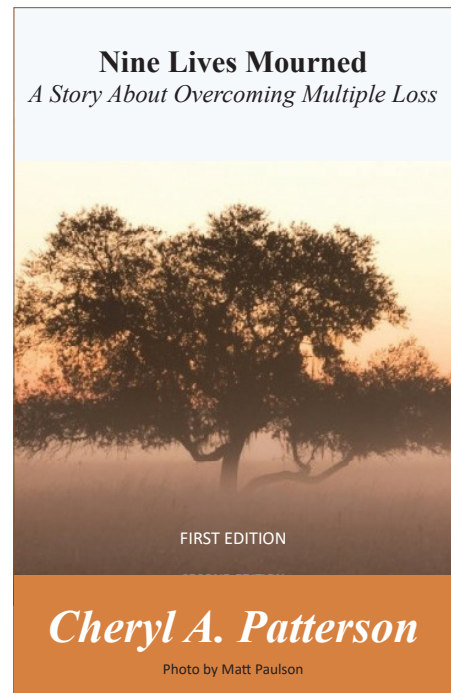
*It took its toll and consumed enough of my life. It was time for me to turn things around, which I did, and so can you.*

*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 losses in a row, you can get through your grief too.*

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

*This book shows you how I got my life back, and how you can make the most of your time again too.*



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## 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.

### What is the Difference Between a Legal and an Illegal Cannabis Store?

Surprisingly enough, we get asked this often. Health Canada just released a document very similar to what I am writing as our industry has noticed we need to be clearer on what sets us apart. Here is the link to their bulletin:

<https://recalls-rappels.canada.ca/en/alert-recall/accidental-ingestion-illegal-copycat-edible-cannabis-products-causing-serious-harm>

With so many new stores opening all over the province there seems to be a wee bit of confusion as to what makes a legal retailer whether you're shopping online or in a brick-and-mortar store. Well, there are a few tell-tale signs that one needs to look for.

1) All authorized cannabis retailers must have their AGCO (Alcohol and Gaming Commissions of Ontario) seal posted near their entrance of the store and at the bottom of their websites. They can have just an English seal, or they may display the English and bilingual seals together.

2) All authorized retailers can be found on the AGCO cannabis retailer map, as well on the OCS (Ontario Cannabis Store) map. These

two organizations are both Government run and monitored. All cannabis retailers must adhere to many regulations and guidelines to be able to obtain their multiple licenses required, which takes years to do.

3) For legal stores all staff are trained under Cannsell, which is like smart serve for a restaurant.

4) For ordering online there are a few things you need to look for to ensure your ordering from an authorized store.

A) Look for the AGCO seal in the footer of the website.

B) The only company that can mail you your cannabis legally is the OCS. Any other legal retailers can offer click and collect, where you can order online but you need to pick your order up from the store or get delivery if your retailer offers it. Any other site from BC or any other province is to be considered an illegal cannabis platform.

C) Cannabis retailers that offer click and collect normally accept all forms of payments. If you are asked to send an e-transfer, you are shopping on an illegal website.

D) Always look at the packaging, all cannabis is made by Licensed Producers in Canada, who make the wonderful products and must adhere to strict packaging guidelines from Health Canada and the AGCO. Always look for the Excise tax stamp and contact info for the

Producer, if your products do not contain these then they are illegal. If you see packaging that looks like a regular candy bag, then you're shopping at an illegal online platform or store.

E) All authorized retailers can only sell 30 grams per visit. We have guidelines that do not allow us to sell one-person more than 30 grams back-to-back, or if they are intoxicated, or if they are under 19. If you can purchase 2 ounces in one visit or online, you're shopping at an illegal store.

F) Legal retailers give your receipts, and we can do refunds. Retailers and Licensed Producers also have customer service, where you can contact the Licensed Producer directly or call the store if you have any issues with your products. Illegal stores do not offer any of these services.

These are just a few identifications that you can look for when you are looking to purchase cannabis or cannabis products from a legal retailer. Please, be wary ordering from an illegal retailer or online platform as you do not know how their products are made, the actual THC limits or if there are any contaminants in your cannabis.

I hope this helps, if you have more questions, please email me at [Hello@thegreenbouquetcannabis.com](mailto>Hello@thegreenbouquetcannabis.com) and I will do my best to answer any of your inquiries.



## GARDENING: DUSTYN'S TOP TIPS



**Dustin Pilger** - Dustyn is an entrepreneur in Muskoka. He is the business owner of NuScape Landscaping since 2019, opened The NuScape Garden Centre in 2021, which sells trees, shrubs, perennials and annuals. And this year he has become a partner in Muskoka Mosquito Solutions.

# Dustyn's Top Tips for Gardening

- Add 2-3 inches of mulch to your gardens to freshen them up and save time weeding. Mulch also helps the soil hold in moisture. Be careful not to over mulch or add it over the trunk of woody shrubs and trees. It's important not to create mulch volcanos over your trees as this can create rot on the trunk and cover the roots where gasses are exchanged near the soil's surface.

- The key to a well-balanced planter is not crowding with too many annuals and using a 'filler, spiller and thriller'.

*A filler* plant is something that provides a nice effect on its own, with colour and is vigorous in filling in gaps within the planter. Fillers would be, petunias, calibra schoa, verbena and euphorbia.

*A spiller* is something that is placed to spill over the front of the planter, things like bacopa, sweet potato vine, ivy and dichondra.

*A thriller* is an annual that typically grows larger than the rest and stands out. Good examples of this are Canna Lilies, annual Salvia, Coleus, Colocasia, but Spik Rush are more

basic examples.

- Feed your annuals on a weekly basis. Providing your annuals with a constant liquid feed of fertilizer on a weekly basis will allow them to flourish. Using a fertilizer like (15-30-15) will boost blooms.
- Add Mycorrhizal Fungi to all

new garden additions. When mycorrhizae are connected to your plant's roots, their access to water and nutrients (particularly nitrogen, phosphorus, zinc, manganese and copper) are increased. This promotes healthy growth for your new additions. We sell this product online at nuscapestore.com with shipping.

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## SUPPORT FOR STRESS



### Care Receiver Stress: The Other End of the Spectrum

*“There was a time when I provided the care in the family. Everyone depended on me. Now the roles are reversed, and I must swallow my pride, give up independence, and accept that things have changed.”*

Caregiving can be a stressful role to take on. The challenges of trying to be there for loved ones can result in feelings of frustration, isolation, physical exhaustion, time constraints and a lack of freedom to engage in one’s own life – and lots of guilt if you do.

At the other end of the spectrum is a person who once gave care too. They were the caregivers who people relied on. They were independent, physically abled, engaged in life with a sense of purpose and meaning of their own. So, what does it feel like to have to switch roles from giving care to receiving it?

If you ask 80-year-old Jim Reynolds (name changed) who is grateful for his residential independence but deals with the mobility restrictions that go along with being in a wheelchair, he’d tell you that the biggest challenge of having to depend on others for help is the effect one’s sense of pride.

Jim says it’s difficult asking peo-

-ple for help because of “being tooproud.” He adds, “It’s hard to accept help with things that you’re used to being able to do on your own.” He also knows people are busy with their lives and doesn’t want to impose. He’s even turned down help for this reason.

The Public Health Agency of Canada indicates that many seniors

have emotions about receiving care. “They include feelings of loneliness, isolation, tension or worry, and anxiety about becoming dependent on others.”

There is a generation gap between parents and children. And there are differences of opinions, values, habits, likes and dislikes between caregivers and receivers. The ideas of someone who grew up or started raising a family during the Depression aren’t going to be the same as someone raised in the 1950s or of the “baby boomers.” Those differences need to be respected, and a little empathy can go a long way.

We’re all getting older and will likely need help at some point. If we switch roles for a moment and think about what it might be like, we might have a little more understanding about the receiving end of the spectrum. A little compassion can go a long way. **MSM**

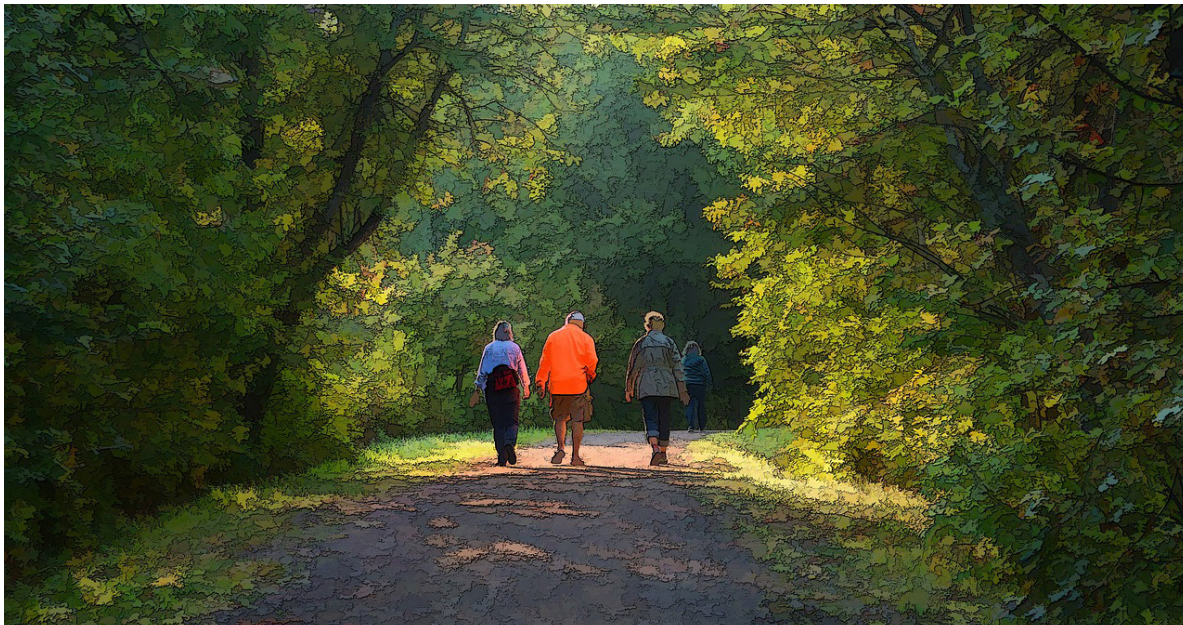
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## Ways to Curb Your Loneliness

*“Negative emotions like loneliness, envy, and guilt have an important role to play in a happy life; they’re big, flashing signs that something needs to change.” – Gretchen Rubin*

Most of us experience loneliness at some point. Whether it’s being without anyone to talk to or spend time with, or having nobody to share special occasions with. It can feel daunting at times, to say the least, and can lead to depression and impact your health.

Yet in our guise of strength and independence we suffer silently, no matter the cost.

The good news is that we have control, and it’s something that can be changed starting today. The following are some easy ways how.

**Plan a regular schedule for connecting with friends and loved ones**, even if it’s by phone. Is Sunday morning a good day to connect with family, and Wednesdays with a close friend? Make it a ritual that you can look forward to.

**Plan a board games or cards day** each week with people you know. You can do it at one place

– yours if you have a hard time getting out – or take turns at each other’s places.

**Get hitched** – online that is. The internet can be a great way to keep in touch with old friends and to make new ones, such as connecting on social media, playing favourite games online with peer groups each day or week, emailing people you know, have more opportunities for learning, and much more.

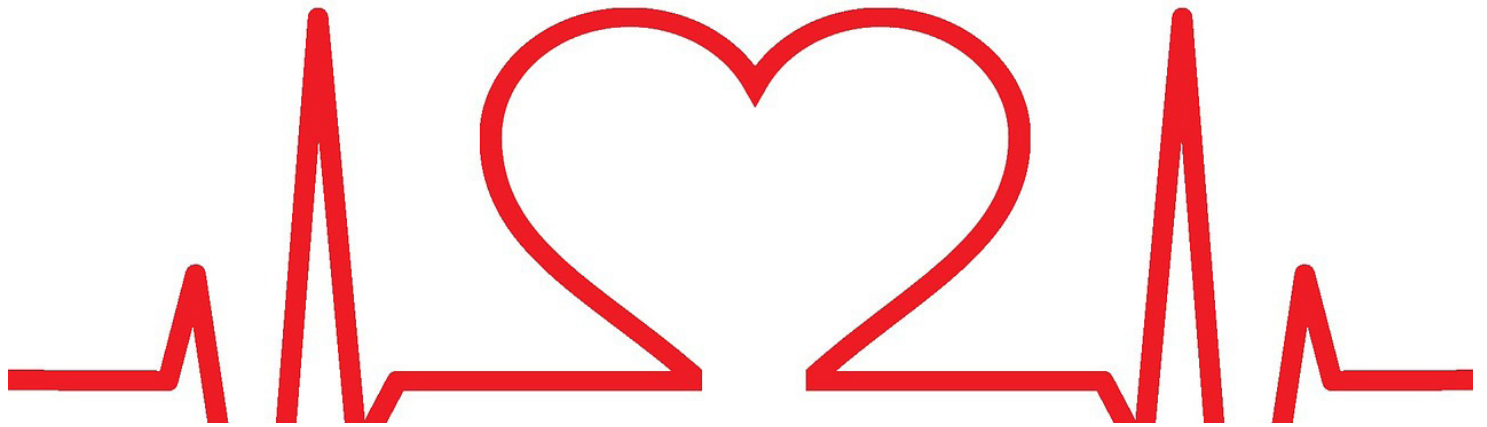
**Volunteer.** Not only do you help your community, but it gives you something to feel proud of. And you get some social time on a regular basis as well.

**Do you have a hidden talent or interest?** Start a group of like-minded individuals. You can start a community garden, sing for long-term care homes or other groups that might enjoy it, do woodworking (maybe make little toys for kids in need during the

holidays), start a book club or a pen pal club. The options are vast regarding the type of group you can start. And the beauty is that you’re connecting through things you enjoy doing.

**Get a pet or foster one.** If you can have a pet, such as a dog or cat or other small animal to care for, it provides a sense of purpose and companionship. If you can’t have one at your residence, maybe offering to walk a dog for someone you know can be fun too. You can also lend your time to local animal welfare organizations. Either way, it gets you out into the fresh air and provides you with a chance to connect with animals and people in a meaningful way.

The sky is the limit regarding ways you can curb your loneliness. Get creative and start a list! You might just find yourself feeling happier and healthier too. **MSM**



## What is the right balance between exercise and diet for good heart health?

### Answer by Dr. Shane Williams:

I wouldn't consider heart health as a 'balance between' diet and exercise, rather...humans readily need to optimize both to have the lowest risk of cardiac disease.

One point I think deserves particular emphasis, and this might indicate which of diet or exercise is MORE important, is that an optimal exercise routine cannot 'undo' a poor diet.

We're much too familiar with the story of the ultra-fit, sculptured marathoner who suffers a heart attack at the finish line (or simply drops dead).




Also, the amount of exercise necessary to maintain optimal cardiovascular health is felt to be as little as 30 minutes of moderate intensity exercise per day, 4-5 days per week.

Regarding nutrition, the data is very clear that the optimal diet for humans to reduce the risk of most diseases, uncluding cardiovascular, is one that derives most, if not all, of its calories from a diet of whole (mostly unprocessed) plant-based foods with little or no 'added' oils. Along these lines, it's important to avoid highly processed foods.

To learn more, I strongly recommend the documentary "Forks Over Knives" on Netflix. For a more in depth discussion, I'd suggest reading "The China Study" by Dr.s T. Colin and Thomas Campbell.


*Dr. Shane Williams, Williams Cardiology and Wellness Medical Centre, Bracebridge, "Blends a traditional medical practice with an enhanced program of proactive wellness."*  
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## My Faith Walk

*By Peter Cassidy*

*“I am proud of this achievement that would not have happened if not for my deep faith.”*

I have lived in Muskoka for over 30 years. It was accidental in landing here to begin with.

I was working for a satellite com-

munications company from Barrie. The company wanted me in North Bay. I was to look for office space, hire some staff and find somewhere

to live.

I had a young family at the time, and this would be the third time I had uprooted them to move, >>>

## FAITH CONT'D...

so I was tired. I did find an office and hired a secretary and a couple of installers. I also found accommodation for my son and daughter and my wife. I had a truck load of our belongings ready to go. I received a phone call telling me not to go north but find a similar situation in Muskoka.

I told the company that I was not prepared to move again and to find a younger person to keep moving. Again, I found a home and an office and hired more people. Three months later the company went into receivership. So now here I was with a young family with no job and no prospects.

I was a very unhappy man. I happened to go into the unemployment office and came across a lunch hour supervisor's job at a local elementary school. I immediately went to see the principal who hired me on the spot.

It was this venue that got me re-involved with my church. I re-joined an organization with the church, and it snowballed from there. The head custodian asked me if I might be interested in casual on-call custodial work, which I jumped at.

A short while after, I had the opportunity to be hired as the permanent afternoon custodian. Then, I was blessed with the head custodian position at the new high school. I am convinced that it was my faith that I seemed to be the right person at the right time.

It was only a few short months ago I had no job, I was living in a house I could not pay for and had a young family depending on me to support them. Being a hard-working honest Scotsman and having old country values, now I had an enviable job with excellent benefits.

There is a well-known prayer called FOOTPRINTS IN THE SAND. I know God carried me on his shoulders during probably the most difficult time of my life. I had started a Novena to St Jude (the patron saint of hopeless cases) and it was answered. To me it was more than coincidence that I came across the little noon hour job at the school.

It was also more than coincidence that all of these Christian people entered my life just when I needed them the most. I became so involved with my church and schools, organized golf tournaments, and social events at the church. I became known as the GO-TO person.

As a retirement gift to the schools I hosted a Walkathon for the "B" student. Each year a male and female student receive a \$250.00 bursary to help with their education.

I am proud of these achievements that would not have happened if not for my deep faith.

*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.*

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## SPORTS CORNER



### *Sports Corner with Peter Cassidy*

I'm not sure if you can relate to this, however, it bears telling. The weather was perfect, not a breeze in the air. I thought I heard

the sounds of my golf clubs calling my name. I texted the members of my foursome to see if they were interested in playing golf. We are all semi-retired and around the same age and ability. So, it's always fun. We agreed to meet at the Golf Club at 9:30. We would have coffee before heading to the tee.

As with most golf courses, ours has such a pristine appearance that you feel that God was the artist, especially in the morning. The greens are festooned with dew, and you might see a big earthworm trying to make it to underground safety.

We had our coffee and went to our golf carts. As we drove to the tee, I thought to myself how lucky I was to be alive and be able to enjoy it all.

I began to show my age around the 4th hole. I teed my ball and sliced it to the right where it landed right in the middle of a large flock of geese. This is not my first encounter with them. Normally they make noises and move out of your way. This was a bit different.

As I approached my ball, I noticed that these geese were in no hurry. As I got close, they became agitated and began moving towards me. Two of them actually charged at me. I had a 7 iron and tried to ward them off. This apparently was not working. I moved as quick as I could towards the safety of my golf cart. Two of them cut me off and I ran right into the pond up past my ankles. I looked back to my partners for support, but I have never heard three old guys laugh so hard. One of them fell over from laughter.

I finally made my way to my cart. I had to remove my shoes and try to wring out my socks. Remember this was the 4th hole. I still had 5 more holes to play. All I heard from my so-called friends were unflattering comments, like, "GOOSY GOOSY," and very poor impressions of geese honks.

I do have a sense of humour and commented that I have never had so many birdies in my entire life.

*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...?



## Tips for Green Onions and Herbs

*By Rose Meyer*

You don't have to rush out to the grocery store every time a recipe calls for green onions!

All you have to do is purchase a bunch on your next shopping trip, put the onions into a jar or container with about one inch of water, and let them grow.

Don't forget to change the water regularly.

Now would also be a good time to start your indoor herb garden.

Use single flower pots or a larger container to plant basil, chives, parsley, thyme, or whatever you like to use for your culinary cooking or salads.

You may find all these herbs in your local Nurseries. Happy growing!

*Rose Meyer. 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.*

## AGING WITH A GUSTO: WHAT WORKS FOR YOU



*Bessie Grimes,  
Huntsville, ON*

Involvement and participation! These are the keys for me. There's nothing better than the feeling you get when you accomplish something worthwhile.

I belong to the *Huntsville Community Choir* and serve on the executive of that group. For nine or ten months of the year we practice weekly and perform whenever opportunity presents itself. We are involved with fundraising and get together for strictly social events a couple of times a year.

When I'm not with choir members, I seek out other company, watch educational television and read. I believe we never stop growing and learning as long as we have goals that promote both happenings.

I like to stretch my mind and engage in constructive conversation with other people.

I also stay somewhat active because I believe that is necessary. Physical exercise and activity are important. The only way to stay mobile is to be mobile on a regular basis. This means that I climb stairs and walk in safe areas as much as possible.

If you see me out and about and you have something of general interest to share, do not be afraid to approach me. I'd love to chat. I'd also like to hear about things you've accomplished lately. One topic I do not appreciate, however, is gossip. There are so many other topics one can discuss. The weather or music are only a couple of the things we could talk about. Sharing information is a good way to grow and learn.

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healthy, vibrant?***

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Photo by Linda Smith

## **Bird House Squatters**

By Linda Smith

*“A BIRD house; that’s what it was supposed to be,  
a beautiful hand-crafted gift from a dear friend.”*

## CONT'D FROM PAGE 21..

A BIRD house; that's what it was supposed to be, a beautiful hand-crafted gift from a dear friend. I eagerly nailed it to the fence post, high enough to elude cats – perfect! It seemed like such a good idea. At least it was, until the interlopers appeared; wasps. The flying menace took up residence in my darling bird house. They were not good neighbours. The bird house became encased in a spooky grey parchment-like mass. What on earth? A friend who seemed to know a lot about nature pointed out that it matched the fence which meant they drew the material from that wood. Really? I had to admit it was an exact match. I wasn't sure what to do about the invasion. My daughter-in-law had to be taken to hospital the last time she was stung by a bee. Surely wasps wouldn't do her any good either. Also, I was alarmed when I came near the hive with the roaring lawn mower. They didn't like it! The hive came alive!



Illustration by Linda Smith

The squatters became agitated and zoomed out in a swarm from their captured bird house - now a wasp house. With each pass of the mower, their frightening air force swarmed out near me – yikes! I had heard about people who were stung to death by such hordes. What action could be taken I wondered; a flame thrower? A hand grenade? Perhaps that was overkill, and the neighbours probably wouldn't understand if I burned down the sub-division in my bug war. Maybe I was being too dramatic. But SOMETHING, had to be done. This was not a task for the faint-hearted. Military action must be implemented. Then it came to me. I drew up a battle plan.

In war-mode, I pulled out my winter wear and put on my skidoo suit; puffy with lots of padding, deeper than their stingers. The wrists and ankles had elastic and I shoved them into tight fitting padded gloves and boots; quite a spectacle for the neighbours, and that in August! I cared not. I donned a mosquito hat with netting. I was ready: Wonder Woman, marching forth to meet the foe.

With wasp spray in hand, I progressed; half a league, half a league, half a league onward. Oh, that's the Charge of the Light Brigade. I shared their war cry.

At dusk (the time to spray hives), I approached with stealth from the deck. A foot away, I lifted my 'cannon' (from the hardware bug war section) and let them have it good! All was quiet on the western front after that.

As I removed my armour inside, I remembered a Bible verse: "Man is to have dominion over the beasts of the field." Besides which, they had ruined my beautiful bird house.

I've gone off bird houses. Maybe a nice hummingbird feeder is the way to go.

*Linda Smith. I wrote a book of cartoons with commentary called: The Senior Boomer – Whatever happened to the Baby Boomers? The cartoons tell the story of where we landed up!*

Have a funny story to share?

Send your submissions to:  
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## It Never Rains but it Pours

*By Kenn R. E. Page*

A downpour is I'm sure, never thought of as a good thing on a summer day at the cottage. But one day, when I was about 15, it was a very good thing! My grandparent's cottage was just in from Mary Lake, beside MBC Camp, on the Muskoka River north end. We could clearly see the lake from the front room window and on this particular day it was very rough. I learned to pray for days like that.

We often saw canoe loads of canoe tripping campers paddling, going up stream or down, past the end of our dock. Our dock, because it was so long (75 feet) to get to deep water, was an ideal place for paddlers to stop

and rest before heading out down the lake. Because the lake was so rough on this day, three canoe loads of teen girls pulled up to our dock and sat there. My mind is a bit foggy, but I seem to remember it started to rain or it was already raining. Anyways, my dad soon went out to invite the girls to come inside for lemonade and cookies.

Canoe loads of teen girls was not the only interesting thing to pull up to our dock. Our dock stuck out into the river farther than any other dock around us. There was a reason for that, and one day a floatplane came into the river from out in the lake and pulled up to >>>

## CONT'D FROM PAGE 23...

our dock. While my dad talked with the pilot, I stood there holding the plane beside the end of the dock. That was not quite as cool as canoe loads of girls, but it was pretty cool! It drew a lot of attention from kids and adults around.

It was not all fun and games and girls at the cottage. Every July when we arrived for two weeks I was already into my allergy. The first time into the river and my allergy got so bad it practically put me in bed. Every year it was the same thing. But then the next day swimming, my head cleared, and my allergy totally disappeared for the rest of the year. That was one of the reasons I moved to Muskoka. Unfortunately, living in Muskoka my allergy stuck around.

After my grandfather died, grandma sold the cottage. So much for holidays on Mary Lake and canoe loads of girls. Before moving to Muskoka and while working at IBM in Toronto, I started to explore around on weekends and ended up buying a piece of land with access to the water just from Fairy Lake. Each summer, for a few summers, I came up and camped and swam and fished. Then I sold that lot and bought 12 acres and built a house. I kept selling and buying and building until I ended up where I am now, retired.

Although we lived and worked in Muskoka, my family, the four of us, would take the truck and camper on it and our 14-foot boat and go camping at provincial parks like Martin River. Unlike the aluminum boat I have now, the bigger boat had a convertible top. One day out on Callander Bay it started to pour, so we anchored by an extensive weed bed and sat there with the top up and my daughters stuck their fishing rods out the back corner of the cover and started to catch small Perch like crazy! Sometimes a downpour on your holidays can be a very good thing!

My daughters grew, the boat got sold, and I got away from fishing. After years away from it, Susan was the one who got me going again. She was the one who talked me into fixing the leaky seams of the 12-foot aluminum boat my dad had passed on to me. I had already rebuilt the boat trailer to like new the year before, and so in 2018 I started fishing more seriously than I ever had previously. I was retired and Susan worked, but she wanted to go fishing every chance she had. Many of the fishing stories I've written have been based around those adventures. You can't go fishing without Susan without it being an adventure!

For three years and all the times we went fishing, we

never got rained on once. I didn't say it didn't try, but we never got wet. I knew what it was like to be out in the boat myself and get soaked, but Susan had no idea what that was like. There were days we would be fishing and over across the lake it would clearly be coming down in buckets. A few times in 2021, that all changed, and we got wet! Out on Lake of Bays one day, the sky was getting darker by the minute. The lake was getting rougher and rougher, and we were making a run around an island heading for the boat launch ramp, the dock and shelter. We didn't make it.

That was some trip back! If I drove slow, I knew we would get soaked from above. If I tried to speed up, we would hit the waves and water would splash completely over. We couldn't win, and then down came the downpour. By the time we made the dock we were drenched, so much so that Susan stripped down to her bathing suit and jumped into the lake. I was not so equipped. So much for fishing that day! We were wet! I always thought it would be nice to own or even just rent a boathouse. The boat could sit inside out of the weather and be all ready to go out fishing any old time at all. A place to dash to for cover.

Even pouring rain couldn't stop you fishing if you had the use of a boathouse. All you would have to do is roll up the big door and sit in a chair inside there and fish while staying nice and dry. Susan and I have caught lots of Bass from around boathouses. If you can't afford to own a boat with a convertible top, then a boathouse could be the next best thing, if you can afford it. It wouldn't have to be fancy to satisfy me. In fact, an older boathouse would have a better chance of having an established bunch of fish around it than a newer structure ever would. Log cribs full of rock I have found are places minnows love to hide!

I seem to remember something from a James Bond movie about a kind of craft that had a big open bay you could drive a large boat into. It wouldn't have to be large to fit the bill for me. Picture a houseboat boathouse. You could live on the water in one spot and fish all over the lake for weeks. More like a portable floating boathouse. Anchor it and sit out the rain. You don't have to pay high property tax on a houseboat. Zip in and out of your houseboat boathouse with the fishing boat when the sun shines. I'm not sure what you would do with it in winter.

Meanwhile, coming back down to earth, nobody knows the fish I've seen and I'm not hinting where I've seen them. Having a fish finding sonar unit in the boat

CONTINUED ON PAGE 25 >>>



## CONT'D FROM PAGE 24...

can be a little handy. My boat didn't have one until Susan bought a basic unit and that opened my eyes to the possibilities. We've caught Black Crappie and have not seen one on the screen. We have caught several Bass from one spot at times and did not see them down there. At other times I have seen lots of fish on the screen and not caught a one. The handiest part of a sonar unit for me is avoiding rocks and shipwrecks. I'm all for avoiding holes in my boat and sonar helps with that.

Holes in boats, mine anyways, should be for letting water out and not in. Something I read recently may explain why we don't always see fish down there. The article said that the 'ping' sound in the water from the sonar, if fish hear it often enough, get wise and clam up. Smallmouth Bass will move out of range of the sound. The article said turn the sonar off. If you turn the sonar off, how are you going to find any fish with it? Susan and I often troll with our bait on a long line. The boat and motor and sonar are gone past the fish before the lure comes into view. I love it when a Bass hits my lure and jumps clean out of the water!

It's not clear what prompted Susan to buy a sonar unit because I wasn't even thinking along those lines. I guess it shows just how serious she was about fishing. She keeps asking me how deep it is because the screen is where I can see it and she can't. One of these days I have to install a unit in the front of the boat for her own use. With the sonar I found an area in a lake where I would never normally have fished. The lake, yes, that spot, no. Two seasons, all season long, there have been so many fish in that stretch of water, I still find it hard to believe. One day, cruising along there, I said to Susan, "You just have to see this!"

Susan had to get up out of her seat to see what was on the screen, but I think it was worth it. She looked suitably impressed, almost as if she'd seen a thousand-dollar bill go floating past. We were seeing dozens of fish on the screen at once, and it wasn't just one spot, it was a long stretch we were passing over. My neighbour came fishing with me and he saw the same thing. It's like these fish don't move, except that sometimes they are near or on the bottom, and in warmer hot weather they are more active and suspended mid-depth in 45 to 55 feet of water. What we catch there is Pike. Without sonar we would never have found those fish.

Sometimes it's very low tech that works best. Fish still gobble up worms. Live minnows seem to be the

bait of choice. A previously frozen herring tossed out on a slip-sinker rig and left to sit on bottom will get a Lake Trout's attention when any other specie it won't, not that I'm aware of. So, some of the good old stuff still works. I had an old bright red plug I couldn't get to catch a fish for trying. Then I picked up an idea and applied it to my problem and it worked. I painted the plug with clear, silver sparkle nail polish and the fish went for it. Now if that isn't low tech, I don't know what is.

My brother lives near Trenton and close to Lake Ontario in Consecon, and at that distance I seldom see him, so I write. What he gets is a lot of fishing stories, all the details good or bad. At first my stories bored him to distraction, but I didn't give up. Either he disowned me, or he came around to it again because he use to fish. Then one day he went and got his fishing rod out of storage and soon I was hearing about a Bass he caught off a railway bridge that is now a part of a long bike path he rides everyday in good weather. I was on my way to achieving my goal.

It didn't hurt that back in June Susan sent him pictures of me holding her 30-inch Walleye and her 37 inch Pike. That right there lit a little fire under him. All summer long Ron got to read pages of details about our every trip out. That wasn't all I talked about, but fishing started to take priority over news about growing carrots or whatever. Just recently, after sending him sketches of various rigs he might try for catching more fish, his questions on the phone prompted me to offer to make some of them for him and mail them off. The real deal is though that we have plans for him to come visit me for several days in June and fish. I just happen to know where lots of fish are holed up at that time. Now all we have to do is pray it doesn't downpour.

My dentist and I once had a short conversation about fishing. He tried to tell me there was nothing scientific about it. The whole thing was a matter of luck, that's all. That was totally contrary to what I had been studying for three years and I begged to differ with him! There was no way. He wouldn't have it! I got the feeling I was talking to someone who had been skunked a lot. I didn't argue. I chose to, as it were, keep my mouth shut. You don't argue with a man leaning over you about to put a drill in your mouth, not if you're smart!

***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.*



## An Honest Reflection

By Carol Ford

Pain, fatigue and disappointment are waves I try to navigate in the ocean of aging. I've always been one to brave the cold and dive deep into the waters of life. But now I stay on shore and lack the energy or desire to plunge in and fight the resistance.

Even if I could get back to my health level of five years ago, I would be grateful. I have memories of walking with friends younger than myself. They praised my endurance. I was their "role model", so they said. Conceit crept in.

There is no pride in staggering about with a cane, or pushing a walker. It's embarrassing.

Each additional surgery, medication or specialist appointment raises my hope for restoration, but my expectations are not met.

I wanted to live to be one of those 90-year-old-folk who share their zest for life, and tell how they stayed the course through fitness and attitude. But that's over ten years out. Ten years!

Sometimes I wonder if I'll survive one more year. Time is now finite.

How many more visits will I have with my children?

Will I see a grandchild start a career, marry or have a child?

Can I finish writing my memoir? Are negative thoughts like these common, but rarely stated, even by Christians?

I didn't write this piece to seek pity, platitudes to cheer me up, or

scripture verses to raise my spirits. I just needed to be honest.

*Carol Ford has short stories in Hot Apple Cider books, volunteers with The Word Guild, facilitates a memoir writer's group, writes about her adoption and birth family reunion, and resides in Newmarket.*

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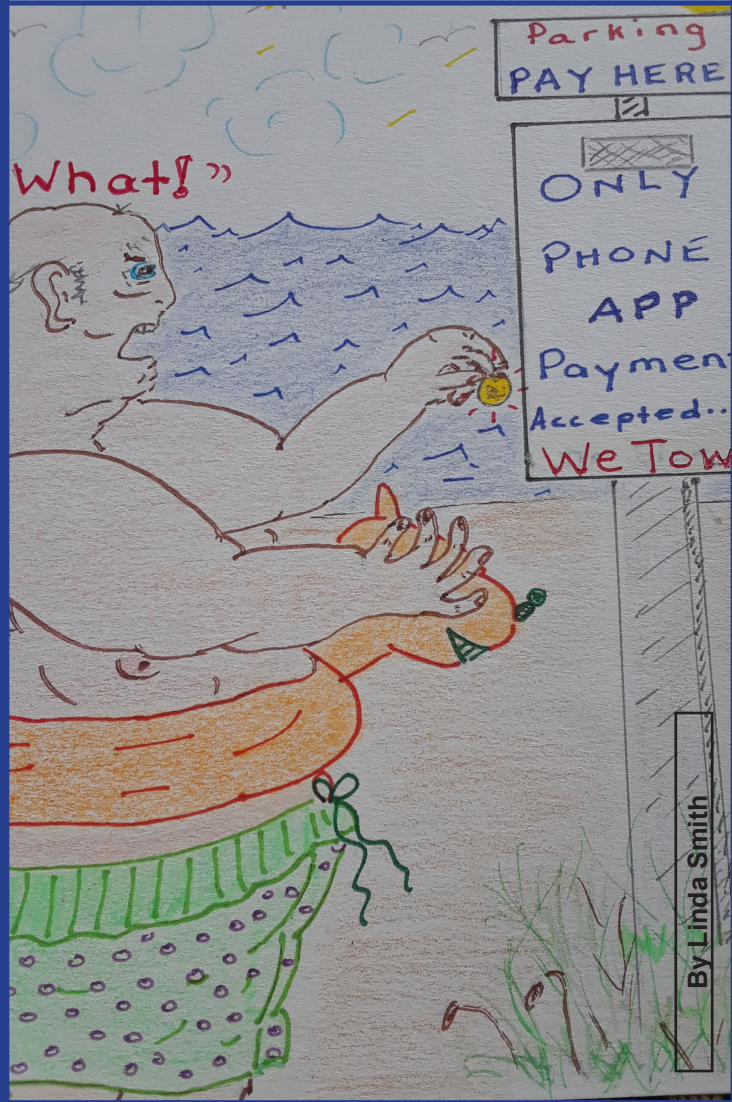
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# BAD IDEAS



**Linda Smith.** I wrote a book of cartoons with commentary called: *The Senior Boomer – Whatever happened to the Baby Boomers? The cartoons tell the story of where we landed up!*



## Dawn

By Bessie Grimes

Sing of rainbows, saucy daisies  
With their tender hearts of gold!  
Do they whisper in the morning  
All the secrets they've been told?

I am waiting for the sunrise  
When I'll see the dazzling flowers.  
I will pass the time with dreaming  
Through a thousand golden hours.

Touch the meadow. See the dew-drops  
That have fallen on the flower.  
Oh, the touch of dawn embraces  
All the beauty of the bower.

Yes, a thousand golden daydreams  
Flit on tiny silvered wings  
Through the maze of morning glory  
That a summer morning brings.

**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*.



### Summer Glory

*By Geraldine O'Meara*

Sweet fragrances in the air intoxicating my senses,  
maple trees standing tall,  
soft green leaves billowing in the wind  
silhouetted against a clear cobalt blue sky,  
aspen leaves twittering and clapping their hands  
happily making known the arrival of summer,  
white flowers in the railing box  
quivering with excitement  
as they tumble over the edges,  
red verbenas spreading wide their pretty skirts,  
announcing they, too, want to be part of the show,  
bright yellow pansies stretching their tiny faces upward  
to drink in the abundant light of the generous sun,  
blue jays, like rambunctious children, flitting from  
branch to branch  
making themselves known with their sharp cawing,  
noisily announcing;  
“This is our playground, come and join us, life isn’t that  
serious, is it?!”  
Ahhh, to summer glory!

*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.*



### Music

*By Bessie Grimes*

A night of music, memories, romance;  
A charmer’s spell woven in a dream  
Of reminiscences for some,  
An introduction into a world  
Different, yet in its way, just as passionate  
As reality;  
For others.  
A soft melody,  
A crooning mellow voice,  
The sound of strings,  
Soothing to the spirit and nature of man.  
The world as we see it today  
Can be wild and rough.  
To lie back and dream  
With the songs of Brigadoon  
Or Camelot  
Flowing into one’s senses  
Is a treat indeed.  
The night is over.  
It’s time to sleep,  
But the magic lingers  
As the music drifts through dreams.  
Maybe, just maybe, it will last  
Into tomorrow  
And a brand new 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.*

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