

# MUSKOKA SENIORS MAGAZINE

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

Fall/Holiday 2023

**Tips for New  
Holiday Traditions**

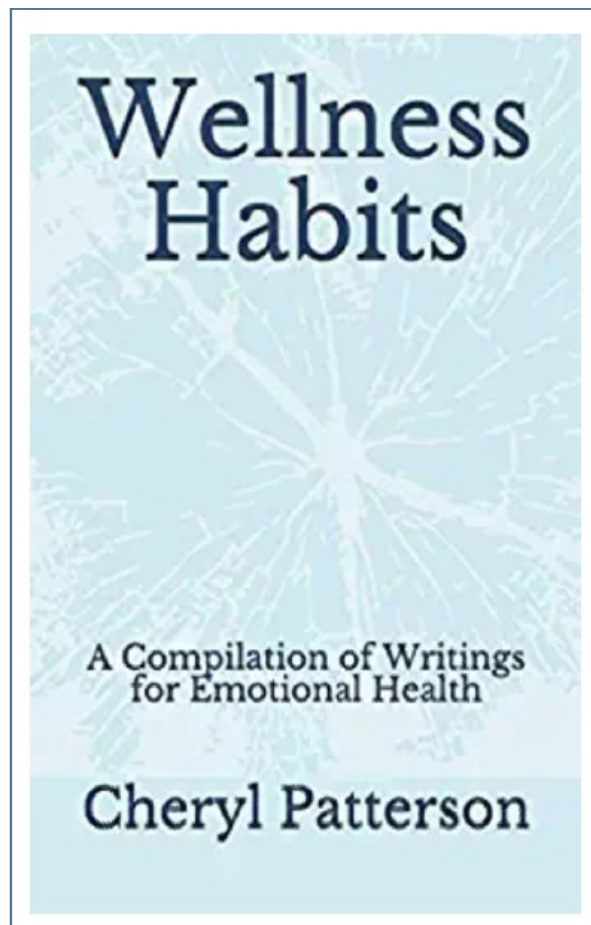
**Facts to Pay  
Attention to  
When Shopping  
for Cannabis**

**Our Holiday  
Gift Guide is Back!**



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**“It is more important to know what sort of person has a disease than to know what sort of disease a person has.” - Hippocrates**



Do you spend money on prescriptions for physical ailments?  
Do you spend money on learning about potential causes or preventative measures for them?

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while ignoring the rest.

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It's the difference between letting *dis-ease* and as a result *disease* progress,  
or taking your health back.

Which “*sort of person*” are you?



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# MUSKOKA SENIORS MAGAZINE

## CONTENTS



*Christmas Message... P 27*

FALL/HOLIDAY 2023

VOL 9, ISSUE 1

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



*The Shopping Lesson, P 8*

### DEPARTMENTS

- 8 Nutrition
- 10 Family Matters
- 12 Cannabis, with Heather Huff-Bogart
- 14 Support for Stress
- 15 Mind Health
- 17 Faithfully Speaking: Your Story
- 19 Sports Corner
- 19 Gardening; Did You Know...?
- 27 Creative Corner
- 29 Business Directory

### HIGHLIGHTS

***The Shopping Lesson, by Bessie Grimes'***  
 "Why is this so important,' Polly asked..."

8

***Various Cannabis Products to Choose From, by Heather Huff-Bogart***

"Keep some of these facts in mind when shopping next..."

12

***The Pros and Cons of Denture Adhesives, by Andre Petrov***

"While dentures offer an affordable and convenient solution for missing teeth, some individuals may experience discomfort or difficulty..."

16



*New Holiday Traditions P 15*

### ON THE COVER

- NEW HOLIDAY TRADITIONS...12
- FACTS WHEN SHOPPING FOR CANNABIS.....14
- HOLIDAY GIFT GUIDE.....24

## FROM THE PUBLISHER



*Cheryl Patterson,  
Publisher*

**MUSKOKA SENIORS MAGAZINE**

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

With what feels like the blink of an eye another holiday season is upon us. Or seasons, with Halloween, Thanksgiving, and Christmas for those who celebrate it.

Some people say the way time flies is an age thing, which could very well be, as we're focused on our 'to-dos,' and ensuring that our lives are as full and meaningful than ever. However, time can fly while living in the moment too, while flying by the seat of your pants! An interesting topic for another day, perhaps. In this moment, we have three months that will be filled with holiday events, gatherings and visits with family and friends, shopping, decorating, cooking, and come December, Christmas classics on tv.

Some people enjoy the many traditions that come with the holidays, and for others it can be too painful to 'go there,' which is why we came up with a list of things you can do to make the most of the season, regardless of where you're at in your life or who you're with, in our Mind Health section.

We also included our annual *Holiday Gift Guide* which includes gifts and ideas you can use anytime. Who doesn't like a good read, or the chance to win a free handmade lap quilt, or a chance to take a friend to a free lunch! Yep! All this and more in the Guide. The rest of the magazine isn't too shabby either.

Brenda Wood shows us how miracles can happen in the least expected ways, in *Faithfully Speaking*.

Kenn Page gives us a chuckle with his 'Open Closed Door Mystery' story.

Linda Smith shares a bit of history about a family treasure that was once held by the very hands of...the captain of the Titanic!

We worked diligently, as we have for going on ten years now, to make sure you have great reads that are, fun, informative, and heartwarming

and to give you a product that connects you to the stories and leaves you feeling good.

With that said, we hope you enjoy your read as much as we enjoy putting it together for you. And don't forget to share!

Merry Christmas to those that celebrate it. And all the best otherwise.

A handwritten signature in black ink, likely belonging to Cheryl Patterson.

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# 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.*

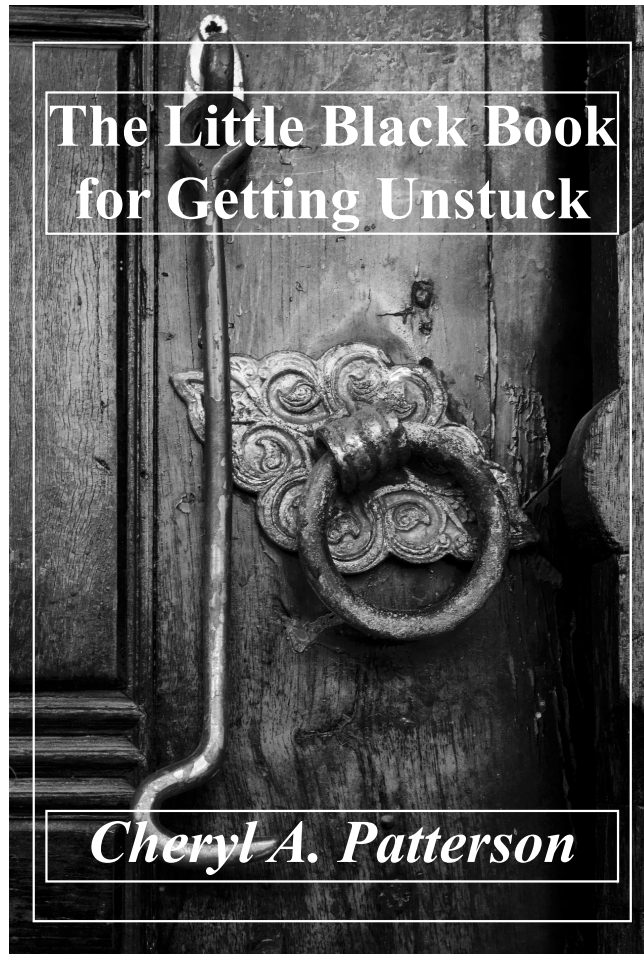
*If you'd like to start to easily get unstuck in ways you're destined to, and move forward in leaps, and have a peace of mind knowing that you're living to your potential, don't miss this book!*

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



*"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**



*"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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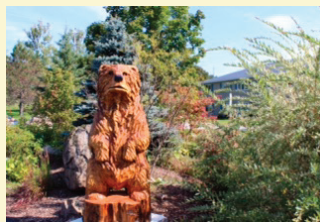


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## MUSKOKA SENIORS MAGAZINE

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

**Our Mission:  
Inform, inspire, support and include you!**

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MUSKOKA SENIORS MAGAZINE is published quarterly.

### EDITORIAL NOTE

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

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

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## CONTRIBUTORS FALL/HOLIDAY 2023



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



**Bruce Liddle** retired in 95, joined a writer's group to write memoirs for his children, is a writer of poetry from memoirs, and resident of Huntsville for 38 years.



**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.



**Brenda J. Wood** has been an author and motivational speaker for too many years to count. Enjoy her common sense wisdom and quirky humour at <http://heartfeltdevotionals.com> and <http://hopestreamradio.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.



## The Shopping Lesson

“You’re kidding, aren’t you, Dad?” Polly stared at her father. “I’ve been shopping for you for the last two weeks ever since your fall and all I’ve ever met with is disaster! The bottom fell out of two grocery bags, I broke a dozen eggs and I spilled a basket of tomatoes. They’re all

bruised!”  
“You don’t have these problems when you shop for yourself, do you?”

“I don’t really shop. I eat out a lot of the time and when I don’t, I have everything delivered. You should do the same.”

“If I did, I wouldn’t really get what I want: fresh vegetables and fruit, decent cuts of meat and the seasonings I need. When I was young, before you were born, I spent five years working as a gourmet chef. Even after I married your Mom, I still did a lot of the cooking



## NUTRITION CONT'D...

at home.”

“I remember. We always ate well. But no one would let me in the kitchen.”

“I think we made a mistake. But, right now, we’ll just put first things first. You need to learn how to shop.”

“It’s simple, isn’t it? I just select the items you ask for, pay for them and let the cashier pack the bags.”

“Now I know why you’re having problems. Many cashiers haven’t a clue how to pack a grocery bag correctly. In a lot of stores, they’re not even taught and they are way too busy to care. They just want to get your groceries out of the way so they can serve the next customer.” Henry paused. This was worse than he thought.

“How long does it take you to shop when you do have to go in for something?”

“Longer than I like! I usually have to go down every aisle until I find it.”

“That shouldn’t be happening. You need to learn the layout of the store where you usually shop. This means memorizing the kind of products that are displayed in each aisle.”

“Dad! That’s a lot of work!”

“Not really. I’ll give you a few simple tips.

1. Most of the essential items that every household needs are located on the perimeter of the store. These products include fruits and vegetables, bread, meat, fish and dairy. Some frozen foods such as ice cream are also there.
2. Canned goods and heavily processed items are in the inside aisles. So are paper products and cleansers. Since the shelves

are well organized and signs are posted, you don’t have to look very far for them.

3. Carry durable reusable bags with you and be prepared to pack your own.”

“It sounds complicated. I hate shopping!”

Henry just shook his head. He knew it wasn’t going to be as hard as she thought. He continued.

“Do you do any menu planning? I do. That’s why I know what I’m going to need for each meal for the coming week.”

“What if you change your mind?”

“I seldom do. I usually have leftovers near the end of the week and my planning takes this into consideration. There are a lot of different things you can do with leftovers.”

“Ew! I never eat them! I throw them out!”

“No wonder you’re always broke. Look, I’m including a whole chicken in my order this week. When the time comes, I’ll have you over and show you what to do with what I have left.”

“Dad! That’s gross!”

“No, it isn’t. Chicken is one meat that can actually taste better the second time around. Wait and see what I do with it.”

“Is that all? I’ve really got to get going if I’m to get all this stuff.”

“Not quite. I still have to tell you how to pack your groceries.

1. The chicken needs its own bag away from everything else. Any seeping blood can contaminate other foods. Different cuts of the same meat may be packed together, but they cannot be put with fish. Once again, you can have contamination.

2. Pack heavier vegetables on the bottom and lighter ones on top, then your tomatoes won’t be crushed by the potatoes.
3. Milk and other beverage cartons must lie down flat on the bottom of the bag. This is so that the weight of the groceries will be evenly distributed. Light cold foods like butter and sour cream can go on top.
4. Flats of yogurt, applesauce and other such products belong on the bottom of the bag. You don’t want groceries tipping over in your car.
5. Egg cartons belong at the bottom of the bag. Again, lighter items such as bread or crackers can be placed on top.”

“Why is any of this important?” Polly asked.

“Why don’t you check the bottom of your car? Were you able to clear up last week’s scrambled egg mess?”

Polly hung her head. “It’s hopeless. Somehow your meat order leaked blood all through the eggs and I can’t get the stains out.”

Henry reached up and pulled a book off the cookbook shelf. “Here! This book of household hints was your mother’s. You might as well have it. I think it will solve your car problem.”

“Thanks, Dad. Maybe I’d better clean the car before I go shopping. See you later. Then you can teach me how to cook that chicken.”

*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.*



By  
*Peter Cassidy,  
Bracebridge, ON*

## 1000 Mile Race

This challenge is done on a snowmobile in the province of New Brunswick. The objective is to send children to summer camp. Although it is based in this Maritime Province, children in all provinces will benefit by this snowmobile ride.

The story I am going to relate occurred in early March 2023 and has been going on for several years. Each year the financial goal is higher and higher with this year reaching over 250,000.00 dollars.

It is also not limited to participants, be they male or female. I am excited to write this because I have a personal interest in it. The young lady who rode in this challenge made a huge difference for women in a male dominated sport. She was also the first female in Canada to drive in this endurance challenge.

All participants must drive a grueling 1000 miles in 24 hours. The lady would be alone facing at least 14 hours in the dark, through forest and bush on roughly groomed trails, always with the possibility of encountering wildlife, which she did meet during her ride.

She did have a backup crew but not directly behind her. They were well back on the trails. At the halfway point she stopped and crawled from her sled and lay exhausted on the ground unable to continue.

All of the spectators who had lined the route during the night were shouting words of encouragement and support with cries of, “Don’t give up now Lisa! You are almost done!” This from both male and female supporters.

This gave her the energy to resume. After a drink of Powerade, she was back on the trail. As she progressed, she did see four moose, one with a calf, as well as a wolf and a coyote. The female moose appeared as though it might attack, but I like to think she thought twice about taking on such a fearless individual and ran

off into the woods, followed by her baby.

All the time she was enroute towards her goal, she was supported by all kinds of encouragement from literally hundreds of females lining the route, who were thinking she was representing all of them.

As she came closer to the finish line, women were crying. None more than her husband, who had been her biggest fan during her entire ordeal. With the end in sight, she must have felt overwhelmed. The media surrounded her. She had finished it in 27 hours, which was a Canadian record for a female.

The accolades she received should have been reserved for royalty. The throngs of supporters were there congratulating her on making Canadian history. With offers of dinners, new equipment, friendships, and extended vacations, one thing stood out for me... Her humbleness amazed me. She seemed unphased by it all.

When she got home to her 2 little girls in Elmvale, I asked her, “Lisa do you know what you have done for women in 2023? You should be proud of yourself.”



*Picture courtesy of Lisa Cassidy, above.*

She did 1015 miles in extreme terrain. The record is 1019 held by a 51-year-old American woman. Her deed speaks volumes for her courage and determination to stay equal in a male dominated area. She has opened the doors and set an example for all women to follow.

My hope is for her to be recognized by her male peers. And in her own words, “Do not be afraid to try the impossible. Always keep thinking positive and say, ‘I can do this.’” She has her sights set on the world record.

## FAMILY MATTERS CONT'D...



Picture courtesy of Lisa Cassidy, above.

At the beginning of this story I said I had personal interest in it. Well, the supercharged young lady in this story is none other than my daughter. My chest is bursting with love and pride... WELL DONE LISA.

### 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](mailto:editorial@muskokaseniorsmagazine.ca)

## Having a Hard Time With the Loss of a Loved One?

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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 Bouquest Cannabis.

## A Variety of Cannabis Products to Choose From

With a new season that also means new products being released onto the market. We are seeing some innovative cannabis edibles, topicals and many minor cannabinoids being used plus so much more.

### **Cannabichromene (CBC).**

The company Science Direct said, “CBC is a Phyto-cannabinoid that has shown to have anti-inflammatory and antimicrobial properties.” We are seeing products, such as edibles and topicals, using this wonderful cannabinoid.

**Tetrahydrocannabivarin (THCV).** Cresco Labs indicates THCV, “is a psychoactive cannabinoid found most prevalently in Sativa strains of cannabis. It is known to produce a more motivated, alert, and energizing feeling of euphoria. It is also thought to aid in appetite suppression.” This cannabinoid is popping up in edibles so far.

Now moreover Licensed Producers are utilizing these special minor cannabinoids, we are also seeing many new products come to the market. Ever have infused maple syrup from Quebec or sugar free CBD gummies? These are just some examples of products you can purchase.

For topicals, there are a ton of options, from roll-ons to transdermal and ones focused on either muscle or joint pain. They have also come out with a lot of facial products as well as face cream, soap and hand

lotion. This category can also include bath bombs, bath salts, Body or Mouth Sprays.

As for edibles, there are many that are just CBD or they can contain a mixture of cannabinoids like CBD and CBN (The sleepy cannabinoid), without THC that are formulated for sleeping.

**Cannabinol (CBN).** Cresco Labs indicates that CBN “can be used effectively as a sleep aid or sedative. This cannabinoid has also been shown to help regulate the immune system and works to relieve the pain and inflammation caused by several conditions, including arthritis and Crohn’s disease. CBN acts as an anticonvulsant, so it is also beneficial to patients suffering from seizure disorders including epilepsy.” There is currently an array of different products on the market containing CBN from tinctures, vape cartridges, capsules, gummies and pre-rolls, so you can choose how you want to consume your nighttime aid.

As for the extract category we are seeing lots of easy-to-use products come to market. Like low does THC capsules, CBD capsules and CBG capsules. Within this product line we are also seeing various ratios of oils being released with unique cannabinoid ratios.

**Cannabigerol (CBG).** Cresco Labs has found “CBG to be a non-psychoactive cannabinoid

most abundant in low-THC and high-CBD cannabis strains. Like THC, CBG reacts with the cannabinoid receptors in the brain. CBG, however, acts as a buffer to the psychoactivity of THC by working to alleviate the paranoia sometimes caused by higher levels of THC. CBG works to fight inflammation, pain, nausea and works to slow the proliferation of cancer cells. Research has shown it also significantly reduces intraocular eye pressure caused by glaucoma. Strains high in CBG will be beneficial treating conditions such as inflammatory bowel disease, Crohn’s disease, and cancer.” You can find many different products containing CBG like topicals, oils, vape cartridges, edibles, and pre-rolls.

Keep some of these facts in mind when shopping next. Make sure to ask your cannabis professionals (Budtender) about some of the interesting cannabinoids and other awesome products. They might just surprise you with how well they work. If you would like more in-depth information about the health benefits, please visit [Crescolabs.com](http://Crescolabs.com), or talk with your family Doctor or Pharmacist, as we (Budtenders) are not allowed to talk about the health affects of the cannabinoids, as per our Health Canada regulations, just the products themselves, cannabinoids and about the plant.

## DUSTYN PILGER: NEWSCAPE LANDSCAPING



**Dustin Pilger** - Dustin 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.

Hi, I am Dustyn Pilger, an entrepreneur in Muskoka.

I'm 23 years old and opened my first business a day before my 20th birthday.

Before beginning my own business, I was always an avid gardener and someone who loved plants. My parents often left me in the care of my retired grandmother, Mary, and as a curious child I would ask everything about anything plants, and luckily for me my grandma always had the answers.

In public school, I helped install a pollination garden, and was the only student to know all the plant material used. As I got older my passion for gardening and plants left me a little as my life got busier. High school was a lot more work and commitment than I was used to, so I didn't have as much extra time for my hobby. It renewed itself when a previous teacher of mine asked me if I was interested in a summer job. This summer job was at a Registered Show Garden in Oro Medonte that belonged to Gary and Liz Carlson.

Gary Carlson had Ontario's largest daylily collection with over 1300 cultivars before passing away of a heart-attack in 2013. At the age of 14 I was responsible for the up-keep of the gardens, such as weeding and separation of Daylilies. I

also enjoyed taking new visitors on tours of the grounds. They sold some of their collection and donated 100% of the proceeds to the Orillia Soldiers Memorial Hospital.

Following that I worked really hard to finish high school on the honour role and ended up going to University of Guelph. I felt so much pressure to make a choice about what to do after school, and I picked Bio Resource Management, a program that lent itself to environmental science, biology, and business. This well-rounded prog-

-ram was great, but after one year and a lot of a debt, I was unsure about whether this was something I could commit to for another three years or longer.

I took a year off and got a job landscaping, and really enjoyed that. The next year I still didn't know what to do, so I opened my own business called NuScape Landscaping in 2019, and in 2021 we opened The NuScape Store, which is a garden centre that sells trees, shrubs, perennials and annuals.

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### The Link Between Stress and Tooth Decay

When we think about tooth decay, many of us think about the impacts of sugary foods and drinks, however, you may be surprised to know that stress can affect your teeth too.

According to The Ontario Dental Association (ODA), the following are issues that are linked to stress and tooth decay:

- **Teeth grinding (bruxism).** Stress makes people more prone to clenching or grinding, wearing down teeth and increasing sensitivity, loosening, and cracking. Grinding can also cause Temporomandibular Disorder (TMD), which is when our jaw and muscles are impaired, including having a sore jaw and muscles, which affects our ability to chew, yawn, swallow and speak, and can lead to headaches.
- **Gum disease.** When the immune system is suppressed because of stress your body can't fight infections as readily.
- **Dry mouth (xerostomia).** Saliva is necessary to help neutralize acids produced by bacteria to prevent cavities, and lack of it can cause tooth decay and infections in the mouth. The ODA indicates this is more common in older people. It is often a side effect of medication, dehydration, alcohol, smoking and

caffeine.

- **Poor lifestyle choices.** People are more prone to drinking alcohol or sugary drinks and turning to those unhealthy “comfort foods” that affect your teeth and overall health.
- **Poor hygiene.** We're less prone to self care, such as oral hygiene and dental visits when we're stressed.

The good news is that when you manage your stress, you lower the

impacts on your teeth. Healthy food choices, exercise, drinking water throughout the day (and swishing after sugary drinks or food), getting enough sleep, and relaxation exercises are all helpful for both stress and your teeth. For grinding, the ODA suggests talking to your doctor about a nightguard. Brushing twice a day and flossing once, and regular dental appointments are also preventative measures for good oral health. **MSM**

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## Tips for New Holiday Traditions

Tired of the same old holiday routines? Looking to change it up a bit or to occupy yourself during what can be a tough time? Do something new!

- **Make your own holiday cards.** You can use pics of family, pets or landscapes on the cover, or drawings or paintings if you're artistic. Or if you enjoy crafts, stock up on some glitter and supplies and tailor your cards to the individual and their interests, or in whatever way tickles your fancy.
- **Make gifts for charities.** Although giving your time or money to charities is always needed and welcomed, everyone can't do this. So, another option is knitting socks, mitts, or slippers, or crafting little gifts that you think can be helpful or useful for people or kids. Maybe

make wooden toys, sew scarves or blankets. Put your skills and interests to use.

- **Create your own Christmas tree decorations.** You can get as elaborate as ceramics or as simple as paper, such as origami. And bulbs can be as easy as paper mâché, with your own custom designs and materials. This can also be a fun activity to do with grandkids.
- **Use biodegradable gift wrap and ribbons.** You can also use fabric, jars, bees wax wraps. Maybe use a container that the recipient can reuse, such as with creating your own gift baskets.
- **Try a new food.** Maybe try a dish you've always wanted to, adding something new to your spread. Or try a new spice, herb, or drink.
- **Invite a few people over for**

- **a pre-holiday spread.** To make it easy you can do a potluck or do it at a facility. Suggest a community group get together or tenant gathering in your building, with a coffee/tea and treats day. The point is you can participate in the food festivities too if you live alone.
- **Plan a couple of door-to-door caroling events** to raise money for a favourite charity or for the social fun of it.
- **Make a list of things you've always wanted to try and haven't.** This can be a great time to explore new experiences.

The idea is to try something fun and new to get your mojo going and to give yourself something (or many things!) to look forward to over the holidays. **MSM**



*Andre Petrov began practicing denturism in Ontario in 2009, serving in Newmarket, Sudbury, and Bracebridge. A distinguished graduate of George Brown College Dental Technology program, he formerly practiced dentistry in Ukraine.*

# The Pros and Cons of Denture Adhesives: What Seniors Should Know

As we age, many of us may find ourselves using dentures to maintain our beautiful smiles. While dentures offer an affordable and convenient solution for missing teeth, some individuals may experience discomfort or difficulty in keeping them in place. This is where denture adhesives come into play. In this column, we will explore the advantages and disadvantages of denture adhesive, helping denture wearers make an informed decision about whether it is the right choice for them.

## Advantages of Denture Adhesive:

- 1. Enhanced Stability:** Denture adhesive provides a secure hold, preventing slippage and ensuring that dentures stay in place while speaking, eating, or laughing. This stability can significantly improve confidence and allow you to enjoy favorite foods without worry.
- 2. Improved Comfort:** Dentures may sometimes cause sore spots or irritation due to friction between the gums and the base of the dentures. Denture adhesive acts as a cushioning barrier, reducing discomfort and minimizing the risk of developing painful sores.

- 3. Enhanced Chewing Efficiency:** Denture adhesive can improve chewing efficiency by creating a stronger bond between the dentures and the gums. This, in turn, allows you to enjoy a wider variety of foods and maintain a well-balanced diet.
- 4. Better Speech:** Ill-fitting dentures can affect speech, causing slurring or difficulty in pronouncing certain words. Denture adhesive can help stabilize the dentures, improving speech clarity and ensuring you can communicate confidently.

## Disadvantages of Denture Adhesive:

- 1. Daily Maintenance:** Denture adhesive requires regular cleaning and reapplication. This can be time-consuming and an additional step to your daily oral hygiene routines. Neglecting to properly clean the dentures and gums can lead to oral health issues.
- 2. Possible Allergic Reactions:** Some denture wearers may be allergic to the ingredients found in denture adhesives. It is crucial to consult a denturist or healthcare professional before using any adhesive products, especially if you have a history of allergies or sensitive skin.

- 3. Cost: Denture adhesive can be an added expense,** particularly if you need to use it frequently or in larger amounts. However, it is important to weigh the cost against the benefits it provides in terms of comfort and stability.
- 4. Dependency:** Excessive reliance on denture adhesive may prevent you from seeking professional help if your dentures need adjustments or replacements. It is essential to consult with a denturist regularly to ensure that dentures fit properly and to address any underlying issues.

Denture adhesive can be a useful tool for seeking enhanced stability, comfort, and improved quality of life while wearing dentures. However, it is essential to consider the disadvantages associated with its use, such as daily maintenance, potential allergies, cost, and the risk of dependency. You are encouraged to consult with your denturist or healthcare professional to determine whether denture adhesive is the right solution for your specific needs. Remember, maintaining good oral health and seeking professional advice is vital for the long-term success and comfort of wearing dentures.





## Miracles Cost a Bit

*By Brenda Wood*

My Facebook page picked up a post from a gal in my town who wanted to sell two walking dolls. Now this notice stirred my heart and brought back memories from my youth. You see, my sister (now deceased) and I got walking dolls for Christmas one year. The dolls are long gone but my sister's memories remain.

No one else seemed interested

and so I contacted the woman. She was asking for twenty dollars for each of the dolls. They were blond, and fully dressed in their original outfits. Forty dollars may not seem like much to some folks, but I felt quite frivolous and even wasteful when I bought them. After all, I am no spring chicken!

When I went to her house to get

the dolls, it was quite obvious that the woman had been crying. She confessed that her husband had just passed. This explained the large boxes of adult male diapers on the porch. She told me that she had offered them to anyone who could use them.

CONT'D PAGE 18 >>>

## MIRACLES CONT'D...

I was determined to comfort her in some small way, so the next day I took her a book about grief. The diapers were still stacked by the steps of the porch. It occurred to me that this was another way I could help her. I offered to take them to the local Mission store or a senior's home. Truly, she was relieved. I understood that. Every time she looked at them, she would be reminded of her husband's illness and death.

It occurred to me to call my friend whose father used them, "Dad has lots," she replied, "But my friend is in desperate need of them and can't afford to buy them. This is an answer to prayer."

The diapers went to that friend who cares for an invalid husband. She'd been hunting secondhand stores to buy them because she just couldn't afford the normal purchases. We three adults were quite giddy at how this doll story played out. We recognized it as a miracle.

Think about it. A reluctant me and my painful release of those forty dollars turned into a saving grace for a sick husband and his desperate caregiver wife.

Now back to those dolls. The giant dolls, (well over three feet tall!) lingered on my couch for a few days. I got over my memories quite quickly, I will confess! I soon passed them on to a little girl who was exactly the same size!

An on-line search revealed that those dolls are worth about five hundred dollars each. If that little girl keeps them long enough, she will be able to pay her way through college with those forty-dollar dolls with a diaper background.

The miracle continues. Before Covid, I regularly spoke for several

ladies' groups per month. All of that went by the wayside during those closed months. Meanwhile, I had been praying for a way to share with others and this week, for only forty dollars, I helped a grieving widow, I shared a book about grief with a new widow. I blessed a person who had nothing. I delighted a little girl, and I passed her a college legacy. Now was this one miracle or several miracles? You decide. As for me, I was reminded that miracles sometimes cost us a little bit and that little bit is always worth it.

***Brenda J. Wood** has been an author and motivational speaker for too many years to count. Enjoy her common sense wisdom and quirky humour at <http://heartfeltdevotionals.com> and [hopestreamradio.com](http://hopestreamradio.com).*

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## SPORTS CORNER



### Memoirs of a Minor Sports Coach

By Peter Cassidy

Over the years I have been involved with sports in one way or another.

I was a sometimes an over competitive participant in a lot of them. However, I have to admit my most satisfying experience came from coaching minor sports.

I coached hockey, baseball and soccer and was always amazed at the frankness and intelligence of my young players. Each sport was different, but each had very similar hilarious situations.

I will always remember coaching baseball to some young boys who were a level above “T” Ball. Possibly 6 or 7 years old. Very eager to learn and at the same time very impressionable.

The game began with one of the other players at bat. As I looked down the baseline, I saw my first baseman and my second baseman building sandcastles on the base bag. I was fit to be tied but could not yell at the boys for laughing. The parent spectators were in stitches and even the umpire who was usually a parent was shedding tears from laughter. Obviously, this first year was a mutual learning curve, filled with entertainment.

My hockey coaching was also at times quite humorous. However, the nature of hockey does not provide the same laughter as baseball. Hockey is a more stringent sport. However, there were many events that gave me happy times.

Can you imagine coaching hockey players who go the wrong way on the ice? How about players going to the wrong bench?

In spite of this, I taught good sportsmanship, and also the need for mutual support even when you are losing.

I have a couple of quite funny experiences from coaching soccer, however, I will save those for another edition. Little did I know how coaching minor sports was preparing me for my adult life.

I learned so much from my players and parents alike. I learned to be humble and graceful in defeat. Other than my years in the entertainment industry, these were the happiest years of my 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 PLUS: DID YOU KNOW...?



### Making a Festive Wreath

By Sandra Harthill

Making a wreath is easy and lots of fun to do. You get to choose the materials and colours of your choice. The metal frames can be purchased from the Dollar stores.

You will need foraged greenery such as cedar or spruce and pinecones, thin twine, garden shears or scissors, a glue gun, ribbon and decorations, such as artificial berries.

Start by putting short greenery stems firmly all around the inner part of the frame and securing them by wrapping twine all around the circular frame.

Next place the larger stems firmly into the frame and work around the whole frame making sure that all the metal frame is covered by the greenery.

Then, using the glue gun, secure the pinecones and any other decorations securely in place. Tie a lovely wide ribbon at the top of the wreath into an attractive bow.

Use some wire behind the bow to attach the wreath to your wall or door.

*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.*



## The Open, Closed Door Mystery

By Kenn R. E. Page

*“Something like this makes me very suspicious, although with my memory the culprit could be me.”*

## MYSTERY CONT'D...

I can't begin to tell you how many times I've gone out into my attached garage at various hours and discovered, much to my surprise, one of the two large garage doors open when I fully expected everything to be closed up tight. My immediate reaction has always been to look around for visitors. So far, I've never met anyone bigger than me.

Something like this makes me very suspicious, although, with my memory the culprit could be me. There are other possibilities though. At one time I used to think somebody was driving past my house at odd hours that had a garage door opener that worked on the same frequency as mine and was playing games with me. Ha, ha, very funny! Fortunately, I don't remember this ever happening in bad weather, which is good. Whoever has been doing this always seems to pick decent weather, which is decent of them.

There is always the danger of unwanted guests. I've had them when I wanted the door to be up, so what's to stop unwanted guests when you want the door to be down, and it isn't. There have been some close calls I can tell you. Like the time I was sitting near my living room window reading and spotted something out the corner of my eye. For half a second, I thought it was Bullwinkle, but it turned out to be Cow Winkle, a rather large cow moose standing at the foot of my front steps. There's more.

In early July, standing out barely twenty feet from the side of my garage, I caught sight of a red fox trotting up my driveway past my parked vehicle, totally ignoring me, heading straight for my open garage door. This didn't actually surprise me, that fox or foxes had been doing weird things for months. I know why now, but I didn't know why then. Just as its nose was about to cross the threshold, I let out a very loud, "THAT'S A NO, NO!" All it did was stop and stare at me while I stared back wondering what was coming next.

It took another calm, but loud outburst from me for it to turn around and head back the way it came. Except that it didn't go backout to the road but turned left at the back of my vehicle and ended up standing on top of a rock at the front of my house casually surveying my front yard. It was at this point I started to think I had my first clue as to where the three plump red squirrels that spent the last many months living in my yard, one of which was more than a little determined to spend the winter in my bird feeder, suddenly vanished to.

Not that I had any great fondness for the Fur Ball Bandit, but I didn't dislike it either. In fact, I kept feeding it toast crusts in the hope it would end up so fat it couldn't make it up the pole to the feeder. It didn't work. I was getting the impression a whole loaf of bread wouldn't have done the job. It took six design changes to finally thwart its heroic efforts. I was never so entertained as I watched Fur Ball launch attack after attack on the fortress. The birds never did come back, all the Bandit's busy efforts kept them away.

Either the three squirrels made a tasty snack for you know who, or they got the fright in them and have taken up residence in some distant postal code. Either way I'm sure the winter birds will be pleased. There weren't any extra squirrels living in my garage so I'm not sure what the attraction was, but the fox acted like it had been in there before. What could it be after besides food. I don't keep food of any sort stored in my garage. Oops! On second thought...

A couple of summers ago, on a very hot, sunny day, I was sitting in the shade in my garage working on something with one of the big doors up, always the same door. In ran a chipmunk right across my feet straight for one of six mouse traps set in a row along the back wall. It didn't hesitate for a second to start licking the peanut butter on one of them. I held my breath until finally the trap went off with a whack right across the skull. That chipmunk took off like its tail was on fire, but only ran a couple of feet and stopped. It sat there on its tail end, rubbing its head with its front paws. Surely it had a headache, but then it went right back to the same trap and licked it clean as a whistle. Over time, all six traps would end up empty.

There was then and still is now, a very good reason for those traps to be there. I don't want mice living in my clean garage and I do get them coming in. The summer is not so busy, but every fall I catch upwards of twenty. Every so often I have to rebait and reset all six traps. Somebody likes No Name peanut butter. This year I've only seen one chipmunk and then there was none. I can't imagine a fox, with its size tongue, being able to lick peanut butter out of every little nook and cranny of the triggers on those traps. You would think it would get tired of the pain.

I've had more than enough weird problems with mouse traps. Whole traps, brand new ones at that, have

CONT'D ON PAGE 22>>>

## CONT'D FROM PAGE 21...

vanished, the yellow plastic fake cheese trap trigger parts have vanished, making the rest of the trap useless. Some critter has a collection of yellow trap triggers at home. One trap the trigger was still there but it was one third or so eaten, but there was some peanut butter left on the rest of it. The one that really gets me is the traps, only a few mind you, that have the wooden base partly eaten away. When you're starving the wood slivers may go down okay, but it must be awfully painful in the morning.

Almost two weeks after the first incident with the fox heading into my garage it did it again. I was standing outside in almost the exact same spot. Up the driveway it came, following the same route, this time with a small animal's legs hanging out its mouth. I didn't wait to see where it was going, as it was clear where it was headed. Once again it was totally ignoring me. If I could see it, then it could see me. Only when I yelled at it did it make a left turn and wander off into my side yard bushes. I get the feeling there aren't going to be any small animals in our neighbourhood for a while, not to mention other areas.

A slim chance as it is that a local person has a garage door opener operating on the same frequency as mine, there are other possibilities. Strange things have been happening around the area. Blinking lights in the sky at night, my neighbour's elevator stopping between floors, garage doors that mysteriously go up. It gets spooky at times. Some of my neighbours have taken to blaming these things on the cell tower you can't miss seeing smiling down on us. It stares right in my kitchen sink window for Pete's sake.

One of the local lakes Susan and I fish on we can see four of these towers all at the same time, all concentrated around the south end of the lake. There has to be so much cell tower radiation in the air it's a wonder my aluminum boat doesn't melt right out from under us, at least to the waterline. So, with our neighbourhood tower, adorned with multiple antenna heads, I suspect when, for example, somebody dials their uncle to inquire, "What's happening man?" my garage door goes up...at 3am no less.

**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.

## Have a Story to Share?

*Have you had a funny, sad, happy, or heart warming experience?*

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## A Tragic Treasure

By Linda Smith

What could happen in little Port Saunders, Newfoundland that would be of any historical significance? The population of this little village today according to Google, is listed as six hundred and forty-seven. Back in the thirties, it was probably even less. They were a small pocket of humanity living in an isolated seashore village without roads to anywhere else. Even so, history found them bringing offerings on the shore.

Mom said that goods from sunken ships would wash up on their shoreline from time to time probably due to the strong current from the Strait of Belle Isle to the north. She recalled a wooden barrel of marmalade that was a particularly welcome gift from the unknown world beyond. Another time, a sealed barrel of flour floated onto the shore. Another day, a little time traveler arrived on the tide bringing a tragic treasure.

Mom recalls a blue mug from the Titanic that sat on her mother's kitchen shelf. Why hadn't it sunk with the rest of the ship's goods? I have no answer. Was it encased in something wooden? My mother only remembered seeing it in the kitchen as a child and that it had washed up on the shore. Aunt Hazel from the port who immigrated to Boston, came home for many visits and admired the mug. My grandmother Muriel House (nee Lavers) was a giver. All Hazel would have had to do was say it was nice and Muriel would have given it to her, and so she did.

The puzzle over mom's account was that every time I saw artifacts from the Titanic, the mugs were white with a red emblem that said, White Star Line showing a small flag. This didn't jive with my mother's descrip-

-tion of the item. She insisted the mug on their kitchen shelf was blue, not white. I also wondered about it being a mug. Didn't people sip from teacups back in the day? It all filled me with wonder as I thought about the details.

The mystery was solved recently when I watched a YouTube Titanic documentary. They showed the white mugs I had seen before as my memory slipped back to my mother's account. Then they showed a mug from the captain's table – It was cobalt blue! And, it was a type of mug with a saucer. My mother's memory had been clear after all.

A few years ago through ancestry.com, Aunt Hazel's daughter made a connection with us from the States. She was surprised to hear this story and had never seen such a dish at home. I suppose the blue mug is now as lost as it was when it bobbed on the waves along on the Strait of Belle Isle. However, the mystery of my mother's story has been solved. The mug had once donned the captain's table on the Titanic; amazing!

Newfoundland sits as a 'catcher' stuck out in the wild Atlantic. Waves as old as time itself wash onto her shores bringing tales of humanity and ships lost in the roaring waves, storms and icebergs. There must be a thousand stories of items washed up and gathered by beachcombers. Do you have one of those stories to tell?

**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!*

# Holiday Gift Guide

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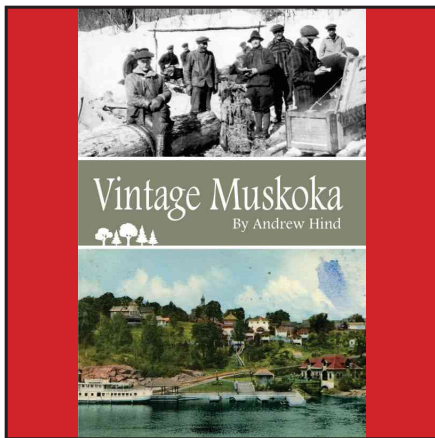
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## VINTAGE MUSKOKA

A heavily illustrated delve into Muskoka's past. Longtime Muskoka Life contributor Andrew Hind shares two dozen nostalgic stories from across the region, including vintage resorts, settlers' tales, dance halls, steamships, and more.

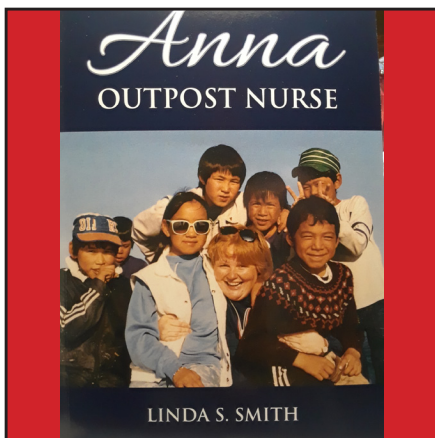
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By Linda S. Smith  
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# Holiday Gift Guide

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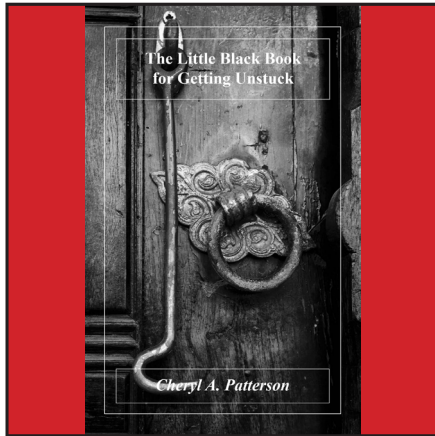


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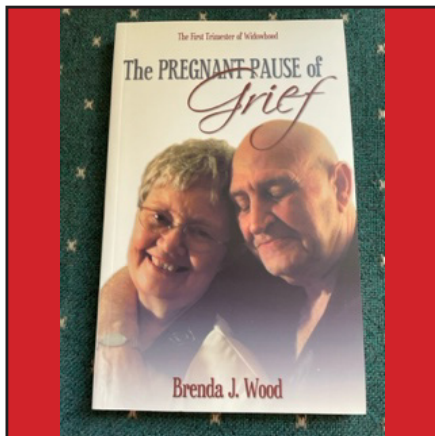
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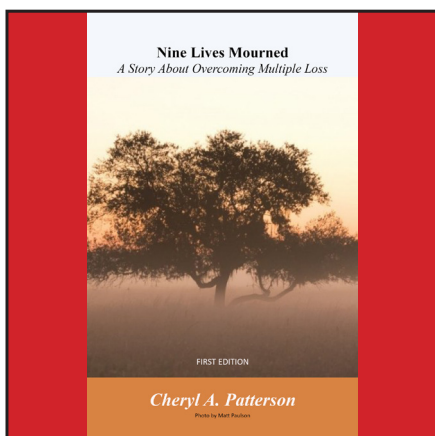
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## AGING WITH A GUSTO: WHAT WORKS FOR YOU



*Margaret White,  
Bracebridge, ON*

My faith keeps me going, even on days when I don't want to climb out of bed. I'm stubborn and don't let it get me down.

I like people, and try to be helpful. Being useful motivates me. I believe we are all called to do good to others and to help others.

I enjoy being at church, and listening, and prayer. I also pray for others that need it. Some people ask me to pray for them, or for others, or on the prayer chain.

My community and country are important to me, and I like to keep in touch with what's happening. I have friends from church and neighbours, and enjoy visiting them and keeping tabs on them, and if anything needs doing, I do it. I enjoy staying within my community and town.

One of the things that keeps me going... We live in the best country in the world. I'm thankful for everything that I have, and I like to share. People have been good to me, and I pass it on because I feel blessed.

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# BAD IDEAS

REALLY BAD IDEAS: USING WALKERS FOR LADDERS



By Linda Smith

**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!*



## Christmas Message

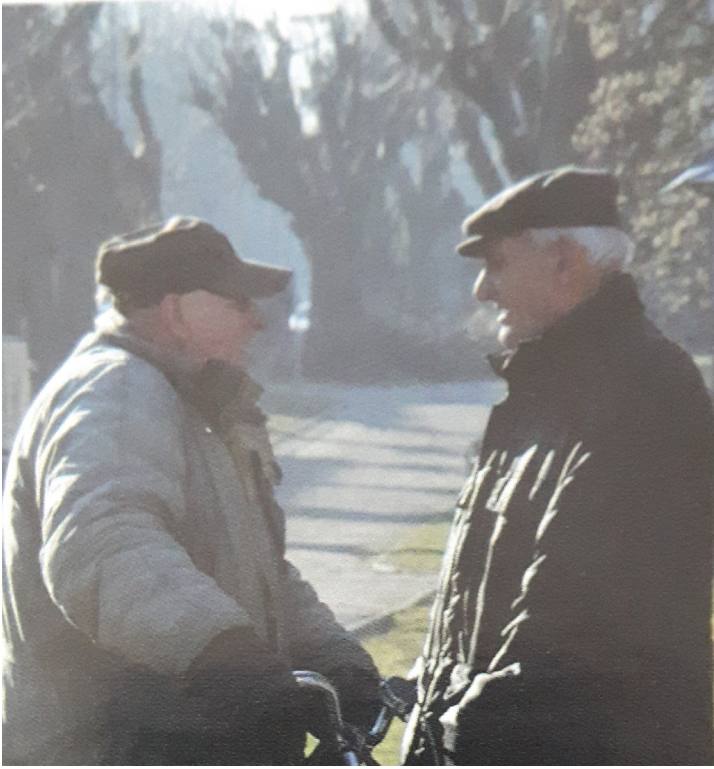
By Bessie Grimes

Oh, praise ye all the Saviour's name!  
The Son of God has come to reign  
Within the hearts of all who'll say  
They've heard His word this joyous day.

Oh, listen to the Christmas bells  
Peel out the message they must tell  
That Jesus Christ was born this day  
To show us all the narrow way.

All those who wish to see His face  
May turn to Him and through His grace  
They'll have their sins borne off afar  
Beyond e'en the remotest star.

**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*.



## Friends

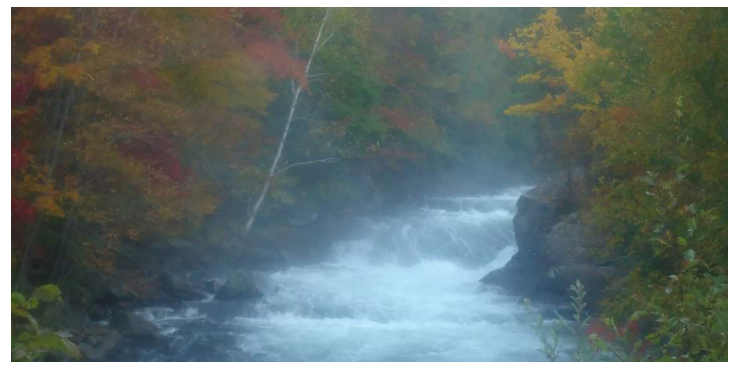
*By Bruce Liddle*

*Blessed by lifelong friends,  
No price can ever buy,  
The happiness that sends,  
A teardrop to an eye.*

*To have such friends from  
those we choose,  
We must be a friend also.*

*We should take care  
that we don't lose,  
The friendships that we sow.*

*Bruce Liddle, retired in 95' and joined a writer's group to write memoirs for his children, is a writer of poetry from memoirs, and resident of Huntsville for over 38 years.*



## Muskoka Seasons

*By Shirley Cambray*

We're hardy Muskoka seniors in the north,  
Enjoying all the seasons that come and go,  
So, when winter arrives, we bravely sally forth  
Warmly bundled up from our head to our toe.  
But car drivers' good nature comes to an end  
As they have to straddle each rut and pothole,  
While calendar promises spring it will send,  
Thawing and flooding could be the next role,  
Most of us, past needing winter sportswear  
For the snow-contests we never could enter,  
Are enjoying ice hockey from a comfy chair  
And friendly card games at the Seniors' Centre.  
The arrival of springtime brings grateful sighs  
But it can disappear like the old paper dollar.  
Summer's bright sun makes us shade our eyes,  
"Now it's too hot" you can hear someone holler.

Flowers and birds come to warm our hearts,  
Mosquitoes and Black Flies we'll have to bear.  
Our lawns will turn brown as the green departs  
Because it's a no-no to use tap water there.  
Fall will be here and stay longer than spring  
Tree leaves now being orange, red and gold.  
We welcome people, and cameras they bring  
To witness the magnificent colours unfold.  
October month brings little tots to the door,  
Halloween time means it's "trick or treat"  
For our chocolates, nuts, candies and more.  
(Parents monitor how much they should eat).  
Another winter means shovelling snow again,  
But, feeling warm weather renewed, we'll don  
Boots and parkas, and put up with back pain.

Hardy Muskoka seniors just carry on.

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

# MUSKOKA SENIORS MAGAZINE - *Business Directory*

*Enjoy the magazine? Please support the businesses in it! How?  
Inquire about their products and services, talk about them with your contacts,  
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**THE GREEN BOUQUET CANNABIS** - Our team is Cannsell Certified and here to talk to you about your cannabis questions. We have free educational information instore for seniors. Instore or curbside pickup. Open 7 days a week. 705-385-9333, <https://www.thegreenbouquetcannabis.com/> **p. 4, 12**

## **CHARITIES & NON-PROFITS**

**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](http://www.alzheimermuskoka.ca)

**HUNTSVILLE COMMUNITY CHOIR** - The Huntsville Community Choir's next concert is December 8th and 9th at Trinity United Church. Contact [huntsvillecommunitychoir.com](http://huntsvillecommunitychoir.com). for details.

**MUSKOKA LAWN BOWLING CLUB** - Lawn bowling lessons in May & June. \$60 includes instruction, equipment and one-month membership. Register at [www.muskokabowls.ca](http://www.muskokabowls.ca), or call 705-645-9767.

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OCTOBER.11-OCTOBER.13. 2023

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### Pricing:

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