

# MUSKOKA SENIORS MAGAZINE

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

Winter 2024

## **Nutrition: Why go Plant-Based? Ageing in the Modern Age**

**“What do You  
Have That  
Can Help me  
Sleep?”**

**MUSKOKASENIORSMAGAZINE.CA**

***“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?

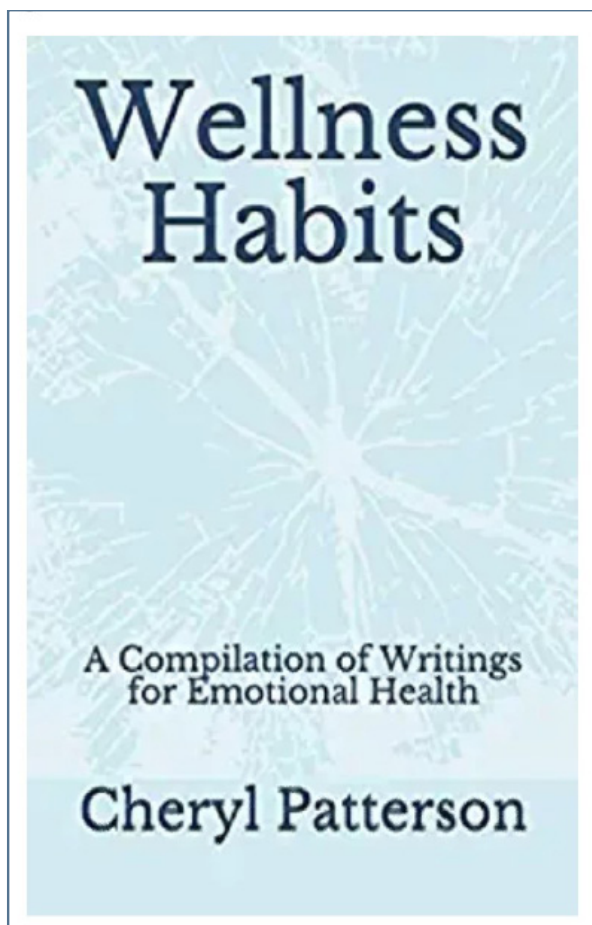
Did you know that **disease** is often linked to things that cause us **dis-ease**?  
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while ignoring the rest.

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or taking your health back.

***Which “sort of person” are you?***



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# MUSKOKA SENIORS MAGAZINE

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## FROM THE PUBLISHER



Cheryl Patterson,  
Publisher

**MUSKOKA SENIORS MAGAZINE**

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

A New Year represents new beginnings, goals, and desires. So, what's yours?

For some people it may be downsizing or re-locating to a new residence that requires less expense and maintenance, and more time spent doing things they enjoy.

For others it may be a new leaf on a healthier body, mind, or spiritual connection.

And some people simply want to feel happy and steer towards endeavours that support that.

We want you to enjoy your time and to value your health and happiness too. So, we've got you covered in this winter edition that touches on all of that and more.

In the Mind Health section, we explain that despite myths ageing doesn't have to mean cognitive decline, and that you can take easy measures to keep your brain growing.

Bessie Grimes shares information about how ageing has changed, and how we're as vibrant as ever. The saying "age is just a number" isn't too far off now. That's not to say we're perfect, as Kenn Page shares in "Just Yesterday," but it goes to show how we're more aware and on top of things than ever.

Catherine McCullum gives us food for thought with her breakdown about the impact time has on our lives.

Heather Huff-Bogart provides us with greater options for a good night's sleep.

Ann Stade inspires us to hang in there with a little faith when times are tough, in the Faithfully Speaking column.

Our goal is to help you start your

year off inspired and with more options for creating small changes that can make a big difference to your health and happiness.

We hope you enjoy it as much as we enjoy putting it together for you. Here's to a vibrant 2024!

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

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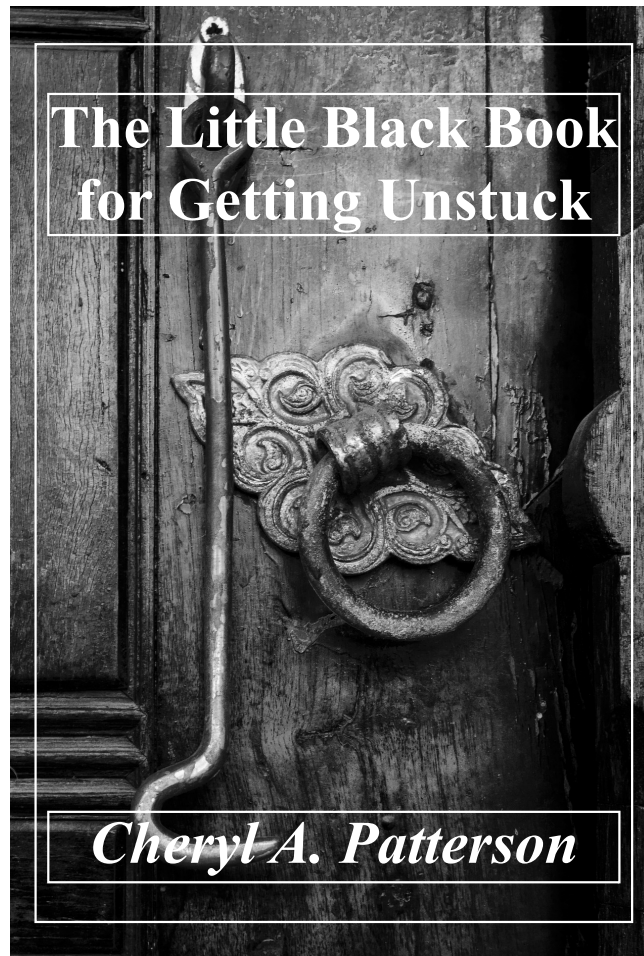
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# Feeling Stuck? Start Your *NEW YEAR* off Right!

Many of us find ourselves in unwanted situations, 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 get unstuck and move forward with the peace of mind knowing that you're living to your potential, don't miss this book!

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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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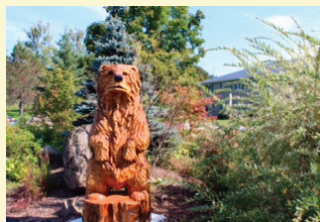
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## MUSKOKA SENIORS MAGAZINE

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

**Our 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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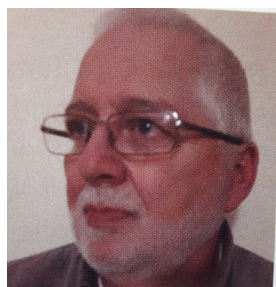
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# CONTRIBUTORS WINTER 2024



**Ann Stade** loves nature, gardening, friends and family. Simplicity, meaning, mindfulness, and doing things you enjoy is important to her, as is learning and evolving, happiness and gratitude.



**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.



**Catherine McCullum** recently retired in Baysville with my husband after our lengthy careers in GTA. Now exploring my creative side and after joining our local Writers Group I've been encouraged to share what I write.



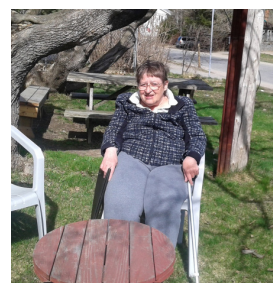
**Linda Smith.** I wrote a book of cartoons with commentary called: The Senior Boomer – Whatever happened to the Baby Boomers? The cartoons tell the story of where we landed up!



**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.



## Why Go Plant-Based?

*“The beauty of plant-based eating is that it’s not restrictive, so it’s easier to stick to. It’s not really a diet, but more of a lifestyle.”*

**-Heart and Stroke Foundation of Canada**



### What is a plant-based diet?

According to the Heart and Stroke Foundation of Canada (HSFC), a plant-based diet includes whole and unprocessed plant foods. Imitation plant-based processed foods don't apply here. Fresh vegetables, fruits, nuts, whole grains, and other foods do.

The HSFC indicates that you don't have to go completely plant-based. They advise, "The idea is to choose protein foods that come from plants more often because they provide more fibre and less saturated fat than animal-based protein."

### Why do this?

The HSFC advises that benefits of a plant-based lifestyle are as follows:

- The combination of vegetables and other high fibre foods reduces your risk of disease, including diabetes, heart disease, Alzheimer's, and cancer.

They add, "It's likely due to the synergistic combination of vitamins, minerals, antioxidants, and fibre found in plant-based foods." Something lacking in animal-based foods.

- They continue that in contrast "most Canadians" lack fibre, putting them at risk for high cholesterol and blood sugar, digestive issues, and other disorders.

- Plant-based foods have a lower environmental impact. This method creates less emissions and uses less water, compared to the toxic environmental impacts of animal-based processing.
- It's more cost effective. Meat, poultry, and fish are some of the most expensive groceries to buy. Not to mention, you can grow your own vegetables indoors and outdoors year-round.

### How to start?

When it comes to meal portions, the Canada Food Guide (CFG) recommends going by an "eat well plate" to determine how much of what foods should go in your meals. Half of it is loaded with vegetables and fruits, a quarter of it with whole grains, and the remaining quarter with proteins that they suggest should "come from plants more often."

The CFG also suggests, "Choose foods that have no to little added sodium, sugars, or saturated fat." You can see this on the Nutrition Facts Table on the food packaging.

Most plants are a source of protein, so it's easy to get it into your meals.

You can also start small, such as having a plant-based day, daily meal, or tweaking ingredients here and there and integrate more each week or as desired. You'd be surprised at how easy it is to do.

Look at this as a chance to get creative and have fun with your meals.

### Small changes you can make today

- Instead of adding sugar to a dressing, sauce, or sweet and sour recipe, add pineapple or another fruit instead. You get the fibre, vitamins, and sweet taste, naturally – as nature intended.
- Add berries or beets as an opportunity for a pop of colour to an otherwise fairly bland meal.
- Butter is an easy ingredient to switch with so many great alternatives available now, including olive oil, sunflower seed oil, canola oil, peanut oil, avocado oil... The choices are endless and fun to experiment with. Some have more flavour, others are thicker where needed. They're all great when it comes to your health. Not to mention, they're already melted for toast, cooking, baking...
- Substitute dairy milk with plant-based milk, in oatmeal, baking, coffee, or creamy sauces.
- Get creative with burgers, mixing part or all quinoa.

The HSFC adds, "The beauty of plant-based eating is that it's not restrictive, so it's easier to stick to. It's not really a diet, but more of a lifestyle."

Maybe that steak, chicken pot pie, or bacon for breakfast can be a treat rather than the norm! **MSM**



By  
*Geraldine O'Meara*

### My Sister, My Angel

As I get older, I find myself reflecting back to the people in my life who loved, supported, and helped me to grow and become the person who I am today. One of those people is my sister, Elin.

I was born into a lively, creative family; the youngest of five active siblings, a mother who had too much to do, a father who was busy establishing a pottery business and a grandmother who lived with us. As a result, there wasn't very much energy left over for me. However, the one member of my family who did take me under her wing was my sister, Elin. She was seven years older than me and seemed to be delighted to have a little sister, and as far as I can remember, she took it upon herself to make sure I wasn't left behind. I used to think of her as being my 'angel'.

I loved Christmas, and each year I use to look forward to receiving a special gift, and Elin never let me down. At about the age of six, she started me on my love for books and music. They began with fairy tales, and as I got a bit older my favourites were beautifully illustrated books of Heidi, Pinocchio, The Littlest Angel with pictures and tape narrated by Loretto Young, and music and words of Peter and the Wolfe. I had a great imagination, and Elin seemed to know just what would nurture that aspect of me.

As I got into my early teens, Elin became a role model for me. She was a beautiful, free spirit, loved by all, and got into trouble at times by going beyond the bounds of what my parents found acceptable. And although I admired her courage, I kept my head low when it came to me following her example.

When I was twelve, my father took us on a trip to New York City. At one point we were window shopping, and a man came alongside Elin, grabbed her

shoulder purse, and ran. He didn't know the kind of courageous woman he was dealing with. Elin screamed, took off after him in hot pursuit, retrieved her purse and hit him over the head with it. The man took off and was quickly out of sight.

As time passed, marriage and the birth of children became part of our family focus, and after our mom died, we would often have Christmas celebrations at Elin and Pete's (her husband) family home. I remember all of us standing around the grand piano singing Christmas carols (Elin had a beautiful voice), while being accompanied by dad on the piano.

In 1975, my husband and I and our four children moved to England for three years, to live and work for a lay Christian Community. Most of our family and friends were concerned for us as they thought it was too big a move to make for our children. Elin's response was different, she thought it was exciting, and she was the first to come and visit and check it out; again, looking after her 'little sister' of whom she spoke of me often.

Three years later, as a family, we did return to Canada, but instead of it being a joyful return, it was a sad and shocking time. Within one month of our return, Elin, at the age of forty-seven, died suddenly of an aneurism to her brain, leaving behind her husband and seven beautiful children. For all of us the grief was visceral. She was taken too young!

Forty-seven years on, at times, I still think about Elin. Last August, I was sitting out on my porch with a friend, looking up at the clear, blue sky. I had just shared my thoughts around possibly writing more of my memoirs, but wondering if it was worth it. Would anybody want to read it? As I was gazing upward, I noticed a small, white cloud forming in the sky, and as it took shape, I said to my friend, "Do you see what I see?"

She replied, "It looks like an angel with wings. Why do you ask?"

I answered, "Because I see that image to be Elin."

Now I'm asking myself, is this phenomenon nothing other than my wild imagination (of which I have a good one), or is it actually Elin visiting me once again, looking after her 'little sister' by giving me a thumbs-up about my memoirs? I'm choosing to believe the latter, because it fills me up with great joy and gratefulness for having had and still having Elin in my life!

## *Have a family story to share?*

- *A challenge*
- *A funny tale*
- *A heartwarming family experience*
- *Or a story that others can relate to or enjoy in some way...*

*We want to hear about it!*

**Email it to:**

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

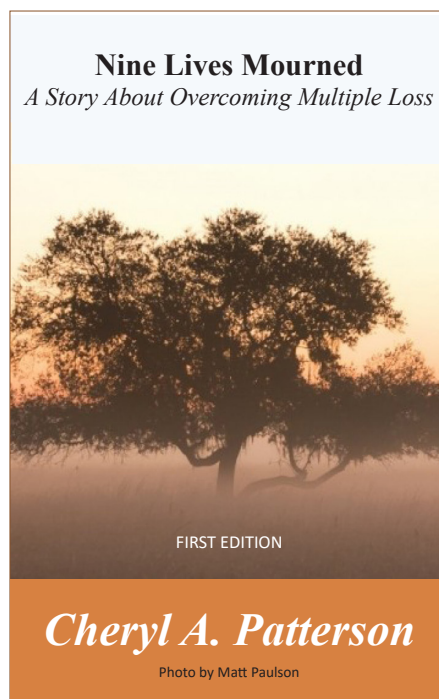
*We have this notion that we should stay suffering to somehow prove our loyalty to the loved one that passed, but is that what they would have wanted?*

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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.

### “What do you have that can help me sleep?”

Sleep, we all need it and depend on it for many reasons, so when one is not able to rest the way they would like, one may look for an aid to help them get a better night's rest. This is our number one question that we get asked about all the time. “What do you have that can help me sleep?”

As a budtender to answer this question is always kind of tricky because we are unable to give affirmative answers because everyone's cannabis experience is personal. So, at the store we always ask a few questions to find out what the customers is really looking for.

Here are some questions to think about before you head to the closest cannabis store near you:

- Do you want a product with THC or not?
- Are you open to trying minor cannabinoids such as CBD or CBN?
- How do you want to consume the sleep products? As a capsule, gummy, mouth strip, sublingual oil or smoke it?

Now that you have an idea what you are looking for, the Budtender has an idea of what direction to take you in for your products in ques-

-tion. The most popular product that we have noticed is that people like their gummies for sleep because they are already dosed with the number of cannabinoids that they prefer, and they are enjoyable to take. Using a gummy with multiple cannabinoids such as 2mg CBN, 2mg CBD & 2mg THC and taking it around the same time every night is important.

Why would taking multiple cannabinoids be important you may wonder?

Well, it is because they each have their own role to play with our sleeping patterns as research has shown.

**Tetrahydrocannabinol (THC):** is the cannabinoid found to make you high or intoxicated, however, taken before bed in low doses it has been found that can help you fall asleep and stay asleep longer.

**Cannabidiol (CBD):** Is the cannabinoid found to be non-intoxicating, meaning it is non-impairing and does not cause the same high as THC. It also, can take a lot longer to really get into some people systems, so taking it regularly and around the same time daily is important. For sleep, CBD has been found to aid in our sleeping pattern as well it may cause relaxation.

**Cannabinol (CBN):** This cannabinoid is found in every cannabis plant usually in low amounts. However, it is also found that when THC breaks down it turns into CBN. This cannabinoid has been pegged the “sleepy” cannabinoid as it has been found to cause drowsiness as one of its side effects, which is great for people who want to fall asleep and stay asleep.

Many edible products can be found using multiple cannabinoids at various ratios as well as natural terpenes to enhance their products. Depending on the terpenes added they are there to enhance your sleeping experience as terpenes have their own roles to play in many items that we use daily as they are found in every plant that we consume.

With so many different products on the market it is best to ask your local budtender as they should know the ins and out of the products that they are selling.

If you are worried about taking cannabis because of your prescription medicine, we always suggest that you talk with your doctor or pharmacist for the best answers as we are not allowed to discuss that as per our Health Canada Guidelines.

## 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.

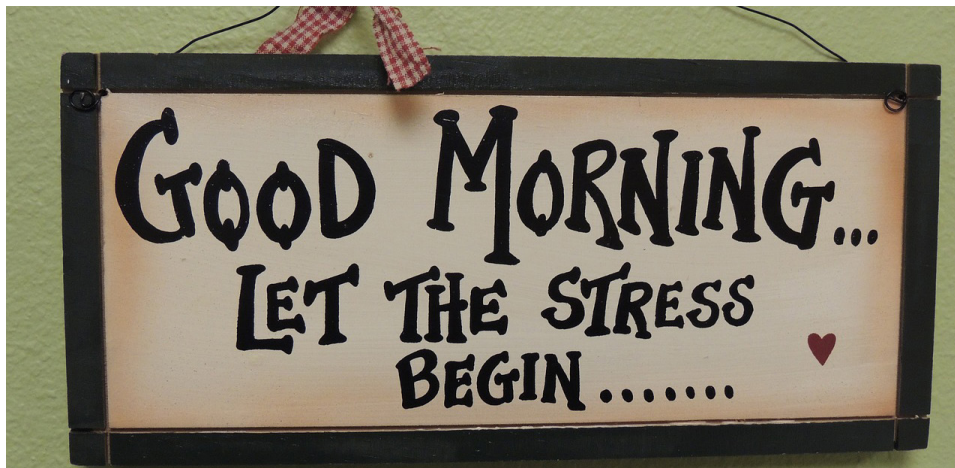
I took a year off and got a job landscaping, and really enjoyed that. The next year I still didn't know what to do, so I opened my own business called NuScape Landscaping in 2019, and in 2021 we opened The NuScape Store, which is a garden centre that sells trees, shrubs, perennials and annuals.

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### Good Stress Versus Bad Stress

Most of us know what bad stress is, however, is there such a thing called good stress?

According to researchers and co-directors at the Alzheimer's Prevention Program Loma Linda University Medical Center in California there is.

In an interview with CEO of the Food Revolution Network, Ocean Robbins, Neurologists Dean Sherzai, and Neurologist Ayesha Sherzai advised that good stress is associated with having "a sense of purpose, direction, victories and timelines."

They indicated that with bad stress, linked with tension, a timeline can go on forever and with seemingly no victories in-between.

So, how do you reduce the bad stress and increase the good?

Focus on what your options are and on things that you *can* do.

Perception plays a large role as well. By changing your perspective about a circumstance, such as having a more optimistic or understanding viewpoint, you can reduce the impact that the otherwise negative emotions would have on your body.

The key is to set healthy, achievable, and realistic routines, and to

remember to make time to wind down from them.

Healthy challenges give you something to look forward to, rather than overwhelm and cause distress.

The researchers suggest setting "smart goals" rather than the big hurdles we sometimes set for ourselves, causing us to feel worried and overwhelmed about achieving

them.

Smart goals are those that are specific, measurable, relevant, and timebound.

So, the next time you set a goal think about whether it's going to make you feel good or cause tension – good stress versus bad – and whether it's going to be worth it for you in the long run. **MSM**

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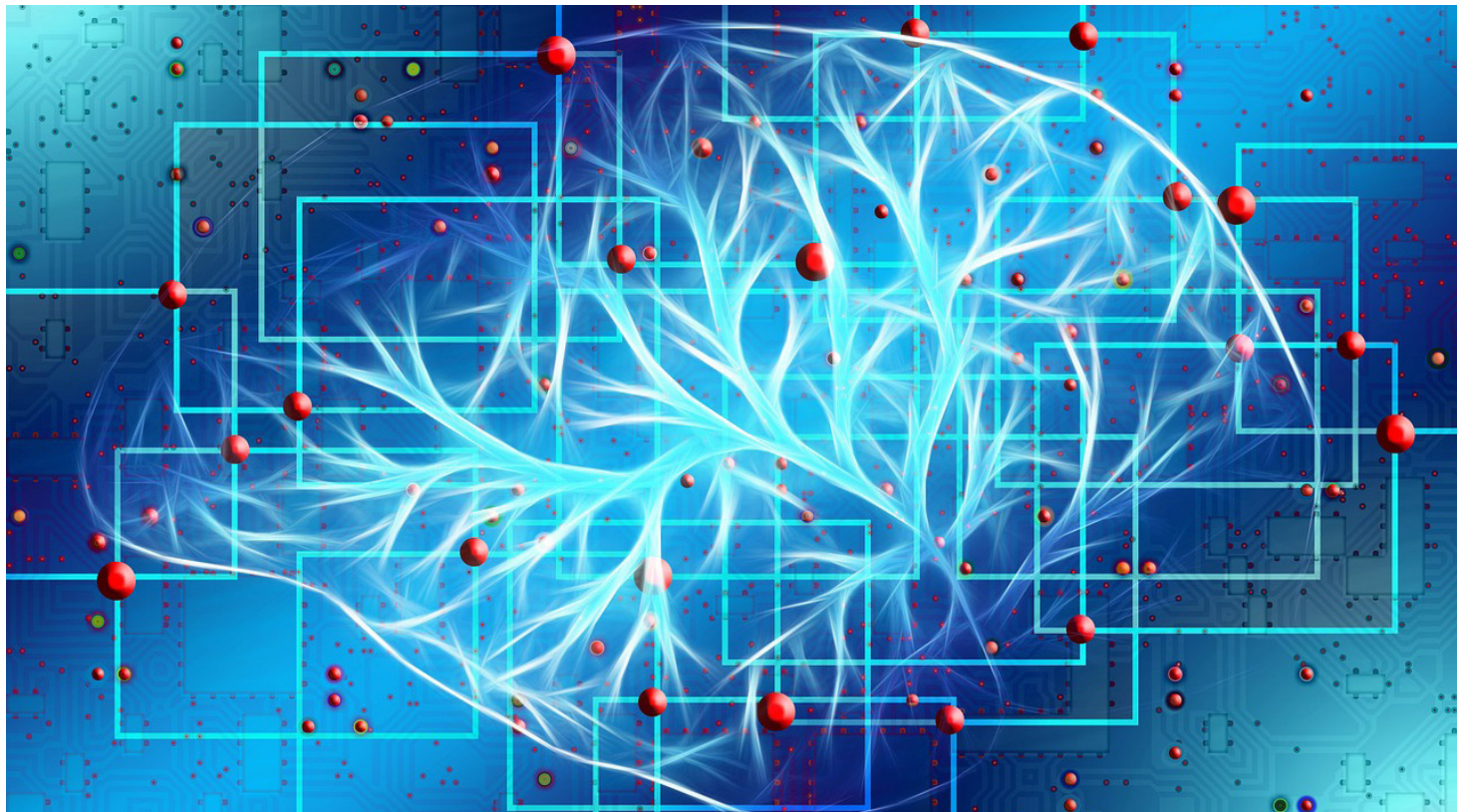


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### Ageing Doesn't Have to Mean Cognitive Decline

In an interview with CEO of the Food Revolution Network, Ocean Robbins, Neurologists Dean Sherzai and Ayesha Sherzai advised that Alzheimer's and Dementia can be prevented.

Both neurologists have a family history with these diseases and have spent decades researching them. They are also codirectors at the Alzheimer's Prevention Program Loma Linda University Medical Center in California.

Dr. Ayesha indicated, "You can reduce the risk of Alzheimer's by 90% by diet, exercise, and sleep."

She adds, "Lifestyle matters and it's never too late to start changing diet for brain health."

According to Dr. Dean, a plant-based diet is linked to lower rates of Dementia and Alzheimer's.

In contrast, processed foods and that are high in saturated fats and

are linked to an increase in the diseases.

The researchers also indicate that in spite of popular beliefs, genetics only goes so far. They advised that it's a myth that you can't do anything about them. So, what you do has an impact – lifestyle matters.

They add that it's also a myth that "old age means cognitive decline." They indicate that changes occur, however, the amount of complexity of activities you engage in, how well you challenge yourself, and whether your life is meaningful and filled with purpose allows your brain to form new connections, thus continuing to grow in your 70s, 80s and onward.

"One neuron can grow 30,000 connections," indicated Dr. Ayesha. She said that aerobic or other exercises that get the heart pumping, such as swimming, tennis, racquet

ball, biking, steps, and brisk walks are especially great. A brisk 25-minute daily walk has been shown to reduce Alzheimer's by 40%. A 10 to 15 minute walk is a great start. Strength exercises, such as squats, lunges also have a big impact.

According to Dr. Dean, "People that have bigger legs have bigger brains." So, leg strength matters because it allows for better blood flow and oxygen to the brain.

He adds, "Legs act as pumps."

When initiating changes, the key is to set meaningful short-term goals, rather than rely on will power for one long term goal.

Goals should be specific, measurable, achievable, and timely.

As you accomplish the smaller goals you can check them off. This acts as a reward to the positive behavior and can more easily become a habit. **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 Impact of Old Dentures

Dentures play a pivotal role in restoring a confident smile and facilitating proper oral function for individuals missing teeth. However, as time passes, these dental prosthetics might become less effective or comfortable, prompting the need for replacement. If you've been contemplating whether to replace your old dentures, here are five compelling reasons why it might be the right decision for you.

- **Improved Fit and Comfort:** Over the years, changes in the jawbone structure, gum tissues, and natural wear and tear can cause dentures to lose their snug fit. Ill-fitting dentures can lead to discomfort, mouth sores, difficulty in speaking or eating, and even a loss of confidence. Newer dentures are custom-made to fit precisely to the contours of your mouth, providing enhanced comfort and stability. Advancements in dental technology allow for more accurate measurements and better materials, resulting in a snugger fit that significantly improves day-to-day comfort.
- **Enhanced Functionality:** Aging dentures may compromise your ability to chew and speak properly. As dentures age, their surfaces can become worn or warped, affecting their functionality. Upgrading to new dentures

can restore your ability to bite, chew, and speak with ease and confidence. Modern denture designs are crafted to mimic natural teeth more closely, improving functionality and a more natural feel, enabling you to enjoy your favorite foods without discomfort or limitations.

- **Improved Aesthetics and Confidence:** Older dentures may appear worn, discolored, or misshapen, affecting not just their appearance but also your overall facial aesthetics and self-esteem. Upgrading to new dentures can revitalize your smile, providing a more natural and aesthetically pleasing look. Modern dentures are designed to replicate the appearance of natural teeth more accurately, contributing to a brighter smile and boosting your self-confidence in social and professional settings.
- **Enhanced Oral Health:** Ill-fitting or old dentures can contribute to oral health issues such as gum irritation, inflammation, and infections. When dentures don't fit properly, they can create spaces where food particles get trapped, leading to bacterial growth and potential infections. By replacing old dentures with well-fitted ones, you can mitigate these risks and maintain better oral health. Moreover, advancements in dental materials used

for newer dentures are more resistant to bacteria, minimizing the risk of oral infections.

- **Benefit from Technological Advancements:** The field of dentistry continually evolves with technological advancements, offering superior materials, better designs, and improved techniques for creating dentures. Newer denture options incorporate innovative materials that are more durable, lightweight, and natural-looking than ever before. Some newer types of dentures, such as implant-supported dentures, offer enhanced stability and functionality, securely anchored to the jawbone for increased comfort and confidence.

Ultimately, replacing your old dentures can significantly enhance your oral health, comfort, functionality, aesthetics, and overall quality of life. Consultation with a denturist is crucial to assess your individual needs and explore the latest denture options tailored to provide you with a personalized, comfortable, and natural-looking solution.

Investing in new dentures is not just about upgrading a dental appliance; it's about investing in your oral health, well-being, and confidence. Embrace the opportunity to enjoy a brighter smile and improved oral function by considering the replacement of your old dentures today.





## Faith and Hanging in There

*By Ann Stade*

The idea of having faith hasn't always come easy for me, at least not the letting go and trusting part, where you believe everything can be okay.

I wish it were easy. People talk about it in a way where it seems like it should be, but it's been a tough one for me.

Although I grew up going to church at times, my childhood was scattered, to put it mildly. Because it was so unstable, I felt more shame than anything, and often like an outsider, watching everyone else live normal lives with their families mostly intact and from almost what seems like a bubble.

Although I believed in God for

the most part and at times it brought me comfort thinking there was a higher power watching over me, trust remained an issue. And life's challenges and going to university didn't help.

As a young adult, education skewed my belief in God for some time. In one of my classes, I remember being taught about people seeing or treating God as a parental-like figure, making it more of a psychological rather than spiritual issue, and it threw me. I didn't know what to think or believe about it anymore, and so I pulled away from it.

As time went on, I still tried to turn to God at times in an attempt

to feel a connection, and many other times to try and feel supported. However, I often didn't feel supported, and it shook my faith even further. So, I stopped believing in what I used to call God.

I went through many challenges throughout my life, and what seemed like more than most people, and basically tried white knuckling my way through. I was goal oriented, but lacked a strong sense of faith in the sense where things can work out because it seemed they often didn't.

Over time I learned that much of life is about perspective, and mine shifted when I learned to meditate.

CONT'D PAGE 18 >>>

## FAITH CONT'D...

This was a new way for me to connect with a higher power that I now call Divine Energy.

The more I began meditating, the stronger a connection I felt to this spiritual presence, and the more impact it seemed to have on my life, helping to inspire me to have more faith. As a result, more positive things were happening.

I felt happier and like I had a special connection to this greater power 'out there.' I say 'out there' but the truth is *It* is everywhere. I believe this source (whether you want to call it 'Him, Her, God, Higher Power, Buddha,' or whatever this essence is to you) is all around us, in a walk through the woods or the road, in a stream, the sky, sun, clouds, animals, love, connections, and so much more.

I believe this special essence that we can choose to have faith in (or not) is everywhere and that a special connection to *It* is available to us if we open ourselves up to the possibility, no matter how hard things get.

Being open is the key for me. I have days where things are hard, and I feel frustrated and shut off and pessimistic. However, I can now find comfort knowing that I have a spiritual source that I can turn to, and what was once a foreign concept called having faith has now become a rock for me during good and troubling times.

I can now say I have faith more often than not. It's a constant in my life regardless of what's happening. And this comforts me knowing that I have this special connection to turn to that is always there if I open up to it. And I find that the more open I am the better I end up feeling.

I am grateful for this because when all else fails and when nobody else is around I can still connect to that divine essence at any time and find comfort knowing that things can be okay if I just have a little faith.

It wasn't easy getting here and it's not to say it's perfect, but it's something special that has taken practice and patience and is working for me. It's amazing how one little word called faith can hold so much power.

If you're going through a tough time in any way, try and have a little faith, because if it can work for me it can work for you too.

*Ann Stade loves nature, gardening, friends and family. Simplicity, meaning, mindfulness, and doing things you enjoy is important to her, as is learning and evolving, happiness and gratitude.*

**Has your faith (spiritual, religious or otherwise) helped you to get through challenging times?**

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*We welcome your stories about how it has inspired, strengthened, motivated and helped you through adversities or life overall.*

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## SPORTS CORNER



### Women's Professional Hockey League

By Peter Cassidy

There are some who might ask, “What is the world coming to?” I say it is long overdue. Women have been struggling for recognition for too many years.

I have watched women’s hockey for a long time and have found it not only competitive but entertaining.

Now we have an actual LPHL (Ladies Professional Hockey League).

In one word: congratulations.

Women on an equal playing field have more than earned their place in professional sports.

I can almost always be found at the arena in the winter. This is where I was a couple of weeks ago. I was watching 10-year-old boys playing their hearts out.

As my attention shifted to the other side of the rink where players were coming on and off the ice, I had a very pleasant surprise. I saw two pink helmets emerge from the player’s bench.

These two players now had my undivided focus. I was very much impressed with their skating ability and their skills. They passed the puck more than their male teammates. I thought, this is what minor hockey is all about.

I yearned to see more of their play. Each time they came onto the ice they seemed to know what they were doing. Believe me this is a tough element to teach. They knew about playing their positions, and one of the girls was hard to beat at the faceoff circle.

I look so forward to watching the LPHA often. Also, you can bet I will be at the arena again soon.

If there are any female hockey players reading my story, I want you to know you have my undying support and encouragement.

I never thought I would use my famous expression towards women’s hockey... Well, here it is: “KEEP YOUR HEAD UP AND YOUR STICK ON THE ICE.” Don’t forget to have fun!

*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...?



### Starting Seeds Indoors

By Sandra Harthill

Now that we are into a new year it is good to start making plans to grow some vegetables either in your garden or in pots on your balcony. Here are some tips:

- Start by looking at seed catalogues to decide which vegetables you want to grow. Always purchase seeds from reliable sources.
- Around the middle of March is a good time to start planting as you want to give the seeds approximately two months before the last frost, which in Muskoka is usually near the end of May.
- It is always best to use a soil mix recommended for starting seeds. Put the soil into a large bowl, pour in some water and mix well to moisten the soil. Place your seed tray on the drip tray and then fill all the cells almost to the top with the soil.
- Put 2-3 seeds into each one as sometimes not every seed will germinate. You can thin out the extras when they have sprouted.
- Cover the tray and place it under lights. Unfortunately, here in Muskoka we don’t get enough sunshine, so lights are essential as seedlings do need 12-16 hours of light a day.
- Remember to use a spray bottle with room temperature water to keep the soil damp but not soggy until the seedlings are tiny. Once they’ve grown, use a small watering can with a rain nozzle to gently water them.

You will certainly enjoy eating all the vegetables you have grown from seed!

*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.*



## Just Yesterday

*By Kenn R. E. Page*

In some ways age fifteen seems like two and a half Tuesdays ago. I remember I was very interested in girls. On the other hand, I have so many unusual aches and pains now it feels like an ocean of water under the bridge.

I don't remember when it happened or who it was that said it, but somebody warned me about old age. I vag-

-uely remember my grandparents still being in the picture, one of them anyways, so maybe it was them. Since at that time old age seemed so far away as to not even be a possibility, I guess I didn't pay much attention. Now here it is. When I look around me everyone seems to be younger than me.

The warning I got was clear though, 'Don't do it!'

## JUST YESTERDAY CONT'D...

Maybe it wasn't so much I totally ignored it, but that I didn't find a suitable alternative, one that I felt I could live with. Actually, the choices were lousy if you ask me. One of the indicators that I've noticed that I've arrived is that I don't walk the way I used to, kind of funny like. Not that I'm laughing. And, for some strange reason my aches and pains show up in different places on different days.

Then there's the other problem, one of them anyways, some people who look my age don't seem to know what Acetaminophen is. Not that I'm jealous at all. On second thought, I take that back. There for awhile I thought I was doing okay. I had three kinds of painkillers which sometimes I took all three at once - six pills worth. Then in mid-July '22 I discovered a new pain that nothing I was taking even touched it. That was fun! It was strictly limited to the two ligaments right at the back of my left knee. I never got a satisfactory answer why. That is when the limping started.

I was hoping it would go away after a while. Instead, it got worse and worse and spread half way down my calf until I walked with cane. My brother started calling me "Old Geezer." Or maybe he called me that before then... I'm not sure. It doesn't matter. What matters is that the limping started to really irritate the damage in my low spine. That is when I started seriously into the three kinds of pills, one of which ended up eating a hole in my stomach and GI bleeding put me in the hospital.

Susan showed me online on her phone about GI bleeding that it can be fatal. That was after we found out why I passed out. Fatal, no kidding. I already felt dead. One of those alternatives to old age. When it started, I felt so rotten I spent the day in bed. I have to be very sick to want to do that. I'd already lost so much blood by 6 p.m. I blacked out on my way to the little boy's room. But I'm getting ahead of myself.

Old age or not, up to July '22 I had skipped flu and cold for a long time and whatever else was out there, including that Covid thing for which I got four shots. I was one of the very lucky ones. I still had the knee pain though that got worse at night as soon as I flaked out in bed. Trying to sleep was a joke. I ended up being between a rock and a hard place. If I sat in my easy chair all day with my leg out straight the pain would subside. In that position ice packs helped a little and heat helped a little more. But...

You may think I had the answer, but who wants to

spend all day sitting. At emergency for the GI episode, the doctor asked me if I went did I want them to bring me back.

I said, "Darn right, I'm just a young man!"

The hard place was the fact that my U of T Spine Clinic back surgeon said to me if I stopped moving, I'd seize up. According to him, walking was the best exercise for my back, but now I can't get to the end of my driveway.

If anyone ever says to me old age is easy, I'll pop 'em one, that is if I can find the energy or I don't miss and fall over. Not long ago there was something I couldn't do due to the pain. Someone said to me, "Just grit your teeth and do it." It's a good thing for their sake they're part of the family. Obviously, they haven't reached old age yet. Their way of thinking helps to explain my lack of teeth. They'll learn.

It was suggested to me indirectly by my M.P. (not Member of Parliament) that what my knee needed was exercise. My knee pain all started after I very carefully climbed a step ladder a couple of times. If that is not exercise, what is? If exercise caused the pain in the first place, how is exercise going to cure it in the second place?

Something I quickly learned was that ninety degrees - not the temperature but my knee position - doesn't agree with my knee one bit. If I am sitting watching the news and weather and on a commercial break get up to go to the little boy's room, if I don't just stand there for awhile and wait for my leg to start to work, I'm down looking up. I've been dreaming (dreaming being the key word) of having a monorail system installed between my easy chair and the washroom. How hard could that be... It's a straight line of sight. However, I was shot down. The cost estimate floored me!

It's an experience to watch me get in and especially out of my boat back onto the dock. I start down on my knees, once I finally get there. Somebody thought I was praying for help. If I ever leave my 1 ¾ inch thick DIY maple cane at home, I'm sunk. I'll be there till the rain comes and fills my boat, then I really will be sunk. I need that sturdy pole to pry myself off the floor or in this case the dock. I have a thought about how I can solve some of this, maybe, but I'm saving it for a little later.

I get seriously bored very easy. I'm not kidding. Not just anything will do. Dancing girls won't do it. I need something genuinely creative, something where I have to exercise my brain. That is why I enjoyed my occu-

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## CONT'D FROM PAGE 21...

-pation so much. I designed and built houses. Each one different to suit the lot I was building on. I tried building bird houses in retirement. It's not the same thing. Recently I considered studying Thermal Dynamics if I can find the right books. Or maybe inventing a new fishing lure... Whichever comes first.

In my opinion, the only thing golden I've found so far about old age is the cost of mobility assist devices. It's going to be a sad day when I have to give up my lawn tractor. That's one mobility assist device I really enjoy. If I had to mow my rather large lawn now with a walk behind mower, the first cut of the season might be complete in five years. I think I'd be open to the idea of trading my house for a boat of the same size I could live on. There'd be no grass to cut. I just can't decide what island I'd want to be anchored off.

The only reasonable advantage to old age I've come across so far is you can get up at 5:30 any old time you like and go fishing. Make that warm weather though. That is if, as I said before, you can get in the boat and especially get out again. You could fall in. That would be easy, but I'm not exactly sure how you'd fall out and guarantee to land on the dock and not in the lake. It could be tricky.

When my M.P. suggested I needed exercise for my knee, he already said for my height my weight was good. I tried to explain I already had an exercise program in place. He didn't think eating and drinking, reading and writing, and watching the news and weather, qualified as exercise. I pretended not to hear him. One of the advantages to having hearing aids with a remote is you can turn them off instantly.

I wanted to, but I didn't argue. If I was going to have to drive 17+ km to town one way, twice per week, I'd rather do it to launch my boat than spend an hour on a treadmill and half an hour doing chin ups. All the boat preparation, launching and recovery, drying the slightly leaky thing out and putting it away again, constitutes lots of work. If that is not exercise, I'll eat my shirt. I'm just very thankful Bracebridge Hospital did such a great job on my GI problem. I'm still able to do all these things. Now if they could just fix my knee.

**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?

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*Have you been through an ordeal that your peers can relate to?*

*Do you prefer to express yourself through your poetry?*

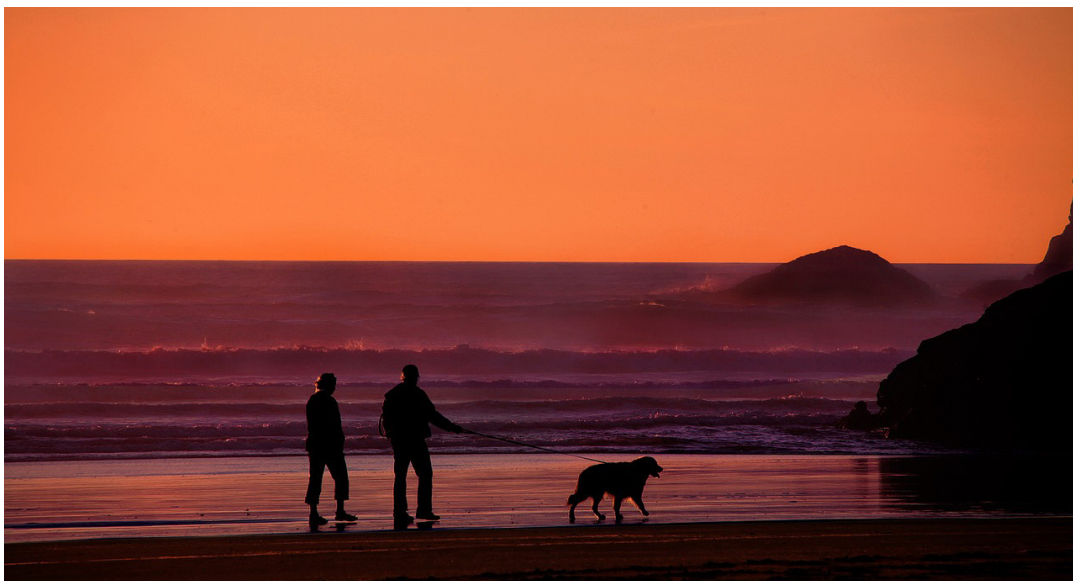
*Do you have ways to stay motivated and vibrant?*

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## Ageing in the Modern Age

By Bessie Grimes

“I’m sorry. I can’t talk now. I’m in a meeting.”

“If you can’t reach us, we’re out shoveling snow.”

“You have to keep busy or you die!”

The above words float around in my head; messages received in the past few weeks. Typical of our workaday world, you say? Yes, but the people speaking are not part of the young or even middle-aged generations. No. They’re seniors. The first two sentences belong to people who are over seventy-five years old. They aren’t dreaming or hallucinating. They are giving us a view of their fast-paced, industrious lives. These people are currently heavily involved in main stream business and social activities. They also spend a lot of time travelling and volunteering for charitable organizations. Some are busier now than when they were working at the jobs that sustained them through their younger years.

Retirement brings new opportunities to a lot of people. Some work so that they can stay involved with people. A lonely life at home is not for them. There is still too much fire in most people for that kind of existence.

People simply aren’t ageing as fast as they used to. Not so many years ago, an eighty-year old who was still around would be sitting in a rocking chair knitting or nodding off in front of a television. Anyone who needed anything more than a cane to get around would not be seen out in society. Such individuals would be kept behind closed doors and would associate only with those who could visit them. Retirement was seen as a chance to quit everything and do nothing. Often this led

to loss of purpose. Inactivity fostered weakness and illness. A lot of people did not last long.

When does society today consider a person to be old? Good question! Every person is different. We age at a rate distinctive to our own bodies. However, we can give our readers a general guideline based on legalities (e.g. when people come of age and when one can access the Old Age Pension in Canada), as follows in the chart below:

AGE	CATEGORY
0-13 years	Childhood
14-17 years	Teen
18-45 years	Young Adult
46-66 years	Middle-Aged Adult
67-90+ years	Active Senior
90+-100+ years	Old Age

*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*.



## It's About Time

By Catherine McCallum

My husband and I were sitting watching television one evening when a commercial came on that we had seen many other times. A fellow bellows out, “IT’S TIME!” Each commercial of this financial institution represents a significant event like “it’s time – to move out and get your own place”, or “it’s time – to renovate”.

Then I start thinking – what is it time for me to do?

It was time to start my next project for the Writers Club. What was I going to write about? I wanted to take my time and give it some thought. And then it came to me – it’s all about TIME!

Yes, Time - Our world revolves around it. When you start to think about time, our lives are ALL about it! You don’t realize how many TIMES the word is even mentioned in your day until you tune into it, and it is so all consuming that the list of related idioms and expressions are endless.

*You made good time. On time. Ahead of time.  
Out of Time.*

Often life is all about schedules and we’re often judged on our time management, so much so that there are common expressions made about others performance of managing our time.

*Bedtime, snack time, mealttime, playtime.*

You may be relating these to times with children and/or grandchildren but I find even in retirement we can make frequent use of these words.

*Time is money. Don’t waste your time! Make time!*

Whether at work or through family members these give the sense of urgency and reinforce the value of time, giving us the impression that perhaps, if you’re not physically working or creating something you may just be “wasting your time.”

My mother could never sit and relax, and I know my siblings and I caught that bug from her. Even at almost 87 years of age in my daily calls with my mother our conversations are filled more about what she has accomplished since we spoke 24 hours ago.

*Time heals all. It takes time. Recovery Time.*

Expressions shared by others when they cannot help what you’re going through – a death, a relationship break up, severe illness. There is some truth in the fact that although we can never forget our life tragedies and



## TIME CONT'D FROM PAGE 24

hardships in the present time, new memories lessen the pain and loss, and we are able to move ahead with the passage of time.

### *Good times, party time, fun times, vacation time.*

Favourite words – favourite times. You can almost feel yourself change with these words and I'm sure a mental picture comes to mind that makes you smile. Birthdays, weddings, celebrations. These are times of good memories, good feelings and times we want to have again. These are moments when we get to share our time.

### *Not enough time!*

Those were the years of working, often with long commutes, with a growing family and growing responsibilities. Keeping schedules in mind, fitting in skating, swimming, dance and music lessons and play dates. Then came our teens' work schedules on top of our work meetings, company events, family events and maintaining the home, laundry and meals. Sometimes it would be a task to shut it all out long enough to get some sleep before starting all over again.

I wondered what it would be like to have more free time. What is free time? I suppose that's time you're not committed to anyone or anything else.

Our world revolves around this precious asset and one thing I've come to learn most recently is that sometimes you need to just TAKE TIME! So many moments are lost when we are thinking about time and unfortunately once it is spent, you can't get it back or worse than that, if you procrastinate you may not have the opportunity! It's gone - a memory. It's the past.

The present time is what is most important. What's happening now? What are they telling me now? How are they feeling now? What are they doing now?

I go months sometimes without speaking directly with my siblings (thanks to the internet) and personal visits are even further apart. Everyone has their own responsibilities and families and that's where they "spend" their time. I want to spend mine building memories with the people I love, not hearing about them or seeing their special moments on Facebook.

I dreamt of months on the road travelling in our RV after retirement, but we all know how plans changed during Covid 19. But we were all given time – young families at home together all day every day, others

removed from the work environment gained back their commuting time and often multitasked while working from homes. Still others couldn't work and found new interests and courses online, diving into things they hadn't thought of before, like learning to play a musical instrument, sharing their voices online on social media, while others of us went soul searching. Covid gave us lots of time when we were stuck indoors, limited to where and when we could travel outside of our homes. We were stopped in our tracks, routines broken, and expectations removed. We had lots of time to think, pursue hobbies, teach hobbies, practice new skills, and share more of ourselves too.

It also robbed us of time – time with our friends and family, vacation time, all pieces of time and moments we cannot get back.

Time is a something I once gave little thought to (except that I wish I had more, or when my next meeting was, when the next deadline was) and now I realize there is much more left behind that I have in front of me. Isn't it worth the consideration to plan how I will spend it? It is my time.

### *Now is the time. Another time. Next time. When I have time. Another place or time. Is now a good time?*

"Did you make that appointment? I guess it's too late. I lost track of time."

"Did you call your son? I'm not sure it's a good time for him – do you think he'll have time?"

"Did you plan that shopping trip with your friend? Oh my goodness, it doesn't seem like three months time has passed since she came for a visit! I guess I'd better call her before we run out of good weather – it's almost time for the snow to fly."

We even use expressions passed down to us – some that don't make sense and others we may not even understand. Here are some examples:

**A stitch in time, saves nine.** The short of it is if you procrastinate, it will probably be more work in the long run and thus you will be throwing more time on whatever it is you've been avoiding.

**Make up the time.** You can't do it – you're just borrowing from the future.

**Have a good time.** A beautiful expression. Someone is wishing you to have a good time and enjoy whatever occasion you are about to embark on. They are sending you their best intentions – like a prayer for you.

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## TIME CONT'D FROM PAGE 25

How can you not appreciate that?

**Your past-time.** What an odd way to describe a hobby – just a way to pass the time?

I'd rather experience time. Some experiences are uncomfortable and vulnerable but many more are rewarding and emotional and exciting. The first time can be all of these.

**In the absence of time.** I've heard a lot of professional speakers use this term but it's non-sensical. It's all about time – it's all we've got and even that isn't guaranteed! I even tried to look this one up for a definition or origin and literally fell into a "black hole".

**Time is of the essence.** Now this is a good one, simply meaning that time is precious or vitally important. Of all the commodities we have, time must be the most precious. Unlike our bank accounts, we never truly know how much we have. How much of that have we already spent? 40%, 50%, or more? I'm quite sure my account is far less than half and yet my dreams and wishes are more than ever before. Mostly because I realize I have many blessings in my life and I actually have the time to pursue my dreams.

Today is a good day if every moment is enjoyed and appreciated. For if we're not here to experience, enjoy, share and give – what are here for? Our time on earth may be limited but we choose what to make of our time, how to spend or use it, if we want to pass the time or have a good time, give our time or take our time. Anything but WASTE time! It's all a gift.

Quotes about time that spoke to me:

- "All we have to decide is what to do with the time that is given us" J R R Tolkien
- "The bad news is time flies. The good news is you're the pilot." Michael Altshuler

I choose to value my time, to create and enjoy, have hobbies that may fulfill some dreams, enjoy time experiencing new people, places and things. Fill the book of me, the time I'm on earth, and with a life worth living. I have many dreams; many wishes and I'm choosing to make each day a step closer to completing them so that my time may resonate and have meaning for those I leave behind.

**Catherine McCallum.** *I recently retired in Baysville with my husband after our lengthy careers in GTA. Now exploring my creative side and after joining our local Writers Group I've been encouraged to share what I write.*

## AGING WITH A GUSTO: WHAT KEEPS YOUR MOJO GOING?



Jane Hartford,  
Huntsville, ON

I try to stay positive and not dwell on the negative, when things don't always go as I would like them to.

When this happens I also turn to friends to talk to or to help take my mind off things.

I find hobbies are a good break from the day-to-day grind. I like walks, knitting, painting, gardening, reading, cooking with new recipes, baking, and whatever else feels good and fun on a given day, or hour for that matter.

Sometimes I like taking my old bike out for a spin in the warmer weather. And by bike I mean the quiet kind that you peddle!

Speaking of quiet, I enjoy my downtime too. As much as I'm not fond of winter driving, I enjoy the more quiet times like this.

I also love animals, especially my dog, Mira. There's nothing like the unconditional love, laughs, and even exercise from walking that you get with a beloved pet.

I just try and enjoy life to the fullest. And I don't mean busy, but rather doing things that I enjoy and make me happy. Not to sound like an old cliché but you only live once, and I cherish it as much as possible.

My faith, friends, family, pets, dancing, singing, and being creative keeps me on my toes!

**What keeps your mojo going?**

**How do you stay motivated,  
energized, or happy?**

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

**Email us at:**

**[editorial@muskokaseniorsmagazine.ca](mailto:editorial@muskokaseniorsmagazine.ca)**

## BAD IDEAS

Do you have one of these on your couch?



**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!*



## A New Year's Resolution

By Shirley Cambray

Am I going to lose weight? ... Of course I'm not,  
Even thinking of food makes me want it more,  
But I must begin, so I'll give breakfast a shot.  
No yummy fried stuff like the morning before.  
Maybe cooked oatmeal. What! Sugar's a no-no  
But honey's alright if I use only a dab?  
What about toast? Surely bread's good to go?  
Only with a dieter's "health approved" tab.

I must not give up.

Through breakfast was a write off I'll start with lunch.  
My usual cheeseburger with mushrooms, no more.  
Maybe a BLT ... I love it when bacon goes crunch.  
Salad without mayo is tasteless and a bore.  
So how about an order of vegetable soup, no meat,  
Or carrot and celery sticks, with black coffee today.  
Sorry, I can't last much longer, I'm faint on my feet,  
So with potato chips and chocolate, I'll be on my way.

I cannot give up.

The winter months will be a challenge for me.  
With no high-calorie meals to keep me warm.  
I'll miss having sugar in cereals, coffee and tea,  
And fried food that sets off the smoke alarm.  
While watching for what the scales have to say,  
I plan to eat healthier food than before.  
And when my dog takes me walking each day  
He alone will get treats at the corner store.

I will not give up.

**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.

## CREATIVE CORNER



### Winter and the Lake

*By Bessie Grimes*

Cold and grey skies!  
Water blue-grey and rippling,  
Sheer rock cliffs studded thickly  
With loden green firs;  
This is the lake -  
Although one cannot see all of it in one spot.  
This is the largest fresh-water lake in the world;  
Closed now to traffic  
But dense in summer with ships  
And boats of all sizes.  
Now it stands empty of such things;  
Snow circling the base of the cliffs  
Suggesting the chilliness of the water;  
Hinting, too, at the reason the lake is so empty =  
Ice-hidden, but there.  
No one knows just where  
So it is avoided completely.  
Here and there an island stands out  
As dense with evergreen as the forest around the lake.  
Superior it is called  
And that it is  
If only in size;  
For in all other respects  
It resembles other lakes  
In surrounding territory.  
Winter on Lake Superior  
There it lies  
Awaiting its busy season -  
The summer.

*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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**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)

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