

# MUSKOKA SENIORS MAGAZINE

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

Summer 2024

**New on the  
Market:  
Cannabis  
Beverages**

**More Affordable  
Dental Care with  
the New CDCP**

**Ways to Reset Negative Thinking**

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# MUSKOKA SENIORS MAGAZINE

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Cheryl Patterson,  
Publisher

**MUSKOKA SENIORS MAGAZINE**

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

Many of you will be well into the throws of outdoor activities, like gardening, biking, walks, or simply enjoying a cool drink on a hot day on your deck or veranda... The joys of summer! We wait so patiently for this season and now we get to make the most of it and the many joys it has to offer.

One of those joys is our beautiful environment that nurtures us in so many ways, including the tremendous breathtaking views, clean air, nourishment from herbs, fresh vegetables, and other gifts from this abundant season that keeps on giving.

There are countless reasons to cherish this giver of life called Mother Nature, and to return the favour. So, it's fitting that we wanted to express our gratitude to it by giving it its own section. Introducing *Environmental Matters*.

In this section, we show our gratitude through information to help

spread the word about important issues and matters concerning the environment, as a way to help give back to the many incredible ways it gives to us.

In this edition of *Environmental Matters*, Tianna Burke, from the Georgian Bay Biosphere, provides us with helpful information about how turtles impact the environment and ways we can help protect the ones we come across in our region.

We will continue to have professionals covering various environmental topics for this section. We believe that it's just that important, especially considering that we depend on it to thrive and survive. It needs our care in return. We also welcome your questions or requests for topics.

On another note, for fun things to do around Muskoka and surrounding areas you can check out our *Around Muskoka* section. This edition features the Salvation Army

in Gravenhurst who will be having free barbecues throughout the summer (page 28).

Other topics include information about the new Canadian Dental Care Plan, by Denturist, Andre Petrov (page 13), the new option of Cannabis beverages, by Heather-Huff Bogart (page 13), and of course great feature stories that will make you smile, warm your heart and give you some new insights.

As always, we've packed this edition full of great and helpful information, stories, and a few chuckles along the way. We hope you enjoy it all as much as we enjoy putting it together for you.

Enjoy your summer!

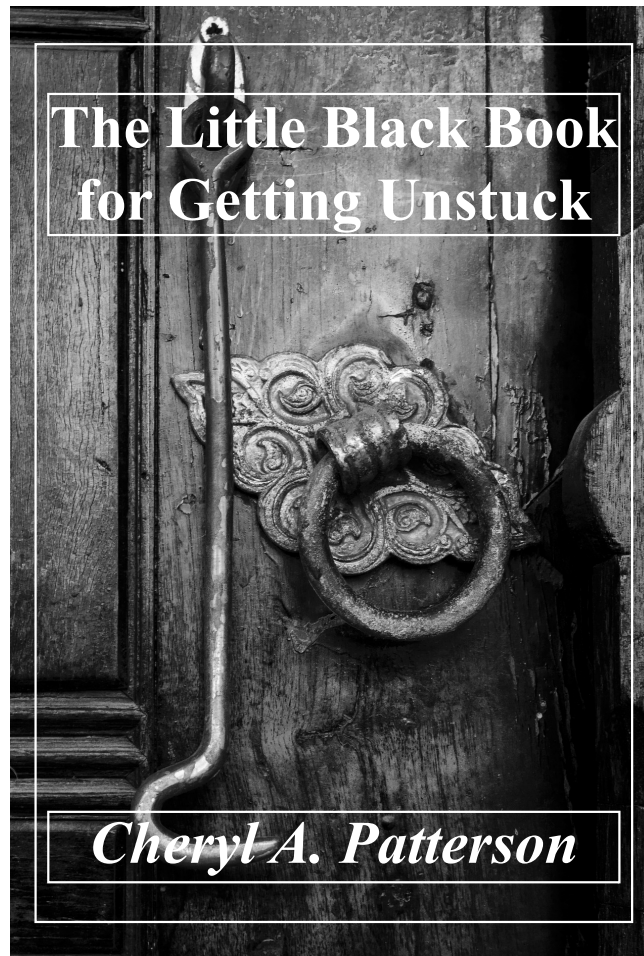
A handwritten signature in black ink, appearing to be 'Cheryl Patterson'.

# Feeling Stuck?

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!

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



## The Little Black Book for Getting Unstuck

*"I got mine yesterday...  
Loved it.  
Finished very quick. Totally hit home. You know my story...  
No more being stuck!"*

- C.C., Muskoka,  
ON, Canada

*Cheryl A. Patterson*

*"I received your book last week. It was amazing. Since I have been going through a lot of changes so it really did help me out. It was great timing."*

- D. B.,  
St. Catharines,  
ON, Canada



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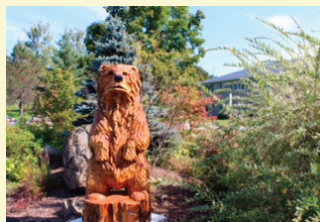
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## MUSKOKA SENIORS MAGAZINE

*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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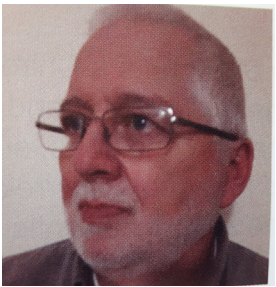
## CONTRIBUTORS - SUMMER 2024



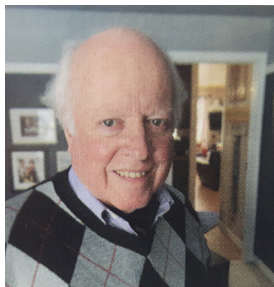
**Geraldine O'Meara**, spent 21 years in England, working for a spirituality/Environmental centre before residency in Huntsville. As a senior, she is enjoying writing, painting, her grandchildren, and great-granddaughter.



**Tianna Burke** is a biologist with the Georgian Bay Biosphere. She has studied birds, bats, snakes, and turtles for over 15 years. Tianna is an avid birder, bird bander, vegetable gardener, and homesteader.



**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.



**Peter Sanguinetti**, and his wife, Valerie, are now semi-retired and live in Emsdale. He is a director of the Canadian Alliance of British Pensioners and actively supports the Alliance.



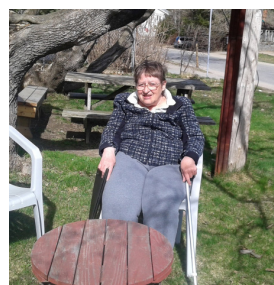
**Linda Smith**. I wrote a book of cartoons with commentary called: The Senior Boomer – Whatever happened to the Baby Boomers? The cartoons tell the story of where we landed up!



**Sandra Hartill**, Master Gardeners of Muskoka. 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 Elderberry Plant: A Force to be Reckoned With

*“Elderberry was ranked one of the top ten natural anti-viral agents of the Ontario Association Naturopathic Doctors.”*

The elderberry plant was traditionally known around the world for its medicinal qualities, and was once commonly referred to as the “Medicine chest of the people,” for uses such as treatment for colds, fever, asthma, allergies, gout, arthritis and much more. So, at a time when we are more vigilant than ever about our health it’s understandable why people are once again turning to power foods such as this one.

Elderberry was ranked one of the top ten natural anti-viral agents of the Ontario Association Naturopathic Doctors, who indicate, “The common black elderberry (*Sambucus nigra*) has long been used to reduce the length and severity of flu symptoms.” They also indicate that it may help with the herpes simplex virus and HIV. They add, “Elderberry extract binds to the tiny spikes on a virus protein that are used to pierce and invade healthy cells and destroys them so that the virus is ineffective.”

This is also one of those plants that provides abundantly with use, not only from the berries but the flower as well.

The elder flower is commonly used for tonics, syrups and drinks, such as infused water, tea, juice or cordial – a soft drink that is a common main stay throughout Europe and that apparently dates back to Roman times. It has also been known for its soothing benefits for treating chapped or irritated skin as an ointment.

The berries (not to be eaten raw) are revered for their antioxidant benefits and are commonly cooked for use in chutneys, pies and other desserts, muffins, soups, tea, vinegars and wine.

There are many varieties of elder shrubs and trees, which in addition to the health benefits, makes for a lovely ornamental piece with the clusters of white fragrant flowers.

It’s no wonder it’s making a comeback! **MSM**

Do you have a question about a food that you’d like to know more about or have a recipe that you would like to share?

*If so, we want to hear from you!*

Contact us at:  
[editorial@muskoka-seniorsmagazine.ca](mailto:editorial@muskoka-seniorsmagazine.ca)



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By  
*Geraldine O'Meara*

### A Tribute to a Grand Older Lady

I was seventeen and she was eighty the year I met Minnie Roberts. I had just moved with my parents to a newly built house on the corner of Guelph Line and Lakeshore Road in Burlington. The surrounding properties had previously been farmland but, over the years, it was sold for housing development and our's was the last lot to be built on. Bordering on our property was a small century old farmhouse which was the home of Minnie Roberts, or Miss Roberts, as she would like to be called.

Miss Roberts had done clerical work for some years, but when her aunt, who was the previous owner of the farmhouse became ill, she went to live with her and nursed her through a lengthy illness until she died, and then the house on a small parcel of land was bequeathed to her.

When we first moved in, Miss Roberts eyed us with curiosity and suspicion. Rightly so, as we had invaded her space. When my mother discovered that they had a mutual love for gardening, this created just the right recipe for softening her heart. But not until (she insisted) my dad staked out an imaginary line between our property and her's, could she fully relax and accept her new neighbours.

At first, I was nervous of her, as she was an imposing figure: tall, thin, sturdy, long angular face etched with wrinkles, pure white thin hair, and a no-nonsense look that would leave me shaking in my boots; but this did not distract from her beauty and peacefulness as I would discover later.

I'll never forget the first time I plucked up my nerve and visited her in her home (at her invitation). I can

distinctly remember the musty odour; it was as if the house hadn't had a good airing for years, and yet, teasing my nostrils was a strong, earthiness smell; being a city girl, this was new to me and by no means unpleasant.

On entering her house, you passed through an unheated porch. On the left, I noticed a refrigerator with the door wide open facing an outside wall. She told me later that it was her way of storing perishables and conserving electricity in the winter; in the summer she turned it on.

From the porch, you entered a small, dark sitting room, cum kitchen. There was a black, iron pot-belly stove in the corner, which she used for heating the house and cooking her food. Shelves lined the walls, on which stood tea pots, China cups and jars that contained, what she called, items of important matters. On another shelf were small bottles of homoeopathic remedies she had purchased in Toronto, for curing anything from sore joints to sinus infection. Only once did she need a doctor in twenty years!

On one of my visits, I asked her if she was ever afraid to be on her own. She said "no" and told me her story.

"When I was young and inherited this house from my aunt, I lived alone with no other houses around me. I was frightened then and wondered how I would manage. I was praying one day, and all of a sudden, I felt a swoosh come over me, and God was present. I have never felt frightened since."

I was amazed at the energy and cognitive alertness Miss Roberts had. She volunteered in a nursing home once a week, got up on her ladder and painted her house every other year, cut her grass regularly with a push mower, grew her own vegetables and stored them for the winter in a root cellar which was through a trap door in the kitchen floor.

We became good friends over the years, and I never felt as though I couldn't visit her. But there was a time at which she drew the line, literally. At twenty-one, I was about to be married, and the reception was going to be in a marquee on our property. I invited her to the wedding, but she declined. "There will be drinking," she replied. "So thank you, but no. And I'm a tea-totaller, so I want to make sure that Mr. Pulkingham (my dad) will not let anyone who has been drinking step onto my property." We understood!

Miss Roberts was frugal with her money as her income was small. One time, she came to ask my father

## FAMILY MATTERS CONT'D...

about a piece of paper that she had found in one of those jars for 'important matters'. He was shocked, "Why, Miss Roberts, they are Canada Savings Bonds that have matured. You are a rich woman!"

As she was never one for material things, she took it in her stride, and still turned the refrigerator towards the outside wall. But there was one thing that she always wanted to do, and that was to have a helicopter ride over the Toronto Exhibition. At the age of ninety, she did just that, and it was written up in the Hamilton Spectator. She was thrilled!

By now, my parents had moved, and my husband and I and our four children, whom she loved but at a distance (although she did come to my youngest daughter's christening and enjoyed holding her on her lap), had moved to the U.K. I lost touch with Miss Roberts. On one of my return visits, I heard that she, well into her nineties, had a fall when gathering vegetables from her root cellar. Her nephew found her, and the decision was made for her to leave her beloved farmhouse and move to a nursing home. She stayed there until she died at one hundred and one.

Upon reflection, I never knew my two grandmothers, but Miss Roberts, at the time, was the closest to being a grandmother for me. She was also a powerful role model for teaching me how to live a life of integrity and faithfulness, which are two qualities that I try to aspire to. She was a good woman, and I'm grateful to have known her.

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

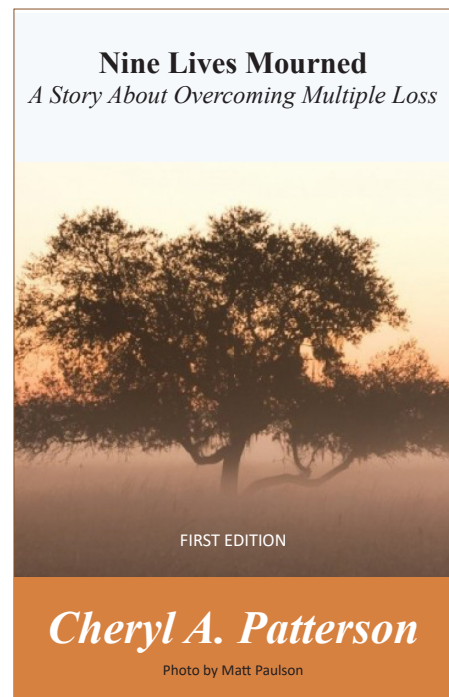
***We have this notion that we should stay suffering to somehow prove our loyalty to the loved one that passed, but is that what they would have wanted?***

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**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.

## New on the Market: Cannabis Beverages

As we enter summer, lounging in the sun, puttering around the garden and just enjoying the warm weather all come to mind. These activities usually bring on a thirst that we often quench with either a non-alcoholic or an alcoholic beverage. Did you know that there is another option other than alcohol? Yes, there are cannabis beverages available.

Cannabis drinks have exploded onto the recreational market, offering Canadians another option other than alcohol. Many are using these beverages to change their lifestyles and to become healthier. No hang-over is included when consuming a cannabis beverage.

Cannabis beverages come in an array of options ranging from sugar free or little sugar, sparkling or non-sparking, a large selection of pop inspired flavours, such as root beer, cream soda, ginger ale, coke-a-cola plus so much more.

Some of these beverages have also been inspired from alcoholic

drinks that we are all familiar with such as, Molsan Canadian, which make a non-alcoholic beer that is infused with cannabis known as Mollo. We are also seeing cocktail inspired beverages like pina colada or a jalapeno or mango mojito and non-alcoholic wine that has been infused of course.

If you're not into those beverages, there are of course infused coffee, cold brews and tea bags on the market which give plenty of options to choose from.

The licensed producers are getting creative when it comes to drinks because they are even making products that can be added to any regular drink out there. These are water-soluble additives that can be squirted into any drink or used for cooking, so it is up to you to decide how creative you want to be. These products can range from 1mg of THC to 5mg or 10mg. It is all up to you to decide how much you add in.

Now for the cannabinoids and

cannabis drinks. Don't fret, there are a ton of different ratios between CBD(Cannabidiol), THC (Delta 9-Tetrahydrocannabinol), CBG (Cannabigerol), CBN (Cannabinol) as well. Some have guarana or caffeine to add a little extra pep into your step.

Drinks range from no THC, low THC or 10mg THC, THC and CBD, CBD only, CBD and CBG drinks, or a mixture of various cannabinoids.

Did you know you can also get drinks that are fast-acting, so they get into your system in about 20 minutes or less? No long wait leaving you wondering when the THC might kick in.

Now with so many drink options on the market, all you must do is choose what flavour is best for you. Ask your local budtender what options they have, as they are your best guide to helping you choose your cannabis products and beverages.

Enjoy your summer!



*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.*

## Dental Care More Affordable With New Canadian Dental Care Plan

Reconnect with your smile with the Canadian Dental Care Plan (CDCP).

Today, in our fast-paced world, it's easy for our oral health to take a back seat amidst our busy lives. However, the importance of maintaining a healthy smile cannot be understated. That's why we are excited to introduce you to the new CDCP, a program aimed at making quality dental care more accessible and affordable for all Canadians.

At Bracebridge Denture Clinic, we understand the significance of proper oral care and the impact it can have on our overall well-being. As participating providers of the CDCP, we are proud to offer coverage for various dental services, including denture care, ensuring that individuals can receive the necessary treatment without financial strain.

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health.

Taking care of your smile is a crucial step towards maintaining your overall health and confidence. We encourage you to schedule an appointment with us at Bracebridge Denture Clinic to explore how the CDCP can benefit you and your dental care needs. Our friendly staff are ready to address any inquiries

you may have, providing you with the information needed to make informed decisions about your oral health.

Don't let another day go by without prioritizing your smile. Reconnect with us at Bracebridge Denture Clinic, where we are committed to helping you achieve a healthy, radiant smile that you can be proud of.

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## SUPPORT FOR STRESS



### Input: Good in Equals Good Out!

Inflation and the soaring cost of living, ongoing news about conflict, tragedy, or corruption... Are you feeling stressed just reading this? Likely! It seems we can't escape it these days. And it's not just news anymore; it seems like catastrophes everywhere we turn.

What's a person to do?

On one hand we want to stay aware of what's happening in our world, yet the stress resulting from constant consumption of horrors can wreak havoc on one's health.

If there's one take away from this, remember the word *balance*. It's simple yet can have profound effects on your stress levels and health, for better or worse. Balance is key with everything we do, especially when it comes to our health.

So, how to balance the chaos that seems to be hitting us from all angles? Here are a few tips:

- **Minimize your media time.** Whether you watch news, are plugged into social media, talk about it with friends and loved ones, cut down the amount of time focusing on negative input. Set aside a specific amount of time each day to catch up on the world, and that's it. Then switch your focus.
- **Balance your negative input with at least double the amount of positive input.**

Spend majority of your focus on things that make you feel good, inspired, motivated, and so on. There are positive stories, learning, groups and experiences out there too. We have a choice about what we want to fill our lives with.

- **Change your habits.** When you do different, you'll feel different and have different outcomes. If you feel stuck in a negative

routine that's hard to kick (i.e. news before bed), replace it with a healthier alternative (i.e. read something inspiring). Going to bed with a positive mindset impacts your brain in positive ways, and vice versa.

When it comes to stress, you want to kick the bad stuff like adrenaline to the curb and replace it with healing alternatives like oxytocin. Good in results in good out! **MSM**

### **Loss is challenging enough...without the added costs and complications!**

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## Ways to Reset Negative Thinking

What do you do when your mind is consumed with negative thoughts? Do you let it ruminate over and over, distract yourself, or actively try and change this habit that keeps you down? Are you even aware when it's happening?

You may wonder, "What's the big deal?" The reality is that for every negative thought there's an equally negative reaction to your body, contributing to greater physical decline every time.

So, what do we do? The first step for improving any area of our lives is awareness. Once we're aware of what we're doing, we can then change it, and the impact of it.

The following are some tips to counter those unwanted sneaky, toxic negative thoughts:

- **Pay attention to your thoughts.** An easy way to do this is to notice how your feeling, as negative thoughts result in feeling bad in some way.

Once you're aware of the negative mindset, do something to counter it, such as going for a walk, an act of kindness, doing a puzzle (crosswords, word finds or jigsaw puzzles force you to concentrate elsewhere), go for a bike ride, plant some vegetable or flower seeds indoors or out, and whatever else you can think of that takes you to a place where you can be in a state of peace.

- **Start a gratitude journal.** You may have heard about this, as it's a common tool used for the mind because it works. Imagine starting your day off in gratitude... It's a ritual you can do each morning that keeps your mind focused on what you have and things that make you happy (rather than the alternative of being consumed with what you don't have and things that make you feel miserable). And as you go through your day, you'll

notice things that you can add to your journal next time. This simple task can help keep you connected emotionally, mentally, and spiritually.

- **Write your own go-to list of things that make you feel happy, joyful, peaceful, grateful, and so on.** Keep it in a place for easy access, so when you find yourself consumed with negativity you can counter it with something you feel like doing from your list. A few items you can include are music, gratitude prayer, a funny movie or television show, walking your dog (or someone else's), dancing or any movement, reading poetry or inspirational material. And you can continue adding to your list to keep things interesting.

Our state of mind is connected to our emotional and physical health, and collectively is the hub of what makes anything possible for us to be able to do in this world. **MSM**



*In memory of the late  
Reverend S. Derek Shelly.  
In his words...*

***“When I live out my faith, I live in fullness with creation.  
I feel a presence with me in all situations. and beliefs.”***

The 19th Century Indian poet Rabindranath Tagore is quoted as having said: “Faith is the bird that feels the light when the dawn is still dark.” Like most poetry, the imagery is wonderful, yet when talking about “faith” one can be left wanting, as is the case here. I enjoy the idea of faith being about trust and hope and longing, but my first question would be: faith in what?

When I think about faith, my first response is about faith in God. In my attempt to define God I am led to another question and then another and so on. Yet it isn't God that is my focus. Rather I choose to focus on faith. This can mean faith in God, or spirituality, or even oneself. Perhaps we could be talking about faith in a system or a leader. There are many definitions of faith. The Merriam-Webster dictionary has

one definition that fits my purpose here. It reads: “(faith is a) firm belief in something for which there is no proof”.

Regardless of whom we are or what we believe, faith is trusting in something for which there is no evidence or proof. Thus, many expressions about faith have found their way into use. We can have blind faith, or true faith. We can live by faith or experience a leap of faith. All of these expressing the idea that we have found something or someone on which/whom we can depend especially when the going gets tough.

One can easily see why “faith” can be confusing and sometimes difficult to feel like one has any faith at all. I have to admit that I have no faith in our electoral system, but much of that distrust is in

people who function within the system, but I will get by. I have little faith in the institutional church in that much of the spirituality has been lost due to legalism.

Even my trust in “God” was disrupted by my old understandings of God in my life. I struggled with the concept of a God who rewarded good behaviour and punished bad. I wrestled with the concept of God who sat on a throne in heaven and may or may not be involved with the day to day events of this world. I have often been asked as to why God didn't just wipe out suffering and hunger, or put an end to war, that is if God is all-powerful and controlling?

So I had to either give up on faith altogether or find a different type of faith. Faith became of me more about taking action than with sitting back waiting for something else to happen. Faith became more about a relationship with the Creator through the creation. I began to see and feel a stronger presence with others and that included more than people. The essence of my faith became love and loving.

When I live out my faith, I live in fullness with creation. I feel a presence with me in all situations. My faith becomes threatened or lessened when I move away from my core values and beliefs.

For centuries people have wondered about faith and had many questions about it. Like most of life, faith too offers the paradox of being very simple and very profound at the same time. We wonder if we have faith, or if we have enough faith. The reality is that faith isn't something we have or don't have. Rather faith knows that no matter how dark things get, there will always be a songbird.





Picture by Tianna Burke, submitted by Georgian Bay Biosphere

## How to Help Turtles This Season

*By Tianna Burke*

Crossing a road, basking on a log, or cruising along the shoreline looking for food, turtles are a familiar sight in Muskoka. While turtles may be common to some of us, all six species that call this area home are considered “at risk”. A number of local programs to care for these creatures and their habitats are underway, and you can help too!

Turtles are one of our natural neighbours - also considered Anishinaabek relations - and deserve our respect and care, just like any other creature. They are also important for the many benefits that they provide to people, wildlife, and the environment, including:

- Disease control! By eating decaying plants and animals in

wetlands and waterbodies, turtles are ecosystem cleaners, removing sources of harmful bacteria.

- Because they live on land and in the water, turtles move nutrients and seeds between these two worlds, making them accessible to other critters and plant life! CONT'D >>>

## ENVIRONMENT CONT'D

- Turtles are part of a healthy food web. As both predators and prey, they help control insect and aquatic plant populations and provide food for other wildlife.
- Mishiikenh, or turtles, play an important role in Anishinaabek culture. They are part of the Creation story, calendar system, and clan system.

At this time of year, there are more reptiles on the roads as they are searching for food, moving to other habitats, and absorbing warmth from sunny pavement. Additionally, during the month of June, females search for nesting sites and in early spring and fall, baby turtles (called hatchlings) emerge from nests and search for habitat.

Here are some important tips for helping turtles during this critical time:

1. If you see a turtle trying to cross the road, only stop if it is safe for you and for others to do so. Only handle turtles if you are comfortable doing so, as discomfort might lead to accidentally dropping and injuring the turtle. When picking up and carrying a turtle, use both hands and be mindful of its head. Always move the turtle in the direction it is facing.
2. If you encounter a turtle nesting on the road shoulder, do not disturb or attempt to move her. Maintain a safe distance of at least 10 meters to give her space. If possible, monitor her from a distance and assist her in crossing the road once she has finished nesting. The Saving Turtles at Risk Today (S.T.A.R.T.) Project may be

able to take nests of eggs for incubation from high-risk areas, such as roads. Call the S.T.A.R.T. hotline at 705-955-4284 to learn more.

3. If you come across an injured turtle or a deceased female turtle on the road, please call the Ontario Turtle Conservation Center at 705-741-5000. They



Picture courtesy of Georgian Bay Biosphere

can provide assistance and help ensure injured turtles receive proper care, or that the eggs from a gravid (pregnant) female are saved.

The Georgian Bay Biosphere is undertaking a variety of reptile conservation activities including training City of Gravenhurst Public Works staff on best management practices, collecting and incubating at-risk turtle nests, monitoring road mortality to identify areas needing culverts, ecopassages, and wildlife exclusion fencing, and educating the public on proper turtle handling techniques. To learn more about our work, visit: [georgianbaybiosphere.com](http://georgianbaybiosphere.com).

*Tianna Burke is a biologist with the Georgian Bay Biosphere. She has studied birds, bats, snakes, and turtles for over 15 years. Tianna is an avid birder, bird bander, vegetable gardener, and homesteader.*

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### Have You Ever Refereed a Minor Sport?

By Peter Cassidy

If there is one thing that I have learned about being a referee or a baseball umpire it is that whatever call you make it is the wrong one.

Regardless, I have always been addicted to sports in one way or another. On nights when the team I was coaching was not playing, I could be found at the rink or the diamond. And quite often I was also asked to referee or do some umpiring.

I was tough because I have always believed in teaching the rules and good sportsmanship.

One night at a soccer game both coaches asked me to help out. Being Scottish, I knew and loved the game.

The losing team was down 9-nil. I felt so sorry for these boys. So, I decided to look the other way a couple of times. That might have proved the wrong thing to do. During half time a mother approached me. She had a big smile on her face. She said to me, "Pete, I know what you are trying to do," and told me she understood.

One boy could not keep his hands off the ball. Due to my personal policy, I was forced to blow the whistle every time. So, I went over to his coach and gave him a suggestion. I said to him to put this little boy in goal, which he did. The end result was that even though his team lost the boy did not let in a single goal.

As a matter of fact, my suggestion backfired on me. When my team played him, we had a tough time scoring on him.

So, a potentially unhappy night turned out to be somewhat positive overall. This is what coaching minor sports is all about.

I have very funny tales about my days as a hockey and baseball coach which I will share in upcoming editions.

Have a super day.

*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.*



Watering stations for pollinators. Photo by Sandra Hartill

### Gardening for Pollinators

By Sandra Hartill

When we think of pollinators, bees immediately come to mind. They certainly are important, but there are many others, such as butterflies, moths, wasps, flies and even some beetles.

To provide habitat for many pollinators we should choose a sunny but wind-sheltered spot in our garden and select a mixture of flowers with a variety of colour to ensure that they are blooming from early spring throughout fall.

Choosing flowers with a variety of colours attracts different pollinators. For instance, bees are attracted to yellow, blue and purple flowers.

Native plants that have an abundance of nectar and pollen are a good choice rather than exotic flowers.

If choosing non-native plants, look for heirloom varieties, as they are more likely to produce nectar and pollen. Planting each species of flowers in small clusters of three or more really attracts pollinators.

Trees and shrubs like apples, cherry or blueberry provide pollen early in the season for the pollinators. Adding some late blooming flowers, such as aster or goldenrod, will provide nectar and pollen for pollinators still active later in the season, such as bumble bees, monarch butterflies and hummingbirds.

It is also very good to provide a shallow dish or shell with water and half-submerged stones in the dry hot summer to quench the thirst of the bees, butterflies, etc. They need the stones to be only partly submerged in water as they don't like to get their feet wet!

*Sandra Hartill, Master Gardeners of Muskoka. Our goal is to share, inform and advise avid and amateur gardeners with tips for indoor, outdoor and balcony gardening.*



# A Tale of Tales

*By Bessie Grimes*

***“He had him.  
He couldn’t wait until Jake  
found out where they were  
really going.”***

“Hey, Jake! Long time no see!”

“Tim! I haven’t seen you since the fishing trip of ‘98! Remember when that fox ran off with your fishing pole?”

“I sure do. Who’s going to forget the rabies shots?”

“Sixteen to the stomach! Agony!”

“Thinking about it was agony.”

“We’ve known each other for a long time.”

“All our lives! Remember our camping adventure of ‘52? We were a couple of six-year-olds.”

“Sure do. Do you recall the horse blanket incident?”

“Oh! That was something! Two kids thought they could make a boat out of it. They threw it into the water and five of us jumped on it.”

“We sure did.”

“That’s when it sank taking all of us with it.”

Jake shook his head. “What a crazy bunch we were! I’ll never forget it. I almost drowned.”

“We all did. If it wasn’t for the lifeguard, none of us would have made it.”

“He even caught the blanket and dragged it to shore.”

“I’ve seen that lake since. It was only four feet deep at that spot.”

“Some of us weren’t quite that tall at the time.”

“True.”

“Then there was the visit to the farm in ‘58.”

“I’d never seen pigs before.”

“Neither had I.”

“What ever tempted you to ride one?”

“I don’t know. Hairbrained craziness, I guess.”

“We were kids.”

“I got thrown a good distance. It was a soft landing, though.”

“Right in the manure pile.”

“Oh, the stench! My dad burned my clothes.”

“I can’t say I blame him.”

“Jake paused for a moment. It seemed like something happened every time he and Tim met. Then he recalled the next incident.

“Remember that trip to the CNE in ‘64?”

“Oh, yeah!”

“You and your girl were stuck at the top of that Ferris wheel for five hours! How did you manage?”

“It was grim. I think that was the last time I dated her. Every fifteen minutes, she’d scream.”

“I was lucky. I’d been on that wheel but I managed to jump off. I was only a couple of seats from the bottom.”

“You broke your leg, though.”

“Yeah, I did. It got caught on some of the mechanism. I didn’t quite clear everything.”

“:How long did it take to heal?”

“Not long. I was young.”

Tim handed Jake a brochure. “Have you ever been mountain climbing? I think I’ll head for the Rockies in a few weeks and try my luck.”

“At your age? I’ve never done any real climbing, but do you remember our trip to Muskoka in ‘78?”

“You mean the time we tried the hill below Lion’s Lookout in Huntsville?”

“That’s the time. Boy, were we unlucky!”

“They called our route the wrong side of the mountain. It was practically sheer and there was a fence at the top of it.”

“You fell off the fence and slid to the bottom.”

“I wasn’t really hurt, though; just a few bruises.”

“That’s when you were lucky. Do you know there are train tracks at the bottom of that hill now?”

“Ouch! That landing wouldn’t be so good.”

“Where are you off to right now?”

“I thought I’d try river rafting on the Niagara. Want to come?”

“Only if it’s below the Falls.”

“Oh, come on! Where’s your sense of adventure?”

“Gone. You’re not serious, are you?”

“No, of course not. I like living a little too much.”

“Same here.”

“There’s a little stream not too far south of here that isn’t too bad. Want to come?”

“You know I do. You couldn’t leave me behind if you tried.”

“Tim stifled a chuckle. He had him. He couldn’t wait until Jake found out where they were really going.”

***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*.



# Forty Years a Canadian

*By Peter Sanguinetti*

***“I have said it  
many times:  
It is a privilege  
to live in Canada”***

Wednesday April 18, 1984. How long ago that seems on the one hand, and yet on the other it seems like yesterday. The memories of that day are so clear. I wonder if that is the same for the countless others who have done the same thing, arrived in Canada as an immigrant and stayed the course. Why did they come? What drew them here? Have their original dreams and new ones been fulfilled? Do they feel Canada is now their home, or is there a part of them that remains in some distant land never to make the journey?

So why did we as a family come all those years ago? What drew us here? Was it a collective family decision, or was there just one particular thing that triggered the move?

Prior to 1984 my business trips to Canada from the UK had always consisted of calls to customers in St. John's, Newfoundland, Halifax, Nova Scotia, and Vancouver, British Columbia - drop in and on to the next. No time to appreciate anything except the business I was there for.

The last business trip I made was different. I went to the same cities but this time the trip included Montreal, Toronto, and Vancouver, and then returning east to Calgary, Saskatoon and the last stop, Orillia. My flights east this time were in daylight and for the first time I appreciated the sheer size of Canada, especially the flight into Saskatoon and then onward to Toronto and the bus ride from the airport to Orillia.

My meeting with the owner of the business lasted all day. Normally such meetings were over within a couple of hours, but this time I had a tour of the plant, lunch at Texaco Joe, back into the plant, more conversation, then placing of a sizeable order and the offer of a drive down to the airport as I was scheduled to fly back to the UK that evening. Arriving at the airport, the owner said to me, “If you would be interested in joining the company, I would be very pleased to have you.” Think

about it.

It was a very attractive invitation but there were three other people involved - my wife and our two daughters aged eight and five. What would they think of such an idea? Homes, schools, doctors, hospitals, the questions were endless, and we had no answers. To make such a move would be a leap into the dark, but the idea was attractive, so we decided to make a week's visit to Orillia as guests of the owner and his wife.

My wife spent most of her time with the owner's wife covering all the family side of questions while I worked with the owner developing a business plan. Together we looked at houses, we made a trip to Toronto, we did our homework thoroughly, and at the end of the week all our boxes had positive ticks. We were told don't make a decision until you get back home, and give yourselves time before you decide. But before the aircraft had lifted off from Toronto, we knew we wanted to make the move.

It was several years before we made the move because the owner became ill, but when he sent word he was fully recovered, I made one more trip to Orillia to tie up the loose ends, and after my return to the UK it was just a couple of months until on the 18th of April 1984 we landed at Toronto as immigrants.

In the first years we were often asked if we missed England, as we had come such a long way. “How were we settling in? Were we keeping in touch with family and friends back in England?” Yes, it was a long way, and yes, we were keeping in touch. Several members of the family came over on visits to check for themselves on how we were doing, but they left knowing we had settled in and were happy. We had no regrets.

After our first five years we applied for and were granted our Canadian citizenship, a very proud moment for us all. Is there anything we still miss? Our answer is no, or if there is we don't know what it is.

I will also always be grateful we were given the opportunity to come to Canada, and I know we made the right choice. I have said it many times: It is a privilege to live in Canada.

***Peter Sanguinetti***, and his wife, *Valerie*, are now semi-retired and live in Emsdale. He is a director of the *Canadian Alliance of British Pensioners* and actively supports the Alliance.



## Trials and Tribulations

*By Kenn R. E. Page*

Being the soft-water fishing person that I am, versus the type who likes to walk on water and drill holes, I often wish my boat had a house of its own at the water's edge. This would make life so much simpler. Expensive, but simpler. The boathouses I've seen built lately on the lake I mainly fish on must cost a small

fortune.

The way I have it now, my boat sits on a trailer parked in my garage where my vehicle should be, and far from water. To go fishing I have to hitch up the trailer and tow the boat to a boat launch ramp. This takes time. And it often means waiting patiently in line.



## CONT'D FROM PAGE 24

Even if I get up at 6 a.m. and try to be on the water by seven, it doesn't guarantee there isn't somebody ahead of me. Recently a group of three met at the dock ahead of me to go water skiing. The early bird gets the calm water.

In early morning everybody lined up and waiting to put in is going out, out being the key word. By late morning not only are boats waiting to go out, but there can often be a crowd on the water waiting to come back in. It can get a little chaotic and nobody is there directing traffic. Perhaps a traffic light would help...??? Summer weekends are by far the worst, to put it mildly. Spring and fall weekends tend to be a little less brutal, especially in a downpour. Spring and fall weekdays can be great...without the downpour.

Another frustrating thing on my list is that it can be sunny and calm as can be at home, and on the water it can still be sunny but rough as heck with whitecaps. Some boats seem to love whitecaps, whereas in my 12-foot aluminum boat you hang on for dear life as you smash into and over the waves as the spray washes over you. To learn if the lake is rough or not, you have to go there and spy it out for yourself. If you put in, in a bay, it can be reasonable, while out on the lake it is terrible!

Afternoon waves can be a problem all summer long unless it's overcast and cool. The sun warms the land faster and the hot air rises while the air over the cooler water rushes landward to fill the space left by the rising air, thus the waves. This mess referred to as day-time-warming is enough to make a serious fisherman want to spit or buy a bigger boat. Meanwhile the pond in my neighbour's yard is as smooth as glass.

The list of why it is good to get up at 6 a.m. and go fishing then just grows longer and longer. For one, there are a lot less speeding boats coming way too close. Then there is the fact that some fish species have an early breakfast, tend to skip lunch, and have a late evening snack. So many variables affect fishing. A big one is high and low atmospheric pressure systems. Under certain conditions fish just plain and simple clam up.

Having my boat sitting locked up under a roof ready to go at a moments notice would make a world of difference. It probably would mean going out fishing two to three times as much. That would not mean more fish on the table because no matter how many Susan and I

catch, we seldom bring a fish home with us. An eating size pike 22 to 25 inches might go to my neighbour. It seems he loves fish for breakfast but has no time to fish himself. In trade I sometimes find a dozen organic eggs sitting on my doorstep.

Some days, just being out on the water is enjoyment enough, especially on a sunny, warm fall afternoon with the colours reflected in the water. In fall, the fish are intent on fattening up for winter so the fishing can be exciting. The problem with the timing is that the lakes spring a leak, and the water levels start to drop, most noticeable at the launch ramps. A few years ago, I launched my boat and it slid off the trailer, hit the bottom and stuck there. There wasn't enough water to float the boat. That was interesting. I tugged and tugged with a rope tied to the stern, but the scraping sound was making me ill. The lake bottom there was not soft sand, rather it was all stones of various diameters, thankfully round.

To have avoided that launch situation I would have had to back farther into the water with all four wheels in the lake. Something I did not relish. Following that interesting episode, after each outing instead of mopping out a couple cups of water, I started having to bail out a couple of quarts. I never did find the loose rivet or whatever. There were no obvious signs of damage. With drying out the boat the drain plug wasn't much help. It was permanently sealed because it had only been good for letting water in, a condition I did not welcome.

A dock alone versus a boathouse is okay if somebody tells you to go jump in the lake, provided it's safe to do so. In many ways just a dock would not offer enough protection. My boat is not fancy enough to have a convertible top, and it doesn't have an automatic bilge pump. It only has a manual tin can. With a good downpour the fallen leaves would make it look like a compost bin more than a fishing boat.

Trailing a boat is great if you want to explore a variety of lakes. Where I put my boat in is limited to two maybe three, maximum four spots, depending on how the mood hits me. Sticking to a few lakes only, Susan and I have gradually learned good spots and bad spots. The bad spots being totally hopeless. The different seasons makes a huge difference. A few fishing experts have said that 90% of a lake has no fish in it. That makes perfect sense to me. A house with the family at

CONTINUED NEXT PAGE >>>

home, 90% of the house has no people in it. The trick is to find where the fish are at home.

Early one spring, before the season opener for wall-eye and pike, I found a spot in 32 feet of water with a high concentration of fish hugging the bottom. Separate from them in 30 feet of water was a large number of bass. Both groups too large to count. They were there and inactive until weeks later when they started to move around. Mid-June Susan landed a 37-inch pike, but better than that, a 30-inch heavy walleye which I understand is trophy size for walleye. A few weeks later those fish weren't anywhere to be found in that area.

If I had one wish, I'd wish for five more wishes. If I couldn't have a boathouse one of those wishes would be for more boat launch ramps in the area. My fishing map books shows, on a body of water that I'm familiar with, at least two boat ramps that are not in existence, period. One of those so-called launch ramps is a very high, very steep rock face where a mountain goat couldn't launch an inner tube.

They say fishing pressure affects fish – too many people after the same fish. A small bass falls sucker to a lure but gets tossed back. My bet is that that fish doesn't do that again anytime soon. A big bass sitting down there sees a lure swim past and says, "That's a Rapala F18. I've seen so many colour variations of that same phoney minnow it makes me sick! I'm not falling for one of those."

What serves to make me sick is that year after year, spring, summer, and fall, in the exact same wide area between an island and the main shore, sitting over a saddle 45 to 55 feet deep with much deeper water on either end of this stretch of water, are consistently so many fish on my sonar screen I can't count them all, and it's far from a single group. Sitting absolutely still I've counted fifteen plus fish in the small area my sonar is showing on the screen. Some fish are suspended, some are close to bottom, and many are not small fish.

Closer to shore, we've caught pike up to 34 inches, but in water over 39 feet deep, Susan and I have consistently been skunked. These fish don't act like pike. It makes you want to cry. And that is no fish story.

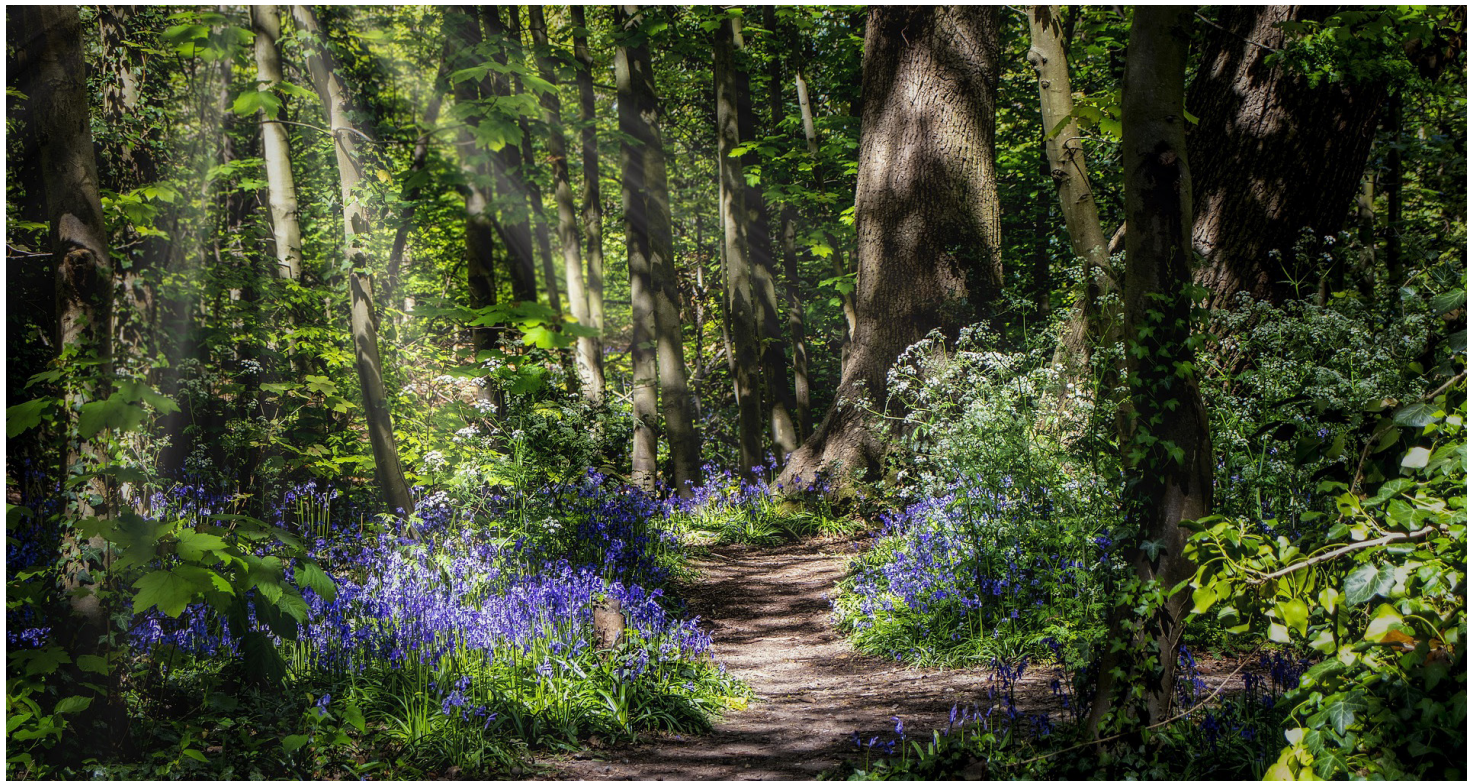
**Kenn R. E. Page**, is proud to be Canadian! Born in Toronto, raised in Pickering, worked for Bell and IBM. Moved to Muskoka in '75 to design and build homes for 40 years. Hobbies: Fishing, reading, painting, gardening.

## BAD IDEAS



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!*



## Hope for Restoration

*By Geraldine O'Meara*

I walked amongst the trees:  
the maple, the aspen, the birch  
and equally the evergreen.  
Not being present to myself,  
as sometimes is the case,  
I heard them whisper,  
“Stop, linger awhile!”

Drawing closer to an aspen tree,  
I noticed the charcoal black knots  
etched deeply into  
translucent, white skin,  
and extended limbs  
looking so weighty and scarred  
from carrying the pain of the earth.

I sighed!  
It quivered, clapping  
soft yellow leaves,  
showing its pleasure  
at my presence.  
I clapped in return.

Then to my surprise,  
as though a Master Artist,  
with abandonment,  
flung juicy paint in her direction,  
from her knots bled vibrant hues  
of pinks, blues and yellows.

Giving off a show of such  
beauty and grandeur,  
I bowed and thought  
(even though I was not in my thinking),  
never has Mother Nature looked so good.  
We must be doing something right,  
now we can breathe again!

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



## Squirrels

By Linda Smith

*Curious creature with wild cheeky face  
Darting and dashing all over the place  
You dig in my garden to bury your food  
Then run to my flowers and mess that up  
too*

*You ate my tomatoes – not all - just a part  
Little you care that your crimes break my  
heart*

*You nibbled our beans then chewed up the  
flowers*

*My beautiful rose had buds you devoured*

*A firing squad with a blind-fold at dawn  
Is all you deserve as you traipse through  
my lawn*

*But though you're quite evil*

*I don't think I'd shoot*

*I hate to admit that you are kinda cute*

**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!*



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If you have any questions  
or are interested in volunteering  
to help set up for these BBQs  
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We hope to see you out  
for our BBQs this summer!

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### **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)

**BAYSVILLE CURLING AND BOCCE CLUB** — Learn to curl, play boccé, volunteer, meet people, and stay active! New members welcome! [baysvillecurling.ca](http://baysvillecurling.ca)

**BRACEBRIDGE CENTRE FOR ACTIVE LIVING** - A community hub for Seniors to stay active! 54 Dominion Street, Bracebridge 705-645-9111 [www.bracebridgeseniorscentre.ca](http://www.bracebridgeseniorscentre.ca).

**SOUTH MUSKOKA HOSPITAL FOUNDATION** - Needs your help to purchase urgently needed equipment for the hospital. Every dollar counts! Please visit <https://www.healthmuskoka.ca/donate> or call 705-645-4404 x 3193.

# Book Now!



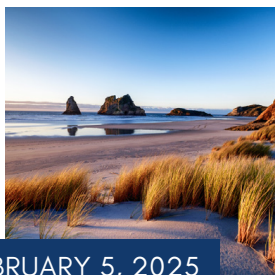
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## NEW ZEALAND & FIJI

Enjoy this 24-day odyssey through the stunning landscapes of New Zealand, where each day promises a new adventure. Savor 32 delectable meals, from breakfasts with scenic views to cultural lunches and delightful dinners. Explore iconic destinations such as Auckland, the Bay of Islands, and the geothermal wonders of Rotorua. Take in Maori culture, discover the vibrant cities of Wellington and Christchurch, and be captivated by the splendor of the Mt. Cook Region. Experience the charm of Dunedin, the majesty of Milford Sound, and the thrill of Queenstown. Don't miss the Lake Wakatipu Cruise and the captivating Sheepdog Demonstration. To enrich your journey, extend your trip with a Fiji adventure, adding a tropical twist to your unforgettable New Zealand sojourn.

**Full Itinerary Available. Contact Connie Day at [cday@hammond tours.ca](mailto:cday@hammond tours.ca) for more information on this tour.**



JANUARY 13-FEBRUARY 5, 2025



## JAPAN

Japan, a captivating blend of tradition and innovation, invites you to explore its mesmerizing landscapes and vibrant culture. From the futuristic skyline of Tokyo to the serene beauty of Kyoto's ancient temples, Japan offers a kaleidoscope of experiences. Experience the art of cherry blossom viewing in spring, savor exquisite sushi, and unwind in traditional hot springs. Discover the allure of historic castles, like Osaka Castle, and the iconic Mount Fuji standing majestically. With a harmonious mix of cutting-edge technology and timeless traditions, Japan promises a journey through time and a taste of its unique and enchanting way of life.

**Itinerary and pricing information coming soon. Contact Connie Day at [cday@hammond tours.ca](mailto:cday@hammond tours.ca) for more information on this tour.**



MAY 2025

## SCOTLAND

Scotland, a tapestry of breathtaking landscapes and rich heritage, invites you to uncover its timeless allure. Explore misty highlands adorned with ancient castles and mirror-like lochs. Wander through Edinburgh's cobbled streets, where history meets modernity. Enjoy the soul-stirring melodies of bagpipes and indulge in the warmth of Scottish hospitality. Discover the secrets of single malt whiskies in historic distilleries. Whether captivated by the iconic Edinburgh Castle or enchanted by the serene beauty of the Isle of Skye, Scotland promises a journey through history, nature, and the welcoming spirit of its people.

**Itinerary and pricing information coming soon. Contact Connie Day at [cday@hammond tours.ca](mailto:cday@hammond tours.ca) for more information on this tour.**



SEPTEMBER 2025

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