

MUSKOKA SENIORS MAGAZINE

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

Summer 2025

**The Benefits of
Farmer's Markets**

**Gardening
with Grandkids**

**Play:
Not Just
for Kids**

MUSKOKASENIORSMAGAZINE.CA

Book Now!



Call us

1-800-563-1885 • 705-645-2583



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.

Full Itinerary Available. Contact Connie Day at cday@hammondtravels.ca for more information on this tour.



MAY 8-23, 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.

Full Itinerary Available. Contact Connie Day at cday@hammondtravels.ca for more information on this tour.



SEPT 19-OCT 2, 2025

EXPLORE THE WORLD IN 2026!

Discover breathtaking destinations on our exclusive 2026 tours! Sail through storybook landscapes on The Rhine & Moselle river cruise from Amsterdam to Lucerne (Sept 11-24), where castles, vineyards, and charming villages await. Experience the beauty of Italy's Amalfi Coast & Puglia (May 4-19), indulging in coastal views, rich history, and delicious cuisine. Or escape to paradise on our Tropical Costa Rica adventure (Jan 17-28), where lush rainforests, volcanic landscapes, and stunning beaches create the perfect getaway.

Full Itinerary Available. Contact Connie Day at cday@hammondtravels.ca for more information on this tour.



2026 TOURS

www.hammondtravels.ca



MUSKOKA SENIORS MAGAZINE

CONTENTS



Farmer's Markets, P 8

SUMMER 2025

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



Play: Not Just for Kids, P 20

DEPARTMENTS

- 8 Nutrition
- 10 Family Matters
- 12 Cannabis
- 13 Support for Stress
- 14 Mind Health
- 15 Faithfully Speaking
- 16 Environment Matters
- 17 Support for Grief
- 19 Sports Corner
- 20 Gardening; Did You Know...?
- 27 Creative Corner
- 28 Business Directory

HIGHLIGHTS

The British Home Child Exodus,
by Linda Smith

"Many Canadians are unaware of this chapter in Canadian history..." **10**

Good Grief, by Janessa Swanson

"The many faces of grief..." **17**

Gardening with Grandkids,
by Jeanette Inthisorn

"Five easy, mid-summer activities to enjoy together..." **20**

England and the FIFA World Cup 1966,
by Peter Sanguinetti

"You will appreciate this is a connection to my past..." **21**



Gardening with Grandkids, P 20

ON THE COVER

- THE BENEFITS OF FARMERS MARKETS.....8
- PLAY: NOT JUST FOR KIDS....13
- GARDENING WITH GRANDKIDS.....20



Cheryl Patterson,
Publisher

MUSKOKA SENIORS MAGAZINE

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

If I asked you what you do for fun, what would you say?

Some people might think they're too old "for that sort of thing," however, if it makes you happy and is something good for you then age needn't be a factor. It's important to feel alive and to thrive and just feel good, which is our aim for this edition – to help you have more fun.

In the *Support for Stress* section, we share information about the importance of play, even in adulthood.

We highlight the importance of your focus when it comes to generating greater happiness, in the *Mind Health* section.

Carol Ford shares an inspirational story about her father, and how something sad can be flipped over to something beautifully profound and moving in the *Faithfully Speaking* section.

The *Georgian Bay Biosphere* gives us insights into nature and the importance of supporting biodiversity in Environment Matters.

George Brooks shares a heartwarming story about his uncle Charlie and the special presence he had in his life growing up.

Jeanette Inthisorn provides a few

tips about how to garden with your grandkids.

Health, hope, joy, and inspiration are just a few treasures that we hope to instill in your read.

Facing the tough stuff is equally important though. Learning how to get through challenges can get us closer to where we want to be.

Take grief for instance. Many of us have faced loss and we all grieve. What's important is to know that you're not alone regarding how you feel or what your experience is like. So, we've started a new section to help with this too, called *Support for Grief*.

We welcome Registered Social Worker of Hospice Muskoka, Janessa Swanson, who will provide us with insights into grief. In this edition she advises us on the different types of grief. She says, "One of the most common things I hear as a Grief Counsellor is 'I knew it would be hard, I just never thought it would be this hard.'"

The takeaway is that the tough stuff will always be there, and more or less at a given time, the important thing is to deal with it as constructively as possible so you can get to

feeling good.

If you've gone through challenges, or had experiences that you think others can benefit from hearing about feel free to drop us a line about it so we can help people to know they aren't alone with their situations - good or not so good - at editorial@muskokaseniorsmagazine.ca.

We also welcome your family stories, heartwarming or tough experiences, circumstances that have tested your faith, something that gave you a good laugh, a meaningful poem or funny joke. The goal is to connect through our shared experiences.

In the meantime, until next season, we hope you enjoy this edition as much as we enjoyed putting it together for you. And don't forget to share it and help spread some positivity!

Have a great summer and remember to have some fun!

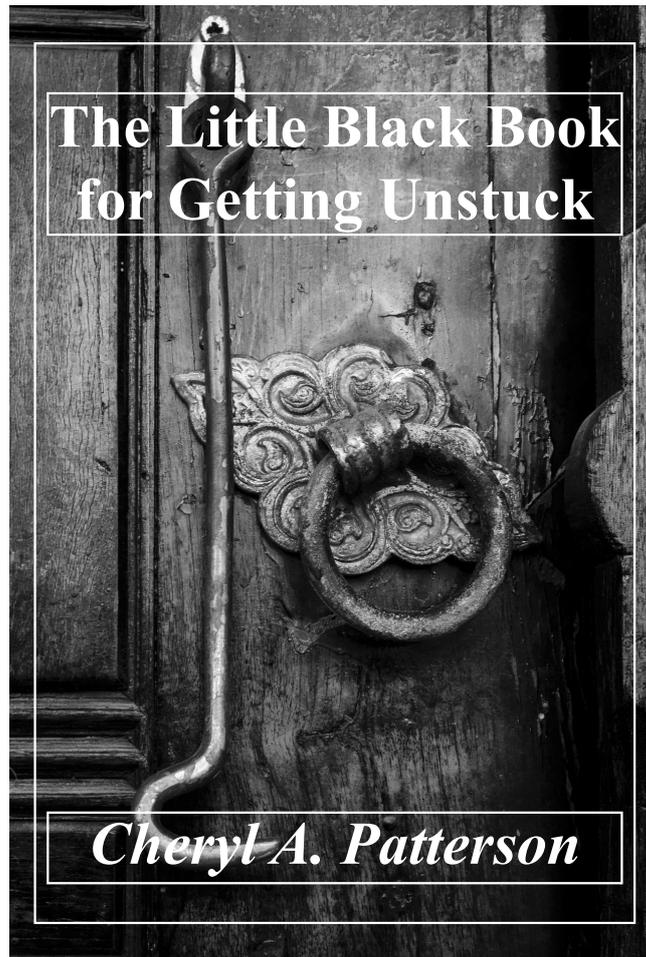
A handwritten signature in black ink, likely belonging to Cheryl Patterson.

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



4 1/2 Star Rating on Amazon!

Get your paperback copy today at:

(copy and paste this link in your browser)

<https://www.amazon.ca/dp/B0945L98YZ>



Putting the health and safety of our residents and staff first always.



24/7 Nursing • Respite
Independent & Assisted Living
Retire Happy

**MUSKOKA HILLS
RETIREMENT VILLA**

WHERE HAPPINESS LIVES



Enjoy Many Antiques

COVID-19 Protection for Staff and Residents is Our Priority

Walk the Nature Trails or Relax on the Patio

Join the Gardening or Snooker Club

View the Nature Outside and Relax by the Fireplace

**SPACIOUS SUITES WITH WI-FI AND
GREAT VIEWS**

Semi-Private - Large Individual Rooms - Suites

TRY OUR WINTER OR

SUMMER SHORT TERM STAY

TEMPORARY RESPITE AVAILABLE

JOIN US FOR A TOUR AND COMPLIMENTARY LUNCH

MUSKOKA HILLS RETIREMENT VILLA

690 Muskoka District Road 118 West, Bracebridge, ON, P1L 0M2

705-645-6364 www.MuskokaHillsRetirement.com

MUSKOKA SENIORS MAGAZINE

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

Our Mission:

Inform, inspire, support and include you!

PUBLISHER

Cheryl Patterson

cpatterson@muskokaseniorsmagazine.ca

705-783-2203

CONTRIBUTORS

Peter Cassidy

Mary George

Kenn R. E. Page

Linda Smith

Peter Sanguinetti

Carol Ford

Jeanette Inthisorn

Janessa Swanson

Geraldine O'Meara

George Brooks

MUSKOKA SENIORS MAGAZINE is published quarterly.

EDITORIAL NOTE

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

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

MUSKOKA SENIORS MAGAZINE subscriptions are FREE!

Digital has it's advantages!

If you want to receive it directly, or want to send a subscription as a gift, you can simply send the email address to:

subscriptions@muskokaseniorsmagazine.ca

<http://muskokaseniorsmagazine.ca>

info@muskokaseniorsmagazine.ca

705-783-2203

PO Box 283, Dorset, ON, P0A 1E0

CONTRIBUTORS, SUMMER 2025



George Brooks is a retired elementary school teacher. He and his wife Susan enjoy travel, hiking, and sailing, which rounds out their lives, and they are very involved in their community.



Geraldine O'Meara, spent 21 years in England, working for a spirituality/environmental centre before residency in Huntsville, and now in Guelph to move closer to her family.



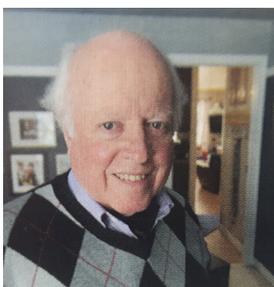
Jeanette Inthisorn, Master Gardeners of Muskoka. Our goal is to share, inform and advise avid and amateur gardeners with tips for indoor, outdoor and balcony gardening.



Mary George, utilizes gifts of day-to-day experiences to imagine a new story. Stories allowing the reader to momentarily separate from the density of the world with a smile are favorites.



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!



Janessa Swanson is a Registered Social Worker at Hospice Muskoka, where she provides individual and group grief and bereavement support. In her spare time, she enjoys snuggling her bunny, Lucky!



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.



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



The Benefits of Farmer's Markets

“What a great way to spend a morning or afternoon!”

Many of us like the idea of shopping at farmer’s markets but did you know that there are plenty of benefits to it?

- **It’s healthier for you.** Other options are frozen or canned, which will do if what you buy is otherwise inaccessible. However, those options are not the same. Frozen foods can get stale and lose nutritional value over time. And majority of canned foods have sugar and salt in them – ingredients that most of us are trying to reduce rather than add more of in our eating regimens.
- **Fresh produce from a farmer’s market is also more nutrient dense food compared to store bought.** You’re getting something in season that’s been picked days ago, versus a product from another country that has travelled thousands of miles and for weeks. The longer the produce travels, the more nutrients it loses each day.
- **Preservation of the local farming industry.** Farmers work hard to make a living and to provide us with the fresh and healthy food that we want. However, the industry has its challenges, and many have had to shut down their operations because of things like decreased demand. So, supporting the farmers, many of which are also family-owned operations, helps the industry and supports the families running them.
- **It keeps your money in Canada.** With the negative financial impacts of the trade war with

the US to our Canadian businesses and economy, purchasing products from our country keeps our money here where we need it.

- **It supports your community’s economy.** Buying local helps contribute to your local economy, putting more money into municipal reserves for services that you need in your community.
- **Flavour. It tastes better.** There’s nothing like freshly picked fruits, vegetables, or other foods that you can get at farmer’s markets. It’s simply the best.
- **Quality.** There’s a lot of care that goes into products from farmer’s markets, unlike the mass production items you get at the supermarket chains. Some of the big supply conglomerates have taken to putting dye in oranges and fish, like salmon, and many of it’s genetically modified to stay a certain size or other characteristic, like having less blemishes.
- **Variety.** You never know what may be at a farmer’s market. Sure, there will likely be regulars that you can count on from week-to-week, but there’s a chance you may be surprised with some new item that you want to try or would like to eat more of.
- **Building connections.** There’s nothing like the camaraderie you get at a local farm stand. It’s more personable. You are supporting someone’s hard work and are appreciated in return.

You can also develop some long-term suppliers for year-round foods, like fresh eggs, meats, and other products that you like.

It can be a fun thing to do with a friend or loved one.

- **It just feels good.** Going out and buying fresh food from a local farmer feels good. You’re doing something good for yourself and someone else. What a great way to spend a morning or afternoon! **MSM**

Have a
healthy spin
on a recipe
you’d like to share?

Contact us at:
[editorial@muskoka
seniormagazine.ca](mailto:editorial@muskoka
seniormagazine.ca)
for a chance to be
published in an
upcoming edition!



Join us on
Facebook

Interact with us!

*Read articles, view each other’s posts,
join in on discussions,
see what’s happening
in the community and more!*

[https://facebook.com/
muskokaseniorsmagazine.ca](https://facebook.com/
muskokaseniorsmagazine.ca)



The British Home Child Exodus

By Linda Smith

Many Canadians are unaware of this chapter in Canadian history, or even that their grandparent may have lived it.

From the late 1800's and into the early twentieth century, British agencies gathered abandoned and destitute children into group homes. Others whose parents struggled to support them, were seized under protest. Even being a single parent was enough reason for a child to be snatched away. Only twelve percent were truly orphaned. Labelled 'waifs and strays', they were placed into group homes for a processing period which earned them the title of - a Home Child.

When group homes could no longer keep up with the staggering number of children pouring in, philanthropists came up with a plan to send them throughout the British Commonwealth as child labour. Britain was pleased to send her problem to other shores. My grandfather Henry (Harry) Davis was among them.

Sent as legally indentured servants, these children were considered a workforce of cheap labour needed overseas, not bewildered children needing loving care. In today's terms, it would be called human trafficking. Thousands of minors were involved in this exodus.

Families were torn apart; siblings separated. One hundred thousand alone were sent to Canada as child labour.

Some parents thought they were leaving their children in group homes only temporarily until their lot in life improved. After their child had been shipped off to other countries, anguished parents were sent a 'Notice of Sailing', and told to more or less forget about them. The children were told to forget too. Authorities felt 'a clean break' was best. Could anyone really forget the grief of a family lost, especially a child?

What awaited bewildered youngsters in host countries was for the most part, years of hard labour for long hours on farms, or in homes toiling as domestic help. Some were well-treated, but the scales rest heavily on the balance of a traumatic childhood, testified to by many.

It is a regrettable chapter in Canadian history, right up there on the shelf with the mistreatment of First Nations Children in Residential schools. Home Children were not properly monitored in their new placements which were often isolated in rural farms and in a number of different provinces. Abuse of every kind was common place. Many Home Children did not enter loving foster homes, but rather places of harsh servitude with often callous disregard for the physical and emotional needs of a child. They were considered to be a lower class of corrupted human beings by birth and by experience, and were treated as such.

A system of so-called wages as indentured servants was a hollow promise of veiled corruption. They were children, exploited as child labour. Many never saw a dime of wages. Agencies siphoned off their meager earnings in transport fees and highly questionable life insurance policy premiums. Vulnerable children were encouraged by those over them, to name the sending homes as beneficiaries, signing insurance documents as minors.

Governments and society of the time, evaluated the Home Child with prejudice, not as traumatized children in need of loving care. A search of records from the time period comes up with shocking attitudes towards the Home Child immigrant.

The matter was discussed in parliament raising objections for the wrong reasons, warning that these children were "savages", and that England had dumped her 'garbage' in our yard. A prominent psychiatrist of the >>>

FAMILY MATTERS CONT'D...

time, Dr. C.K. Clarke, the superintendent of an asylum, gave a speech to Queens University students. He said the crux of the matter was that Canadians should be concerned about the problems of heredity. He warned that if we continued to allow the Home Child to mix in with our population, we would see increased degeneracy in Canadians. He described his encounter with a group of Home Children headed for farm placements while riding on a train.

“The signs of degeneracy were so obvious in the entire lot of them”

What he saw before him were traumatized children, not degenerates. He should have known the difference. His speech received enthusiastic applause. The next day the Mail and Empire newspaper said his speech should be repeated in every newspaper in the land!

With such defamation, it is no small wonder that in adulthood, Home Children did not want to be identified with this branding. Very few in our family new about this. Grandfather did not talk about it. Perhaps it would have caused him more misery to reveal the family he lost and his life as a Home Child. Maybe the only way he could bear the pain was to bury it. Many Home Children did.

My father said he once found an English document with the word, Ragpicker next to his father's name. I had no idea what this meant but I had an inkling it wasn't anything good. A further title from grandfather's past popped up in family folklore; Home Child. These terms were unfamiliar to me, and so my search of one-hundred-year-old records began. My father wanted to know what happened to his father, so I began in earnest to peel back hidden layers of this regrettable Canadian history.

I stumbled upon a Facebook group called The Home Children Canada Research Group. They are a charitable organization with the goal of reuniting descendants with their Home Child's family history. They found the information I couldn't find in my twenty-year search. Records revealed that Henry's mother died in 1902 after giving birth to her eighth child. The father died in 1910 which scattered the family to the four winds – literally. Henry was sent to Canada in the Home Child program. Two of his brothers thirteen and nine were sent to the workhouse. Another appears to have gone to Australia. The fate of the rest is unknown. They gave us names!

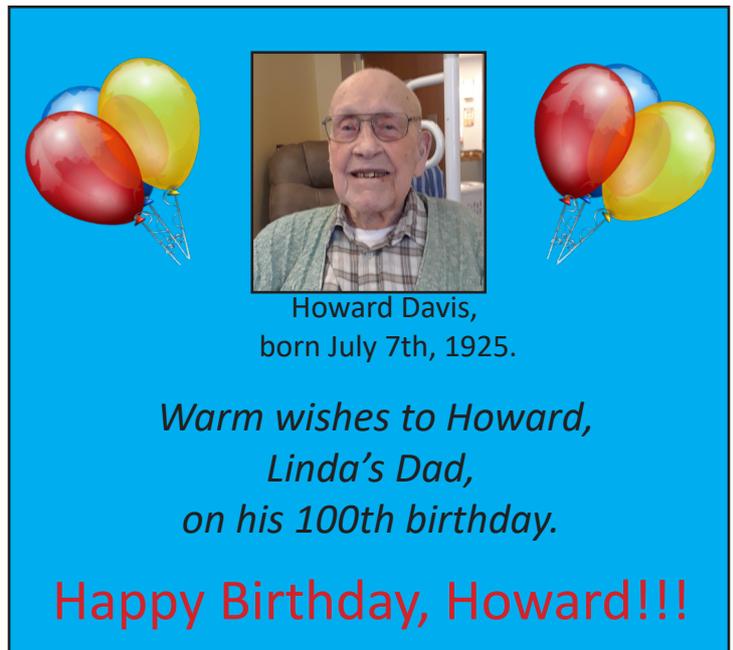
What a precious moment it was to present this longed for information to my father in his 100th year. He always wondered. Now he knows. For the first time, he heard their names as I recited the list of his long-lost grandparents, aunts and uncles.

I am giving my father the book I wrote about his dad called, *Ragpicker - My Grandfather?* for his 100th birthday July 7th,. It is meaningful to us both to know more about our family history and the man we loved, Henry Davis.

A.I. estimates the descendants of *The Home Children in Canada* today as 8-10 million. Could you be one of them?

See Home Children Canada Research Group and the British Home Child Registry.

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



Have a 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...

Email it to: editorial@muskokaseniorsmagazine.ca



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.

Cannabis and the Entourage Effect

Ever wonder why one cannabis strain leaves you mellow and ready for bed, while another sparks energy and creativity – even if they have the same THC content? This isn't your imagination; it's the cannabis plant's entourage effect.

The entourage effect is the idea that cannabis works best as a team. The plant contains dozens of compounds – including THC, CBD, terpenes, flavonoids and minor cannabinoids – and they work together to shape your experience. In short, the whole plant is often more effective than isolated compounds. CBD can mellow out THC's effects, while certain terpenes can uplift or relax the high. This synergy is what we call the entourage effect.

The entourage effect highlights the benefits of whole-plant cannabis versus isolates. Whole-plant (or "full-spectrum") products retain a broader range of cannabinoids and terpenes. Many users report better symptom relief from full-spectrum products, whether for sleep, anxiety, or pain. If you've ever found that pure THC or CBD products didn't quite work, it may be because they were missing those helpful supporting compounds.

Terpenes are aromatic oils found in cannabis that influence how each strain smells and feels. Beyond their scents, terpenes interact with cannabinoids to shape your experience.

Here are a few key players:

- **Myrcene:** Earthy and musky. Known for relaxation and sedation. Found in Granddaddy Purple, OG Kush.
- **Limonene:** Citrusy and uplifting. Mood-boosting and stress-reducing. Found in Super Lemon Haze.
- **Linalool:** Floral and calming. Great for anxiety and stress. Common in Amnesia Haze
- **Pinene:** Pine-scented and clarifying. Helps alertness and memory. Found in Jack Herer, Blue Dream.
- **Caryophyllene:** Spicy and peppery. Binds to CB2 receptors for pain and inflammation relief. Found in GSC.

These "entourage effect" terpenes enhance or balance the effects of THC and CBD.

Flavonoids in cannabis and other plants are what provides the delicious flavours we have come to enjoy. They also have been found to give the cannabis plant some of its lovely colours that we have all come to admire during the growing season. They are what provides the deep yellow, blues, purples and pinks that you can find on the sugar leaves. There are various types of flavonoids but we are just focusing on the over experiences.

Cannabis also produces lesser-known cannabinoids that play a supporting role in the entourage

effect:

- **CBG (Cannabigerol):** Non-intoxicating, known for promoting focus and calm.
- **CBC (Cannabichromene):** May enhance mood and reduce pain.
- **CBN (Cannabinol):** Mildly psychoactive and often used for sleep support.
- **THCV (Tetrahydrocannabivarin):** Can promote energy and mental clarity.

Understanding terpenes and cannabinoids can help you select products that match your goals. Here's a quick guide:

- **Sleep:** Look for myrcene, linalool, and CBN. Try Granddaddy Purple or an indica oil.
- **Focus:** Choose pinene and CBG. Jack Herer or Green Crack are solid options.
- **Pain Relief:** Seek out caryophyllene, myrcene, and CBD. Cannatonic or 1:1 products work well.
- **Anxiety:** Opt for high CBD with linalool or limonene. Harle-Tsu and ACDC are good picks.
- **Creativity:** Look for limonene and THCv. Try Super Lemon Haze or Durban Poison.

The entourage effect reminds us that cannabis isn't about one compound doing all the work. It's about harmony between cannabinoids, flavonoids, terpenes, and your own body.

SUPPORT FOR STRESS



Play: Not Just for Kids

Play is often associated with a healthy part of childhood, however, the benefits are a necessity for the aging process too, according to researcher Cale Magnuson, of the University of Illinois.

Magnuson says, “When children play, they discover what they are capable of. As adults play, they can continue on a path of discovery, gain multiple health benefits, and simply have fun along the way.”

She adds, “Engaging your body and mind is the best prescription to ensure physical and mental health throughout adulthood.

Research continues that play enriches life—inspiring growth and liveliness. It provides the opportunity for healthy stimulation that may not otherwise be feasible.

It can also be a supportive tool, inspiring new ideas that may be applied to real life challenges and help reduce the risk of developing mental impairments.

According to Mental Health Canada (MHC), engaging in stimulating activities can lower the risk of developing dementia. Apparently, these activities may trigger brain stimulation, resulting in an increase of cognitive reserves and the ability to contend with or compensate for changes linked with dementia.

Play also takes the mind off stressors, giving the body a chance to be restored.

In her research on activity-oriented goals and happiness, Dr. Sonja Lyubomirsky of the University of California found that activity-related goals maintain well-being, as people continue to engage in things they enjoy. She states, “adopting a

new life activity...people obtain the potential to generate a steady stream of fresh positive experiences.” And the more the activity is in line with growth and connection, the greater the benefits.

Play also adds personal meaning to people’s lives. Doing things you enjoy keeps you connected to your needs, leading to greater fulfillment. Be it recreation, leisure, or play, the main thing is taking time away from daily demands.

Dance, play sports, take a course, spend time with friends (or go to community events or social activities to make new ones), attend festivals, walking clubs, or learn a new skill, like playing a musical instrument, painting, or sculpting. The list is endless.

So, what are you waiting for? Get out and have some fun and make it a daily priority. As the Nike adage goes, “Just do it!” **MSM**

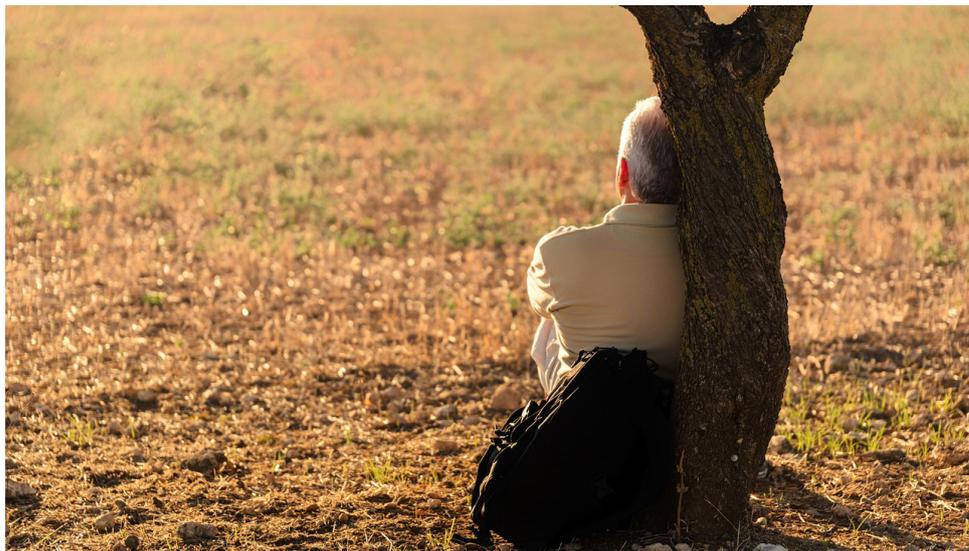
Knowledge You Can Count On. Products You Can Trust.

- Credible knowledge
- Caring and friendly team
- Professional service
- Comfortable environment
- Convenient location
- Competitive prices
- Quality products



In store shopping or curbside pick up available.

15 South Mary Lake Rd. #2, Port Sydney, ON
705-385-9333, <https://www.thegreenbouquetcannabis.com>



Happiness: What You Put Your Attention on Grows

Do you find yourself dwelling on things like what's going wrong, things you're not doing right, or enough not seeming like enough? If you answered 'yes' to any of these you may be at risk for unhappiness.

Our focus matters when it comes to achieving peace of mind and happiness. What you put your attention on has a direct influence on how you feel.

In her research on sustainable happiness, Dr. Sonja Lyubomirsky of the University of California found that "intentional behaviors"—actions people take on a regular basis to manage their emotional lives—have a significant influence over happiness levels.

Lyubomirsky states, "Some types of behavioral activity, such as exercising regularly or trying to be kind to others, are associated with well-being, as are some types of cognitive activity, (such as reframing situations in a more positive light or pausing to count your blessings), and some kinds of volitional activity, (such as striving for im-

portant personal goals or devoting effort to meaningful causes)."

In other words, people use specific strategies to increase and maintain

happiness levels, and researchers can predict how happy a person is by knowing how frequently they adopt these strategies.

Direct attempts at feeling happier include expressive behaviors like smiling or acting happy. There is a strong correlation between direct expressions and experienced happiness. Behaviors linked with emotions intensifies that emotion.

The point is to create strategies like practicing awareness of your thinking and engaging in intentional behaviors. Being proactive with your thoughts to lift negative moods and creating greater meaning in your life is essential.

"People aren't genetically destined to experience a predetermined amount of happiness; volitional behaviors do matter; and finding happiness may be as simple as finding the right strategy," says Lyubomirsky. **MSM**

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

We take pride in making sure you get the services that you need at an affordable price. *Simple and affordable!*

- Stress-free arrangements made in our office, your home, or emailed
- Professional services include death certificates, and assistance with cancellation of government issued documents
- Executors Advantage - assisting families with estate matters
- A large line of Urns, and funeral and memorial products
- Our customers say that we "make them feel comfortable," are "easy to deal with," and that our services and arrangements are "affordable, quick and easy."
- We're here for you 24 hours a day...everyday



Muskoka

CREMATION & BURIAL SERVICES LTD.

705-789-0086

<https://muskokacremation.ca>



A Glimpse of Heaven

By Carol Ford

“And I shall see Him face to face, and tell the story saved by Grace”

The dead leaves swirled around my feet as I made my way to the car. The bare trees were bracing themselves for the cold death of winter. Cold death, that’s what was on my mind. My father’s death. The image of him lying in a cold grave haunted me.

The sound of a Salvation Army Brass Band drifted over the hospital grounds. They were playing “The Old Rugged Cross,” one of dad’s favourite hymns. I looked back to see if the band was near his window, but he’d probably drifted into a medicated sleep as soon as I left. Dad had been diagnosed with liver cancer just a few months prior. On the day of his diagnosis, I was attending a BBQ with choir members from my church. I came home in high spirits to find my parents grappling with the sobering news.

Dad was one of eight children. His parents, Charlie

and Annie were both born in Ireland. These two immigrants married in 1897 in Fredericton, New Brunswick. A historic census lists Charlie as a labourer and Annie as homemaker. A baby arrived one year after their marriage, and one more arrived every two years after that. Annie was 41 when she gave birth to their last son. My dad was the middle child. He had two older sisters and one older brother. I’d like to think that the older girls mothered and cared for him. I was told that my dad had only attained a grade three or four education. He needed a job to contribute to the household. Dad met and married Anna while working in the Marysville Cotton Mill. They moved to Toronto not long after they were married.

I still have a small pin that recognized my dad’s perfect attendance record as a milkman for Silverwood’s Dairy. He delivered milk in Toronto using a horse-drawn carriage. Later they purchased a fish and chip shop at Bloor and Dovercourt. They survived the Great Depression with this business. Fish cost fifteen cents and chips ten cents.

When we arrived at the hospital the day dad died, he was experiencing insulin shock. He needed an immediate sugar intake. I ran to the nurses’ station and asked for orange juice. A few minutes after he drank the liquid, he seemed to rally. The disease and chemo had ravaged his body, but as we talked to him, his face brightened with a radiant smile. He wasn’t focussed on us. He lifted his eyes towards the ceiling, and uttered his last words.

“I feel wonderful.”

Impossible, or was it?

We were asked to step out into the hall. Within minutes, the nurse came and told us he had just passed.

The bible tells us, “Fear not, I [Christ] am the first and the last and the living one. I died, and behold I am alive forevermore, and I have the keys to Death and Hades.” John 1:17b-18.

Over his final months before this last hospital stay, Dad had read through his bible two or three times. He loved the Lord, and was preparing for his move to glory. He often blessed others when they came to visit him. I will always believe Christ revealed himself in those last few seconds. What a blessing to witness this. In the end he gained much.

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



Turtle release by GBB

Birds, Bats, and Blanding's: Supporting Local Biodiversity

By Georgian Bay Biosphere

We are privileged to live among beautiful, diverse ecosystems in this region. From wetlands, rock barrens, lakes, and forests, to the plants and animals who call these habitats home, biodiversity is all around us.

Biodiversity means the variety (diversity) of life (bio) on earth – it refers to every living thing. Biodiversity includes variations that can be found within species, between species, and between ecosystems. This variety is necessary to sustain healthy ecosystems and the benefits they provide.

Habitat loss is the single biggest threat to plant and animal species, both globally and locally. Habitats need to be connected to allow species to breed, feed, and find shelter. When a large habitat is divided by roads, railways, power lines, or human settlements, it gets sliced into smaller patches and may no longer meet species' needs.

Well-connected habitats that support a wide range of species are important because they act like a natural buffer to the pressures of human activities, extreme weather events, climate change, and invasive species. Highly diverse landscapes can absorb these pressures better, have quicker recovery times, and help support ecosystems and their wildlife.

Throughout Muskoka and the Georgian Bay Biosphere region, people are working diligently to address threats to local biodiversity. Below are just two examples of this inspiring work. To learn more about these

and other encouraging stories of stewardship and care-taking, visit www.stateofthebay.ca.

Maamwi Anjiakiziwin - The Maamwi Anjiakiziwin initiative acknowledges that there is strength and value in partnership. This species at risk conservation project brings together First Nations, not-for-profits, and municipalities to share resources, values, and ideas on how to improve the well-being of species at risk across eastern Georgian Bay and Muskoka. One of the initiative's key objectives is to engage in cross-cultural learning and intertwine Western and Indigenous knowledges.

As part of this project, Georgian Bay Biosphere (GBB) and partners collect at risk turtle eggs that are laid on roadsides and construction sites. After incubation, GBB releases turtle hatchlings back to their home wetlands. Since this project started in 2020, GBB and partners have incubated over 10,000 turtle eggs!

Motus Wildlife Tracking System - Parry Sound-Muskoka is part of an international network that is helping scientists learn more about migratory species and how to protect them.

The Motus Wildlife Tracking System records the movements of birds, bats, and even certain migratory insects by using strategically placed towers to pick up signals from tiny radio transmitters attached to the animals. The data is freely accessible to scientists around the world and records everything from transcontinental migratory journeys to localized behaviour patterns. The particular advantage of Motus technology is that once an animal is outfitted with a transmitter, researchers can follow its movements without ever having to recapture or resight it.

You can help too! Join the free iNaturalist app to help monitor biodiversity! Through iNaturalist, you can take pictures of plants and animals, identify what they are, and upload your observations. Your pictures help scientists better understand threats to biodiversity, guide research questions, and help inform where conservation initiatives are most needed.

GBB has an ongoing project on iNaturalist, compiling all observations made within the biosphere region. Learn how your observations can help local biologists at georgianbaybiosphere.com/citizen-science.

Georgian Bay Biosphere is a registered Canadian charity passionate about the environment and well-being of local communities.

SUPPORT FOR GRIEF



Janessa Swanson is a Registered Social Worker at Hospice Muskoka, where she provides individual and group grief and bereavement support. In her spare time, she enjoys snuggling her bunny, Lucky!

Good Grief

Grief is a natural response to death and non-death loss. Despite its normalcy, grief evokes discomfort among most of us, shying away from the topic until we are in the thick of it. One of the most common things I hear as a Grief Counsellor is “I knew it would be hard, I just never thought it would be this hard.”

As we age, we face more frequent encounters with grief, whether from the death of a spouse, friend, or pet, or changes such as retirement or declining health. While grief is overwhelming, understanding its different forms and learning how to cope can help us move forward with compassion for ourselves and others.

The Many Faces of Grief

Grief isn't one-size-fits-all. It takes many forms and is experienced differently depending on factors such as the type of loss (expected, unexpected or traumatic), the relationship to the loss, and personal differences in mental health. Understanding the types of grief can help you recognize and validate your own emotions.

- **Anticipatory Grief:** This occurs before a loss, such as when a loved one is diagnosed with a terminal illness. It involves mourning the loss(es) even before it happens and may come with feelings of anxiety.
- **Ambiguous Grief:** This type of grief is experienced when a person's physical or emotional presence becomes absent, leading to a lack of closure or definitive ending. Commonly experienced in dementia or addiction.
- **Disenfranchised Grief:** This type of grief isn't always acknowledged by society. For example, the loss of a pet or the grief felt by a caregiver due to identity fragmentation.
- **Cumulative Grief:** Multiple losses within a short period, such as losing several friends while simultaneously stepping into retirement. This can make it difficult to grieve each loss before encountering another.

Coping Tools

A common myth surrounding grief is that it occurs in

distinct and linear stages. Grief is not linear, nor does it ever disappear. It lessens its impact over time while reminding us of the importance of what or who is no longer present. Living with grief means finding ways to live with loss while honoring your memories and maintaining your well-being.

1. **Talk About It:** Sharing with trusted friends or family can ease emotional pain. Joining a grief support group—Hospice Muskoka offers numerous—can connect you with others with shared lived experience.
2. **Stay Active:** Gentle exercise, like walking or yoga, can help improve your overall mood while releasing stress stored in the body.
3. **Rituals:** Recognizing specific dates or milestones, lighting a candle, planting a tree, or writing letters to your loved one can provide comfort and a sense of ongoing connection.
4. **Self-Compassion:** Grief can bring up difficult emotions, including guilt or regret. Remind yourself that it's okay to feel a wide range of emotions and that emotions give us important information about how we're managing.
5. **Routine:** Maintaining a somewhat regular schedule can provide structure and a sense of regularity when everything else feels uncertain.
6. **Creative Outlets:** Art, music, journaling, or other creative activities can provide a mechanism for managing difficult emotions.

Living a meaningful life is still possible. In my work with individuals and groups, I always introduce the term “dialectic” which refers to two seemingly opposite things existing simultaneously. Grief could be the biggest dialectic we ever face as we experience immense sadness, anger, guilt, and worry, while also experiencing love, relief, and joy.

A dialectic does not justify or draw a silver lining around loss and death. It simply encourages us to recognize that grief only exists where love lived first.

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

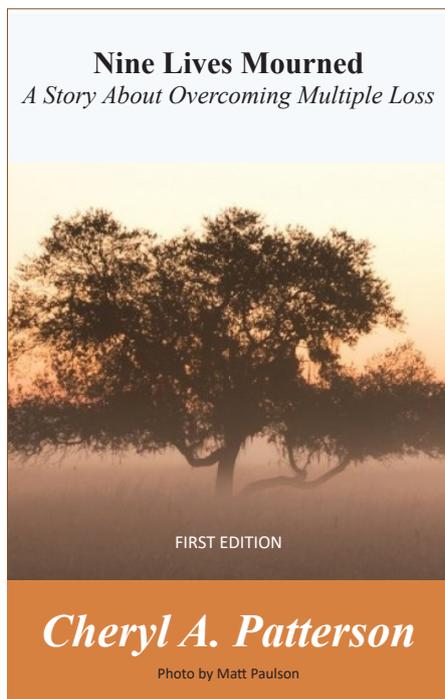
We have this notion that we should stay suffering to somehow prove our loyalty to the loved one that passed, but is that what they would have wanted?

If you're struggling with loss, you're not alone, and it can get better.

In this book I share my stories and how I got through.

If I can get through nine losses in five years, you can get through your grief too.

Or you can help a loved one get through their grief as this book makes a great gift too.



Order your paperback copy today!

(copy and paste this link in your browser):

<https://www.amazon.com/gp/product/B01595ALEK>

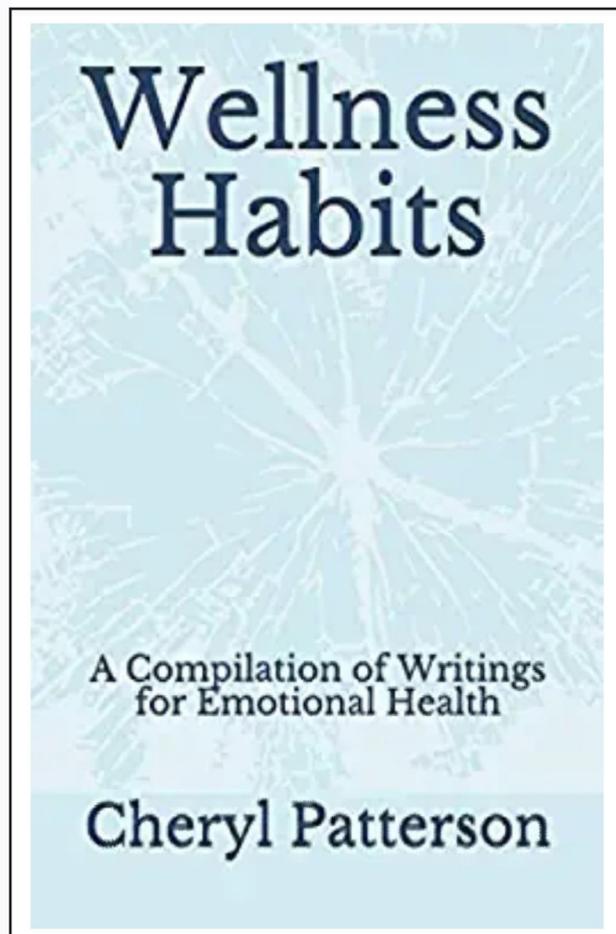
**‘Old habits die hard’
or so they say...**

It depends on how much these habits are affecting your health, relationships, goals, or life in general.

Sometimes these pesky habits happen right under your nose without realizing it. You just know things can be better.

You have two choices:

1. Keep on keeping on, and hope for the best. (Don't hold your breath for positive change to happen this way!)
2. Learn new ways of creating fulfilling and meaningful change in your life.



Order your copy today!

[https://www.amazon.ca/
dp/1698857292](https://www.amazon.ca/dp/1698857292)



Sports in New Brunswick

By Peter Cassidy

I am now in New Brunswick! There were a few reasons for moving here. Financially it made sense. And our daughter had moved here in December.

Although, I had become quite ill beforehand, my doctors were stumped as to my health issues. I was so sick.

I kept falling to the floor and could not get back up myself. After a series of tests my doctor concluded that it was a virus. Quite the ordeal!

Fast-forward to NB, we arrived on the east coast in late May, into golf season. I had given up golf a couple of years ago. I did not like doing it, but the fun had gone out of it. I no longer had interest in this great game.

One of the members of my foursome at the time took a video of my swing which for many years I was proud of. On one occasion someone had caught up to us during a game. After my swing he observed that I looked like Arnold Palmer.

I could have never received a finer compliment since Arnie was one of my idols. I looked at the video

and said I look like an old man swatting a fly. That convinced me it was time to retire my clubs.

I have noticed a couple of positives after being in NB for a short time. My wife and I drive into Woodstock almost every day and pass the prettiest little golf course I have ever seen. Guess what? The golf bug bit me. I turned to my wife and said I could get interested in the game again.

I suppose once a golfer always a golfer. But I gave my clubs to my son who I am sure will make good use of them, so, I will have to rent clubs at the pro shop.

I found out there are not a lot of minor sports out here. I do know there is a huge sports complex. It has an arena, a swimming pool and an indoor track. In that discovery I found out about a minor hockey program. Perhaps they might need a knowledgeable coach over the winter.

There is a hockey team here called the Woodstock Thunder. At this time, I am not sure if it is a junior level team. I am approaching 80 years old. I may just retire com-

-pletely but I still have a competitive spirit that I will have for the rest of my life. I have lots to discover and enjoy.

I am so looking forward to what the winter has in store for me. I think an important issue is for me to accept my age and be happy watching hockey.

One of the biggest bonuses is televised hockey. The NHL blackout of the Montreal Canadiens hockey will not affect my games on the east coast. I will be able to see every game. It does not get any better than that.

I am on the lookout for a minor summer sports program. I am hopeful. However, I may have to go to a town or community close to where I live. I suppose there are worse things if there is not one.

I am happy I moved here.

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 with Grandkids: 5 Activities to Do Together

By Jeanette Inthisorn

Summer in Muskoka is the perfect time to share the garden with the next generation. Whether your grandchildren are visiting for a day or a week, the garden offers a rich blend of fun, learning, and fresh air. Here are five easy, mid-summer activities to enjoy together.

1. Harvest and Snack

Pick cherry tomatoes, cucumbers, beans, or herbs like mint. Let kids taste what they harvest—it's a great way to get them curious about fresh food.

2. Make a Pollinator Patrol Game

Rather than planting new flowers, choose a blooming patch (zinnias, bee balm, or even mint), then count how many

pollinators visit. Butterflies, bees, and hoverflies are all fair game. Kids can track their findings and declare a “most popular plant.”

3. Paint Garden Markers or Rocks

Set up a shady table with smooth stones or wooden spoons, and let the kids paint plant labels, bugs, or garden scenes. Seal with clear varnish to weatherproof their art.

4. Explore Bug Life

Give them a magnifying glass and challenge them to find five kinds of insects. Talk about which ones help the garden—like ladybugs, earthworms, or bees—and which ones are just passing through.

5. Make Mud Pies or Plant a Mini Tray Garden

Set up a “mud kitchen” with bowls, spoons, and petals, or start a small tray of microgreens they can take home.

Practical Tips:

Keep sessions short (20–30 minutes), offer shade and water, and use child-sized tools when possible. Most of all, let them lead the way with curiosity and imagination.

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



England and the FIFA World Cup 1966

By Peter Sanguinetti

In 1966 England was the host nation for the FIFA World Cup series held between July 11th and July 30th and the games were played in eight cities throughout the country, culminating in the final being played at Wembley on July 30th, before a crowd of 93000 and watched on television by some 32 million viewers.

You would be forgiven if you are wondering how the FIFA World Cup series in 1966 hosted by England can possibly have any connection or be of any interest to the readers of the MUSKOKA SENIORS MAGAZINE. Hopefully because now I am a Canadian citizen and have been for the last forty years, now a senior living here in Emsdale with my wife, you will appreciate this is a connection to my past and I hope therefore you will find this story of interest.

Back in July 1966 I had just completed my commercial apprenticeship with Bridport-Gundry Ltd of Bridport in Dorset, a town where rope and netmaking had been the basic manufacturing and therefore the employer of the citizens of Bridport since the days of King John 1199 - 1216. Back in those days all ropes and nets were made from either flax or hemp, the hills surrounding Bridport trapped the moist air coming in off the sea giving ideal growing conditions for the growth of the natural fibres. By the time I joined the company most of the netting manufacture was in synthetic fibres and done on electrically driven looms, though there were still some netting products made by hand.

The honour of being awarded the contract to manufacture 16 football nets from synthetic fibre meant special care had to be given to the manufacture of the nets, and it was decided all these nets were to be hand made

by a lady who lived in an outlying village and had been an outworker for the company for many years, and was therefore highly skilled in hand braiding football nets.

Bridport-Gundry within itself was made up of a number of departments, one of which was known as the Outwork Department, and it was through this department all outwork was passed. The department had two vans that each day drove round all the outlying villages delivering and picking up nets of many different variety from all the outworkers employed by the company, many of whom had worked for the company for 40 or 50 years.

It just happened that the lady who was given the job of making the 16 nets for the World Cup series completed her task while I was attached to the outwork department, so as it was the scheduled day to include her village in the general pick up of completed nets. I went with the driver on his round. When we got to the lady in question, who lived in a typical thatched West Dorset cottage, the driver introduced me and she showed where she made all the nets she was asked to make each week. Her work room was her kitchen, her stove was a woodburning range and above it on a hugh beam was hung a variety of cooking utensils, on the stove the inevitable kettle ready to be poured into the Brown Bessie teapot so her guests could have a mug of tea. She braided her nets across wooden kitchen table from a large hook in the wall, but what I noticed was how over the years she had worn away the centre of the table so there was quite a gulley down the middle. Thanking her for the tea and taking all the football nets we returned to the outwork department.

My next job was to place the nets one by one onto a frame and pull in each knot so it was tight, which took me awhile after which it was then inspected by the departmental manager before being wrapped and delivered to the appropriate stadium, where one or more of the rounds of the competition was to be played. There were actually eighteen nets made because one set was kept in the trunk of the sales manager's car in case of accidents. There were many!

So as you will have read there is a connection between the MUSKOKA SENIORS MAGAZINE and the 1966 FIFA World Cup series in England, not perhaps a very dramatic connection but never the less it is a connection.

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



Mishaps and Near Disasters

By Kenn R. E. Page

On a sunny, warm September 1st day, from at home it looked calm. When I drove to the boat launch and drove my boat out to open water there was a stiff breeze causing rough water. I should have turned around and gone home, but I didn't. As the land warmed further, the breeze across the water got stronger.

A 12-foot aluminum fishing boat and a stiff breeze

across the water do not mix well. I started to look for spots where I could hide from what I was not calling wind. I headed for a large island, but I had to cross big waves to get there. Fortunately, I was going with the wind and waves, but sometime I would have to come back and that would be a whole other story.

Steering a small boat into the wind, the wind tries to

CONT'D FROM PAGE 22...

grab the bow and whip it around so that you're going back the way you came. To avoid this, I was going to have to face the wind dead straight on. Not only that, I would have to maintain a certain speed or I'd be standing still, or going backwards. Speeding up to gain ground means hitting the waves harder and the distinct possibility of getting splashed and soaking wet. By the time I got home I could look like I went through the wash cycle, not fishing. Not my favourite thing to do.

So, on this day I was determined to stay afloat and stay as dry as possible and maybe even do a little fishing now that I'd already gone to all this trouble. Before the waves got really bad, I made a stab at trolling in a spot I've always seen fish on my sonar in 45 to 55 feet of water. It may have been calmed down at 20 feet, but as I was tossed around on the surface, that same erratic motion was transferred to my lure down deep. It didn't help. Hiding behind the big island also didn't help. I went home wet and skunked.

Looking southeast from the same boat launch ramp, there is an extra wide part of the river or bay. Years ago in that bay, I discovered a barely submerged old wooden barge, with an open hold in the deck, parked close to shore. Back then I tossed a surface lure over the open hole and caught some nice bass. So, on a more recent summer day suitable for fishing, I headed over there to set my minnow trap down into the dark depths of that barge. My plan was to then go fishing and come retrieve the trap later.

Later as I pulled the still empty minnow trap to the surface, the breeze swung the bow of the boat around onto the deck of the barge and I was stuck there. When I used an oar to try and push away, all the boat did was pivot around and stayed stuck. So, I stood up to get more leverage and push harder. Suddenly the boat let go and I went flying into a heap in the back of the boat. I hit the motor so hard I thought I had broken two fingers, and I had a bruise on my right side for a week or so. Had the motor not been there, I would have been out into the river. I limped all the way home.

A danger for any boat on the water is a barely floating log or timber or even just a plank. Especially if you're going fast, you don't have a chance to see it until you're on top of it. It is especially dangerous for a relatively thin hull aluminum boat like mine. Susan and I came close to clobbering a branchless bent tree trunk float just out from the mouth of the Big East River. I

only had seconds to swerve to avoid it and we were not speeding. To spare other boats from hitting it I decided to tow the dangerous thing over to the end of Hutcheson Beach Road and beach it. We found getting it there rather tricky. Every time I tried to get up a little steam the monster dove for the bottom. Later I noticed it tossed in the bushes, not an easy feat considering its size and weight.

When I was a teenager and at my grandparent's cottage, a friend two doors down, invited my dad and I to go fishing on Lake Nipissing. We were going full open in his plywood boat out from an island, and we hit a submerged bald rock. Instantly we were airborne, and the motor flew up racing. When we landed the motor dug in again and we kept going. I didn't breathe again for what seemed like a long time. I was looking for where the water was about to pour in. It didn't. The broken off the bottom skid of the 15 hp outboard motor is still there till this day. I'd like to say we caught a lot of fish that day, but all we caught was one Pike with an ugly wound on its side, so it went back in.

In Hunters Bay, Huntsville, is a double row of big old dock pilings running out from the south shore. The ends of some are well above water, but the deeper ones are submerged the amount depending on water level. One of the submerged pilings out deeper has a 12 inch or so, half bent over, thick iron bolt sticking out of the top of it. I thought I was out far enough to be safely away from it. Susan spotted it first as we motored past it mere inches away. Had we hit it, that old bolt would have opened up the side of the boat like a can opener. That piling was a scary sight.

Another spot Susan and I now avoid is an end of the road boat launch area. The last time we used it we came back to it in the dark and the wind from daytime warming had made the waves bad. Every time we tried to load the boat on the trailer the waves bounced the boat around so it would not stay on the rollers of the trailer. Susan ended up in the water almost to her waist trying to hold the boat steady. Then as I went to pull the trailer out of the water, I found that our vehicle was stuck in the sand. I only had my bare hands to dig us out with. Fishing is full of challenges and hard work at times. The crazy thing about all that is, I no longer eat fish.

***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.*



Uncle Charlie's Molly and Dolly and the Dignity of Work

By George Brooks

I'm not sure why Uncle Charlie gave a name to each of the sawhorses, but it sure brought a big smile to his face as he watched my reaction.

"Molly and Dolly," I said. "Why names on a couple of sawhorses?"

As was often the case there was no verbal response, just Uncle Charlie's great smile. When there was work to be done, joy and satisfaction were his helpers.

Charlie had left school and the family farm in Saskatchewan at age 15. Over the years he did many different kinds of work and if a job required a set of skills then he learned them. Charlie could have been almost anything that he wanted to be but the lack of schooling

and the desire to be on the move held him back. He liked construction work best of all his jobs.

"At the end of the day," he told me once, "you can see what you have accomplished."

A lot of words from Charlie but ones I have never forgotten. By the end of summer, I knew what hard labour was and I knew I wanted something better for my future.

He took great pride in his work and never cut corners.

Uncle Charlie played a role in my life as I was growing up. It was to Uncle Charlie that I was sent by my mother when I needed to be "straightened out." He was the one who let me drive his truck when I was >>>

CONT'D FROM PAGE 24

only 13 years old and when I was older and with a license, he let me borrow the truck to go on dates. It was into Uncle Charlie's care that I was put for a summer when at 16 I decided to quit school.

Uncle Charlie was insulating a large cold storage building that summer for a winery. The job given to me by Uncle Charlie (to teach me a lesson I realize now) was to tar the large sheets of insulating styrofoam before Charlie attached them to one of the walls of the cold storage building. By the end of the summer my jeans and shirt were so covered in dried tar that they could stand up by themselves! I hated the job and told Charlie.

He looked at me and said, "Georgie, every job has value, and you can be proud of what you do if you try your hardest."

Charlie only smiled when I was enthusiastically back at school that September. Eight years later I graduated from university as a teacher and Charlie was there in the audience with that great smile. I could see the pride in his face, and I loved this man because he had made such a big difference in the direction of my life.

My wife and I bought some cottage property one summer and Charlie was soon on the phone to find out what I was going to build.

"Well Charlie, I think I need a large garage first, almost a barn actually."

"Good," he said, "I like building barns," and I could hear the glee in his voice and could picture the smile. It gave me such a feeling of well-being.

"It will have to be next spring Charlie because of the financing."

"Ok," he said, "I will make up the plans."

Like I said, Charlie didn't have much formal education, but he was the epitome of the self-made man who learns from experience and applies it well.

Charlie laid out the plans for me early one spring afternoon. It was a beautiful looking garage, not as big as a barn, but big enough. He had all the elevations drawn and the measurements for every section. Listed on the side of the drawings were all the materials we would need right down to the number of ½ penny nails. When we finished the building there was hardly a nail or a board left over. Charlie had figured it out perfectly.

Early one spring morning Charlie arrived with his tools and his smile. "Let's get started," he says before I hardly had a chance to welcome him.

"Ok Charlie, I'll get my hammer and the plans."

"Don't need the plans, Georgie." I was still Georgie after 35 years of being an adult.

"Sure, we do Charlie."

The big smile formed again on his face as he slowly raised his hand and with one of his thick sinewy fingers he pointed at his temple. "It's all here."

And it was. He never once looked at the plans during the building of the garage. "First," he says, "we need a couple of sawhorses."

With that he grabbed his saw and within minutes of some sawing and nailing there stood Molly and Dolly ready to work. When we finished the roof, he did a little jig up there and sang out, "Look at me, turning 80 next week and I can still build a barn!"

I had tears in my eyes. Oh yes, I found out during our many conversations that summer that Charlie had been in charge of a team of horses many years before at a logging site out west. The horses were called Molly and Dolly.

Uncle Charlie is gone now. My son helps me with projects around our cottage and every time we start one and the sawhorses come out I think of Charlie. I look again at Molly and Dolly and I say with a bit of a catch in my voice, "OK, Uncle Charlie, what are we going to build today?"

I know that his smile and guidance and values are there to pass on to my son. Thanks, Charlie, for the lessons. You were never enslaved to work itself but committed to the dignity of labour and to a job well done.

George Brooks is a retired elementary school teacher. He and his wife Susan enjoy travel, hiking, and sailing, which rounds out their lives, and they are very involved in their community.

Have a story to share?

- *A challenge?*
- *A funny tale?*
- *A heartwarming experience?*

We want to hear about it!

**Email it to:
editorial@
muskokaseniorsmagazine.ca**



Unknown Caller

By Mary George

My mobile phone rang from an “unknown number.” As I do with all unknown numbers, I slid the toggle switch to make it go to voice mail. Within seconds, it rang again, from an “unknown number.” I denied the phone call 3 times in a row. On the 4th ring, thinking it could be an emergency, I picked it up.

“Is this Mary? Yes.

“Mary. Congratulations! You have won a red BMW and a million dollars.” I stayed quiet. Then came the instructions. “Are you home to receive the red BMW and cheque for a million dollars?”

“No, I am a carer and at work.”

“Well, please take down this Purolator courier confirmation number. Now take down your certificate number.”

I obliged, knowing he had not gathered any information, other than I am not home at the moment! I even made sure not to say too many words, even adding a bit of gruff to my voice.

Oh dang, I did say “I did not enter any competition.”

His response, “Jesus Christ knows you and is giving you this prize for paying your bills and buying groceries.”

I should have laughed then, however, I was trying to figure out their purpose, other than scamming. I said, okay, go ahead and deliver the winnings at 440 PM. Then I hung up, as I was at work!

A few minutes later he called again! Asking if I had completed the app?

I said sternly, “You said I won something I never entered. If it shows up great. Otherwise, this conversation is done.” I hung up and turned the phone off.

I arrived home at 440 PM. The driveway was empty. What? No red BMW? No Purolator courier?

FYI: In the background of that earlier phone call, I heard other voices and a child crying. A little unprofessional don’t you think? They must be working from home?

Hint: We never win! There is always a taker at the other end.

I give thanks for the reminders:

1. Jesus Christ does not gamble; He delivers.
2. Jesus Christ does not give prizes; He gives us life and discernment. Thank God!

Mary George, utilizes gifts of day-to-day experiences to imagine a new story. Stories allowing the reader to momentarily separate from the density of the world with a smile are favorites.

**Have a funny joke
or story to share?**

**Email it for a chance to be published at:
editorial@muskokaseniorsmagazine.ca**

CREATIVE CORNER



I Try

By Anonymous

I try and I fail
I try and I can't
I try...

Sadness and doubt overcomes me
I don't want to try anymore
but faith ensues...

I try and I stumble
I try and feel overwhelmed
I try and I can



Love

By Geraldine O'Meara

What is this thing called love,
That singers sing about,
Dreamers dream about,
Poets write about,
Lovers whisper to each other about?

Looking out from the threshold of my door,
earling in the morning;
Rain was happily tap dancing on the porch,
Trees were playfully practising their Tai Chi,
Songbirds were singing sweet melodies to the earth,
Red and Pink geraniums in the window box,
Stretching high towards the warmth of the sun,
The soft verdant grass was pleasurably making
known itself
as it announced the awakening of summer,
And Mother Earth was whispering sweet lullabies to
me,
as she softly caressed my face with her deliciously,
cool breeze.

Enough love to keep me going for the day.
If this isn't love, then I really don't know what love
is!

Geraldine O'Meara, spent 21 years in England, working for a spirituality/environmental centre before residency in Huntsville, and now in Guelph to move closer to her family.

MUSKOKA SENIORS MAGAZINE

Business Directory

*Enjoy the magazine? Please support the businesses in it!
How? Inquire about their products and services, talk about them with your contacts, buy from them, and let them know you saw them here. Thank you!*

HAMMOND TOURS - Day and multi-day trips, international destinations... Your #1 choice for a once-in-a-lifetime group travel experience! www.hammondtraveltours.ca, 1800-562-1885. Check out our new Feature Trip package on [p. 2](#)

MUSKOKA CREMATION & BURIAL SERVICES LTD - Professional, cost effective cremation and burial services, including memorial merchandise such as urns, keepsakes and memorial jewellery. For further information or inquiry call 705-789-0086, or email: muskokacremationandburial@gmail.com. [p. 14](#)

MUSKOKA HILLS RETIREMENT VILLA - Where happiness lives. Join us for a tour and complimentary lunch. Nature trails, patio, gardening, snooker, and more. Spacious suites, wi-fi, and great views. Short-term stays and temporary respite available. 705-645-6364 www.muskokahillsretirement.com [p. 6](#)

THE GREEN BOUQUET CANNABIS - Our team is Cannsell Certified and here to talk to you about your cannabis questions. We have free educational information in-store for seniors. In-store or curbside pickup. Open 7 days a week. 705-385-9333, <https://www.thegreenbouquetcannabis.com/> [p. 12, 13](#)

CHARITIES & NON-PROFITS

BRACEBRIDGE CENTRE FOR ACTIVE LIVING - A community hub for Seniors to stay active, enjoy programs, special events and build friendships. 54 Dominion Street Bracebridge 705-645-9111, www.bracebridgeseniorscentre.ca

GRAVENHURST ACTIVITY CENTRE - Come join the Gravenhurst Seniors Activity Centre 705-687-8126. We have various card games, shuffleboard, snooker and more. No age restrictions!

HUNTSVILLE AUXILIARY GIFT SHOP - Come see unique gift ideas for young and old. Monday to Friday, 10 - 3.

LOON & TURTLE LAKES COTTAGE ASSOCIATION - The mandate of our association is to work together to preserve our natural environment and safeguard our community. Our website is www.loonturtle.ca

PROBUS OF GRAVENHURST - We, in the Probus Club of Gravenhurst, have celebrated over 20 years in town. We were created to offer our residents an opportunity to meet, share similar interests and enjoy our wonderful Muskoka. Contact Barb McCabe at barbmccabemuskoka@gmail.com

PROBUS SOUTH MUSKOKA - Social Club for retired persons. Monthly meetings with speakers, social activities. Contact: Margaret 705-637-0606 www.smprobusth.ca

Muskoka's Award Winning Community Radio Station



- Listen online! Get your app on
- Enter to win a Summer Fun Package from NyDock
- Win Big with Super Jackpot Bingo
- Give back to your community
- Listen to your favourite local podcasts
- Check out local events
- Stay on top of news stories that affect you
- All this and more at muskokaradio.com

CANADA PROUD!

PLAYING THE WIDEST VARIETY OF
CANADIAN ARTISTS FROM SEA TO SHINING SEA!

The Bay 88.7FM

Phone: 705-224-0121, Cell: 705-224-2527
muskokaradio.com