

# Silver



July 2009 – Volume 1, Number 4 SPECIAL SUMMER ISSUE

**THE NEWSLETTER OF THE RUTH CLARKE CENTRE FOR SENIORS**

**81 Mill Street South, Port Hope, Ontario L1A 2S8**

**905 885-2228**

Published 6 times a year. Editor: Anastasia Erland Managing Editor: Amy MacGillivray

## *Have a Silver Summer!*

In this special summer edition of *Silver*, you'll find recipes for summer treats, a new profile in our Dynamo series, plus updates and wrap-ups of activities, announcements of upcoming events and much more.

But first I want to tell you about my new Norma Jean. Don't have a clue what a Norma Jean is? Well, it's a Mourning Dove. But I call them Norma Jeans because of their big innocent eyes, their ample bosoms, and their resemblance to a certain blonde actress who brought a new dimension to blonde goofiness. Mourning Doves were originally called Carolina Turtledoves and were actually hunted in the U.S. south as a delicacy. I know a lot of people who find their sad calls depressing, but I find those sweet coos and wails a comforting sound.

My first Norma Jean set up residence in a hanging pot of pansies in May 2007. I followed her saga from sitter to mom over a couple of months in the Wilmot Creek newsletter. She was an excellent mom—sat quietly on that planter day and night for many weeks after building a fairly sophisticated nest from twigs. When the eggs were produced she sat patiently, again for weeks, until they hatched. Then she fed her babies, encouraged them to leave the nest and taught them to hop/fly. When they were able to get their own food and fly to the eaves trough, she still hovered nearby on roofs and bushes. Then one hot day they all disappeared into the haze.

I thought I'd never see the like again. But now a new Norma Jean has built a nest in my hanging spider plant. She responds very well to the name as I greet her. She always has one of those magnificent eyes turned to me when I speak. And I can almost hear her reply, "Good morning to you, too, missus." I haven't yet confirmed eggs, but there will likely be two. I'll update Norma Jean's story in the fall. Meantime, enjoy our summer edition.

*Anastasia Erland*

## **Profile of a Dynamo**

### **Euchre and tomatoes do mix!**

If you're driving or walking along one of the roads in Hamilton Township between the hours of 6 and 7:15 a.m., this summer you just might run into Alex Gabovic and his Jack Russell Chloe. That walk is a morning ritual, as is Alex's twice weekly supervision of Monday and Wednesday euchre at the RCAC.

Alex is a man who loves cards and for all of his 17-year involvement with the Ruth Clarke, he's been involved in card-playing one way or another. What does that have to do with tomatoes? Well, tomatoes are Alex's other passion. Right now he's tending 26 prime plants grown from seeds carefully extracted from the pulp of last year's crop. And these, in turn have been carefully nurtured over the years from seeds that came from Czechoslovakia via his godfather's pocket.

Alex's parents arrived in Canada from a rural area near Prague in 1930. They settled in Deloro where his father worked for Deloro Iron and Smelting. Alex was born in 1935 and spent his younger years moving from place to place with his family. He lived in Port Hope, Canton and Sarnia—and finished high school back in Port Hope in the 1950s. After a year working in the office of Port Hope Sanitary, in 1954 he left for a job in Brighton at a plant that made—oddly enough—card tables. In 1955 he married his high school sweetheart, Bette-Ann. They had two boys and two girls and now have four grandchildren.

After moving back to this area, Alex worked in the office of the Mathews Conveyor company for 26 years. He retired in 1992—at the age of 56—when he was laid off because the company was in serious trouble. That was also the year he joined the RCAC.

As the Monday euchre convener, Alex collects the fees, gives out the tickets, double checks the scores and awards the prizes. "I have to exercise my own judgment a lot of the time," he notes. "Sometimes people dispute the results or argue about how things are run. I have only one answer to that, I say that if they think they can do a better job, they're welcome to it." So far there have been no takers.

For bid euchre on Wednesday it's slightly different, but still a job Alex loves. "When I worked, I did just about every job in an office—this is just a different kind of challenge." Interestingly, Alex also loves playing poker.

Amy MacGillivray is one of Alex's biggest fans. "Alex always goes above and beyond for the Centre and does it cheerfully," she says. "Recently, thanks to Alex, we've been able to order new tables at a very reasonable price. And not only that, he's going to pick them up and deliver them for us. I can always count on Alex."

Have a great summer, Alex. Enjoy your tomatoes and your many flowers and vegetables. A sincere thanks you for your 17 years of devotion to the Ruth Clarke Centre.

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### **Wow! What a Joyful Noise!**

The return of the Choir members of the Northumberland Orchestra and Choir on May 22 was a delight from start to finish. Who knew that our concrete walls could so perfectly deliver big sound? For those of you who missed it, let's hope we can do this again next year. Not to be missed again!

After a rousing, full out rendition of O Canada with electronic keyboard embellishments by accompanist Susan Tanner, the sheer energy of the choir was established. Music Director Michael Newnham then charmed us with a preamble on Handel the person and the origins of his Messiah.

The Messiah Highlights were well chosen for flow and content. There was a little raggedness at the beginning, but by the time they were into "And with His stripes..." the choir was hitting its stride with nice crisp articulation. Then came the Hallelujah Chorus and, being on such familiar ground, they achieved a better balance and an excellent sustained final note. The jazz pieces were well-chosen arrangements, rich and plummy. The choir clearly enjoyed themselves performing Gershwin's *Clap your hands*.

The mix and mingle refreshment session with the choir afterward was an added bonus. Time well spent!

### **The Northumberland Senior Games**

Held in various locations during May, the 17 events featured in the Northumberland Senior games attracted 255 enthusiastic participants.

Special thanks to the conveners who hosted the events: Alyn Stephenson, Barbara Hawthorn, Bernice Makepeace, Bernie McGeown, Bevan Howard, Calvin Stewart, Dyann Whetstone (treasurer as well as convener), Graham Foster, Helen Trenouth, Joanne Harness, Felicity Corelli, Wendy Avey, Larry Crook, Mai Pohlak, Martin Petlock, John Halls, Yvonne Bangs, Past President Joyce Lees and Northumberland Chair Roy Bangs.

Roy and Yvonne Bangs attended every activity--a memorable accomplishment!

Here are the **Gold Winners**:

#### Swimming

100m prediction, women 65 and up:

Betty Holmes

25m sprint, women 65 and up: Felicity Corelli

25m sprint, women 75 and up: Betty Holmes

100m prediction, men 65 and up: Jean Claude Coqu

25m sprint, men 65 and up: Bill Leggette

#### Euchre (Port Hope)

Don and Martha Budd

#### Carpet Bowling

Bob Stocker and Rupert Hartford

#### Bid Euchre

Marion Glenville and Gordon Martin

#### Cribbage (Brighton)

Doug and Karla Burgis

#### Euchre (Brighton)

Shirley Smith and Ann Urban

#### Darts

Marg & Chester Baxter

#### Shuffleboard

Bruce Campbell and Jean Campbell

#### 5-pin Bowling

Ray Moore, Paula Goulbourne, George Fitchett, Carol Baxter and Astrida Jenkinson-Chalmers

Cribbage (Port Hope)

Bridge

Roy Thorneycroft and Eve Govinge.

Walking

75+ Women

Susan Makie

(no 75+ men winners)

55+ Men

Jean Claude Coqu

55+ Women

Yvonne Bangs

Horseshoes

Glen Crowe & Gary Gray

Golf

18 hole

Men Craig Williams

Women Carolyn Ferguson

9 hole

Men  
Flight A

Bill Halewood

Flight B

Barry Hollins

Flight C

Ray Litt

Bocce

Due to rain, the event was rescheduled to June 22

The **Gold** winners for bocce, tennis and lawn bowling will be announced in the next edition of *Silver*, as will the names of the winners of the District Games

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**There's still time to reserve  
your place at the  
NORTHUMBERLAND SENIOR  
GAMES BANQUET ON JUNE 26  
Independent Order of Odd  
Fellows Hall - 2375 County  
Road 28  
\$10 participants - \$15 non-  
participants  
Starts at noon - a delicious  
roast beef lunch will be  
served**

**Bulletin Board**

**A big thank you to Sunny Taylor** for making a mail slot in the office door. Now members and conveners can drop items directly into the office when the coordinator is away.

**Let your fingers do the prancing!** The piano is now tuned and ready for chopsticks. Oh, wait—thanks to Barbara Hawthorn we have some music books. So, feel free to play your heart out whether you can read music or play by ear!

**The best in barby!** Hats off to Fred Ridge and Gladys McKnight for the June 22 barbecue. It's unanimous—we think you two make the best barbeque around. And while we're at it, thanks again to Betty Walsh for getting the food and accessories to make it the best of all possible events!

**A new loo for you!** Thanks to the Day of Caring, on June 5, the downstairs washroom was decorated. Not only that, the event was recorded on CHEX TV. Our thanks to the United Way, Collins & Aikman, Cameco, Esco, Sabic, Innovative Plastics, Horizon Plastics, Zircatec and Strapex. Your generosity is much appreciated.

**By jingo, bingo nights are back!** Starting Wednesday July 8, bingo returns for the summer thanks to Doreen Reeves and her merry band of helpers. Starts at 7.

**Whatchamacallits, doodads and thingames for the yard sale!** You can leave your donated yard sale items at the centre now. But remember! No electronics! None. Absolutely not. Members can also book a table of their own and keep the proceeds if they wish. See ad for the yard sale on page 4.

**We understand computely!** No more excuses. Now you can learn computer skills that will awe your grandkids (yeah, sure)! Sessions are 1:30-2:30 Mondays and Thursdays for four weeks. Cost of the 8 classes is \$60. One-on-one sessions can also be arranged. Starts July 6.

**You always thought you were a crafty sort—now you can prove it!** Busy Hands craft sessions begin on July 7 at 10 am. We already have a knitting expert to consult—and lots of ideas. Donations of craft materials gratefully accepted.

**Call Amy at 885-2228 for more info on any of these items**

## Coming up and not to be missed!



### Become a computer whiz in just 4 weeks!

- learn all about Microsoft
- send emails, attachments/pictures
- cruise the internet with skill and ease!

Classes start July 7 and continue every Monday and Wednesday for 4 weeks. Cost \$60. One-on-one sessions available. Register with Amy at 885-2228.



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### The second annual RCAC INDOOR/OUTDOOR YARD SALE

Saturday August 22

Great fun from 8am til 12 noon

Save all your loonies and toonies for this event

Hot dogs, hamburgers and peameal on a bun

Bake sale

Lots of fine finds & surprises

Proceeds to the Skate Park

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Lots of energy but nowhere to go?  
FITNESS FRENZY IS JUST THE THING!



3 sessions a week all summer

Join in every Monday, Wednesday or Friday at 11 am for fun and a great workout!

New weights and mats available.

\$4 drop-in fee

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## SUMMER SPLASH PARTY

Friday July 17 - 2:15 pm

Free swim for seniors

At the Jack Berger sports complex

No pre-registration

Just join Amy and all your friends for a refreshing dip

and summer refreshments afterward

## Silver's Summer Suggestions

### Summer recipes and helpful tips

Here's something a little unusual, but we're told it's yummy—so give it a try!

#### Miracle Whip Chocolate Cake

2 cups flour  
1 cup sugar  
5 tablespoons cocoa  
2 tsp baking soda  
1 cup water

Mix above ingredients well and add one cup of Miracle Whip salad dressing and one tsp vanilla. Place batter in greased pan or and bake in 350 degree oven. Time: 25 minutes for layer cake or 30 minutes for squares. Can also be baked in cupcake tins for 20 minutes.

*Shirley Parberry*

#### Death by Chocolate

A summer trifle that is to die for!

2 Skor bars, crumbled  
3 boxes Jell-O chocolate fat-free pudding mixed with  
5 cups skim milk  
1 tub Cool Whip light  
1 low fat brownie mix (baked according to directions and then crumbled)

Build in layers in a large glass trifle bowl starting with crumbled brownie mix, pudding, Cool Whip and crumbled Skor bars. Repeat layers. Keep cool in fridge until ready to serve.

#### Super fast and easy dessert

Mix one tub of thawed Cool Whip with a package of lemon instant pudding and add one 19 oz tin of crushed pineapple. Chill and serve in wine glasses topped with a cherry or shredded coconut.

*Joan Ferrier*

#### Helpful tip for driving in the rain

When you're driving along and get caught in a rain shower so heavy that your windshield wipers are completely ineffective—put on your sunglasses. You'll immediately be able to see through the rain. And this works even at night! Any kind of sunglasses will do.

Rain or shine, it's a good idea to always carry a pair of sunglasses in your car. *J.F.*

#### Strawberry Chiffon Squares

1 1/2 cups graham cracker crumbs  
1/4 cup butter or margarine  
1 3 oz package strawberry gelatin  
3/4 cup boiling water  
1 tin sweetened condensed milk  
1/3 cup reconstituted lemon juice  
15 oz frozen sliced strawberries  
3 cups miniature marshmallows  
1/3 pint whipping cream, whipped

Melt butter and combine with graham cracker crumbs. Pat firmly onto bottom of 9 x 13 inch pan. In large bowl, dissolve gelatin in water, stir in condensed milk, lemon juice, strawberries and marshmallows. Fold in whipped cream. Pour over crumb crust. Chill for 2 hours. Makes 16 squares.

*Joan Ferrier*

#### Baked Apple Supreme

6 baking apples  
Lemon juice  
1/4 cup raisins (or dried cranberries)  
1/2 cup slivered almonds  
1/4 cup brown sugar  
2 teaspoons cinnamon  
6 teaspoons butter or margarine

Wash and core apples...make a generous cavity in each apple. Remove thin layer of peel just around cavity and sprinkle with lemon juice. Mix raisins, almonds, brown sugar, and cinnamon in a small bowl and cut in butter until mixture resembles cornmeal. Distribute evenly between apples.

Cook in microwave, *uncovered*, on medium for 12 minutes. Serve warm with cream or ice cream.

#### Add a little zip to summer drinks

Fill ice cube trays with berries (blueberries, raspberries, strawberries) and freeze. Decant into drinks for a pop of color and a burst of flavor.

Use fruit lollipops as stir sticks in mixed juice/liquor drinks. Just remove the wrap and pop in into the glasses.

Don't forget the designated driver. Make refreshing half and half spritzers of fruit nectar or fruit juice and club soda or ginger ale.

### **Bread and Butter Pudding**

2 generous tablespoons butter or margarine  
2 eggs  
1 cup milk  
1/3 cup sugar  
1/4 cup dried cranberries (or raisins)  
1 teaspoon vanilla  
1/4 teaspoon salt  
2 – 2 1/2 cups stale bread cut in one-inch cubes  
(any kind will do: rye, whole wheat, French, whatever)

Use one quart microwaveable bowl to melt butter or margarine in microwave (30 to 40 seconds). Add eggs and beat well. Blend in milk, sugar, cranberries, vanilla and salt. Stir in breadcrumbs and let stand 5-10 minutes. Stir again and micro-cook, uncovered, for 5 1/2 to 6 minutes. Serve warm.

### **Cranberry Nut Rice Salad**

1/2 cup chopped walnuts or pecans  
1/4 cup orange juice  
1 tbsp apple cider vinegar  
3/4 tsp salt  
1/4 tsp black pepper  
2 tbsp olive oil  
3 cups cooked, cooled rice  
1/2 cup dried sweetened cranberries  
2 chopped green onions (or 2 tbsp minced red onion)  
1 chopped rib of celery  
2 tbsp chopped fresh parsley (essential)  
several slices chopped deli roast turkey or smoked chicken

Heat dry skillet over medium heat. Add walnuts and cook, stirring, 2–3 minutes until lightly browned. Remove from skillet and set aside. In large bowl combine orange juice, vinegar, salt and pepper. Gradually whisk in oil. Add rice, cranberries, onions, celery and parsley. Combine. Then add chopped deli meat. At this point you can refrigerate until serving. Before serving, toss with toasted nuts and spoon onto bed of fresh lettuce leaves.

### **Handy household tips**

- To remove pet hair from upholstery, slip on a rubber glove and dampen the palm. Run your gloved hand over the hair and it will stick to the glove. Simply rinse off under the tap.
- Put some of those smooth decorative flat rocks in your soap holder and you'll never have to rescue the soap from a scummy puddle again.
- Use plain dental floss to slice soft cheese.

### **Strata-various pie**

Make, take and serve this simple, sensational meal for any outing. Try other combinations of sliced meat and cheese.

Preheat oven to 400 deg.

1/2 cup chopped onion  
1 clove garlic, crushed, chopped  
1 tbsp. butter  
1 pkg. (10 oz) spinach, washed, stems removed  
3 eggs  
1 egg white  
2 frozen regular or deep dish pie shells, thawed, 20 min  
175 g sliced cooked ham  
200 g Swiss cheese slices

Sauté onion and garlic in butter. Add spinach, cover and cook until spinach wilts; drain very well; set aside. Whisk together 3 eggs and 1 egg white. In one pie shell layer half the meat, cheese and spinach; cover with half the beaten egg mixture. Repeat layers. Invert second pie shell over top; crimp edges. Brush top with remaining egg yolk mixed with a bit of water; slit surface. Bake pie on cookie sheet 30 to 35 min. or until golden. Serve warm or cool. Yield: 6 servings

### **Summer Senior Moments**

An elderly woman called 911 on her cell phone, sobbing hysterically. “My car has been robbed! The devils have taken the stereo, the steering wheel and the brake and accelerator pedals,” she cried. A few minutes later, the officer dispatched to the scene radioed in. “Disregard,” he said, “she got in the back seat by mistake.”

Two elderly friends had been playing cards for many decades. One day, one looked at the other and said, “Now don’t get mad, at me but I just can’t remember your name—and after all these years! Who are you?” The other friend just sat and glared for a few minutes then replied, “How soon do you need to know?”

### **Silver Marketplace**

Silver Marketplace is a forum for want ads, opportunities, services and information. To place an ad, call Amy at 905 885-2228 or drop your information in the Centre’s Suggestion Box. There is a small fee for business card display

FREE — TO A GOOD HOME. EXERCISE BIKE.  
CALL E. DOCHERTY 905-885-5606

Thank you to THE TOWER OF PORT HOPE for providing the dessert to our LUNCH BUNCH!

# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11am Fitness Frenzy 1:15pm Euchre	2 9am TAI CHI at the beach (all levels) 10am Chess 1:30 Bingo	3 11am Fitness Frenzy 1pm Bid Euchre	4 10am Dance Class 1pm Texas Hold Em 1pm Bridge	5 11am Fitness Frenzy 1:15pm Canasta 2pm Social Singles	6 7:30pm Open Euchre Party <i>Everyone welcome!</i>
7	8 11am Fitness Frenzy <b>1pm SENIOR GAMES EUCHRE (UP)</b> 1:15pm Euchre (LL)	9 9am TAI CHI at the beach (all levels) 10am Chess 1:30 Bingo	10 11am Fitness Frenzy 1pm Bid Euchre	11 <b>9:30am Social Committee Meeting</b> 10am Dance Class 1pm Texas Hold Em 1pm Bridge	12 11am Fitness Frenzy 1:15pm Canasta 2pm Social Singles <b>7pm Open Bid Euchre, everyone welcome!</b>	13 7:30pm Open Euchre Party <i>Everyone welcome!</i>
14	15 11am Fitness Frenzy <b>12pm Lunch Bunch</b> <b>1pm Fall Prevention Workshop</b> 1:15pm Euchre	16 <b>ALL DAY COFFEE BREAK</b> 9am TAI CHI at the beach (all levels) 10am Chess 1:30 Bingo	17 11am Fitness Frenzy 1pm Bid Euchre	18 10am Dance Class 1pm Texas Hold Em 1pm Bridge	19 11am Fitness Frenzy 1:15pm Canasta 2pm Social Singles	20 7:30pm Open Euchre Party <i>Everyone welcome!</i>
21  Happy Fathers Day!	22 11am Fitness Frenzy <b>12pm Barbeque and General Meeting</b> 1:15pm Euchre	23 9am TAI CHI at the beach (all levels) 10am Chess 1:30 Bingo	24 11am Fitness Frenzy 1pm Bid Euchre	25 10am Dance Class 1pm Texas Hold Em 1pm Bridge	26 11am Fitness Frenzy <b>12pm SENIORS GAME BANQUET – Odd Fellows Hall</b> 1:15pm Canasta 2pm Social Singles <b>7pm Open Bid Euchre, everyone welcome!</b>	27 7:30pm Open Euchre Party <i>Everyone welcome!</i>
28	29 11am Fitness Frenzy 1:15pm Euchre	30 8:15am FALLS VIEW CASINO! 9am TAI CHI at the beach (all levels) 10am Chess 1:30 Bingo	<b>June is Seniors' Month, an opportunity for all Ontarians to recognize and value the contributions made by seniors every day in communities across the province.</b>			

2009

Happy Birthday to You! Happy Birthday to You! Happy Birthday Dear Ruth Clarke Members, Happy Birthday to You!



- Joyce McBride 2<sup>nd</sup>*
- Doreen Reeves 2<sup>nd</sup>*
- Audrey Bowman 2<sup>nd</sup>*
- Russell Brimacombe 2<sup>nd</sup>*
- June Monagan 4<sup>th</sup>*
- Linda Pauk 4<sup>th</sup>*
- Helga Galle 5<sup>th</sup>*
- Fran Marsh, 5<sup>th</sup>*
- Estelle Brown 5<sup>th</sup>*
- Mary Nesbitt 6<sup>th</sup>*
- Cyril Perry 7<sup>th</sup>*
- Jim Towes, Dorothy McCulloch 8<sup>th</sup>*
- Randie Jacobson 9<sup>th</sup>*
- Isabel Pankhurst, Johanna Raggars 10<sup>th</sup>*
- Anna Marie Torriere 10<sup>th</sup>*
- Eileen Kinsey 11<sup>th</sup>*
- Shirley Delorme, Jean O'Neill 13<sup>th</sup>*
- Marygay Huffman 14<sup>th</sup>*
- Betty Walsh 15<sup>th</sup>*
- Jane Waller 16<sup>th</sup>*
- June Clement 17<sup>th</sup>*
- Fern Mead 18<sup>th</sup>*
- Cathy Allison, Lois Hueston 19<sup>th</sup>*
- Edna Lucas 21<sup>st</sup>*
- Brenda Campbell 22<sup>nd</sup>*
- Doris Hynes, Anne Walkey 23<sup>rd</sup>*
- Mabel McCaw 25<sup>th</sup>*
- Ken Swann, Marlene Thompson 26<sup>th</sup>*
- Graham Foster, Pat Moran 26<sup>th</sup>*
- Barbara LeSeur 27<sup>th</sup>*
- Sandra Bolton, Jane McCluskey 28<sup>th</sup>*
- Linda Kashuk 28<sup>th</sup>*
- Barbara Hawthorn 29<sup>th</sup>*
- Diane Gilmour 30<sup>th</sup>*

☺ JUNE IS SENIORS MONTH! ☺