

Silver

January 2009 – Volume 1, Number 1

THE NEWSLETTER OF THE RUTH CLARKE CENTRE FOR SENIORS

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

905 885-2228

SOMETHING NEW FOR 2009

Welcome to the first edition of our new quarterly newsletter, *Silver*. In these pages you will find feature stories and learn what's happening at the Centre and what's coming up. You will also discover a place to share comments, reminiscences, ideas, recipes, humor, important information and much more. *Silver* will appear quarterly at first, with the usual calendar filling in on non-*Silver* months. Please feel free to share your thoughts and ideas by leaving a note in the Suggestion Box at the Centre. Address them to *Reader Comments, Silver*.

Amy MacGillivray, Managing Editor & Anastasia Erland, Editor

Shaping your New Year

Have you resolved to be more active in 2009? The Centre offers many opportunities to get moving, including Tai Chi, Fitness Frenzy, line dancing, belly dancing, merengue and salsa dancing. There's also exercise equipment available on the lower level of the Ruth Clarke building.

However, if you'd rather not participate in a group activity, here are a few simple exercises to do at home:

While standing, raise your arms above your head and place your palms together. Turn your hands so the backs touch. Take a deep breath and sweep your arms down to your sides, bringing them up to a prayer position at chest level. Exhale. Do this 5 times.

Sit in a straight chair and inhale. Holding your breath, tighten your stomach muscles. Without releasing your breath, tighten again and then tighten once again. Hold for at least 10 seconds. Try for 5 times.

Stand straight, arms to sides. Slide one hand down the side of your leg as far as you can. Hold for a count of 10. Straighten. Then do the same with the opposite side. Try for five sets of this exercise.

Making a Difference

Profile of a Dynamo

At 86, one of Betty Walsh's problems is *not* lack of energy. With her whirlwind approach to getting things done, Betty puts that little pink bunny with the big drum to shame. It would be impossible to estimate how many hours of service she has given to the Ruth Clarke Centre over the years. Four of those years she served as vice-president followed by an amazing 12-year stint as president. Also too numerous to count are the urns of coffee and pots of tea she has served over the years or her devotion to keeping the kitchen spotless.

You'd expect Betty's own home to be neat as a pin—and it is. Featured in the comfortable and inviting living room are three framed certificates naming her Port Hope Senior of the Year for 1997, 1999 and 2007.

The living room also prominently displays handsome photos of Betty's family, including many photos of her children and seven grandchildren.

Betty is also a long-time volunteer at her church, St. Mark's, and was very involved in Legion activities for years. Why so active? One reason was to keep busy after her husband, Bob, died 27 years ago. Betty also worked at Trinity College School for 10 1/2 years.

Born in Bothwell, Scotland, Betty came to Canada in 1946 as a bride. Bob Walsh was a sergeant in the army. They moved into his grandmother's house on Young Street and brought up their two daughters and one son there. Later they moved to a new house closer to the 401. Bob was a foreman with the municipality and even had a street named for him: Bob's Drive. It runs between Young and Harcourt Streets.

As well as her involvement in various groups and her choir singing at church, Betty has also traveled quite a bit and enjoys playing cards and organizing activities. Over the years she has avoided idle hands by knitting many useful items.

She has great memories of Ruth Clarke activities over the years. "As well as my years as vice-president and president of the centre, I was involved in just about everything and sat on just about every committee. I tried to help wherever and whenever help was needed."

Her awards testify to her dedication and positive attitude. Hats off to Betty Walsh.

Much Ado about 90!

RCAC's vice-president of the social committee, Bernice Makepeace, isn't just enthusiastic about the project honoring our senior seniors--she's downright passionate. Anyone who attended the Annual Christmas dinner on November 21 witnessed the strength of Bernice's commitment as she spoke about her Over 90 Initiative. At that time, those over 90 who attended the dinner were shown the framed pictures and write-ups about them that will grace the walls of the Ruth Clarke Centre.

Bernice had been thinking for some time that the Centre needed to do more for members who passed the landmark age of 90. "For starters," she said, "I thought that reaching 90 was a good reason to be given honorary membership. So we did that. Then I thought a more visible honor would be to display pictures and short biographies in the Centre. With help from Rae Polutnik, I put together the photos and write-ups. Once they are on the wall, we'll add new faces and names as members reach that all-important 90th birthday."

Not all the 90+ members were able to attend the dinner, but those who did enjoyed the delicious buffet roast beef meal and the huge variety of pies for dessert.

Our active members over 90 are: Lillian Walters; Herbert Forbes; Percy Kinsey; Edna Lucas; Audrey Friar; Percy Jakeman; Elsie Bain; Anna Hughes; Edna Silver and Jim Phillips. Well done, Bernice.

A Novel Idea

Those of you who love suspense, romance and crime novels should check out the FOR SALE shelves at both the Port Hope and Cobourg libraries. Paperbacks are a mere 50 cents and hard-covers \$1.00. It's like digging for treasure—fun and rewarding!

The best exercise for seniors...so jump in!

Not enough seniors are regularly taking advantage of pool time at the Jack Burger Sports Complex according to Bertie Brideau. "Swimming not only provides excellent health benefits," notes Bertie, "It's a wonderful social activity. The complex has a great pool, plus a whirlpool and sauna."

Adds Bertie, "There are aerobic exercise sessions in the mornings and free swim afternoons. Check it out. Persuade a friend to join you."

Call the Jack Burger Sports Complex at (905) 885-2474 for dates and times.

No Mere Trifle

When Bernice Makepeace's Christmas trifle was served at the Monthly Lunch Bunch, the resulting oohs and aahs, left us with no alternative but to provide you with the recipe. We won't tell you how we managed to convince Bernice to share, but no violence was involved—so enjoy!

Use your prettiest deep glass bowl to best show the layers. Make the custard first. Assemble: small sponge or pound cake; raspberry jam; ½ cup Cointreau; 1 pkg thawed and drained frozen raspberries; 2 cups whipping cream; 4 tbsp. Dr. Oetker's vanilla sugar; 1 pkg. Dr. Oetker's Whip It.

Custard: Heat 2 cups light cream with ¼ cup sugar, almost to boiling. Stir mixture briskly into 4 well-beaten egg yolks. Cook in double boiler or heavy saucepan over low heat. Stir constantly until custard is slightly thickened (it will coat a metal spoon). Stir in 1 tsp. vanilla. Cover and chill.

Cut cake into 1 by 4" fingers; spread one side with jam. Place half of cake jam side up in glass bowl. Cover with half Cointreau, add half raspberries and half custard. Whip the cream following directions on Dr. Oetker packages. Spread over custard. Repeat layers. Garnish top with toasted almonds and candied fruit. Chill several hours. Makes 8 servings.

Dr. Oetker's products are sold at most A&P



First birthdays of 2009
Many happy returns to each of you
Have a fabulous year!



Peter Strybosch –1
Merla Elmsley - 3
Betty Quigley –4
Johnston Scott – 4
James Gilmer - 5
Joe Fowler –7
Eugene Watkins –7
Cora Dewitt –8
Paul Rousseau – 8
Anita Santo - 8
William Hayes – 9
Ross McNicoll –12
David Monteith –12
Francesca Fullerton - 12
Nancy MacDonald –13
Rosina Saxby –13
Jean Tarrington –14
Edna Silver –15
Joan Baker-15
Jessie Helyer –16
Lorne White –16
Warren Harley –17
Kerryston Marshall –19
Betty Clement –20
Ralph Miller—20
Shirley Williams – 20
Stephanie Hobbs – 23
John Ellis - 23
Lorne Cardoza -24
Irene Golden –26
Don Budd -26
Gord Scott—27
Lynn Barr-27
Marsha Groenveld –28
Jack O’Grady –28
Edward Reeves –28
Bob Moorcroft 29
Annabel Thorpe –30
Norma Allison–30



Current and Coming Events at RCAC

LUNCH BUNCH
Monday January 19th at 12 pm
Savory soup /assorted sandwiches/yummy
desserts – all for \$3 per person

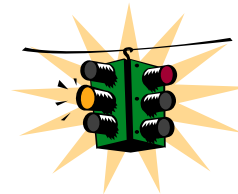
PRE-REGISTRATION REQUIRED – CALL
AMY AT 905 885-2228



WHATEVER YOU DO, DON'T FORGET THE
ALZHEIMER'S FUNDRAISER JANUARY 11



From 12 – 3 in the afternoon, join Amy at the
***Manulife Walk for Memories* at the YMCA in**
Cobourg. To sponsor Amy, give her a call at 905
885-2228



JANUARY 15 AND 22
FIFTY-FIVE ALIVE DRIVERS'
WORKSHOP

Pre-register with Amy 905 885-2228 for this
important opportunity to learn tips and
information on driving.

Provided by Community Care!

JUMP INTO YOUR SNOWSUIT AND JOIN THE WINTER GAMES!

The Northumberland Senior Winter Games are coming up on February 11, 12 and 13 in Brockville. The committee that runs the games operates out of the Ruth Clarke Centre and would like to see our members participate.

Contestants will vie for top place in both outdoor and indoor activities. If you ski and/or skate, here's your opportunity to see just how good you are in competition. And there are lots of indoor activities to vie for as well, including bridge, table tennis, and euchre.

Roy Bangs, who has chaired the Northumberland summer and winter games for the past four years says that entrants really do have a lot of fun at the games. "You don't have to be a top athlete to get a lot out of the experience," he adds, "my wife and I enjoy both the winter and summer games."

Right now, Roy is looking for younger seniors—the 55 to 60 age group—to join the winter games. As well, he'd like someone to volunteer to take over the Media Relations, the swimming event and lawn bowling for the games. You can contact Roy at 905 342-5601.

CURLED UP WITH A GOOD BOOK LATELY?



If you haven't read it yet, you might enjoy *The Secret Life of Bees* by Sue Monk Kidd. A film version of the book was just released this fall and stars Dakota Fanning, Queen Latifah and Jennifer Hudson. *Bees* is a beautifully written account of a summer in 1964 in rural South Carolina. It shows another facet of black/white relations and features a young heroine who, for sheer spunkiness, can readily be compared to Harper Lee's Scout in *To Kill a Mockingbird*. Though the girls are different ages and temperaments, they both have the wit, tenacity and courage to get them through difficult situations.

And, yes, bees are a major factor in the story. The black beekeeper August Boatwright and her sisters May and June give the story strength and poignancy.

If you've read a book recently that you think others would enjoy, send us your review and we'll share it in Silver.



Our beautiful new logo was designed by Kiwi Design. It represents what the centre means to seniors: friendship, good times, and team work. The logo was paid for by the New Horizons Grant provided by the Government of Ontario.

VOLUNTEER DRIVERS

Many Ruth Clarke members are acquainted with Pat Gagnon who co-ordinates volunteer services at Port Hope's Community Care office.

Pat is always looking for volunteer drivers. "It's a tremendous help if folks can volunteer to do just one round trip a week. Or even once a month. We have clients who need to get to medical appointments that aren't that far from home. But it's just not convenient (or sometimes safe) for them to take a bus—and they prefer a volunteer driver to a commercial vehicle."

Community Care trains drivers before they assist clients and will also reimburse for expenses.

If you could spare some time to help out—or know someone who could—give Pat a call at 905 885-9860.

HEALTH EXCHANGE

If you have a health question of a simple nature—such as: What works best to soothe a sore throat? Send it in. We'll either try to find an expert to respond to your query or else publish it for our members to ponder.

There's a huge repository of health knowledge out there and we'd like to tap it. Mothers have long known that commercial cough aids don't work—and now it's been proven scientifically. What other gems of information can we glean?

NOVEL IDEA # 2

Silver readers are encouraged to share their opinions. For example, you can write us about books you've recently read that would be of interest to others. We'd also like to start a **Where to Get It** column that gives members the skinny on where to get senior discounts, great service, fantastic meals, super haircuts and so on. Where's the best place for fresh produce? Baked goods? You can also share your thoughts about Port Hope in *Our Beautiful Town*. Where are the best walks for seniors, best places to see birds or other creatures? Here's where you share observations, voice opinions, and provide tips on better living. This is *your* newsletter. We want to hear from you!

SENIOR THOUGHTS



Some call us saints and heroes
But they have the names all wrong.
What we do and what we give
Makes our days less long.

We serve on our committees
and offer sage advice.
We drive a car or serve our club
Rarely thinking twice.

So if our actions touch you
Bear one thing in mind-
A simple word of thank you
To us would be most kind.

J.R. Riddell
March 11, 2008

SILVER MARKETPLACE

The Marketplace is a forum for upcoming events, personal ads and information on local available services.

If you have anything you wish to buy or sell, simply drop a note in the suggestion box addressed to Silver and mark "want ad" on the envelope.

UPCOMING SENIORS' FAIR

The Ruth Clarke Center is having another Seniors Information and Active Living Fair. The Fair will be held at the Ruth Clarke Centre on Friday February 13th from 10am until 1pm. There will be about 20 exhibitors with booths and fitness demonstrations every hour during the day. A soup and sandwich Lunch will be prepared and sold by the seniors. Looking forward to seeing you all there. Free admission for all. There will be some giveaways.

NOT TO BE MISSED, UPCOMING CONCERT MARK YOUR CALENDAR NOW!

The Ruth Clarke Centre welcomes back the Northumberland Choir on Friday May 22nd, 2009 at 2 pm. This year, the theme will be "Messiah and all that Jazz".

Tickets go on sale January 5th. Tickets are \$10.
Contact Amy!

ALL THE BEST FOR 2009 FROM YOUR SOCIAL COMMITTEE

*David Monteith
Bernice Makepeace
Pat Wallace
Doreen Reeves
Audrey Langevin
Ken Swann
Joan Ferrier
Betty Walsh
Bryan Sherry*

January

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					2 CENTRE CLOSED	3 7:30pm Open Euchre Party <i>Everyone welcome!</i>
4	5 10am Coffee Club 10am Cribbage 11am Fitness Frenzy 1:15pm Euchre	6 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	7 10am Line Dancing 1pm Euchre 1:30pm Ladies Bridge	8 9:15am Darts 1pm Texas Hold Em 1pm Bridge	9 11am Fitness Frenzy 1:15pm Canasta 7:00pm Open Bid Euchre Party! Everyone welcome!	10 7:30pm Open Euchre Party <i>Everyone welcome!</i>
11 <i>Alzheimer's Fundraiser!</i> Join Amy at the Manulife Walk for Memories at the YMCA in Cobourg from 12- 3!	12 10am Coffee Club 10am Cribbage 11am Fitness Frenzy 1pm Bid Euchre Lessons 1:15pm Euchre	13 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	14 10am Line Dancing 1pm Euchre	15 9:15am Darts 9:30am FIFTY-FIVE ALIVE DRIVERS WORKSHOP: Please pre- register with Amy 1pm Texas Hold Em 1pm Bridge	16 11am Fitness Frenzy 1:15pm Canasta	17 7:30pm Open Euchre Party <i>Everyone welcome!</i>
18	19 10am Coffee Club 10am Cribbage 11am Fitness Frenzy 12pm Lunch Bunch 1pm Bid Euchre Lessons 1:15pm Euchre	20 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	21 10am Line Dancing 1pm Euchre 1:30pm Ladies Bridge	22 9:15am Darts 9:30am FIFTY-FIVE ALIVE DRIVERS WORKSHOP: Please pre- register with Amy 1pm Texas Hold Em 1pm Bridge	23 11am Fitness Frenzy 1:15pm Canasta 7:00pm Open Bid Euchre Party! Everyone welcome!	24 7:30pm Open Euchre Party <i>Everyone welcome!</i>
25	26 10am Coffee Club 10am Cribbage 11am Fitness Frenzy 1pm Bid Euchre Lessons 1:15pm Euchre	27 9am Tai Chi (cont.) 9:15am Darts 10am Chess 10am Tai Chi (int.) 11am Tai Chi (beg.) 1:30pm Bingo	28 10am Line Dancing 1pm Euchre	29 9:15am Darts 1pm Texas Hold Em 1pm Bridge	30 11am Fitness Frenzy 1:15pm Canasta	31 7:30pm Open Euchre Party <i>Everyone welcome!</i>

2009