



JUNE 2021

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this space will have a wide variety of equipment to use, such as an air walker, stepper, dip station, leg press, and more.

Our residents are very engaged and active in Arthur, and we want to continue encouraging that with spaces like these.

This equipment is low impact, so it is ideal for seniors. Our older population is a large part of what makes our community a great place to live. As our town's senior community grows, we need to make sure it is easy to stay involved, connected, and healthy.

We encourage all our Arthur residents, especially seniors, to visit our new greenspace, try out the equipment, and enjoy the park and this new social space.

We would like to remind all residents to please follow our local Public Health Guidelines when visiting our new park.

Health News

Arthur's New Outdoor Park

By early June 2021, the Town of Arthur plans on holding an official grand opening of the new Outdoor Gym and Social Space at the crossroads of Isabella/Charles/Georgina streets in Arthur. This "event" will be held via a LIVE Facebook Feed.

With the help of the OMAFRA RED (Rural Economic Development) Grant, the Arthur BIA and The Township of Wellington North partnered to help provide the citizens of Arthur with a safe space to exercise in the community and enjoy the outdoors. Anyone who visits

ACTIVEFIT Village of Arthur



Social Media Links



Look us up on Facebook, Twitter, and Instagram! If you need help with technology training and support, please email info@connectedcanadians.ca.

Information on Vaccinations

- ♥ Wellington/Dufferin/Guelph Public Health: **1-844-780-0202**
- ♥ To register for a vaccine: <https://register.wdgpUBLICHEALTH.ca>
- ♥ To register at a local pharmacy for vaccine: <https://covid-19.ontario.ca/book-vaccine/>

For the Love of Words ♥

For the Love of Words writing group now numbers five keen writers. And our shared, ongoing story is gaining momentum. From a quiet first chapter about a kind-hearted waitress, the story shocks us as we learn that the cantankerous wife of the diner's owner is involved in a serious accident. Or was it an accident? As the story moves to a different writer each time, we never know what will happen next.

Join us each month as we share our writing, work through a short exercise, and learn a nugget or two about writing theory.

The homework for our May 19th meeting is "a recipe." It might be a food recipe that means something to you, or you could tell us about a recipe for



disaster or a recipe for success. For love?

We meet on Zoom on the third Wednesday of each month at 7 pm, and the more, the merrier!
Email Doris Cassan at 4luvwrds@gmail.com to join.

Telling Our Stories

Memories of Dad

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When you are young, and even when you're not so young, your dad (father, Papa) provides a feeling of security both physically and emotionally.

I remember my dad, mostly in a farm or mechanical environment, driving the tractor or hooking up implements. I can still picture him lighting up one *roll-your-own* cigarette after another from his stash kept in either his shirt pocket or rolled-up shirt sleeve.

Dad taught me how to drive the tractor early on so I could help load veggies on the truck headed for market. It was important I learned how to do that because sometimes the ground was too wet for the truck to be in our field.

My father liked to laugh, and he proved it on the 1st of April every year. Dad would make sure I was in the kitchen first so I could put salt in the sugar bowl. Naturally, he would have to quickly get up and spit his tea in the sink with me laughing and saying, "April Fool."

Our road to town had several natural springs, which made it a mud trail after the snow melted. Dad would take the five of us on that road. There we sat, feet dangling, seated on a platform on the back of the tractor. The problem was we got little blobs of mud all over our clothes. Bob, our bus driver, told us not to touch the *blobs* until we got to the school. By then, they had dried, and we were able to brush them off with no marks. Smart guy. Proved true. I guess that was our ATV of the time.



Dad is on the left, wearing the Fedora

I still think of the first time I saw my dad in a bathing suit—and I mean a suit. It was heavy wool and looked like a jumper. Dad looked funny; bald, white head, tanned face, dark tanned arms up to his elbows, and of course, two white legs. What a sight. I'm sure his bathing suit would have weighed 10 to 20lbs when soaking wet.

So many great memories, but my best memory of Dad is when he was fixing a car, a truck, or tractor, leaning over the motor with that bit of cigarette dangling from his bottom lip.

Take care of your dad and cherish your memories. Each family member will have memories of their own that come from a different perspective, but all of them honest, with love being the most important ingredient.

Happy Father's Day!

**Happy Father's Day
Sunday, June 20, 2021**

Remembering a Grandfather I Never Knew

©2021 Jim Measures

My Grandfather, William (Bill) Banham, was born in Yorkshire, England in 1870. He came to Canada in the 1890s. With a friend, he drained a swamp that is

shown as a small lake on Champlain's maps. Here he developed a prosperous market garden farm. This was in what is now part of West Toronto, where the Humber River passes Dundas Street. He married Elizabeth (Bessie) White from Devon, and my mother was born in 1913.

Just after World War I, my Grandmother took my mom and her brother to England to meet family and to see how they had survived both the war and the Spanish flu pandemic of 1918/19. They got a telegram, while in England, saying that my Grandfather was very sick, and they returned as quickly as possible.

Grandpa was paralyzed from the neck down and was given six months to live by the doctors. He lived another 10 years with Bessie nursing him and running the farm (including hiring up to 17 men during harvest), in addition to raising two young kids and doing all of the cooking, including making bread and pies for family and employees. Grandpa died after Christmas 1928.

Clearly, that was well before I was born, but I feel that I know him from family stories and his record player, along with his collection of records. Don't ever underestimate the importance of passing on the family stories. No television existed then, and radio was in its infancy, so a record player was purchased in order to help entertain Bill. The records were (are) in the same size and shape as a cylindrical can of soup.

Family and friends took turns cranking the record player and playing Grandpa's favourite records for him. I now have that collection of about 100 records. I grew up with this machine in our house.

My brothers and sisters (and I as well, I confess) played with it and picked at the veneer on the side of the cabinet. We endlessly played these records. My mom used to say that “we are getting to know her father through his records.”

It was just after the war, so there are many patriotic old songs, such as “We’ll Never Let the Old Flag Fall” and “There’ll Always Be an England,” as well as several old hymns like “Sweeter as the Years Go By,” “When the Roll is Called Up Yonder,” and our family’s personal favourite — the comedy songs such as “Moving day at Pumpkin Centre,” “Uncle Josh Buys an Automobile,” and the one that we adopted as our family theme song, “Blame it on Poor Old Father.” (*“When the big black cat has kittens in the hat, Blame it on to poor old dad.”*)

When my mother passed away, I inherited the old Edison record player. I had the veneer replaced, and the record player, with its drawers full of records, now stands in our family room. Whenever I pass it, I am reminded that I had a Grandfather who developed a farm out of a swamp and of the remarkable strength and effort that my family demonstrated in supporting him in his time of need, just as we are all called to do for those we love from time to time.

I pray that I will be up to the challenge, if and when it should come to me. Perhaps we are all called to that challenge now with COVID 19 all around us!



I sometimes wonder what Grandpa would say if he could see all the houses sitting in the fields where he once grew onions, tomatoes, celery, and a variety of other vegetables!

“When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years.”
— Mark Twain

Yoga on Zoom – Free

New Participants always welcome
Mondays 9:30-10:30am
Pre – registration is required to access the zoom room – email kerry@studiokerry.ca

“The longer I live the more beautiful life becomes.” —Frank Lloyd Wright

“A capacity, and taste, for reading, gives access to whatever has already been discovered by others.”
—Abraham Lincoln



“It doesn’t matter who my father was. It matters who I remember he was.”
—Anne Sexton

If you don’t like the road you’re walking, start paving another one.
—Dolly Parton

Household Tips

Norma Feletto - Environmentally friendly - Use baking soda to remove tea stains from cups and tea pots. Put the bleach away.

Little Red Library – 38 Wood St, Drayton - Update

Check out the new titles this month on the top shelf of the Little Red Library, located on 38 Wood Street, in Drayton. We are trying to purchase large print books, if possible, so hopefully, you will enjoy some exciting and relaxing reads this month.

One of the latest titles on the SCE shelf, *Miss Graham's Cold War Recipe Book*, is a remarkable historical novel about an ordinary young British woman sent to uncover a network of spies and war criminals in post-war Germany. A great summer read!

Fraud Alert!

A senior told us that they got a call from someone asking if they could come into their home to see if they qualified for the energy rebate. After letting the caller know that they didn't want them in their home, they went online and were able to find the following information:

We are aware that some consumers are receiving calls telling them that a home inspection is required in order to receive the COVID-19 Energy Assistance Program (CEAP). This is not true. A home visit is not required to qualify for CEAP. In addition, the OEB does not phone consumers offering rebates, nor do they ever schedule home visits.

For more information visit the Ontario Energy Board website:
<https://www.oeb.ca/rates-and-your-bill/covid-19-energy-assistance-programs>

Party Line

Each month we rack our brains to come up with topics, then generally, after 5



minutes, someone mentions a memory or experience and we are off on

another topic. Wish you had someone to chat with? Please feel free to join us; you can talk or just listen. All you need is a telephone.

Call the office to register 48 hours beforehand at 519-638-1000 or call yourself into the session a few minutes before it begins. **1-866-279-1594** and then enter the **Guest Code 217234**.

ZOOM Upcoming

David and Melanie Carlson describe their experience on the CBC show *Back in Time for Winter*. This modern Canadian family gave up all their cold weather comforts and digital distractions to go back in time and experience 60 years of Canadian winter – both inside and outside the home.

It started with their house, each week as their own home underwent a massive transformation. What was the most challenging, the most fun, the most surprising? Join us on Thursday, June 24 @ 2pm to find out.

Check the schedule for the June ZOOM sessions. You won't be disappointed!

Walking Program

Once walking programs are available in Mapleton and Wellington North, we will announce via social media.



Easy Recipes. Zoom Cooking Class

Alyson Colton, Registered Dietitian from the Mount Forest Family Health Team, shares her knowledge on nutrition along with a healthy and delicious recipe. Join us at 10:30 am on the 3rd Tuesday of each month.

June is Seniors Month

Did you know that all of the following statements are true about older adults?

- They volunteer more than any other age group to improve the lives of community members of all ages
- They provide countless caregiving and childcare hours to their family members and others they love, care about, and support
- They shop locally, support the arts, and pay their taxes
- They share their strength, knowledge, and experiences to instill hope

Recipe of the Month

Lemon Pie

*This is my Mum's Lemon Pie Recipe
Ruth O'Brien B.1901, Ireland*

Ingredients:

¾ cup sugar
9 tsp. flour (rounded)
Pinch of salt
1 ½ cup boiling water
Grated rind of 1 lemon
3 eggs
Juice of 1 lemon
1 tbsp butter
Sugar for meringue

Instructions:

Sift sugar, flour and salt together. Add boiling water. Place ingredients in a pot and stir over fire till fairly thick. Place mixture in a double boiler and cook for 20 minutes.

After cooking, add grated rind of 1 lemon. Next, add beaten yolks of 3 eggs. Cook 2 minutes. Add juice of lemon and butter. Pour into prepared baked shell.

For Meringue: Beat whites of eggs stiff, add 2 tbsp sugar for each white used. Beat until it stands up from beater. Brown slowly in the oven for 10 minutes.



Party Line Schedule

June 2021

Come join the fun every Wednesday and Thursday at 10:30 am. Great Topics. Special guests.

Wednesday, June 2nd

10:30 am

Topic: Hairstyles – what was yours?
Teabags and rags or a beehive?

Thursday, June 3rd

10:30 am

Topic: Parlour Games and Pastimes

Wednesday, June 9th

10:30 am

Topic: Sewing machines – Do you remember your first one, how long did you have it, and what did you make?

Thursday, June 10th

10:30 am

Topic: Dictionary Dynamite – the evolution of words

Wednesday, June 16th

10:30 am

Topic: What made you smile this week?

Thursday, June 17th

10:30 am

Topic: Stuart McLean Story – Join Dave on another adventure

Wednesday, June 23rd

10:30 am

Topic: Teacups and Saucers – did you collect them, and do you still have them?

Thursday, June 24th

10:30 am

Topic: Random Acts of Kindness –Share your story of kindness

Wednesday, June 30th

10:30 am

Topic: What Celebrity did you want to marry when you were young?

Don't forget:

If you want to sign up for any (or all) of these great *Party-Line* sessions, call the office at **519-638-1000** to register. **OR** you can call in yourself at **1-866-279-1594** with guest code **217234** a few minutes before the start time.

48 hours advance notice is required, please, to make sure you get on the "we'll call you" list.



ZOOM Schedule June 2021

For ZOOM, you do need access to a computer with an internet connection.

Tuesday, June 1st 10:30 am

Guest: Bep – Drayton Library

Topic: Armchair travel to the Caribbean Islands

Thursday, June 3rd 2:00 pm

Guest: Sue Wi-Afedzi

Topic: Canoeing above the Arctic Circle

Tuesday, June 8th 10:30 am

Guest: Fran Grant

Topic: Bringing joy to children around the world with Knitted Dolls

Thursday, June 10th 2:00 pm

Guest: Christine Schouten

Topic: Make your own Dream Journal

Tuesday, June 15th 10:30 am

Guest: Alyson Colton, Dietitian
Mount Forest FHT

Topic: Cooking & Learning Tips



Wednesday, June 16th

Writer's group 7:00 pm-8:30 pm

Facilitator: Doris Cassan

For the Love of Words. **Contact Doris to request an invitation*

4LuvWrds@gmail.com

Thursday, June 17th 2:00 pm

Guest: Latoya Dwyer

Topic: Senior Safety Line



Tuesday, June 22nd 10:30 am

Guest: John Cherrey – Local Mechanic

Topic: Cars – then and now

Thursday, June 24th 2:00 pm

Guest: Dave and Melanie Carlson

Topic: CBC TV Series - *Back in Time for Winter*

Tuesday, June 29th 10:30 am

Guest: Cheryl Bower, Founder/CEO of Voices Rock Canada, including the Toronto Seniors' Choir

Call the office to register for any (or all) of the ZOOM Sessions—519-638-1000 or send an email to gbelec@mapleton.ca Register at any time, but to be put on the list to receive invitation links, we require 48 hours' notice. You can unsubscribe at any time.