

THE BUZZ

Thornhill Seniors Centre

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The TSC Newsletter is published quarterly by the Editorial Board and YOUR assistance.

..... *Editorial Musings*

Good grief! It's time to issue another newsletter! Our *third* issue in your first volume of newsletters for the Thornhill Seniors Club in 2006. So, for everyone, here is a hot and humid welcome . . . the summer edition of **The Buzz**.

Two guys meet on the street. And what in these contemporary times do they say? Well, more often than not they greet each other with . . . "How ya doin'?" But what we want to ask you all, instead of this usual greeting, is how are *we* doing?

Are we hitting the right notes? Are we providing you with stimulating items of interest? Are you learning things about this Club that you didn't know before? Are you learning things about the trials and tribulations of seniordom (Aha! I just invented a new word!) that you didn't know? You know what it is? Let me tell you! As with newsletters everywhere, "*deef*" is what we need to know. "Deef," you say? Yes, otherwise referred to as FEEDBACK! Tell us where you think we can improve. We are big on getting members' names into **The Buzz**. Has your name been in yet? If not, give us a reason to print it. Don't worry! We don't send a copy of **The Buzz** to Revenue Canada.

Here is where we interject a sad note into these comments. We have lost one of our

valuable Editorial Assistants. Well, she is not actually "lost," we do know where she is.

What we mean to say is that her unique talents as an Editorial Assistant have been lost to us. Why? Because she (**Pat Griffin**, that is) has moved to Stouffville to take advantage of a great opportunity in housing. She will be tough to replace. But we know that for sure, there is another Pat Griffin out there somewhere.



So, among this Club's members, is there anyone game to take on the job of Editorial Assistant? It is an interesting job. Lots of human contact. A few writing skills would be helpful. OK, it doesn't pay so well, but the fun of working with our Editorial Team makes up for all of the job's shortcomings. Anyone interested? If so, please make yourself known to Barry Pipes, Tib Green or Rose Harrison, via the Reception Desk. Hey! Here's a plus, you get to write your own Bio!

— *Barry Pipes*



"Valerie Meechan receiving her award from editor Barry Pipes for the winning submission to name the TSC Newsletter (The Buzz)"



~ ~ ~

Deliberate "Buzz" Error

As you may recall, we announced that, henceforth, each edition of "The Buzz" would contain a *deliberate* error. The purpose of this was to stimulate your interest in reading us word for word. Avidly! We did emphasize the word *deliberate* to protect ourselves from retired school teachers, assorted University English Majors, other word mavens and nit-picking lexicographers who would likely find a whole range of inadvertent errors, the written English language being the tricky beast that it is.

Yes, people did indeed find a whole bunch of supposed errors related to syntax and grammar, but the real **winner** was **Howard Herscovitch**. He noted that in our piece about the Crafts Class (*Crafty Ladiesand a Gentleman too!*), we sneakily had inserted

the statement that one Craft Group met "on Fridays from **10.30 p.m.** to **12.30 a.m.**" Needless to say, this group does not really meet in the late evening, concluding sometime after midnight, but actually meets on Fridays starting at 10.30 a.m. (**in the morning!**) to 12.30 p.m. (**early afternoon**) We had simply **switched** our **a.m. and p.m.**

Well done, Howard, for having focussed in on this deliberate error. A second person who had also spotted the error sent us an e-mail, stating..... "Aha! So the crafts group is a bunch of insomniacs, ruining their eyesight on late Friday nights. A Night Owl's deliberate mistake!"

A final comment!.....There is also a *deliberate* error in this Summer Edition too! Betcha can't find it!

~ ~ ~

Crazy Test The Bathtub Test

It doesn't hurt to take a hard look at yourself from time to time, and this should help get you started.

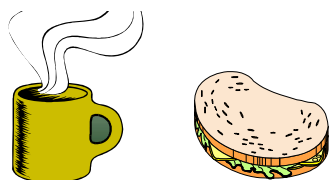
During a visit to the mental asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand,," said the visitor. "A normal person would use the bucket because it's better than the spoon or the teacup."

"No," said the Director, "A *normal person would pull the plug*. Do you want a bed near the window?"

**“Coffee, Tea or Me” OR
Shirley Schaefer in the Kitchen**



If you just happen to be at your club around noontime on a Wednesday or a Thursday, you’ll see that the kitchen is a-buzz with activity. On these days, Queen Bee, **Shirley Schaefer**, and her kitchen crew are serving up an assortment of sandwiches, cookies, muffins and Danish pastries to members who are on hand for their abs class, water colour sessions, learning to play mah jong, or getting ready for an afternoon of bridge. Even in the summer weeks of July and August there is lots to do at The Club.

As we all know, volunteerism keeps the place going, but especially so in the kitchen. We are very fortunate to have such excellent facilities, but it takes the ladies to supply the food and goodwill. Last Thursday, when I visited, I also met **Marion Kelly**, **Shirley Lawrence** and **Ellen Leckie**, who were Shirley’s helpers that day. **Diane Knight** was there too, to aid and abet if necessary. The “girls” who make sandwiches or bake muffins are reimbursed for the cost of the ingredients. Speaking of costs, there are bargains galore. Check out the sandwiches at \$2.00 each and the other goodies at reasonable prices. Coffee is still .25 cents a cup! It is part of Shirley’s job to keep a steady supply of creamers, sweeteners, and cups on hand. She shops at Sam’s or Costco and tells me she is amazed at how many creamers we go through.

I noticed that they have a lot of fun together with good-natured kibitzing. I understand that Marion Kelly and Shirley Lawrence

have been friends “for 100 years.” They met when they had their baby sons at about the same time. Since those boys are now 37 years old, I think their math is a bit off. There was also some remark about Marion and the phrase, “slot till you drop.” There must be a story there....but I didn’t pursue it.

Shirley Schaefer’s kitchen management is just part of her responsibilities as Director of Operations of the TSC. She has served as a member of the Board since its inception, having also served with the Golden Fifties Club of Thornhill before it gradually ceased to be. She is a native Ontarian, born in Milton, later moved to Toronto, then moved to Thornhill as a bride in 1964.

She and her late husband, Jack, had one daughter who is now the proud Mom of two sons of her own. Grandma Shirley is another of those busy homeowners who has taken over all sorts of different chores since her husband died. The day we chatted she had been up at 7:00 a.m., staining the fence before the weatherman sent down more rain.

In reality, we have all benefited from Shirley’s dedication and good taste. Each time we come into the Lounge we admire her choice of the attractive furniture and fixtures that make it so welcoming and cosy. More recently she also chose the colour of the new blinds. And what a welcome addition those blinds are! Thanks, Shirley. And for the blinds, too, thank you, Markham Township.

— Tib Green

I cried because I had no shoes,
until I saw a man who had no feet.



Senior Men's Contract Bridge

For the past year, this group has met every afternoon at 1.00 pm. in Room #3. While the meetings have proved viable, we now consider it timely to try and attract some new participants.

Our current members heartily enjoy playing Bridge and, equally important, do look on it just as a game. We agreed at the outset that that prizes were superfluous, and this is still so.

Criticism is not a concern. Amicable suggestions have been found to be much more helpful and effective. Logical discussion prevails instead of argument which can be both unpleasant and upsetting.

And so, participants have found that these afternoons pass very agreeably.

Our standards of bidding and playing are generally good. This does not mean that there are no errors or misfortunes, but these are usually regarded as a subject for good natured banter, and not as a calamity. That said, newcomers would likely feel more comfortable should they have some modest prior experience in the principles of bidding and playing.

Our Tuesday afternoons are simply drop-in occasions for just one dollar. Arrival promptly at 1.00 pm is desirable to be sure that everyone can be fitted in and assured of playing. Newcomers can expect a friendly reception in Room #3. They will enjoy the camaraderie of this, as yet, modest-sized group (*except for Big J – inside joke*) and finally, they will enjoy playing The Game of Bridge. When all is said and done, it is still -----A GAME!

Why not give us a try?

— George Kay

Our Community Is In Bloom



The Town of Markham has long been a very enthusiastic supporter of the Communities in Bloom program, and this year it is our good fortune to be able to play a part in this colourful Summer activity.

A couple of weeks ago, Markham Parks employees delivered to our premises nine half tubs of summer plants which they positioned on either side of our front door. This immediately gave a whole fresh approach to our frontage now dominated as it is by geraniums and stately looking canna lilies. At the same time, Markham Parks did a major weeding job on the south and east facing beds of the Centre giving us a much cleaner exterior look.

Then a week later, along came boxes of more geraniums and begonias, plus several perennial plants. Thanks to Markham, these were provided to dress up not only the grounds of the Club's south wall, but also the inside window ledges of Rooms 2 and 3. Window boxes were provided as well.

So a TSC team swung quickly into action to get all these new plants either into the ground or into the boxes, to ensure that we got as much seasonal advantage as possible from them. The team, comprised of **Susan Watts, Pauline Foy, Gladys Dorion, Marg Jones, and Barry Pipes**, ably supported by two staff ladies from Markham, set to with trowels, gardening gloves and potting soil to create a show of blooms in our very own community.

The Tate Family

You may have heard of the Tate family. They are in every organization. There is **Dic** Tate who wants to run everything. **Ro** Tate is always trying to change things, **Agi** Tate stirs up trouble whenever possible with the help of **Irri** Tate who is always there with advice on how you can improve on your own ideas.

Hesi Tate and **Vege** Tate are present to say they can't possible work but are more than willing to watch everyone else. **Imi** Tate just wants to copy other organizations and refuses to try anything new.

Devas Tate loves to be interruptive, and **Poten** Tate longs to be the big shot.

Thank goodness for **Facili, Cogni** and **Medi** Tate who always save the day and get everyone pulling together to make our Club a SUCCESS.

Cousin **Levi** Tate used to be with us but couldn't keep his feet on the ground so he took off. (eh?)



A bus station is where a bus stops.
A train station is where a train stops.
On my desk is a work station.



Clones are people two.

Losing Your Memory?

In keeping with the two previous **Buzz** health related articles that focused on both heart and visual health issues, we continue in this edition with a piece on the subject of our ailing memories.

Hands up all those folks who have experienced leaving a room in their home to get something, then when they arrive at their destination elsewhere in another part of the house, forget what it was they were going for. Happens to everyone! Right? Is this occurrence an age-related feature of our failing memories? Or worse, is it early onset of Alzheimer's? Well, maybe it's neither. Some of us have been more forgetful than others since we were teenagers. Whatever the cause, here is a list of factors that one needs to consider that may help improve our memories. They are in no particular order of importance.....

Keep routines. If you constantly lose your glasses or keys, decide on a specific place to keep them. Keep a spare in a drawer to cut down on your frustration until you can find the misplaced items.

Use a memory aid. Don't be embarrassed to use a pocket notepad and calendar, watch alarm, voice recorder, or other aid to help you keep track of information.

Organize. You will remember best if you plan in advance; make a "to do" list, and link what you want to do with another task.

Use cues and mind games. Make what you want to remember more interesting, more connected, more meaningful. For example, if you want to remember a name, connect it to another name, or a song.

Repeat information aloud. Your chance of remembering is better if you repeat a name, address, or bit of information aloud just after you hear it.

Exercise. Building your heart and lung endurance can improve your mental abilities because they affect blood flow to the brain. Try a brisk 10 to 20 minutes walk several times a week.

Watch your alcohol consumption. Alcohol can cause damage to brain cells which affect memory.

Stop or decrease smoking. Smoking reduces the blood flow to the brain.

Be cautious of whatever medications you take. Be certain that your health care provider knows all the medications you are taking. This will help avoid drug interactions and toxicity.

Go easy on yourself. Depression, losses, stress, grief, and anxiety make it difficult to concentrate at any age. Forgetfulness in the face of such emotions is nearly always temporary.

And finally Don't worry, be happy! Studies show that older adults who feel in charge of their life and happiness, and who have satisfying relationships, remain mentally sharp later in life.

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Evidence has it that William Tell and his family were avid bowlers. Unfortunately all the league records were destroyed by fire. Thus we will never know "for whom the Tells bowled."

Jack Zimmerman - Woodcarver

The TSC Woodcarving class meets on Thursday afternoons from 1:00 to 3:00 p.m. to create masterpieces from pieces of wood, and to enjoy each other's company. Teacher **Jack Zimmerman** would like to have at least ten folks in his class when "school" resumes on the 7th of September. At present there are only six enthusiastic participants, including four lady carvers. The classes are for beginners and advanced pupils alike, but especially for those who feel they'd like to try but are a bit hesitant about where to start.

Eighty-eight year old member, **Tony Burns**, has said that he learned more from Jack than all his previous teachers put together. Another expert wood carver, whose forté is clever caricatures, is **Alex Clements** who, says Jack, is "in a class of his own."

Unfortunately, I was unable to interview the class while in session so did not meet the individual artists. However, I did call **Susan Lippington**, who is a retired teacher and who is now a carver of birds. So far she has made a loon, a shorebird, and a chickadee, as well as two wee computer mice. She told me how much she admires Jack's teaching ability and patience and how he has helped every step of the way from "the blank" to the "woodburning" of the details. Since **Gail McClellan** joined Jack's class she has also taken up watercolour painting. There is no end of hidden talent in the membership! Jack informed me that women do excellent woodworking. In fact, there is an 84-year old German woman who is presently redoing all the wooden sculptures in one of England's ancient churches.

Jack's father was an emigrant farmer from Germany who came to North America and resettled in Edmonton, Alberta, after living in Minnesota for a while. Like most pioneer

farmers he turned to carving in the winter months and made the family's furniture. Jack naturally learned the art from his Dad, but also feels that the ability to use wood is "hard-wired in our heads."

Jack and his wife, Joyce, have been married for fifty years, have a daughter Bonnie and a son, Dave, as well as three grandsons. Like a great many other Westerners, Jack joined the Royal Canadian Navy at the start of WWII. He lied about his age and enlisted at the age of seventeen. He served for five years in both the Pacific and Atlantic theatres on minesweepers and destroyers, all the while not knowing how to swim. He learned that skill with his children when he was fifty-one.

The highlight of my interview was when Jack opened up his "workshop," a small grey suitcase rigged out to contain knives and palm chisels, the tools of his trade. Of course, he had wonderful examples of his art, including a nature story of carved critters, all to scale and carefully detailed . . . A coiled rattlesnake was hiding in a hollow log, beside which sat an unsuspecting rabbit, while a stalking cougar crept up behind. Other examples included a big grizzly bear and several cute "computer mice." These little fellows with the big ears and long tails are designed to perch on top of one's computer and peek over at the screen, while one googles (or whatever the term is).

Should you join Jack's woodcarving class you will learn many fascinating techniques. And who knows where the artistic road will lead. Jack can personally attest to the fact that working with pine, basswood or beautiful cherrywood is also one of the best therapies there is. Do look in on his class.

— Tib Green

Woodcarving Classes

Despite Tib Green's foregoing outline about Jack Zimmerman's skills as a teacher of woodcarving, it is with regret that the Club Executive has announced the Program's cancellation for the forthcoming season.

This unfortunate outcome is due to the Program's inability to attract a sufficient number of participants to make it financially viable. In other words, the Club lost money through this Program.

Even so, the Club will continue to have a sign-up sheet on display for Wood Carving next season, in the hope that additional participants will be encouraged by the foregoing write-up to get involved with Jack Zimmerman's quality instruction.

Statement of Club Policy

The Thornhill Seniors Club reserves the right to cancel any program that does not have a sufficient number of registrants.

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Membership Renewals

We are fast approaching September 1st, the date at which the Club's 2006/2007 fiscal year commences. As is generally recognized, it is prior to this point that all existing members must consider renewing their Membership if they choose to continue taking advantage of the many valuable programs that the Club continues to offer.

Our Club President (Warren Carroll) and Town of Markham Seniors Coordinator (Len Manuel) felt that it would be helpful to you if they identified some of the factors that determine how Club fees are set, and how the purchases of additional needed equipment are funded.

TSC Membership and Town of Markham Financial Contributions

The upcoming new membership year and the installation of new window blinds have stimulated some members' questions concerning the Club and Town financial procedures. Hopefully, the following explanations will help clarify where the money goes.

Club Membership Fees

The new Club Membership Fee, as of Sept 1st, is \$28. The Club and the Town established an agreement that would define the hours of operation and set an annual fee that the Club would need to offset some of its operating costs including utilities, staff support and maintenance operations. During the first two years that the Club existed, there was no fee. Last year, the fee was set at \$20 per member. This year, the Town's fee is \$23 per member. The remaining \$5 per member belongs to the Club to cover equipment expenses that Club members need to offer programs. For example, computer equipment, the Bingo machine, and kitchen cutlery were purchased with these funds.

Club Activity Fees

The Activity Fees and Program Registration Fees provide the supplies for the activities and the kitchen as well as instructor wages to teach the programs.

Town of Markham Contributions

The Town financed the building of the Seniors Centre and is committed to maintain and upgrade the Centre where necessary to provide a welcoming facility for the members. The window blinds and water coolers are the Town's latest contributions to the Seniors Centre.

Financial Balance

The partnership between the Club and the Town provides the money needed for the Club's facilities and programs. This ensures that there is now, and will continue to be, financial stability. Members make contributions to the Club that directly affect them, and Municipal Taxes support the facility and general operations.

If you have questions, please contact Len Manuel, Sue Watts, or one of the Executives.

- Warren Carroll, President
- Len Manuel, Seniors Coordinator

Water(?) Yoga

Many of us are familiar with the great benefits to our health that can be realized by participating in one of the several forms of Yoga. But, here is something a little different!

.....**water yoga.**

It is not new! Water yoga has long been offered at tropical resorts and on cruise ships. It offers a fun and unique way to give a gentle work-out not only to your body, but also to your mental well-being.

Water yoga classes are now being offered to TSC members by **Sharon Steinberg** at the Therapeutic Pool, located in the Thornhill Fitness Centre (TFC). You may recall that this pool was one of the additions to the newly structured TFC when it reopened a few months ago.

The water in the Therapeutic Pool is always comfortably warm, which helps loosen our stiff muscles, and the buoyancy of the water takes the weight off one's joints. At the same time, the water's resistance burns off extra calories. Did you know that you can get up to 12 times the resistance just by walking in the water.

In this particular form of yoga, one does not need to know how to swim in order to participate. The Classes include breath work, warm-ups, a series of standing poses called **asanas**, and ends with a brief period of relaxation. Your whole body becomes involved because the variety of postures you follow targets different muscle groups while other muscles work to help you remain balanced in the water.

Water yoga is especially beneficial to those folks who experience any kind of physical limitations, or who are recovering from an injury or surgery, because there is no impact with the ground as would be experienced in a work-out room. In net, Water Yoga is an

amazing way to increase one's flexibility to stretch, strengthen and rejuvenate oneself.

Classes for Seniors are on Tuesdays 9:00-10:00 am; Wednesday, 1:30-2:30 pm

PRICES: Adults - \$7:00

Seniors (65+) - \$5:00

All you need is a bathing suit, towel and an open mind .

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The Truth About Eating

(Tongue in cheek)

For those who watch what they eat Here is the final word on nutrition and health, and it is a relief to know the truth after all those conflicting medical studies.

1. Japanese eat very little fat and suffer fewer heart attacks than Canadian, British or Americans.
2. Mexicans eat a lot of fat and suffer fewer heart attacks than Canadian, British or Americans.
3. Japanese drink very little red wine and suffer fewer heart attacks than Canadian, British or Americans.
4. Italians drink excessive amounts of red wine and suffer fewer heart attacks than Canadian, British or Americans.
5. Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Canadian, British or Americans.
6. Ukrainians drink a lot of vodka, eat many perogies and cabbage rolls and suffer fewer heart attacks than Canadian, British or Americans.

CONCLUSION: Eat and drink what you like. Speaking English is what kills you!

A Little Mixed Up

Just a line to say, I'm living,
That I'm not among the dead,
Though I'm getting more forgetful,
And mixed up in the head.

I've got used to my arthritis
To my dentures I'm resigned.
I can manage my bifocals,
But, God, I miss my mind!

For sometimes I can't remember,
When I stand at the foot of the stair
If I must go up for something, or
Have I just come down from there?

And before the refrigerator, so often,
My poor mind is filled with doubt,
Have I just put food away, or
Have I come to take some out?

And there's time when it is dark,
With my night cap on my head,
I don't know if I'm retiring, or
Just getting out of bed.

So, if it's my turn to write you,
There's no need in getting sore,
I may think that I have written
And don't want to be a bore.

So, remember that I love you
And wish that you were near,
But now it's nearly mail time,
So I must say "Goodbye" dear.

There I stood beside the mailbox
With a face so very red,
Instead of mailing you my letter,
I opened it instead.

*Aging is a matter of mind.
If you don't mind, it doesn't matter.*

QUIZ

[e.g., 1— 36 inches In a Yard.]

- 1 36 = I in a Y _____
- 2 212 = D at which W B _____
- 3 101 = D _____
- 4 8 = W of H the E _____
- 5 13 = C in a S _____
- 6 1 = D at a T _____
- 7 2 = P in a P _____
- 8 9 = I in a B G _____

ANS. 1— inches in a yard; 2—degrees at which water boils; 3—Dalmatians; 4—Wives of Henry the Eighth; 5—cards in a suite; 6—day at a time; 7—peas in a pod; 8—innings in a baseball game.

Have your say!

This is the space we set aside so that we can print readers' letters telling us either what an outstanding newsletter we are producing, or what a load of tripe it all is.

Since we heard nothing from anyone, we don't know what to think. So, we'll take a positive position for the time being.

Hello, out there! Don't be reticent!
Communicate!

Wrap up.....

That's it! Our third offering! We promised it by the end of July..... but you know how things can be in those "Lazy, Hazy Days of Summer"? Don't we all get a bit lethargic?

We hope you have enjoyed this, our "cool blue" Summer Edition. (By the way, did you notice that each "Buzz" has been a different colour?) Next will be the Fall Edition due out around mid - October.

And don't forget that *deliberate error*.
There's a small prize.....

So long from Tib, Rose, and
Barry.....