

# THE BUZZ

## Thornhill Seniors Club

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

### *Editorial musings...*

Well, here we are getting ready to say farewell to 2007 by delivering the *Winter Buzz* to you at last. But wait a minute! Did you say *Winter Buzz*? The last Buzz in memory was issued in late August. Three months ago! Wasn't that the *Summer Buzz*? Is this the "deliberate error"? Well, indeed it is, but there are no prizes to be won for noting the absence of a Fall Edition.

Your dedicated and hard working Editorial Board recognized that we always seemed to be **falling behind** and decided to forgo a *Fall Buzz* (no pun intended), so that we could get right onto the *Winter Buzz* rather than delay it until January, as we did with the last Winter Edition.

This is the fourth and final edition for 2007, and there will certainly be four editions in 2008, starting **early** next Spring.

As ever, there is quite a lot to report in this issue. *Yours truly* is back on the job after having spent a little time convalescing from a Total Hip Replacement. Being such a procrastinator, and the frequent cause of delays in the past, maybe I was not especially missed by my Editorial colleagues.

Meanwhile, there have been a few changes in your Board of Directors. We have a Report about the Annual General Meeting from

your President, **Warren Carroll**, whose term of office continues. Further, we have a special item of interest to everyone in Tib Green's introduction to a very special young man, our new staff member **Brian Bailey**. Welcome Brian!

To remind you all that we are always ready to accept content submissions from our members, this edition includes a piece written by Pat Parker about the especially valuable part of TSC's program, *The Speaker Series*. . . Thank you, Pat.

So, everyone, read and enjoy!

*Barry Pipes*



One of the most difficult things to give away is kindness, for it is usually returned.

Mark Ortman

The best way to get rid of an enemy  
Is to turn one into a friend.

Anon



**Board of  
Directors  
2007-2008**

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Warren Carroll

*Vice President*

Marg Jones

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Judy Cooke

Pauline Foy

Esther Nishmas

Shirley Schaefer

Melody Williams

*Markham Staff*

Brian Bailey

*Please check the  
Front Desk and  
Bulletin Board  
for news and views  
and special events.*

*Please also visit  
our WEB SITE:  
[tsclub.ca](http://tsclub.ca)*

*Suggestions  
welcomed.*



**PRESIDENT'S REPORT**

**A review of 2007**

This has been a very busy year for the Board of Directors in dealing with the problems outlined at last October's Annual General Meeting. While it was a difficult year, many things have been overcome, and we have put in place some new procedures so that what has happened in the past will not happen in the future. We are now well insured at an annual cost of \$2,400, which is really worthwhile for our current coverage.

Financially, we are in good shape and have a new Treasurer, **Don Simpson**, who has a strong background in this field. Don has spent a great deal of time reviewing the accounts. He will be ready very soon to publish a financial statement for all interested members.

Travel activities are very well supported and we are sure that **Melody Williams** and her volunteers will have some new surprises in store for us. The CHATS outreach project received high recognition this year which we hope can be expanded in 2008. Although all of our activities have gone well, some special events did have to be cancelled. It seems that more outside events have become available for seniors over the past two years, some of which have clashed with our dates. Your Board is now reviewing the timing of our planned events for 2008 to try to avoid overlapping.

**We wish to thank everyone for the support you have given the Board. We are planning to add new events and one new activity in 2008.**

We have now obtained a **Trillium Grant of \$35,000** to equip the new downstairs **Billiard Room** which will open early in the New Year.

## President's Report (Cont'd)

This room, which has been renovated by the Town, is in the old Fitness Centre's location. Access will be from the stairs in the TCC's entrance hall between the main lobby and the arenas. There is also an elevator which is located in the arena lobby.

There will be three 5 x 10 billiard tables, a bumper pool table, a shuffleboard table and dart boards, as well all the additional equipment necessary for an exciting Games Room. Fun will be the criterion! We do hope that everyone will take care of the new equipment with pride. Repairs can be quite expensive, and 35 thousand dollars is nothing to sneeze at!

We welcome **Brian Bailey** our new Staff Representative. He has taken over from **Susan Watts** who has been promoted to the position previously managed by **Len Manuel**. Brian will be in the office for at least three days each week. We know he will be a fine addition to the TSC. We especially wish to express our gratitude to the Town's **Lori Wells** for the quality of her advice and assistance throughout the past year. Many thanks, Lori!

The reception desk is being up-graded and in a short time, the computer terminals will be reinstalled so they can be operated separately with ease, for those members involved. Our laptop computers are also being up-graded. This will help the efficiency of both the Board Secretary and the Photography Class. We do ask that anyone who uses these must please retain all saved material either on disk or on individual flash drives, so they do not get cluttered or

files wiped out when others use them. Flash drives are easy to use and inexpensive.

Your Board is looking forward to the New Year. We are always open for new ideas that will benefit the Club. Talk to your friends because we always want to welcome new members. Please keep in mind, however, that the ratio of Markham residents is 75%. The Town requires that people resident outside of Markham cannot exceed 25% of total membership, due to its subsidy of the Club's activities.

In conclusion, your Board and I wish everyone all the very best for the holiday season. Have a very **Happy New Year** everyone.

*Warren Carroll  
President*

## WELCOME



It is with pleasure that we welcome our new Treasurer **Don Simpson** and our new Director **Esther Nishmas**.

## Preventing Falls Continues

Since falling is such a major concern for all of us as we age, the topic of preventing falls started in the Summer 2007 edition of *The Buzz* is continued here.



As we get older, our bodies change and we can become more susceptible to falls. Certain risks can be eliminated and others considerably reduced by simple prevention measures such as these:

### Keeping fit

Maintaining or regaining physical fitness is the most effective falls prevention measure of all. Since our daily routines become less physical as we age, we reduce our overall physical fitness, increasing the risk of falls. All forms of exercise, formal or casual, can help maintain the strength, vitality and muscle mass that will protect us from injury.

### Keeping an even keel

Balance is an important element of fitness. Tai Chi, Yoga, Qigong and dancing are exercises that increase balance, gait and steadiness, and better yet—all are offered at the Thornhill Seniors Club. Other factors which might also affect balance include inadequate eyeglasses, the misuse or failure to use canes or walkers and certain medications. Make sure you're aware of these potential dangers.

### Eating well

Regular healthy meals help keep up our strength and vitality. Meals without the correct portion of protein, fat and carbohydrate may contribute to overall weakness. In addition,

skipping or delaying proper mealtimes can also promote dizziness and unsteadiness. If you don't enjoy preparing meals by yourself, develop a routine that makes you look forward to your meals. And never turn down a free meal as an opportunity to eat with friends and family. That way, you'll have to invite them to eat with you again to return the favour!

### Taking precautions

Reduce the risks of falls and injuries around the house by removing obstacles, improving pathways and installing aids (grab bars, night lights, etc.) around the house and in the garden. Reread the suggestions in the previous article, Preventing Falls in and around your Home (Summer Buzz, page 8)

### Walking safely

Stay on your feet by wearing sturdy, rubber-soled shoes that provide good traction. (These are what your mother used to call "sensible shoes".) Poorly maintained pavement, unlit streets and icy or wet conditions can be dangerous. Before going outside, make sure it's completely safe to venture out. Report any unsafe conditions in the neighbourhood to the building's property manager or to the Town of Markham.

### Medicating sensibly

Be aware that medications can sometimes cause dizziness or other side effects which make seniors more susceptible to falling. Read the instructions and warnings carefully on the product container. Consult your doctor, pharmacist or health care professional about the possible side effects of any prescription or over-the-counter medications you take. Be safe.

*Susan Leppington*

## Big Changes Afoot Continued



Brian Bailey

Brian is a young man who admittedly has “five hundred grandmothers” as well as his own two natural grannies. He has always been family oriented, living at home with his parents and one brother. He attended Unionville High School and to earn the necessary credits for volunteer hours of community service was employed by the Markham Civic Centre, concentrating on activities for seniors.

After high school graduation, already experienced in helping others, Brian attended Centennial College in Scarborough, where he took a course called Recreation and Leisure. He is only twenty-five years old and already has eight years’ experience in his chosen field. He was certainly well-qualified when the post of Manager at Thornhill Seniors Club came along. He had already worked with Susan Watts at Markham, so everything fell into place. As you know, Susan was promoted several months ago to work out of Markham Centre and is only at Thornhill Centre on Wednesday each week.

The exciting news is that Brian just recently became engaged. The lucky lady is Lindsay Mainland. They met at College and plan to marry on September 13, 2008. Lindsay also enjoys working with seniors at a local nursing home. They surely are a busy couple and we wish them both much happiness and joy.

Brian is at the Thornhill Seniors Club on Mondays, Tuesdays, Thursdays and on Friday afternoons. On Wednesday, he is at the Milliken Mills Community Centre at 14<sup>th</sup> Avenue and Kennedy Road, and on Friday mornings he visits the drop-in Centre at Angus Glen Community Centre, Major Mackenzie and Warden.

Welcome, Brian, we hope you really enjoy your life here with so many more “grannies” and “grandpas.”

*Tib Green*



## Only in North America

... do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front. (U.S.)

Only in North America ... do people order double cheeseburgers, large fries, and a diet coke.

Only in North America ... do banks leave both doors open and then chain the pens to the counters.

Only North in America ... do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

Only in North America ... do we buy hot dogs in packages of ten and buns in packages of eight.

Only in North America ... do they have drive-through ATM machines with Braille lettering.

The Buzz



... Around the Hive



## Christmas/Holiday Party

## Volunteers Grow Community



On Sunday October 28, 2007, our **Melodye Williams** was one of the honorees at the “**Second Annual Susan Kadis, MP Volunteer Appreciation Celebration**”. This celebration paid tribute to some of the many volunteers across Thornhill who give of themselves to better their communities and improve the quality of life for others.

The work of volunteers touches the mind, body, heart – and ultimately the spirit – of those they serve, and strengthens the fabric of our community and country.

*Congratulations*, Melodye, on this well-deserved honour from all of us at the TSC! Melodye’s husband **Reg** was also there to applaud and support Melodye, as were **Viv** and **Rob Hansford** who captured a photo or two.

*Viv Hansford*



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## Try Unscrambling These

1. OKTO UYO GLON HONUQE!
2. OTO SWOL ORF DROWS!
3. OLCDU OYU EB STRAFE?
4. IDD UOY AHEV ELBUROT?

**ANSWERS:** See page 9

Our Christmas/Holiday Luncheon Party will be held on **Wednesday, December 12, 2007 at 12:00 Noon**. The cost of \$20.00 includes Turkey dinner with all the trimmings and Entertainment. Be sure to come and have a wonderful time.

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## Mayor’s Visit



On Tuesday, November 20, 2007, **Mayor Frank Scarpitti** paid a visit to our Centre, with **Valerie Burke**, the Ward 1 Councillor. The Mayor focused on “**Click with Markham**,” a questionnaire soliciting citizen opinion on *Growth Management, Transportation, Going Green* and *Community Services*.

Mayor Scarpitti stressed the importance of completing the survey and sending in our comments and suggestions so that we can all play a part in developing priorities and actions plans for the design of Markham’s future.

Participants were able to respond online at: [www.clickwithmarkham.ca](http://www.clickwithmarkham.ca). Questionnaires were also mailed to homes and were available through Town of Markham offices. For each section of the questionnaire completed, your name was entered in a draw for valuable rewards.

The Buzz



... Around the Hive (Cont'd)



## Camera Club Contest

Camera Club members may submit **nine** entries FREE. Non-Camera Club members may submit up to **nine** entries at 50 cents each.

Judging will take place in mid-January. The exact date will be announced shortly.

### *Photo Categories:*

1. Faces—Expressions
2. Glass Buildings—Reflections
3. Skies—horizons
4. Seasonal Themes
5. City Views—Town views—Village views
6. Seen through a window
7. Family time
8. Bridge views
9. Night scenes

NOTE: Photo's must be taken by submitter. Further rules may follow



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## Programme Tickets

For quite awhile, many members have been accustomed to purchasing blocks of tickets to pay for whatever TSC activities they were taking advantage of. After weighing the pros and cons of this practice, your Board recognized that the financial management of tickets created more difficulties than it was worth.

*Therefore the sale of tickets in lieu of cash for TSC programmes has now been discontinued.*

Current tickets holders will be able to use whatever stock they may still have.



## QIGONG



It sounds as though it might be something exotically oriental. If only we knew how to pronounce it! The letter “Q” without having the usual “U” following! How do you pronounce that? Roughly speaking, **QiGong** is pronounced *Chi Kung*.

Is it a new course in how to make those Chinese snacks called Dim Sum perhaps? No! Nothing like that! **QiGong** is a form of traditional Chinese health-related practice that involves the coordination of a person’s breathing patterns with various physical postures and motions of the body. It can be taught either for therapeutic or health maintenance purposes.

**QiGong** relies on the traditional Chinese belief that one’s body has a sort of “energy field” that is generated by means of its natural respiration. **QiGong** actually translates as “breath work.” Simply put, it is the art of improving the management of one’s breathing to achieve and maintain better health.

*Is this something in which we at the TSC should have a healthy interest?  
Well some members are already enjoying QiGong!  
You should ask them!*

It sounds as if **QiGong** can be compared to **Tai Chi**. Is there any relationship between these two forms of traditional Chinese health practice? Truth be known, **Tai Chi** is the more well known and popular moving form of **QiGong**. **Tai Chi** is essentially meditation in motion, and is said to be a bit more difficult than basic **QiGong**.

## Pub Night at The Lucky Duck



Were you there on October 17th? It was an exciting evening at “The Lucky Duck.”

The pub supper definitely hit the spot—hot meat pies and all the trimming’s. Many thanks go out to **Pauline Foy**, the two **Shirleys, Schaefer** and **Lawrence**, plus all their kitchen helpers. It takes a great deal of organization to serve seventy pub patrons.

Even before the food, there was the entertainment, courtesy of **The Drama Group**. The affable publican, played by **Carol Eisenberg**, welcomed everyone with a bit of banter and a couple of pub jokes.



We had just applauded “Marlene Dietrich,” a.k.a. **Margaret Massek**, after she had seductively serenaded us with her famous version of “Underneath the Lamplight” (sung in German) when the programme was interrupted by Chief Inspector Ketchem who strode in roaring, “Stop the Show.” Apparently there had been a robbery nearby and the culprit had been seen ducking into “The Lucky Duck.”

Despite the landlord’s protests, Inspector **Rose Harrison** Ketchem took over, accusing patron **Mina Johnstone** of “looking suspicious.” The famous Scottish dancer became indignant, “Are you talking to me?” she



replied in no uncertain terms. Fortunately she was wearing her costume under her coat and had her props with her. Therefore she was able to prove her innocence by doing a so-called Sword Dance. Inspector Ketchem continued his search, soon arresting **Malcolm Whittle** who was dragged off, loudly protesting all the way to the exit. Of course, he and Rose soon rejoined the pub party.



The M.C., **Carol Eisenberg** quickly continued the entertainment with a welcome change of pace. **Anne Neuschild**, representing the Caribbean, gave a sensitive rendition of *The Banana Boat Song*, inviting the patrons to join in the chorus which they did with gusto.

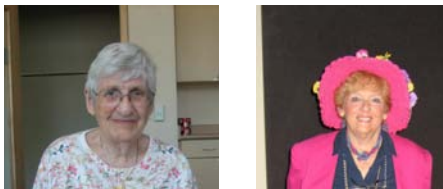




Guest danseuse, **Florence Ruddy**, who was supposedly visiting from New York City, concluded the short programme with a jazzy hip hop number danced to the tune of “*BeBop Baby*.” If only we could all have her rhythm and her energy.



Many thanks to the **Drama Group** for their participation. The Lucky Duck coasters were designed and put together by **Tib Green**. **Judy Cooke**, Thornhill Seniors Club Director of Special Events, never fails to have great door prizes for the lucky draws.



The rest of the evening was danced away with music by the well-known entertainer **Michael Zisking** whose violin melodies are so catchy it was impossible not to get up and have a good time.

*Tib Green*

## EVER WONDER ...

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavour, and dishwashing liquid claims to be made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

### Answer to Puzzle on page 6

1. Took you long enough!
2. Too slow for words!
3. Could you be faster?
4. Did you have trouble?

## TSC Speaker Series

Members who attended the **Speaker Series** during the fall of 2007 have listened, learnt and enjoyed. Here is what you missed if you didn't attend our informative sessions:

- A member from **Pro Drivers of Canada** made us all more aware of certain driving habits and safety aspects for our car.
- **Casandra Hart**, a local author, read from her powerful book *The Sovereign Soul* and signed copies of her book for those who wished to buy a personalized copy
- **Diane Cape** gave many great tips on 'Downsizing--Helping with the Move.'
- **Lorne Smith** with tidbits on information on 'days of the past' in our own thornhill.

At our **next Speaker session** on **January 29th** at 12 noon, we look forward to hearing from **Mitra Jam** on nursing education, nutritional training, cooking for weight management, heart disease and other illnesses.

The 2008 programs are in the process of being booked. Some topics being explored include:

Gardening  
Foot and health care  
Writing analysis  
Fire prevention  
Day in the life of a paramedic  
Inuit art  
Skin care for the spring  
A director or actor from Herongate  
Barn Theater

Should you wish to make a note for future reference, the Tuesdays already booked for the 2008 **Speaker Series** are as follows:

*January 29, February 5, February 19,  
March 4, April 1, May 20*

Tickets for the **next Speaker** session are **available** for sale **immediately**. You can reserve your seat by visiting the Front Desk, at any time for the January 29th session. A \$2.00 ticket includes coffee/tea, a snack and door prize. If you have any suggestions for future Speakers, please leave a note with Brian Bailey who will pass it on.

**Please check the Bulletin Board and spread the word about our Speakers Series.** Thanks.

*Pat Parker*



### **Not the Sharpest Tool in the Shed!!**

In Modesto, California, a man was arrested for trying to hold up a Bank of America branch without a weapon. The man used a thumb and a finger to stimulate a gun, but unfortunately, he failed to keep his hand in his pocket.



### **Did I Say That??**

Police in Los Angeles had good luck with a robbery suspect who just couldn't control himself during a lineup. When detectives asked each man in the lineup to repeat the words: "Give me all your money or I'll shoot," the man shouted, "That's not what I said!"

## Do you know...?

... the difference between a herb and a spice? Although both are derived from plants and can be used fresh and dried, botanists (and chefs) agree that there is a difference. Herbs come from the leaves of plants, are usually grown in temperate locations, and are often used in larger quantities than spices. That makes parsley, sage, rosemary and thyme, herbs.

Spices are obtained from the roots, flowers, fruits, seeds or bark of plants found in more tropical climates. Spices are generally stronger flavoured than herbs and are therefore used in lesser amounts. Cinnamon comes from the bark of the tree, ginger is a root, nutmeg is a seed, vanilla is an undeveloped seed and pepper is the fruit of a vine. All of them qualify as being spices.

Then there are some plants that produce both herbs and spices. The herb cilantro comes from the leaves of *Coriandrum sativum* while coriander comes from the seeds of the same plant. Dill (*Anethum graveolens*) is another example. Dill seeds are a spice while dill weed, the fresh herb, and dill, the dried variety, come from the plant's leaves and stem.

Now you know.

*Susan Leppington*



## It's a wrap. . .

Not just an ordinary wrap this time, but a conclusion to Volume 4 of *The Buzz* as the year-end is fast approaching. That's another four issues that we have got behind us, in preparation of the big *leap* forward into 2008. (Yes, 2008 is divisible by four, which gives us that extra day on February 29th!)

In looking back over the current year, it continues to boggle my mind that we have

been able to come up with such an eclectic variety of topics with which to regale you, thanks to the great work of my colleagues at *The Buzz* Editorial Desk. I sincerely hope that you too have enjoyed our efforts. (Good Grief! Will we ever stop trying to seek your approval?)

Soon we will all be heading off to home, family and friends, each to celebrate our seasonal festivities and traditions in our various ways. This year, it seems, our celebrations are going to be conducted in a more wintry fashion. In recent years, we have been fortunate to be able to enjoy relatively mild weather. . . but not this year! We read that something oceanic called "La Nina" is messing about with our weather.

Could this be the female version of that wonderful masculine ocean current "El Nino," that is usually responsible for fine weather. Just when we were getting used to milder winters and thinking to ourselves that maybe "Global Warming" wasn't so bad after all! "Little girl" or "little boy" in Spanish notwithstanding, we are tough Canadians! Right? Whatever comes our way weatherwise, we can surely suck it up!

Before we ring down 2007's curtain at the Thornhill Seniors Club, let's everyone try to drop by the office of our relatively new Markham Staff guy, **Brian**, and wish him well. He does have large shoes to fill as our replacement of **Susan Watts** and needs to know that he has the support of every Member.

That's it, everyone! It has been a real treat for we *Buzz* folk to keep you informed, and on behalf of my wonderful co-workers, **Rose, Susan, and Tib**, I want to wish you all A Very Happy Holiday Season and. . . 8

THINK PEACE & LOVE TO ALL!

*Barry Pipes*