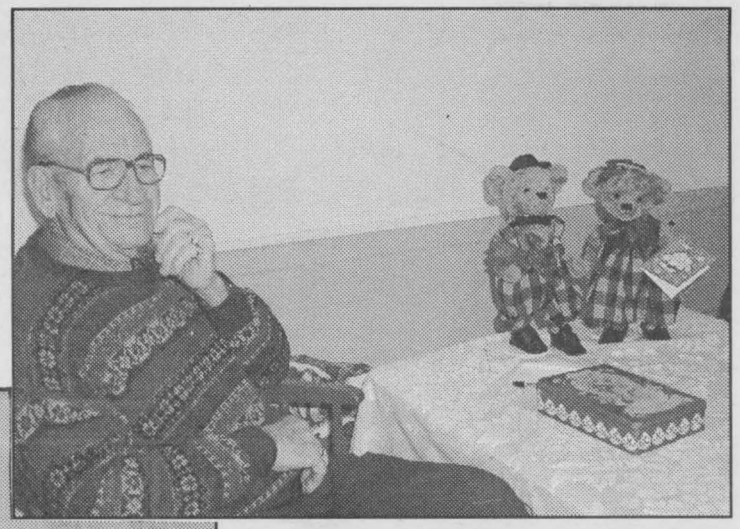


Leona McIntosh

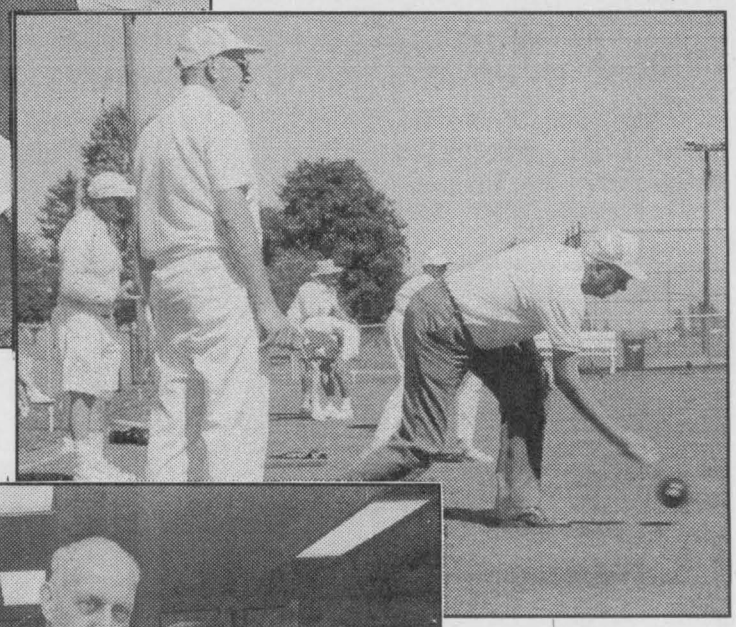
Ambert Brown





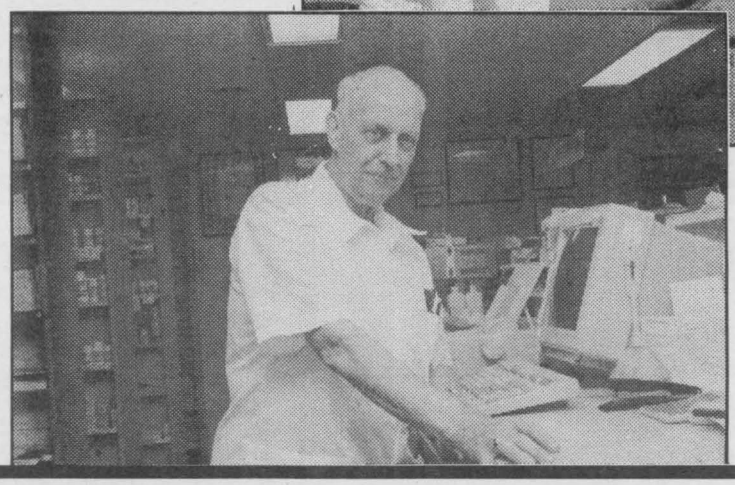
Mary Cook

Mr. Reynolds & Friends



Kieth Beaupre





Ron Gilmer

A SALUTE TO Seniors'

a Special publication of The Chieftain Publishing Company
Wednesday February 26, 2003



Stampville Reopened

The former school at Stampville re-opened as it gained a new lease on life as a centre for seniors where they can gather, eat and visit. Providing a warm atmosphere of friendship the Centre is a popular stop for seniors.

Chieftain Photo by S.L. Johnston

Stampville Centre a community treasure

The Stampville Centre is the valued heart of some important local services for seniors. Once a vibrant elementary school when it closed there was fear it would simply be abandoned, not the case at all!

Located in the former hamlet of Stampville, the former school was purchased by the municipality and in 1997 reopened as a satellite operation of The Park Lane Seniors Centre head-quartered in Williamsburg.

According to history a senior in the former Township of Matilda was instrumental in arranging to turn the structure into a Centre for seniors. Joan Zandbergen saw a need at the southerly end of the new South Dundas for seniors activities as well as a place to hold these events.

Presently Stampville Centre serves about 40 regulars at the popular Diners Club meals hosted on the first and third Thursday of each month. The noontime dinners are available to seniors at a subsidized cost of only $4.50 per person. A friendly social time is always included.

"There is always a euchre game after we eat, " adds a regular.

Something is always going on at the Centre; the doors are open every Monday and Thursday and it is a warm and inviting place for seniors to meet and visit.

Drop by and you might be lucky enough to see the Spinner and Weavers Club doing their thing with gobs of yarn or intricately detailed patterns being put into place by members of the Upper Canada Quilters Guild.

The National Institute for the Blind also holds a monthly support group at the Centre.

The facilities are available for more general rentals as well. The Heart and Stroke Foundation has used the building for shows and different groups, such as the Scouts rent the building.

The place is best known as a hub of senior support programs in the west corner of South Dundas Township. This includes a transportation service to shoppers along with other outings...a Park Lane transport van is only a stones' throw away at the Brinston area farm of volunteer driver, Lorne Strader.

Seniors can also receive free information and referrals to other services through the Stampville Support Centre.

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Hat's off to all our Senior's

Facts about seniors:

Did you know that seniors devote a larger share of their overall spending to basics such as food and shelter than those of us under 65? Gifts and contributions also account for a relatively large share of their overall spending.

Seniors also contribute to our economy by paying significant amounts of income, property and sales tax.

The large majority of Canada's seniors live at home, not institutions.

Seniors generally have more free time than those in younger age groups. Most devote an average of almost an hour and a half a day to active leisure pursuits such as sports, socializing, hobbies and driving for pleasure. Seniors also spend a significant amount of time travelling.

On average senior citizens have lower incomes than citizens in larger groups. Seniors' incomes have however risen faster than incomes in other age groups over the past decade and a half. In general, Old Age Security benefits including Guaranteed Income Supplements continue to provide the largest source of income for seniors. As in the case with other age groups, women have lower incomes than men do and single female seniors have considerably lower than single male seniors do.

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Local Couple Honoured

Fernley and Marion Johnston were presented with a silver tray in honour of their 50 years of dedicated service delivering mail in R.R.#2 Williamsburg. On hand to offer congratulations were Michel Billette, Local Area Manager from Cornwall and current Post Master Susan Wood. Friends, neighbours and family were also present to offer their thanks.

Chieftain Photo by Lori Roberts

Fifty years of faithful service

by Lori Roberts
Chieftain Staff Reporter

Fernley and Marion Johnston of Boucks Hill, have been delivering the mail to R.R. #2 Williamsburg for the last fifty years. At the age of seventy six when most people are considering retiring the Johnstons recently signed a contract to continue delivering mail for another five years.

The route is 41.5 kilometres long and 1953 when they started delivery there were sixty five stops, this has now increased to one hundred and sixty seven stops with only nine people remaining at the same address.

Fernley's first vehicle was a 1948 Mercury, and the first post office in Williamsburg was located north of the Picadilly Theatre. The first postmaster they worked for was Eddie Deeks, followed by Borden Hess, Jan Craig, Isabel Lalonde and the current post master Sue Woods. The post office moved to its current location in July of 1971.

When discussing the differences between today and fifty years ago the Johnstons agree that the roads are much better and the new post office is quite an improvement. They still sort the magazines and advertising themselves while the inside workers sort the letters. The Johnstons have also seen a large increase in advertising flyers and papers over the past years. When the Johnstons first began the route they delivered six days a week which was changed to the current five day delivery in 1958.

Michel Billette the local area manger from Cornwall was on hand to congratulate the Johnstons.

Mr. Johnston is a well known fixture in the Williamsburg area having farmed and also been a cattle drover for many years. He reached celebrity status a few years ago when he was featured on Regional Contact.

Michel Billette the local area manager from Cornwall was on hand along with many friends, family and neighbours to congratulate the Johnstons on their milestone. He told us that "This was indeed a very rare anniversary. No one else have ever done this." He added that he certainly is happy that they will be continuing the delivery for at least five more years.

When questioned about retiring Mrs. Johnston announced that "Fernley says that retirement is only for Senior Citizens!"

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What it means to be a senior

The Ontario Advisory Council on Senior Citizens sought a unique way to celebrate Senior Citizen's Month in 1988. The way which was decided upon was to host an essay contest for seniors. The topic was an essay of 500 words on "What does it mean to be a senior citizen?" The only prizes were to have the work published in the newspaper, "Especially for Seniors." The invitation opened a flood gate, through which flowed the memories, joys, sadnesses, humour, experience and wisdom of a generation. An amazing 618 essays were written and sent in, including one in French and one in Italian. Compiling the best into a book was a terrific idea, and the fact that as little editing as possible took place, only for reasons of length, spelling or grammar and never in terms of style, "Are you Listening? is a great read.

Each essay is unique, but some common themes emerged on what it means to be a senior. The most common by far was that of freedom. Freedom from the tyranny of an alarm clock. Freedom from responsibilities of work and raising children; freedom from want, thanks to pensions and benefits for seniors, and freedom to live as you please in this fine country.

The greatest joy was noted to be "grandchildren" while the worst sadness "the loss of a spouse"; the greatest leisure interest, "gardening" and the greatest source of strength, "God." The greatest loves included your spouse, nature, pets and God, not necessarily in that order.

The essays were written from their homes, from nursing homes and homes for the aged, from winter retreats in Florida, from hospital beds and from wheelchairs. Some enlisted the help of younger friends who wrote and sent in the thoughts of the older persons...the tone of all essays was overwhelmingly upbeat and the editors were left with the impression that the most valuable function of the essay contest was "to provide a reason for putting down on paper
those events and feelings that leave one with "pain that will never heal."

One writer noted, "Should my essay be the first to arrive, it is because the words were there, all ready in my mind. They needed only an invitation like this to come forward and be typed..."

Some sixty-two essays are in the book and each is special.

Space does not allow them all to be included here, but one taht struck a chord with this writer came from the fingers and thoughts of R.A. Boyle of Southampton. "Hail, seniors, and congratulations! We are, without a doubt members of a unique, never-to-be duplicated generation...an exclusive club, if you will. Most of us, in our youth, have endured bone rattling rides over gravel roads in horse-drawn buggies or been exhilarated by the smooth, silent passage of cutters through frosty, white countrysides, our lower extremities pampered by heated stoves and buffalo robes. Time-eroded, but still in the computer memory bank, are thoughts of pre-electricity, pre-plumbing days. Then the comforts of home included shelter from the elements as we wandered from the kitchen to the summer kitchen, through woodshed to the two-holed haven and Eaton's catalogue. Hard to forget is the Saturday night bath in the wooden tub which sadistic suppliers always designed with sharp edges. The stove-top irons were pushed aside to ready room for the pots of hot water and the stove cistern was filled to capacity. Needless to say, Saturday was the best day to beat the rugs at spring cleaning time. In considering the changes of our lifespan, let us not forget teh wonderful world of underwear. Until the end of World War I, it was de rigueur to wear fleece-lined underwear in colder times. Outdoors, great. Indoors, it was impossible to obey the modern adage of "never let them see you sweat." When you wrapped that fluffy fleece around your ankles, they took on a Clydesdale look. That underwear was the cause of certain colds which we endured, in a Kleenex-less society, with hypersaturated handkerchief.

Then came the automobile, the alternative to steam-engine trains for longer trips. With it came a whole new world to be explored; engines to be cranked, rumble seats to be enjoyed, inner tubes to be patched, mica side curtains, gas tanks under back seats and paved roads! In swift succession we said good bye to horsewhips, ice houses, ice boxes, ice men, cream-top milk bottles delivered daily, bread men, junk men, and pump-it-yourself washing machines. We said hello to hitchhikers, tourists, travelling salesmen, caddies, flappers, crystal sets and aeroplanes. We were presented with radios, talking pictures, colour movies and another war. That tore it! After the war, things really speeded up. Computers, jet travel, earth orbiting, men on the moon, space travel, space probes, colour television with cable, converters and remote control. We even have heart and lung transplants.



For I Am Old

Only lend me your arm
I just need it for a second
Only wait for a moment
I'm hurrying as much as I can
Only walk a little slower
For I am old.

I cannot answer you just now
You spoke so quickly
There were other voices
The sounds all ran together
The confusion was more than I could sort
For I am old.

Walk slower please
I know your rushed
But somehow my legs just can't keep up
To hurry now would only serve
To slow me more before we're there
For I am old.

It's hard to shop
The aisles are packed so very high
To reach, and lift and balance...
If only someone would come by
And help a little
For I am old.

There are so many shoppers
So many hurried feet
The little pushes hurt so much
My arms are sore, and ache a lot
Where can I stand to let them by
For I am old.

The checkout girl is very sweet
She waits while my crippled fingers
Labour to count out change
The dimes are hard to grasp
The bills are hard to see
For I am old.

It's just a little bank of snow
Hardly much to notice
To me it is a treacherous cliff
I cannot step so far over
I cannot see where it becomes the walk
For I am old.

The movement of many people today
Became a blur, my eyes filled
I could no longer see
The motion made me weak and dizzy
Could you stand still beside me
For I am old.

The house needs many repairs
The little things I cannot do
A light bulb is out of reach
A dripping tap, a stuck window
Who has time to help
For I am old.

I hate to be a bother
There is so little I can give
In return for your kindness
My weakness bothers me
As it bothers those around
For I am old.

Take my hand, my arm
Be my eyes, my ears
Speak slower, clearer
Steady me, stand by me
Please understand me
For I am old.

But even though I'm old
I feel and care
I hurt and despair
I am lonely, help me to bear
Love me, preserve my dignity
For I am old.

Nancy Jean Ferguson

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Birding a Hobby

Eden Avery left our fair town but for many years she wrote the "Bird Column" for "The Chieftain". Her birding events are not as plentiful now, but she enjoys checking out the Iroquois feeders in the column. *Chieftain Photo by S.L. Johnston*

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Today, there are five workers for every person in Canada. By 2030, the ratio will be three to one, as seniors continue to make up an increasing share of the population.

But recent reports show that there is no reason to worry about the future funding of either of Canada's two major public pension programs: the Old Age Security (OAS) program and the Canada Pension Plan (CPP). Then in 1998, the Government of Canada and the provinces implemented changes to the CPP to ensure that it will be there for future generations. The changes include a higher contribution rate and a new investment policy.

The most recent report of the Chief Actuary for the CPP has confirmed that these changes will sustain the plan into the year 2100.

A panel of independent, private actuaries also examined the CPP report and confirmed these positive conclusions.

The actuaries are financial specialists who figure out risks, rates and premiums for insurance companies.

As Canada's population ages, OAS costs will rise, but this will not cause problems. The most recent report of the Chief Actuary on the OAS program shows that the increase in costs will be relatively small-less than one percent of our gross domestic product. This increase is manageable, in our current economic conditions.

As part of our retirement income planning, we can count on both our OAS and CPP benefits being available to all of us.

Retirement is an individual thing, and how much you need to save depends on your personal circumstances.

Canada's public pensions are designed to provide a modest base on which to build additional, private income for retirement. They are not intended to meet all the retirement income needs of all canadians.

Currently the combined maximum pension available for a single person covered by OAS and CPP is about $14,000 a year. The average OAS and CPP combined income going to seniors is closer to $10,000 annually because average pensions tend to be lower than the maximum.

Make sure you get all the facts. To find out more about OAS and CPP, visit www.hrdc-drhc.gc.ca/-isp or call 1-800-277-9914.

HATS OFF TO *OUR SENIORS!*

From your community newspaper

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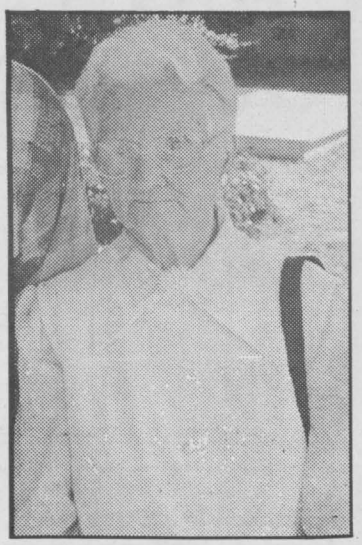
Long-term care costs can cost as much as $20,000 per year! What happens if you cannot afford to pay? What if you need the services of a nurse in your home? What can you do today to guarantee yourself the money to afford the best care possible?

Long-term Care Insurance is now available in Canada. A long-term care policy provides you with funds to pay for the cost of providing the care you need at a time when it is needed the most! Talk to a financial planner today about securing long-term care insurance.

This has been brought to you by Peter B. McCooeye & Joseph F. McCooeye

Ada Baldwin almost a fixture in Cardinal



Ada Baldwin celebrated her 80th birthday on the weekend just past. Folks braved the weather to bring her best wishes and hope for many more years of happiness.

This well known Cardinal lady is as close to a fixture in the town along the St. Lawrence as anyone. Her perky smile coupled with her petite stature topped with white hair are often seen out and about the streets, weather permitting.

Her first passion after her family (daughter Barb who recently retired after 35 years teaching; and sons John, who served in the armed forces and recently retired; Bob who along with his wife resides in Barrie and owns his own company and Jeff "My baby" as Ada refers to the youngest child who remained in Cardinal throughout his life. Seven grandchildren (1 girl and 6 boys) and 4 great-grandchildren (2 of each gender) is that great Canadian game...hockey. She remains perhaps the most avid fan of Cardinal Minor Hockey ever. She admits to spending three to four nights every week at the arena watching the game and refers to hockey as "the love of my life." She can't recall when she did not enjoy the game, since a wee girl she was interested and volunteered as "Referee in Chief" for the Minor Hockey program in Cardinal for many years.

Among her volunteer efforts she counts her church work at the United Church in Cardinal, "I was a member of the ACW and always did my share when activities were happening," says Ada. She canvassed and worked for the Canadian Cancer Society as well.

A favourite pastime is skating and she has always celebrated her birthday with a family skate at the arena. She is unsure if she will be carrying on the tradition this year, "I have not even gotten my skates out this time, after falling and breaking my shoulder, I wonder if I should," she tells us. Then she adds, "But maybe when the time comes, I'll decide to go anyway, there is a bunch who skate every morning, and I can join them."

While babysitting the younger set has taken some of her spare time, "I watched Barb's children before they started school so she could work," says a loving grandma, but I cannot handle them now! She proudly tells us that when the great-granddaughter baby starts school this fall at Benson, although not a Baldwin in last name, she is a granddaughter and will be a fifth generation Baldwin to attend Benson School.

Students at Benson Public School know and love this gal for up until this year she was a regular in the grade 1 classroom. Whether helping a youngster with word charts or photocopying to assist the teacher, Ada was ready and willing to get any necessary task done. Spending half days at the local school was enjoyable and rewarding for this volunteer. She reminds this reporter that she spent entire days there helping out when she was younger.

A source of information and great gal to visit with Ada is one of a kind. She enjoys going out with friends, but admits she does not like to shop, "Howard (her late husband) always took care of this for us, and I was happy to let him do it!"

We join her family and friends wishing her many more wonderful years.



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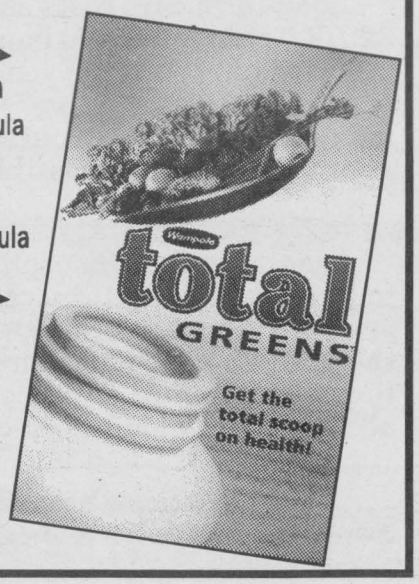

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Park Lane Seniors' Support Centre a busy place

Park Lane Seniors' Centre has quietly marked their eleventh year of service to the South Dundas community.

Williamsburg Non-Profit Housing Corporation opened the Centre with a great fanfare in February 1992, a $400,000 building expansion on the east side of the Park Lane Villa Seniors' complex in Williamsburg. From this headquarters, the Centre acts as the hub for senior activities across South Dundas Township and beyond.

Providing a dozen services from Meals on Wheels to Respite Care to a clientele of close to 1000. A total of 170 volunteers assist staff in making the Centre the success it is.

Coordinator Janet Levere explains how the Centre came into being in the early 1990s as a push was underway to create community support agencies across SD&G as well as other rural agencies across the province.

"The idea was that services common in the city be offered in the country to enable people to remain in their homes for longer periods of their lives," states Janet. She continues, "I think people in the rural area try to remain independent longer than their urban counterparts and then when struck by a crisis all at once, they feel they just can't carry on as before."

Ready and able to step into this breach is Respite Care, one of the numerous services provided through the Centre. Caring for a loved one is a 24-hour a day task and Respite Care, also known as Caregiver Relief can provide a much needed break for the family. Park Lane Senior Support Centre has its own trained staff members who go out to do the job. They are on track to provide 6,000 hours in their financial year which ends in March.

For the client, Respite Care is available at a subsidized rate for a limited number of hours per week. Some families still find it preferable to pay the whole shot for increased hours of care, so their loved ones can remain in their homes for as long as possible.

Dundas County Hospice, whose volunteers offer comfort and a listening ear to the dying, also maintains an office within the Centre.

Another of the 'meat and potatoes' services overseen by the Centre, quite literally, is the ever-popular Diners' Club. For just $4.50 each, folks can enjoy a hearty warm meal at any one of the Diners' Club locations in South Dundas.

"It's a nice way for seniors to meet other seniors," Levere says, adding they need to call ahead to reserve a spot.

Each month, meals are held on the first and third Thursday at the Stampville Centre. The Iroquois and Morrisburg Legions also see Diners' Club meals: the second Thursday of the month in Iroquois and the third Tuesday in Morrisburg.

And of course, there is the Seniors' Support Centre itself. With a sprawling dining room — seating for 100 — and modern kitchen facilities, it's a destination for diners four times a week.

Various support groups use the Williamsburg facilities as well, including those concerned with Alzheimers, breast cancer and the Canadian National Institute for the Blind.

Speaking to Levere, one soon gets the impression that volunteers are absolutely vital to the organization — everybody from quilters who raise funds for the Centre, to those who stir pots of soup or provide transportation.

"Fundraising and donations are becoming a bigger part of the operation," she said, reflecting on the trend of less government money these days.

Other services provided by Park Lane Seniors' Support Centre:

- Transportation. A biggie. Two-thousand trips have thus far been provided by volunteers for 1999, provided for a reasonable fee. The Centre also has a seniors' van at its disposal.
- Meals on Wheels. For a flat fee, the client receives a hot meal delivered at home.
- Adult Day Service. A service for older adults who may find it difficult to attend social events. A program of activities is designed to fit the individual, who gets a hot meal, friendly atmosphere and transportation for a reasonable fee.
- Friendly Visiting. Clients receive a regular visitor with whom to have a chat. No fee.
- Foot Care. Basic foot care provided by trained professionals. About 200 cases have been treated this year so far.
- Indoor/outdoor Help. The Centre puts client seniors in touch with somebody who can help with house cleaning and yard work.
- Caregiver Support. Information sessions, flu clinics, support groups.
- Information and Referral. The Centre refers people to other services, free of charge.
- Social and Recreational Programs. Bingo, line dancing etc.
- Telephone Assurance. A service designed to provide persons with regular contact. A positive alternative for those who are isolated.



Park Lane

A senior retirement site in Williamsburg, Park Villa offers the tenants the best of all worlds. When the time comes to leave your home, there are a number of viable choices to consider.

Chieftain Photo by S.L. Johnston

Footnotes for Seniors

* Thickened, brittle toenails can be softened by soaking feet in a mild soapy solution.
* After soaking, clip nails straight across to avoid in-grown toenails. **Keep mature feet on track!!**

CONGRATULATIONS ON SENIORS' WEEK!

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Seniors have important message

Seniors can impart such valuable knowledge to generations who follow their footsteps. The message they have needs to be listened to.

It is vital we learn from past mistakes, that we know of shortcuts to ends and that we realize the importance, the influence these people have in our lives.

Seniors move out of our lives daily, taking with them the exact information we need. They take it not because they want to, but because they feel we don't care. Well we do! This small token of our esteem for the seniors in our reading area is one way to salute them and show some appreciation for what they do and who they are.

We can but scratch the surface of this topic, but each March we take one small step towards achieving some sort of recognition for all who are seniors in our area.

The warmth and humour that seniors possess is marvellous. They seem relaxed and easy going. Gone is the stress of work days and the hassle of competition. The family is raised and on their own. Nothing left to do but enjoy life! They have found their place and are for the most part comfortable with it.

The benefits reaped from seniors can never be paid back...for even in retirement, they are accepting new challenges and are certainly up to the task. With the government cut backs the need for volunteers grows steadily and the seniors are the ones to pick up the reins and get on with things.

Take time to visit a senior and talk to them. Ask questions and share your experiences...it will be time well spent.

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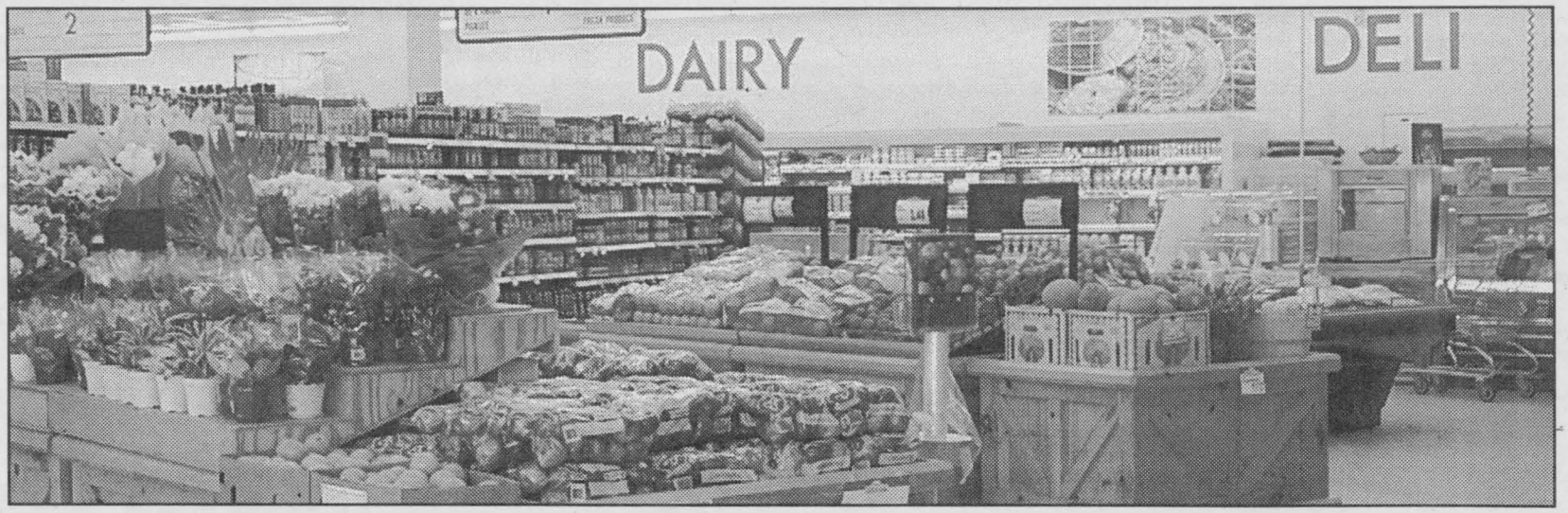

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