

## THE SEAWAY SENIOR CITIZENS CHRONICLE

SEAWAY SENIOR CITIZENS 50+ CENTRE  
506 Pitt Street, Cornwall, ON K6J 3R5 613-932-4969



Making new friends on Thompson Island

### ADVENTURES ON THE WATER . . . KINGSTON, THOMPSON ISLAND, AND ST. LAWRENCE RIVER

A visit to the Kingston Penitentiary and a luncheon cruise on Island Star took place on September 5. The next week, we explored the rich history of the St. Lawrence River with the Mohawks of Akwesasne through a visit to Thompson Island Cultural Camp. The following week there was a tour of the Great River with riverman and story teller Jim Martel.



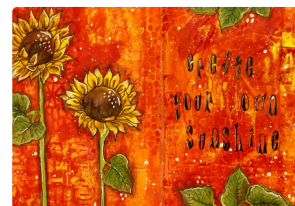
Darleen mastering the art of Mohawk Fried Bread in Thompson Island kitchen

### CRUISING LOCAL WATERS

It has been a fantastic month of exploring the great waterways of Eastern Ontario. Thanks, in part, to a grant obtained from Ontario Inclusive Community Fund, the Club has been able to sail both Lake Ontario and the St. Lawrence River.



### EXPLORING MIXED MEDIA ART



Lots of fun was had by everyone who attended the **Artist Tips and Tricks** with Darnell Proulx on September 14. Each of the Workshop participants unleashed their own creativity and found their own style. More workshops to follow.



## SEPTEMBER Adventures





COMING SOON



SEAWAY SENIOR CITIZENS CLUB GET YOUR TICKETS NOW

# Thanksgiving Dinner

OCTOBER  
TUESDAY 3rd 5.00 PM  
2023

**Tossed Salad  
Turkey and Stuffing  
Mashed Potatoes and Gravy  
Vegetables  
Lemon Meringue Pie**

Grateful hearts gather on Thanksgiving to celebrate the abundance of life

**\$15**

SEAWAY SENIOR CITIZENS CLUB

# OUTDOOR CLEAN UP

LOOKING FOR  
**VOLUNTEERS**  
**FRIDAY  
OCTOBER 6**  
**10 am to Noon**

♥ refreshments provided

details at Reception or speak to **Karen Cooper**  
613-932-4969  
seawayseniors@gmail.com

SEAWAY SENIOR CITIZENS CLUB

Explore

## ONTARIO POWER GENERATION VISITOR CENTRE

2500B Second St West, Cornwall

**Tuesday, October 17**  
**1 pm - 3 pm**

transportation by car pool

Seaway Seniors Personal Tour

- "Building of the Seaway" Film
- Presentation on the Seaway and Power
- Guided Tour of the Centre
- Q & A

Registration at RECEPTION

613 932 4969  
seawayseniors@gmail.com  
www.seawayseniors.ca

**FREE**

SEAWAY SENIOR CITIZENS CLUB

# CLUB CLEAN UP

SEEKING  
**VOLUNTEERS**  
**FRIDAY  
OCTOBER 20**  
**10 AM to Noon**

♥ refreshments provided

details at Reception  
613-932-4969  
seawayseniors@gmail.com





COMING SOON



## Learn to Play Chess

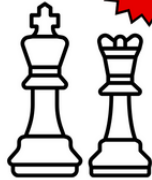
**Mondays & Wednesdays**

**10:30 am - Library**



Sign up  
with **RECEPTION**  
beginning **October 2**

613 932 4969  
seawayseniors@gmail.com  
www.seawayseniors.ca



Seaway Senior Citizens Centre - 506 Pitt St.



presents a



## SEED SAVING WORKSHOP

with

**Fred Deschamps**  
Master Gardener, retired



**Tuesday October 24**

**1 pm - 3 pm**  
Oak Room

Details and Registration at Reception  
506 Pitt St., Cornwall

613 932 4969  
seawayseniors@gmail.com  
www.seawayseniors.ca



## 50/50 DRAW

Our 50/50 Draws will be held monthly on the last Friday of  
the month at 3:00 p.m.  
Proceeds from the draw go toward programming.

**TICKETS ARE**  
**\$2.00 EACH OR 3 FOR \$5.00**

**AUGUST WINNER**  
**BOB LABONTE**  
**\$209.50**



FOOD, FUN AND  
GREAT GIFTS!

**SATURDAY**  
**NOVEMBER 18**

**10 AM - 2 PM**



## CHRISTMAS ART & CRAFT SHOW



Art • Crafts • Food and Drink • Music •  
Penny Auction • Christmas Carols •  
Handmade Quilt Draw

To book an Art/Craft/Bake Table:

**\$20.** (3x6) for members; **\$10.** (4x4)  
**\$30.** (3x6) for non members

For more information contact: **Karen Cooper**

613 932 4969  
seawayseniors@gmail.com  
www.seawayseniors.ca

or visit:

Centre located at 506 Pitt St. Cornwall, ON





# SAUSAGE-STUFFED BUTTERNUT SQUASH

## Meats

### Ingredients

- 1 medium butternut squash (about 3 pounds)
- 1 pound Italian turkey sausage links, casings removed
- 1 medium onion, finely chopped
- 4 garlic cloves, minced
- 1/2 cup shredded Italian cheese blend
- crushed red pepper flakes, optional.

### Directions

1. Preheat broiler. Cut squash lengthwise in half; discard seeds. Place squash in a large microwave-safe dish, cut side down; add 1/2 in. water. Microwave, covered, on high until soft, 20-25 minutes. Cool slightly.
2. Meanwhile, in a large nonstick skillet, cook and crumble sausage with onion over medium-high heat until meat is no longer pink, 5-7 minutes. Add garlic; cook and stir 1 minute.
3. Leaving 1/2-in.-thick shells, scoop flesh from squash and stir it into sausage mixture. Place squash shells on a baking sheet; fill with sausage mixture. Sprinkle with cheese.
4. Broil 4-5 in. from heat until cheese is melted, 1-2 minutes. If desired, sprinkle with pepper flakes. To serve, cut each half into 2 portions.



 **Seaway Sweets**  
from **Darleen's Kitchen**

- Brownies
- Butter Tarts
- Pecan Tarts
- Date Squares
- Chocolate Chip Cookies
- Oatmeal Raisin Cookies
- Shortbread Cookies
- Shortbread / Jam Cookies

**\$ 10**  
dozen  
brownies  
tarts

**\$ 7**  
dozen  
cookies

Place your order:  
at Reception or  
☎ 613 932 4969



# VOLUNTEER PROFILE

## FUN RAISING/TRIPS COMMITTEE



Formed in July, the FUNraising / Trips Committee was established to help raise much needed funds for the Club and assist in planning trips. Some of their upcoming initiatives can be seen below.

This dynamic working group meets bi-weekly and is made up of volunteers including those seen here (left to right) **back row:** Elaine Leroux, Mert Mattice, Julie Madden, Darnell Proulx (*Managing Director*) **seated:** Liz Collymore, Francine Beaulieu. **Absent from photo:** Paulette Amelotte, Louise McIntosh, Debbie Blohon, and Karen Douglass Cooper (*Project Coordinator*). Special thanks goes out to members Julie Madden for her beautiful quilt donation and Jeff Barkley for catering the Spaghetti Supper FUNraiser !

Please support these FUNraisers if you can.  
All proceeds benefit the Club and its members!



## FOOD & LUNCH MENUS

 **The Holidays are coming and it's time to order...**   
**Darleen's Famous Meat Pies**  
made with 



**\$18**  
LARGE

**\$8**  
SMALL

Place Orders  
with RECEPTION  
beginning October 1

📞 613 932 4969  
✉️ seawayseniors@gmail.com  
🌐 www.seawayseniors.ca

 *Pies*   
from  
**Darleen's Kitchen**



Place your order:  
at Reception or  
📞 613 932 4969

*Apple Pies*  
*Blueberry Pies*

 **\$12**  
large

**\$7**  
small



506 Pitt St, Cornwall  
www.seawayseniors.ca

# October

## Darleen's Lunch Menu

### October 5

Egg Roll  
Chicken Chop Suey  
Chicken Fried Rice  
Garlic Chicken  
Fruit Jello

### October 12

Caesar Salad  
Spaghetti and Meatballs  
Ambrosia Salad

### October 19

Turkey Soup & Bun  
Turkey Stir Fry  
Butter Tart

### October 26

Coleslaw  
Bun  
Meatball Stew  
Butterscotch Pudding



Place your order by calling the Club on **Tuesday** between **9 am** and **11:30 am** at **613 932 4969**.

Pickup is on **Thursday** between **11 am** and **1 pm** at 506 Pitt St.

## Flu and pneumonia shots offer double protection for seniors



### High dose flu shot gives added protection

Older adults are at greater risk of serious complications from the flu because the immune system weakens with age, says the Centers for Disease Control and Prevention. Flu infection can also worsen long-term health conditions, such as heart disease, lung disease, and asthma.

Flu shots reduce the risks of seniors getting the flu, developing serious complications, and infecting others, says Government of Canada Public Health Services. To protect against the flu and possible complications, seniors 65 and over should either get a regular flu shot or the inactivated Fluzone® High-Dose vaccine before the influenza season starts, advises HealthLink BC.

Canada's National Advisory Committee on Immunization (NACI) recommends that older adults get the inactivated high-dose flu vaccine because it can provide better protection than other flu vaccines. It contains four times the antigen of a standard-dose vaccine. The antigen is the vaccine part that helps the body build up protection against the disease and the extra antigen creates a stronger immune response in older people for better protection.

### Vaccination helps prevent pneumonia

Pneumonia results in about 135,000 Canadian emergency hospital visits each year,\* according to Toronto's Sunnybrook Health Sciences Centre. The Public Health Agency of Canada recommends everyone over 65 get a pneumonia shot, which can help prevent bacterial pneumonia, the most common type.\* That's especially important during a pandemic to reduce cases of both pneumonia and flu, which could strain the healthcare system and jeopardize care for anyone with a serious respiratory illness.

The pneumonia vaccine that protects against 23 strains of pneumococcal bacteria is recommended for older adults, advises NACI and HealthLink BC. A second pneumonia vaccine that protects against 13 different strains\* is also available for older adults at high risk of infection.

Talk to your doctor about which flu and pneumonia vaccines are right for you.



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## SLICE OF LIFE



Masks! After about three years of Pandemic who really wants to read about masks. But remember - some masks are fun so....BOO! It's coming up to Halloween time again.

Do you enjoy Halloween? I do. I really enjoy the kids that go around my neighbourhood dressed in so many wonderful creative and wacky costumes.

The masks that are available for them these days are incredible. We used to make our own but that was because there weren't many available to buy. I have actually entertained the ridiculous thought of dressing up myself and wearing some outrageous mask and go 'trick or treating' but so far I have not had the courage. There's always this year. Unfortunately I do not have grandchildren to use as an excuse.

Ironically we all wear masks in our every day lives. We have our business personal mask - trying to project confidence and then we have our 'aren't we having fun' mask even when we are not enjoying ourselves at all. I am sure that at times we even put on a mask to our friends. Why do we do it - insecurity or a reluctance to have people really know who we are.

Too bad - makes you wonder if we really know the people we call friends. I am guilty of that - or used to be. I was extremely shy and put on that sophisticated mask to give the impression that I was just aloof. Yeah sure. I don't think anyone really believed that. I try to eliminate masks in this form but habits die hard. Who really wants to know how you are feeling emotionally when they probably have their own situations to deal with.

So while I have written about the fun side of masks, also accepting that we still all wear them I still want to dress up. Do we still have Halloween dances or anything where we can invent some unusual masks? If not, too bad but look in the skies on Halloween you may just see some Senior Center member flying her broom stick.

*Lorna Foreman*



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## GOOD READS

### **As Bright As Heaven** by Susan Meissner

In January 1918, Thomas Bright is invited by his uncle Fred in Philadelphia to take over his mortuary business, moving to the city with his wife, Pauline, and three daughters – Evelyn, age 15; Maggie, age 12; and Willa, age 6.

Fred never married, and has no descendants. He's asking Thomas to leave behind his tobacco fields, drying barns, and experience rolling cigars to take over his business.

No one can know the future. America has just entered the Great War. What follows is conscription, damaged soldiers returning home, the arrival of the Spanish Flu pandemic (which killed over twelve thousand in Philadelphia alone), and the appearance of an angel.

There's a romance that runs through most of the story, involving Maggie, twelve, and Jamie, twenty, who lives across the street and helps his father in his bookkeeping business.

It seems to be a school-girl crush with no future, but Maggie writes Jamie every week during the war as he is in the trenches in Europe. He comes home, but leaves the next night because he feels overwhelmed by everyone's expectations. Maggie keeps writing, getting Jamie's addresses from his mother.

The angel's appearance seems to be a small sub-plot but grows in significance as the book progresses.

Maggie accompanies her mother carrying jars of soup to those unable to look after themselves because of the epidemic. Pauline leaves Maggie outside. Maggie hears a baby crying weakly. She looks for it going down twisty alleys. She finds a household with the mother dead, a daughter suffering from flu, and the baby who hasn't had any attention in a couple of days.

Maggie puts her coat on the floor, removes the filthy diaper, and wraps the baby in her coat. She is leaving when the sister opens an eye. She waves, trying to ensure the baby boy will be looked after.

The girl, aged nine, believes the vision in white, face covered by a white mask, is an angel carrying her brother away in a little boat.

The story unfolds with romances, speak-easies, and deathbed assurances – a lovely, warm historical fiction.

*Review by John R. Copps*



# LAUGHTER IS THE BEST MEDECINE



**Q: What do you call a witch at the beach?**

**A: A sandwich.**



**Q: When do you see the most zombies?**

**A: Halloween.**



**Q: Why are ghosts so bad at telling lies?**

**A: Because you can see right through them.**



**Q: What room does a ghost not need?**

**A: A living room!**



**Q: Why was the ghost such a messy eater?**

**A: Because he was always goblin.**



**Q: What medicine do ghosts take for colds?**

**A: Coffin drops.**



**Q: Where do baby ghosts go during the day?**

**A: Daycare centers!**



**Q: Where do ghosts mail letters?**

**A: The ghost office.**



**Q: When does a ghost eat breakfast?**

**A: In the moaning.**



**Q: What's a ghost's favorite dessert?**

**A: Boo-berry pie.**



**Q: What do ghosts turn on in summer?**

**A: The scare-conditioner!**



**Q: Where do ghosts buy their milk and eggs?**

**A: At the ghost-ery store**



**Q: Why did the police officer arrest the ghost?**

**A: Because he didn't have a haunting license.**



**Q: What is a ghost's nose full of?**

**A: Boooooogers.**

## PUZZLES AND JOKES



**Why did the scarecrow  
win a Nobel Prize?**  
He was outstanding  
in his field







## KNOWING / GROWING GARDEN PROJECT

A recently obtained Ontario Trillium Foundation grant is helping the Club to further expand and provide economic support to their current food program for elders by providing what their Mohawk project partners call “good medicine”. The two-year “Knowing / Growing” project will see the creation of raised garden beds as well as the launch of a series of collaborative gardening and canning workshops with community partners including Akwesasne. Healthy food, fresh air, and exercise as well as community engagement and traditional knowledge will be promoted, and the development of a companion cookbook created by project participants is also being planned.



This grant further expands on the mandate of the Seaway Seniors to provide and promote creative and active healthy living for people over 50 years of age. Managing Director, Darnell Proulx says, “This is a very exciting project for the Club. The new garden will provide opportunities for our seniors to plant, care for and harvest garden vegetables and more as well as help in the design of the garden. This project will provide healthy options and cost savings for our weekly Curbside Pickup Lunch program, all while sharing knowledge between members on gardening, caring for, and preserving fresh produce.”

Coordinator of the Knowing / Growing Project, Karen Douglass Cooper, adds, “This project is a wonderful opportunity to provide elders with an accessible way to grow healthy food and learn new as well as traditional methods of canning and preserving home grown produce with our community partners, in particular, our friends and neighbours from Akwesasne.” The Seaway Seniors officially kicked off their project with an educational and inspirational tour of Akwesasne’s Thompson Island Cultural Camp in September. For more information on the Knowing / Growing Project, speak with Karen or Darnell.



## There are Many Reasons to Garden in Raised Beds

- They drain well and help prevent erosion.
- They warm up early in the spring and give you a longer growing season since the soil raised above the ground warms up more quickly.
- Raised beds give you control over the soil you put in them making it possible to plant intensively; plants grown close together in raised beds mature faster.
- They keep weeds from taking over because the beds are elevated away from surrounding weeds and filled with disease- and weed-free soil.
- Since you are not walking in the bed, the soil doesn't get compacted and stays loose without the need for backbreaking digging every spring. Raised beds help to keep things organized and in check.
- Garden chores are made easier and more comfortable thanks to less bending and kneeling. Save your knees and back from the strain and pain of tending the garden!
- Raised beds are ideal for small spaces where a conventional row garden might be too wild and unwieldy.
- It is easier to separate and rotate crops each year.
- Raised beds allow for easier square-foot gardening and companion planting.

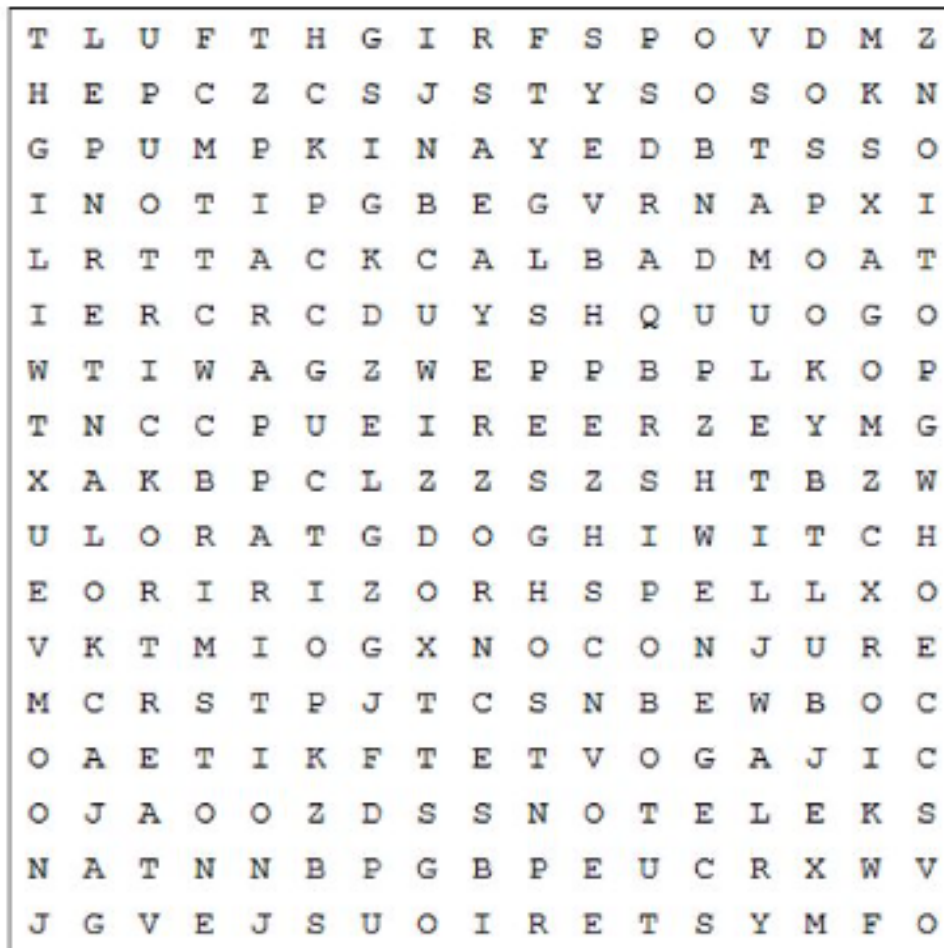
**So Let's Get Growing** 😊

**Karen Douglass Cooper**  
Knowing / Growing Project  
Seaway Senior Citizens Club

# WORD SEARCH



## Happy Halloween



AMULET  
APPARITION  
BATS  
BLACK CAT  
BOO  
BRIMSTONE  
CACKLE  
CAULDRON  
COBWEB

CONJURE  
EERIE  
FRIGHTFUL  
GHOST  
GOOSE BUMPS  
JACK-O-LANTERN  
MOON  
MYSTERIOUS  
PHANTOM

POTION  
PUMPKIN  
SKELETON  
SPELL  
SPOOKY  
TRICK OR TREAT  
TWILIGHT  
WITCH

