

The Seaway Senior Citizens Chronicle

Seaway Senior Citizens 50+ Centre—506 Pitt Street, Cornwall, ON K6J 3R5 613-932-4969



The month of May brings us Mother's Day. Whether you are a mother, or are lucky enough to still have your mother in your life, Mother's Day is an opportunity to remind us of how much these women are loved and treasured.

The only thing better than having you for a MOTHER is my Children having you for a GRANDMOTHER!

Last Month in Review

Easter Dinner

Members donned their Easter bonnets and bunny ears on Tuesday April 4th and challenged their skills in a game of Easter Pictionary before enjoying a dinner of baked ham, scalloped potatoes and all the trimmings. A great start to Spring - now all we need is the warmer weather to go with it !



Our exercise group led by Cathy Bourgon is always coming up with new ideas to have fun and keep fit at the same time. Here they are doing the Easter Bunny Hop conga line.



Last Month in Review

Volunteer Appreciation Dinner

Tuesday April 18th was Volunteer Appreciation night at the Club and our volunteers enjoyed a catered chicken dinner so even Darleen had a 'night off' for a change. Entertainment was provided by local comedian Mark Vincent. Darnell's thank you speech recognized all facets in which volunteers play a



Valuable is the work you do...

Valuable is the work you do.

Outstanding is how you always come through.

Loyal, sincere and full of good cheer,

Untiring in your efforts throughout the year...

Notable are the contributions you make.

Trustworthy in every project you take.

Eager to reach you're every goal.

Effective in the way fulfill your role.

Ready with a smile like a shining star,

Special and wonderful – that's what you are.

Author Unknown

Upcoming Events/Activities



SEAWAY SENIOR CITIZENS CLUB presents

A HEALTHY HOME with KAREN DOUGLASS COOPER

This Workshop is all about protecting your Home, Family, and the Environment. Karen Douglass Cooper, author of the **Healthy Home Guidebook** and the yet to be released **Voices of New Erin** co-author, will provide easy tips and some old fashioned common sense information to make your home a healthier one!

Members - \$5
Non Members - \$7

TUESDAY, MAY 2 (1 PM - 3 PM)
in the OAK ROOM

REGISTER TODAY!

Visit Reception or call
613 932 4969

506 Pitt St., Cornwall, ON



SEAWAY SENIOR CITIZENS CLUB

COUNTRY & FOLK Classics

practice with
Gaetan Leroux

TUESDAYS
1 pm
Beginning
May 9th

in the
MAPLE ROOM

\$2

Register at Reception
613 932 4969
seawayseniors@gmail.com
www.seawayseniors.ca

506 Pitt Street, Cornwall, ON



SEAWAY SENIOR CITIZENS CLUB

Royal Tea Party

Tuesday, May 23
1 to 3 pm

Sandwiches, Desserts,
Tea and Coffee

Tickets are **\$10** and are
available at the
Reception Desk

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

506 PITT STREET



SEAWAY SENIOR CITIZENS CLUB

Writing Your Stories

with
Lorna Foreman

Two Sessions
Tuesdays, May 16 & 30
1 to 3 pm
Oak Room

As we age it is important that we document our life experiences. Wouldn't it be nice if you could write your stories and give them to your children and grandchildren?

This 2 session workshop led by local author Lorna Foreman will show you how to bring your stories to life. Bring a note pad, pen, and your stories.

Register at Reception:
\$10 - members
\$15 - non members

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

506 PITT STREET

Volunteer Profile

Brenda Bradley was born in Cornwall and went to school at Academy St. Michel and Iona Academy. She attended the University of Ottawa and the University of Toronto. Brenda worked as a computer programmer and also teaching. Brenda found out about the centre when she drove past it on Pitt Street. She has been a member for the last three years and has volunteered for the same amount of time. What attracted Brenda to the centre was the positive and lively atmosphere, and the large volunteer contributions by many members. You will find Brenda teaching hand mudras, trucking equipment, helping people with devices and whatever else she can help with. We Thank you Brenda!!



Brenda's Tech Tips

Want to type Cìao instead of Ciao? Or Lapensée instead of Lapensee?

On your **Windows** device, to get the "accent grave", first hold down the Control key and type ` . At this point the accent is hiding and nothing will appear on your screen.

But now, let go of both keys, and then type any letter you want to accent. (Works for à,è,ì,ò,ù,À,È,Ì,Ò,Ù.)

Use these examples to learn the three main accents:

- ♦ to get à, start by holding down the Control key while you type ` . Let go of both keys and then type the letter a.
- ♦ to get è, start by holding down the Control key while you type ` . Let go of both keys and then type the letter e.
- ♦ to get á, start by holding down the Control key while you type ´ . Let go of both keys and then type the letter a.
- ♦ to get é, start by holding down the Control key while you type ´ . Let go of both keys and then type the letter e.
- ♦ to get â, start by holding down both the Control and Shift keys while you type ^ . Let go of all the keys and then type the letter a.

On an **Android** device, simply rest on the letter you want accented, instead of tapping it. A menu of accented letters will pop up and you can slide to your selection.

DARLEEN'S LUNCH MENUS

MAY 4

**SPINACH SALAD
HAM
SCALLOPED
POTATOES
VEGGIES
BROWNIE**

MAY 11

**BUN
HAMBURGER STEAK
ROASTED POTATOES
VEGGIES
BLUEBERRY PIE**

MAY 18

**EGG ROLL
GARLIC CHICKEN
CHICKEN FRIED RICE
CHICKEN CHOP SUEY
FRUIT JELLO**

MAY 25

**CAESAR SALAD
BUN
SPAGHETTI AND
MEATBALLS
AMBROSIA SALAD**

**PLACE YOUR ORDER BY
CALLING THE CLUB ON
TUESDAY BETWEEN
9:00 AND 11:30 A.M.
AT 613-932-4969**

\$ 10

**PICK UP AT THE SEAWAY SENIOR CITIZENS CLUB AT 506 PITT
STREET IN THE 5TH STREET PARKING LOT ENTRANCE BETWEEN
11:00 A.M. AND 1:00 P.M.**

Community

The Cornwall and District Horticultural Society are holding events in May. Bark and Compost day is on Saturday May 13 at the landfill from 8:30 am to 12:30 pm. Bark and compost can be purchased for \$5.00 a bag or you can get a scoop from the loader for \$25.00.

A second event will be held on Saturday, May 27, from 9:00 am to 1:00 pm in the front yard of the RCAF Wing 424 at 240 Water St. Gardeners bring in plants from their gardens to be sold so you know you are getting local plants. There will also be a table with garden items for sale such as books, tools, pots etc.

The CDHS also needs volunteers; see poster.

**Cornwall & District
Horticultural Society**



**NEED TO COMPLETE YOUR
VOLUNTEER HOURS?**

The Cornwall & District Horticultural Society is looking for volunteers for their Bark & Compost Day fundraiser. We will be pre-bagging the bark and compost between noon to 4 p.m. on Friday for early Saturday sales as well as bagging from 8:30 a.m. to 12:30 p.m. on Saturday. Refreshments will be provided as well as lunch on Saturday.

Bark & Compost Day

**Friday, May 12th, 2023 from
12:00 P.M. - 4:00 P.M.**

**Saturday, May 13th, 2023
8:30 A.M. - 12:30 P.M.**

at The Cornwall Landfill Site (2590 Cornwall Centre Road)

Email cornwallhortsociety@gmail.com if interested!



**Cornwall & District
Horticultural Society**

Annual Plant Sale

Saturday, May 27th
9 am - 1 pm

front lawn of
RCAF Wing 424
@ 240 Water St.

Local gardeners will be selling plants from their gardens so you know you are getting plants that grow in our area! There will also be a table with gardening books, tools pots and much more!







 Visit us on Facebook for more details

Puzzles



Mother's Day Word Search

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | O | N | Z | C | N | J | U | A | U | M | C | Y | Y | W |
| T | P | Z | A | A | E | L | N | R | L | H | L | H | A | E |
| L | J | P | Y | R | J | X | F | A | O | I | J | H | D | Z |
| H | J | H | R | D | L | R | C | C | M | S | S | Z | N | T |
| X | T | R | L | E | C | A | O | A | P | W | L | K | U | H |
| I | E | O | G | B | C | L | F | J | K | L | S | Z | S | O |
| A | V | R | U | U | A | I | N | E | F | E | Y | E | I | U |
| E | T | P | H | T | P | G | A | T | I | K | B | X | R | G |
| G | Y | E | E | S | M | O | M | T | G | U | A | E | S | H |
| C | Z | Q | M | M | I | F | F | F | E | C | D | L | Y | T |
| H | V | Y | C | X | S | R | D | E | A | U | W | E | R | F |
| Y | J | W | C | L | T | R | E | F | T | F | J | B | S | U |
| G | I | F | T | B | R | V | W | H | Q | E | Y | X | N | L |
| P | S | R | E | W | O | L | F | M | C | R | D | I | W | C |
| M | X | Q | O | C | E | Q | N | M | I | L | J | L | O | A |

APPRECIATE
CAKE
CARD
CHERISH

CHOCOLATE
FAMILY
FLOWERS
GIFT

LOVE
MOM
SUNDAY
THOUGHTFUL





Social prescribing is the next step to better health.

What if you were diagnosed with high blood pressure, diabetes, or any other health condition? You would expect your doctor to discuss the best treatments, and more often than not, you would receive a written prescription for medication.

But what if, along with your pills, you also received an Rx to join a community gardening project, or meet up with a seniors' choir group, or connect with a particular social support tailored to your unique situation? "Social prescribing"* recognizes that our health—and healing—can't be treated just by doctors or medicine alone.

What is social prescribing?

Seniors experiencing a chronic health condition in particular know that their illness can have a significant effect on their life beyond physical symptoms. It can be more difficult to go out, take care of their home, or spend time with loved ones. That's why it's important to treat the person, and not just the condition. Social prescribing does exactly that by connecting people to different types of community supports*, including social events, fitness and wellness resources and social supports.

The senior with high blood pressure, for example, along with a script for meds and encouragement to modify diet and exercise, could be referred to a community worker. That worker, learning from the senior that they enjoyed dancing, would connect them to a ballroom dancing class.

A Slice of Life



Hopefully by the time you read this, our weather will have turned our thoughts to gardening.

Finally we have the opportunity to fulfill our plans for our garden that we have thought about during the dreary winter months. The robins and other migratory are back and where there are robins there must be worms or insects emerging from winter.

Spring is a very positive season. Of course not all of us have yards to plan to enhance or wondering what vegetables to plant...so what do you do then. Well most people who enjoy gardening just enjoy working the earth and seeing something grow that you have personally planted. If you have a balcony you can still grow a lot of goodies including tomato plants, some lettuce but for sure flowers. Depending on the exposure I am seeing balcony gardeners reaping beans and peas. Just be careful watering them if you have neighbours on the floor beneath you.

I am a keen grower of vegetables no matter where I live. Despite knowing you can buy fresh goodies at any of our Farmers' Markets, picking and eating something you have grown makes it taste even better. In researching this I discovered some interesting facts. Gardening also has many positive effects on our body and our mind. Focusing on gardening can clear our brains of what is sometimes referred to as "brain fog". The need to focus is good for us. Working the earth brings a sense of peace - at least it does to me. Our connection to the outdoors is a part of our lives whether it is the food we eat, walking down the street to do errands - even to the water we drink. Don't think of it necessarily as a way to exercise but it is. It can get your heart rate up, and body movement as you stretch or bend. Just imagine yourself pulling weeds and you realize it is not a stationary activity. Also, since most gardens are usually in sunny places, it will increase your Vitamin D intake. Not being physically active can be the cause of physical and mental illnesses. So get out those gloves, spades, and whatever other tools you need and get growing. It MAYbe just what you need.

LORNA FOREMAN

Good Reads: A Town Like Alice by Nevil Shute

A Town Like Alice is a love story, a war story, with a happy ending. Why was it not published until forty years after the author's death?

Nevil Shute Norway wrote 21 other novels. His pen name was Nevil Shute. (He dropped the Norway.)

In an author's note preceding the story, he concedes that there never was a prolonged march of English women and children in Malaya. He based this on a march of 80 Dutch women and children in Sumatra. That march lasted 2 ½ years and covered twelve hundred miles. Shute met Mrs. J.G. Geysel-Vonck, one of 30 survivors of that march, and dedicated the book to her gallantry.

The fictitious Malaya march started with four Japanese soldiers guarding the prisoners. It was reduced to two, then one. The remaining soldier felt he had been disgraced. Discouraged, he died.

Jean Paget, a young single woman (and the only English lady who could speak Malay) negotiated to have the ladies work in the rice paddies, replacing some of the men who had gone to war.

The other principal character is Australian, Joe Harman, who was a mechanic and truck driver as a Japanese prisoner.

He tried to help the English ladies. He was caught and tortured. Jean thought he died. He thought Jean, with a one-year-old on her hip, was a married lady. The child was actually the youngest of a lady who had died on the march.

It's only five years after the war ends that Jean realizes that Joe is still alive, and Joe realizes that Jean is not married. They eventually meet in Willstown, an imaginary community on the Gilbert River in northeast Australia.

The former gold mining town has a population of 46 when Jean arrives to wait for Joe. Women leave as soon as they are finished school because there are no men. Men don't want to take available jobs raising cattle because there are no women.

Jean decides to change all that, and she does. She uses alligator hides lined with wallaby, both plentiful in Australia, to create quality women's shoes. Her well-paid factory girls shop at her dress store, her hair salon, her ice-cream shop, and her magazine outlet.

By the time Jean and Joe have two children, all the businesses are booming. All you need is love.



Review by John R. Copps

She shoots, she scores...Cornwall's Albertine Lapensée

Cornwall's Albertine Lapensee, considered the greatest female hockey player in the Dominion, caused a near-riot at her first appearance in an Ottawa game.

The Cornwall team arrived in Ottawa by train with only six players, just enough to play. Cornwall's manager insisted Lapensée play against Westboro, but the tour promoters threatened to take out an injunction to stop her. The crowd at the arena was kept waiting as all this was being sorted out, chanting and calling for the game to begin.

In the end, Lapensée was allowed to play, and Cornwall won 5-2, on the back of a player the Ottawa Citizen called "the frail little maiden from the banks of the St. Lawrence.

The women's game was a financial bonanza. The newspaper coverage was on par with what the men's NHA games were receiving. The U.S. trip brought Lapensée international stardom, as her Cornwall team defeated the Alerts in all three games. Lapensée scored 13 of her team's 18 goals.

Source: Kitchissippi Times, April 2023

Submitted by Brenda Bradley



Recipe

One Pot Enchilada Rice

Prep Time: 5 mins **Cook Time:** 20 mins **Servings:** 6

Ingredient List

- 1 cup white rice
- 1 15 ounce can black beans, drained & rinsed
- 1 15 ounce can yellow corn, drained & rinsed
- 1 15 ounce can diced tomatoes
- 1 4 ounce can green chiles
- $\frac{2}{3}$ cup enchilada sauce
- 1 cup veggie broth
- 1 tablespoon ground cumin
- 2 teaspoons chili powder



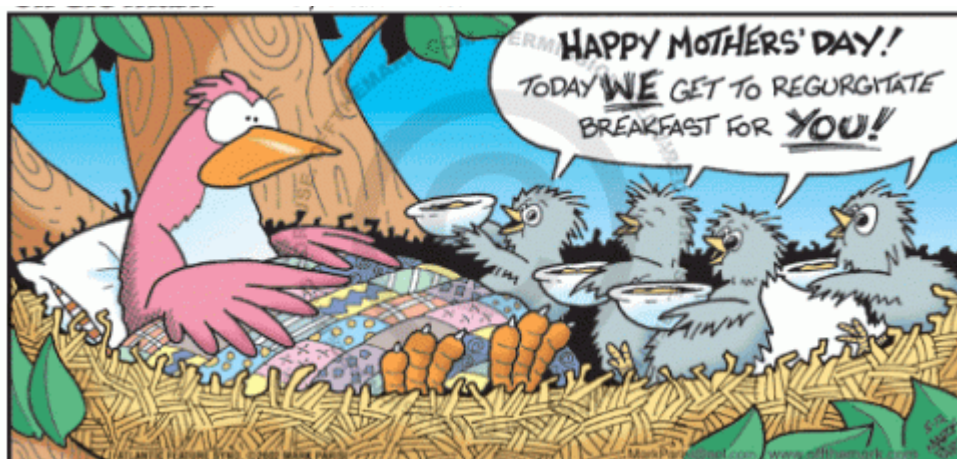
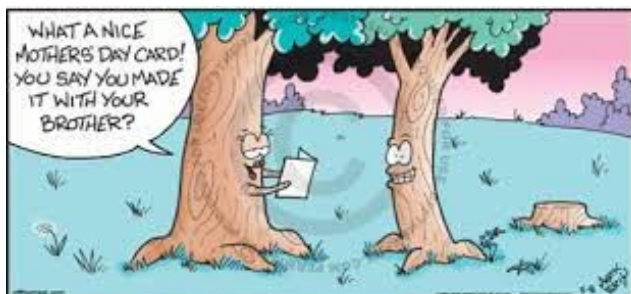
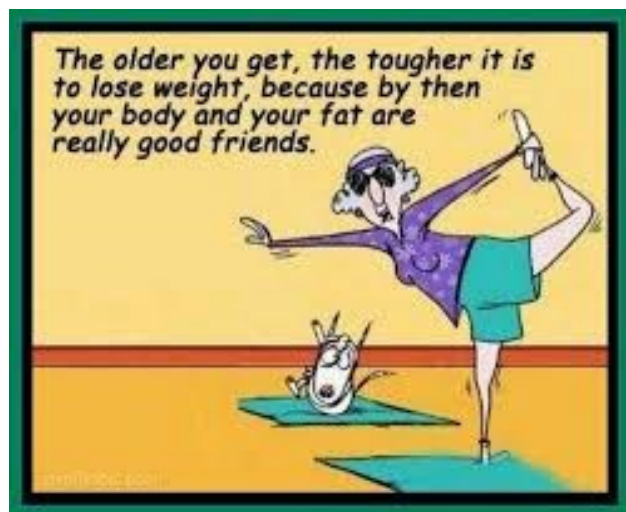
Instructions

1. In a large, deep skillet over medium heat, add all ingredients.
2. Stir well. Bring to a boil. Lower to a simmer. Cover and simmer for 20 minutes.
3. Remove lid and remove from heat. Stir well. Top with shredded cheese. Cover with lid for 10 minutes to allow the residual heat to melt cheese.

Club Stuff

Congratulations to last month's 50/50 draw winner Gilles Tessier. Remember to buy your tickets at Reception between 11:00 a.m. and 12:00 p.m. and 2:00 and 3:00 p.m. to support your Club.

Laughter is the Best Medicine



Useful Links



Our centre is a busy place and we couldn't get everything done without them.

Volunteers are always required for a variety of tasks including answering phones and registrations at the front desk, leading in-house activities, distribution of meals at curbside pickup or at special events, submission of articles of interest to our newsletter, selling tickets at the Cornwall Bingo, etc.

If you are able to help out a few hours a month or more, please contact:

Front Desk Volunteers:
Micheline at 613-935-5010.

Meals Volunteers:
Darleen at 613-938-9412.

Bingo volunteers :
Darnell at (613) 932-4969

WE THANK YOU

<https://www.facebook.com/SeawaySeniorCitizensClub1201>

<https://seawayseniors.ca>

<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>

<https://www.cornwall.ca/en/live-here/senior-services-and-initiatives.aspx>

<http://www.oacao.org>

<https://ontariocaregiver.ca>

<https://www.nursenextdoor.com>

<https://chartwell.com/en>

<https://www.bayshore.ca>

<https://www.alzheimer.ca/cornwall>

<https://hearcanada.com>



Mission Statement

To ensure that older adults in the Cornwall area have opportunities and choices that lead to healthier lifestyles