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**THOROLD SENIOR
CITIZENS ASSOCIATION**

8 Carleton Street S.

Thorold, ON L2V 5C2

905-227-2161

www.thoroldseniors.ca

Membership - 2023

\$80 a year

+ \$5 key card deposit

Life Members \$40

May 2023 Newsletter

Friendship, Fun, and Staying Young

President's Letter

Welcome to all our New Members and Happy Birthday to all those born in May!

It is a wonderful time of year. No more snow. Just beautiful flowers popping up all over the city. This month starts off with a bang. Our General Membership Meeting on May 4th, and the Coronation High Tea, will be hosted in partnership with with The Thorold Garden Club on May 6th, 2023. The tickets are \$35.00.

The Spring Bazaar is a big fundraiser for us. We are still accepting anything you have in the way of items for the flea market. The lists will be going up for the Volunteers for the Bazaar, the groceries needed for the grocery baskets, and my favourite, the bake table. We really have so many wonderful bakers at the Center who bake for every Bazaar. This year we want to have a BBQ outside, but we have no BBQ. If anyone wants to donate one that has been used but still in good shape, that would be awesome. The more areas we can draw revenue from helps us do more for our Seniors here at the Centre.

The Walking Club will be kicking in starting Tuesday May 2nd and Thursday May 4th. I will be leading the walking club from the Center to downtown and to Beavertams Park and back to the center. We will walk until the early fall.

Trunk Sales will start June 3rd and will be every other Saturday until October. Here is how it works: Each truck or car can pay \$10.00 to set up their own items to sell, and can also rent a table from us for \$10.00 per table, starting at 8am and finishing at 1pm. They can sell plants, flea market items, vegetables, etc. Thorold has many avid yard and garage sellers but some are in apartments that need a place to sell their wares.

The Spring and Summer Activity Event Sheet will be posted for all to see very soon.

Last but certainly not least, I will be spending much more time at the Centre as Laurie Hughes our Treasurer will be stepping back in her duties dealing with Activities to concentrate on her position as Treasurer.

Another month has passed and the Board wants to let you know how much we appreciate all the volunteers who give their time to continue to make this a successful Senior Centre.

Happy May Everyone!

Brenda Bator

Events and Activities:

Tai Chi: With Tai Chi master Roberto, Tuesdays & Wednesdays at 10:00am.

Exercise Class: With Muriel Raymond, Monday, Wednesday and Friday at 10 am. Now in its 20+ year.

Bingo: Mon, at 1pm.

Tech Support: with Laurie Wed. 11:30

Cards: Cribbage - Wed 1pm
Euchre - Fri 1pm

Crafts: Tues. at 1pm in the great hall. Everyone welcome.

Darts: – Wed. 1:00 pm

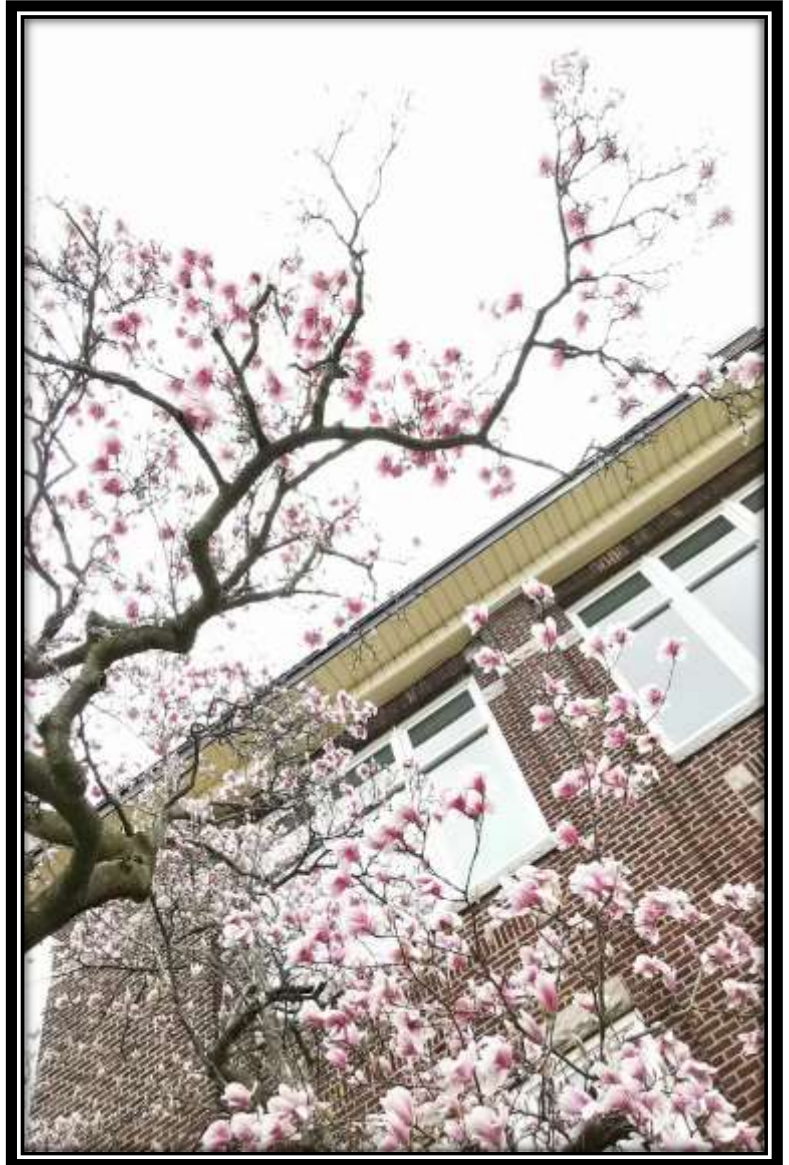
Shuffleboard: – Mon. & Thurs. at 1:00pm

Chair Yoga with Laurie-Anne: Thurs. at 11

Zumba: with Mary is Thurs. from 12-1 or Tues at 11:30 on meeting weeks

Young at Heart Singers: Thursday Evenings 7:00 pm

Dinner Club: Meets Second Thursday of every month, 5:30 pm, next venue chosen at meeting



Thursday June 1, 2023

Information and Special Speaker Session

Doors open 8:30 am followed by the

Luncheon at Noon

General Membership Meeting at 1:00 pm

Speaker: William Thomas

More information on this event is on Page 6 of the flyer.



*Among the changing months, May stands confessed
The sweetest, and in fairest colors dressed!*
—James Thomson, Scottish poet (1700–48)

May Birthdays

Judy Schrader 1

Lora Vary 5

Michelina D’Ammizio 8

Janet Milburn 14

Barb Daly 17

Gina Armstrong 21

Len Stubbs 23

Nancy Holland 25

Freida Pomerantz 28

Andrew Groat 30



**The Coronation of Their Majesties
King Charles III & Queen Camilla**

You are Cordially Invited
To be present at a High Tea
At the Thorold Seniors Centre
8 Carleton St. E., Thorold

On the 6th day of May ~ 11:30 am—2:00 pm

Presentation by Theresa Forte

"Herbs & more from your garden can be made into teas
for harvest & health in 2023"

\$35.00

King's Coronation High Tea May 6, 2023 at **Tickets available at front desk \$35.00.**
11:30 am – 2:00 pm

The **Dinner Club** is meeting at **Falls Manor on May 11th at 5:30 pm.** Sign up sheet on main board at the Centre.

St John Ambulance is still holding their program here once a month. If you are a member and would like to take the class, you can sign up at a discounted rate.

The next class dates are **May 9th-11th,** and **June 6th-8th.**

You must call **905-685-8964** to register and get the discount. The discount is not available for online registry. **You must register in advance** because of capacity limits.

The date for the **Spring Bazaar** has been set for **May 27, 2023.**

Collection of items has begun. We will need help setting up for the Bazaar and working of the different tables on the 27th. Sign up sheets will be on the main board soon. Our Bazaars are our main fundraiser so your support is very appreciated but also very necessary.

Nominations for the Executive Board are now closed. **Election will take place in May and the Swearing in Ceremony will follow in June.**

Laurie-Anne Lamothe (our yoga instructor) donated to our Library the book “**Spare**” written by **Prince Harry**. There is a sign out sheet in the office for this book, just pop in and see Amy to get on the list if you would like to read it. Laurie-Anne also submitted an article and instructions on an exercise you can do at home. See page 11 of the newsletter.

Please welcome our **new Member-at-Large** for our Board of Directors: **Leslie Daniels**



Head to page 8 of the newsletter for more on Leslie. You can read her Biography and a submission of her written work.



Leslie has donated three books to our Library: 1. **Boundaries**, 2. **Consequences**, 3. **Watching in Plain Sight**. There will be a sign out sheet with Amy at the office if you would like to read them.

Last Month's Rundown:

The April GMM was successful with the spaghetti luncheon despite the issue with the parking lot. Chef James McCullough did another fantastic job. We had a great turnout for the meeting and

Thank you to all that attended.

The cribbage and euchre card groups are growing. If you like cards COME ON OUT and join in for a fun afternoon.

A donation from a local shuffleboard association for the use of our facility over a two-week period. They loved it!

On April 19th we welcomed the Newcomers group for their special meeting. They expressed appreciation for our lovely facility and will be booking further events.

Special Bingo on April 29th was a lot of FUN and the food was FANTASTIC ! Spread the word and bring some friends to our next one on **JUNE 3rd**

Special Speaker and information session, followed by Luncheon and General Members Meeting:

Keep June 1, 2023 open to attend a special speaker and information session at the **Seniors Centre** for members and non-member older adults 50 plus. Doors open at **8:30 am** and the morning will feature various speakers including **William Thomas** who will talk about his new book; **"Getting Old Is Not For Sissies. It's For Masochists!"**; Mr. Thomas will also have books for sale after his presentation.

Theresa Forte, Garden Guru and column writer for St. Catharines Standard, Niagara Falls Review, and Hamilton Spectator **will be speaking**. There will be a presentation from the March of Dimes on its Home Care Support Program. The **Empowering Older Adults Niagara Survey – Thorold Data** will be presented as many of our members participated in this survey. You will also learn about a number of free indoor and outdoor activities in Thorold for older adults that will be offered throughout the summer made possible by a New Horizons Grant.

Lunch will be offered at a reasonable cost and more details will be available shortly. After the lunch, non-members will depart and members will remain for the June general membership meeting.

So, mark June 1st, 2023 on your calendar and bring your friends to this very informative session and luncheon. **Tickets will be available shortly at the Seniors Centre**, the Library and the Thorold Community Activities Group. Seating may-be limited so you are encouraged to get your ticket as soon as they are available.

COMMUNITY EVENTS



Community Suppers at Trinity United Church



Our delicious and healthy Community Suppers are back!

Third Tuesday of the month, new menu each month

Dinner Served at 5 pm

Freewill Offering

Next Dinner May 16th



At the Thorold Public Library:

Community Garden Project

All ages are welcome to participate in our

Community Garden Project, returning this June!

Every Saturday from 10:30 a.m. to 11:00 a.m.

Families are invited to help us

plant, weed, water, tend to our garden,

& collect the harvest

(starts June 10th). Registration required: 905-227-2581

Movie Matinee Fridays at 2:00pm

Registration required: 905-227-2581

May 5th: **Florence Foster Jenkins**

May 12th: **80 For Brady**

May 19th: **Water for Elephants**

May 26th: **Last Vegas**

Thorold Library Info Continued: Book clubs are offered both in person and online (via Zoom). Please take note of the location prior to registration. The library provides a copy of the title once you have registered. Register in person, by phone (905-227-2581), or via email (programs@thoroldpubliclibrary.ca).
L for Library **V** for Virtual

May 10th at 6:00 p.m. Fiction Book Club **Lily and the Octopus** by Stephen Rowley **L**

May 18th at 6:00 p.m. Fiction Book Club **Other Birds** by Sarah Addison Allen **L**

May 31st at 6:00 p.m. Nonfiction Book Club **Rage** by Bob Woodward **L**

May 11th at 6:00 p.m. Fiction Book Club **Empire Falls** by Richard Russo **V**

May 25th at 6:00 p.m. Fiction Book Club **Book Lovers** by Emily Henry **V**

Donnelly's Pub -Open Mic Night is Back!



On the last Wednesday of each month (May 31st) 7-10pm, Donnelly's is bringing back their fabulous open mic night! Join some of the best players in the Niagara region for a great time with some amazing talent. Jump onstage, or just come in for a cold pint and enjoy the show!!
Donnelly's is located at 54 Front St. S Thorold.

May 2023 Long Range Weather Forecast for Lower Lakes	
Dates	Weather Conditions
May 1-7	Rainy periods, mild
May 8-14	A few showers, turning warm
May 15-24	Sunny east, isolated showers west; warm
May 25-29	Sunny, cool
May 30-31	T-storms, mild
May	temperature 61° (2° above avg.) precipitation 4" (avg.)



May's birthstone is the emerald.
 Here are a few fun facts about emeralds: The emerald is a green type of beryl. Its color ranges from light to rich green; the more saturated hues are more valuable, especially if pure- or blue-green. Natural emeralds are flawed, with fractures or other materials mixed in, called inclusions, which may appear as needles, columns, or cubes of minerals or bubbles of gas or liquid. Sometimes oil or resin is added to fill fractures and improve appearance. Some of the best emeralds come from South American mines, although perhaps the oldest known came from Egypt. The emerald was a favorite gem of Cleopatra. The emerald symbolizes rebirth and fertility and was thought to grant foresight, cure various diseases, soothe nerves, improve memory, and ensure loyalty.

Leslie Daniels is a well-known Canadian environmental and social activist having worked for the government and citizens alike, developing public policy for consultation with citizens on the contentious issues of hazardous and household waste management.

Background

I graduated from nursing just after I married in 1971 and was charge nurse for a 40 bed ward in the nursing home which was then called Metro Lodge in St. Catharines. I then got hired at the Hotel Dieu Hospital in the early 1970s where my mother, and two sisters were also nursing. Then having our four children in close succession I spent the next few years at home

Some of you might remember the Walker Brother's proposal to build and operate a hazardous waste treatment and disposal facility in their quarry as a co-partner with the Ontario government back in 1980.

I was the leader of the group (The Better Understanding Committee [BUC]) who opposed the proposal based on its scientific flaws and Henry Champ from W5, CTV, and Stu Patterson from CBC all attended a public meeting at Club Capri and subsequently did stories on this high profile provincial issue. (*An aside: Walker sued CTV and won the largest libel suit in Canada because it was weeks after the show aired that the tankers we claimed contained PCBs and were buried in the quarry, were uncovered, tested and proven to be just as we claimed. Unfortunately, it wasn't proven before the show aired.*)

Anyway, to make a long story short the government pulled out of that plan and created the Ontario Waste Management Corporation (OWMC) to handle the issue and back to square one we went in this province in our management of this issue.

Subsequently I represented our interests in Niagara as a community at two environmental assessment hearings for the disposal of household waste in the same quarry setting.

In the early 1980's I was appointed to the first EEAC – the Region of Niagara's Ecological Environmental Advisory Committee. *I was also retained as a consultant to the Region of Niagara's Engineering department where I organized the first Waste Management Master Plan conference in 1984 that first exposed Ontario to the newly developed Blue Box program by Laidlaw the once giant of the waste management business in Ontario.*

Because of my reputation and citizen contacts I was retained to develop mailing lists of regional environmental groups, organizations and other stakeholders to assure the public participation programs developed actually gathered together those who'd be interested early in the process. I also authored the report from that conference.

In 1985 I was appointed as Regional Communications Director for the Ontario Provincial Crown Agency, OWMC where one of my many tasks was to write stories for their widely distributed information newsletters bringing understandable scientific issues of waste management to audiences all over Ontario.

From 1993 to 2012 – well read my memoir *Boundaries* and it will explain where I have been and what I was doing other than managing our consulting company Dandesign, while my husband worked abroad.

In 2015 my first book **BOUNDARIES** put me back into the public arena as it deals with my personal experiences in historic child sexual abuse and the institutions who propose to deal with survivors. **CONSEQUENCES**, my second book is the sequel - a poetic memoir of an abuse survivor's fight for recognition using the Anglican Church of Canada's Safe Church process.

“Institutions, whether they be governments dealing with war veterans and their horrendous experiences, or those facing survivors of abuse, they have one thing in common. Neither knows how to treat victims, albeit survivors, of trauma.”

I firmly believe that this is a problem inherent in all institutions.

Today I am going back to my roots as a nurse. Unfortunately, my experiences back in the 1970's are still relatable today which has caused my deep concerns with the issue of standards of care which are still lacking for our most marginalized and vulnerable group in society today – our elderly. (Attached: God's Waiting Room)

I was appointed by Thorold Council to sit on their Age Friendly Committee and continue as the President of the Thorold Horticultural Society (Thorold Garden Club). Because of my background I am called upon when issues arise about health, school board decisions and how to navigate the political systems municipal, provincial and Federal.

Most recently I have been involved as a 'resource' to aid the Trustees of the 162 year old St. Catharines Horticulture Society – now known as Garden City Gardeners - restructure and re-start their society. I am also involved with the City and the NDCSB's project to develop vacant lot into a pollinator/community garden at Monsignor Clancy school property.

And as of April 23rd I became the Director of District 9 of the OHA (Garden Ontario) which encompasses 13 societies from Dunnville to throughout the Niagara Peninsula.

My newest book **WATCHING IN PLAIN SIGHT**, my first attempt at fiction, is a short story that was released in the spring (2019).

Presently I am working on two book projects. The first is a history of environmental issues both here and across Ontario from the 1970s to today, what has changed and what, unfortunately, has not. I am also researching for a book about Grey Owl and my great uncle Rache (Horatio Lovat Dickson – a famous author of ... Wilderness Man: The Story of Grey Owl) his mentor, editor and publisher and how their lives became entwined back in the late 1930s.



Bees, Dogs and other Environmental Threats by Leslie Daniels



I love my dog.

However, I am afraid of dogs in general having had a bad experience at age four with a cocker spaniel jumping up on me and knocking me down. Henceforth I would cower in cars, refusing to get out when there was a dog as greeter.

Yes I have always had a dog, Suzi, Pickles, Max, Sadie and now Bailey who is just 3 years old. I just never told any of them of my fears. Little did they know that over the years they could have ruled the roost, so to speak, with an iron paw and a loud bark.

I am also afraid of bees, well actually anything that buzzes. I don't kill anything either which puts me at a distinct disadvantage. Neither do I swat, kick, or try to scare anything away. I don't get out of moving vehicles anymore though; so I think I'm getting this phobia under some control. Right?

I once sat in my bedroom upstairs, towel across the space between the floor and door (old house) waiting for my husband to get home when a bee got in the kitchen as I let the dog outside. When he got home and found me there, his only comment was: "What did you think the bee would do, find it's way upstairs, drop to the floor and crawl under the door?"

In hindsight pretty funny. Not.

I don't care. Laugh if you will. I still remember the day sitting in the car at a publicity photo shoot for my husband's band. We were out at an old abandoned railway trestle and it was scorching hot out and me sitting in the car with the windows rolled up, waiting. Sweat rolling off me I sat and watched a bee land on the hood of the car, walk up to the window and shimmy itself down through the ventilation grate...Next thing I knew it was squirming through the inside grate trying to get into the car.

Me? Oh, I was standing outside with the door closed and locked - watching fascinated.

Don't get me wrong, I am an environmentalist and love animals. As such, I advocate for a proper balance between humans and the various natural systems on which we all, human and non-human, depend. I have spoken out publicly in support of our natural environment and the sustainable management of its resources through changes in public policy and individual behaviors. I have worked with government agencies and citizen groups alike to assure problems are addressed and new technologies are both developed and used.

I just like to do all this from inside a building, in front of a TV, petting my dog, not tree hugging in the great outdoors. Bees you know...

Helpful tips from Laurie-Anne Lamothe

Does April Showers Bring May Back Pain?

With gardening season upon us, we are bending and lifting more. Gardening can often lead to irritation in our backs. There are many different reasons for back pain. Spine-sparing strategies are helpful tools to assist with back movement. Fringe benefit...a reduction in back pain.

One of the most effective strategies is bending from our hip crease. If I asked you to put your hands on your hips, most of you would put your hands at your waist. Your hips are where your pants normally crease at the top of your leg. We want to bend from there. It's called a hip hinge.

To hip hinge, start with your feet hip width apart, bend from your hips, keep your back straight and bend your knees. We often forget to bend our knees! Remember to keep your back straight on the way back up!

Lifting heavier items requires strong leg muscles. Bend your knees, hold the item close to your body and lift keeping your back straight.

When you are lifting, remember that when an item is farther away from your body, it is actually heavier! Keep bags of soil or mulch close to the body when you pour them out. You may get a little dirty; however, you have spared your spine!









Lattice-topped Rhubarb Pie

Lattice-topped rhubarb pie is often welcomed as the first fruit pie of spring. Here is a straight-up rhubarb pie recipe without strawberries, raspberries, or any other fruit—especially for those who simply want that pure tart rhubarb flavor to come through strong!

Ingredients

pastry for a double crust pie

1-1/4 cups sugar

1/4 cup cornstarch

1/4 teaspoon salt

1 bunch (1 pound) rhubarb cut in 1-1/2 inch lengths

2 teaspoon grated orange rind (or 1 teaspoon grated lemon rind)

juice of one orange

2 tablespoons butter

Instructions

Divide the pastry (above) into unequal halves. Roll out the larger portion and fit into a 9-inch pie pan. Trim the pastry 1/2 inch beyond the rim of the pan. Roll out the remaining pastry to 1/8-inch thickness and cut into strips about 3/4 inch wide. Mix the sugar, cornstarch, and salt. Add the rhubarb, rind, and juice and toss until well mixed. Tint pink if desired and turn into the pastry shell. Dot with butter. Arrange the pastry strips over the pie in a lattice pattern securing it to the pie shell firmly and fluting the pie shell and strips together to form a high rim. Brush the pastry with a little milk and sprinkle sugar over it. Bake in a 400 degrees F oven for 50-60 minutes, or until the filling has bubbles that do not break.