



September 2017

News & Views

MARKHAM SENIORS ACTIVITY CENTRE



22 WATER STREET, MARKHAM, ONTARIO

PRESIDENT'S REPORT

... Mark Barrett

Hello everyone,

In this, my first report as President, I want to express my thanks for all the support and votes of confidence I've received since assuming the position. I'm delighted to be a member of your Board, a small but diverse group of a highly qualified and dedicated volunteers. They put in a great deal of time and effort on your behalf to ensure things continue to run smoothly.



I hope you had a great summer and got to spend some quality time with family and friends. As you know this year Canada celebrated its "sesquicentennial" or 150th birthday. While travelling by plane to visit some of my family this summer, I read an article on volunteerism by Naheed Nenshi, the Mayor of Calgary. In it he suggested every Canadian do a very Canadian thing: give an anniversary gift of service to their community. He pointed out if every Canadian did just three things over the course of the year it would amount to more than 100 million acts of community building. While reading that article it gave me a feeling of pride as I reflected on our club and the many volunteer contributions made over the years by our members. As you renew your membership this year, I would ask that you keep the importance of volunteering in mind. I encourage you to become actively involved in the operation of your club by donating some of your time and talents. Trust me, you will not regret it. To those of you already doing so, a sincere thank you.

Our annual "Welcome Back" will be on Monday, September 18th beginning 12 noon. You can pick up your ticket when you renew your membership. The membership fee this year remains at \$35 for Markham residents and \$45 for non-residents. Be aware the renewal desk or the front desk have limited resources for making change so if you are paying by cash please have the correct amount. Cheques or money orders are also welcome. We ask that you have your current badge with you for easy identification.

Speaking of badges, I can't stress enough how important it is you wear them, not just for identification. It's in your best interest. There is space on the back to record your emergency contact information and your medication details. If you do have an emergency arise while on club premises it will help to expedite appropriate treatment and inform your next-of-kin.

Our Annual General Meeting is scheduled for Monday, October 23rd at 1 p.m. Please add it to your calendar now and make every effort to attend this very important event. We require 10% or more of the membership to be present for a quorum. This is an opportunity to meet your Board of Directors and to pose any questions you may have about the operation of your Club. This year, in addition to your Board members, our Accountant will also be present.

Lastly, it was recently brought to the Board's attention that some members have had a strong reaction to the perfumes or colognes being worn by others. Please be considerate of your fellow members and forego that splash of perfume or cologne. It will be appreciated.

Enjoy your club, come often, try new activities, make new friends and keep in touch with old ones.

Markham Seniors' Activity Centre– 22 Water Street, Markham, ON L3P 7P9

Phone: 905-294-5111 OAIA website: <http://www.markhamseniorcentre.com>

The News & Views is published nine times annually

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LUNCH LEARN LINGER

SEPTEMBER 2017

Monday, September 11th

Trish Anderson of
Amica with Senior
Advisory updates
Time: 11:45 - 1:00 pm



Monday September 18th

Welcome Back
Time: 12:00 - 2:00 pm



Monday, September 25th

The Melody Makers
11:45 - 12:45 pm
Make sure you come
out to hear our own
great band



...Marjorie Nielsen
Convenor

OCTOBER 2017

Monday, October 2nd

Peach Tree Originals
Come out see the
new fashion colours
for fall and winter
Time: 11:45 - 1:00 pm



Monday, October 9th

Closed
Happy Thanksgiving



Monday, October 23rd

General Meeting
Time: 1:00 pm



Monday, October 30th

11:45 - 1:30 pm
The Melody Makers
Bring your lunch and
enjoy our own Band



Newsletter Contact- newsandviewsmarkham@gmail.com

Note- Members can view the newsletter at: www.markhamseniorcentre.com

OAIA



The Board of Directors would like to invite all qualified members to a complimentary luncheon on :

Monday, September 18th, 2017

Time: 12:00 noon—2:00 p.m.

The only requirements are that you register at the front desk any time after the Club re-opens on September 5th, pick up your ticket and wear your name badge. This is a great opportunity to meet and greet new and old friends. There are only 170 spots available so please make sure you pick up your ticket early.

Membership

Membership renewals begin **Tuesday, Sept. 5th** at 9:00 am and will continue until **Friday, Sept. 15th** at 3:30 pm. Your membership fee again this year is \$35.00 if you are a resident of the City of Markham. Non-residents are \$45.00. All membership renewals are due by October 31st, 2017.

If you lose or misplace your **Name Badge**, there is a fee of a loonie payable when you request a replacement badge. **Please wear** your badge when in the Centre. This is not only for your safety but for being able to call people by their given name.



... *Audrey Daga*
Membership Director



O.A.I.A.

Our Markham Goldies Choir



The choir will have its first meeting/rehearsal at Markham Senior Activity Centre in the Auditorium at 9:15 am on Friday September 8th, 2017.

All those who have expressed interest are requested to make the effort to be at this exciting activity. Be ready to sing and smile as wide as you can while doing so. It makes the sound sweeter.

Please bring your cheque book with you. Each of you will be asked to pay \$59 which is the registration fee of \$5 plus \$3 for each of the first 18 rehearsals. This will take us to the end of January 2018. In February 2018, you will be asked to make the required payment for the remainder of the season's rehearsals. These funds will be used to pay for the Accompanist and Director honoraria plus the cost of music, Choirs Ontario membership and SOCAN fees and last but not least the OAlA activity fees.

We look forward to learning from Donna Shen, our Choir Director, just what she proposes the Choir will do. What we do know is that we shall be putting on the very important Remembrance Day commemoration in which our band Melody Makers have kindly consented to perform with us. Other plans for performances will be announced in due course.

Please do show up on time. I look forward to greeting you all at the door of the Auditorium.

... *Peter Cannon*
Interim Convenor

For those who had not signed up previously, please complete the short questionnaire regarding choral experience.



Our Markham Goldies Choir

Come join the fun!

Bring a smile to your weekend as you sing
some Golden oldies

Choir sing: Friday Morning 9:15 am – 11:15 am

If you talk and breathe you can sing!

Light up your brain and
SING! SING! SING!

CHOIR STARTS FRIDAY SEPTEMBER 8, 2017

Choir Director: Donna Shen

Please register at the front desk



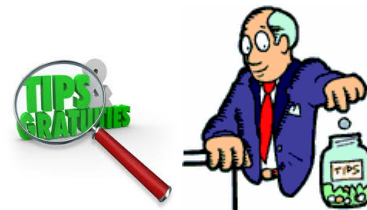
Beginning with the **September 14th** trip we will be passing the basket for the driver's gratuity. Please make sure you have change to give to our driver on each trip to Rama.

The bus leaves at 9:00 am sharp. Please be there no later than 8:45 am.



Thanks

...Marjorie Nielsen
Convenor



OSTEO FITNESS CLASSES (FALL 2017)

The Osteo Fitness classes are designed to provide exercise instruction for people with osteoporosis and pre-osteoporosis.

The classes are offered twice weekly, on Wednesdays and Fridays. We are pleased to announce that the Wednesday Class is moving to the Auditorium in September. This means that the class is now open to many more participants than previously. The Friday Class is restricted by space to 14 participants per class.

WEDNESDAY CLASS:

SEPTEMBER 13 - DECEMBER 13, 2017
TIME: 9:30 am - 10:30 am
COST: \$42
LOCATION: Auditorium
INSTRUCTOR: ROSEANNE



FRIDAY CLASS:

SEPTEMBER 15 - DECEMBER 15, 2017
(NO CLASS ON DECEMBER 1)
TIME: 9:00 am - 10:00 am
COST: \$39
LOCATION: Craft Room
INSTRUCTOR: DAYNA



For further information please call:

Convenor - Lyn Bryan 905-294-0914
Co-Convenor - Sandy Granger 905-294-3227
Co-Convenor - Janet Paglialunga 905-471-4707

NOTICE TO ALL O.A.I.A. MEMBERS
 The Treasury Office requires that all requests for payment be duly supported by an invoice or receipt and must have the Convenor's and/or Director's signatures, as required.
 In addition, please note that the Association does not pay for tips or gratuities unless they appear on a receipt.
 Treasury Office
 Sept. 1, 2017

Kitchen News

The Club lunch will resume this month on Friday, September 8th and Red's burgers on Friday, September 22, followed by Bingo.

Laura Pickle and Dorice Ross will be taking over as joint Kitchen Convenors by the end of the year. They are learning the ropes very quickly and I am sitting back and relaxing!

All O.A.I.A. members can borrow kitchen equipment for a few days at a time. There is an equipment sign-out book at the front desk.

It would be a great help if all members learned how to make coffee in the lounge (instructions are shown beside the coffee-machine) and anyone can take dirty mugs to the kitchen and, if there are enough, put them through the dishwasher.



Susan Holland
Kitchen Convenor



SPECIAL OCCASION CARDS

If someone you know is ill or has had an accident or has lost a loved one or is celebrating an anniversary such as 50 years or celebrating a birthday 90 years or older, we would like to know about it.

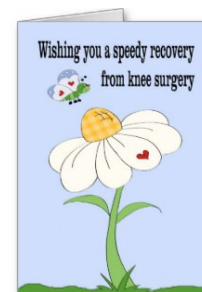
In order to ensure that all requests for cards be processed accurately, I must advise that I will not accept verbal or telephone requests. There are forms at the front desk for your convenience and I will accept emailed messages. Please use the following address for your email requests:

margaret.yade@outlook.com

I will require the name and address (including postal code) of the receiving party, your name and I will ask that you clearly define reason for sending the card.



... Margaret Yade
Convenor



THE WEDNESDAY AFTERNOON KNITTING CLUB

The Wednesday Afternoon Knitting club would like to welcome back all the members and welcome the new members to the club.

We have continued knitting over the summer and have accomplished several new items for the bazaar and the display case in the lobby. Please take time to view the case next time you are in.

We also donated items throughout the community. The Cat Rescue facilities will be receiving a batch of cat blankets soon. They are used to put on the bottom of the crates for comfort until the cats are adopted.

At Christmas the Salvation Army receives hats, mitts and scarves to go in the food baskets.

Also items are sent to shelters for the needy.

Some of the ladies in the group have been on fabulous trips over the summer taking in the sights of Iceland, Northern Europe and Britain. We have enjoyed hearing their tales.

The contributions have continued over the summer. We would like to thank Kaari, Nel, my sister-in-law Loretta, Mary and two anonymous donors. The contributions certainly help out so if you come across any yarn that you don't think you are going to use, please consider us. Just place it in a bag with "Wednesday Afternoon Knitting Club" marked on the outside and we will turn it into a wearable item.

Again good to see familiar faces around and new faces also. Enjoy the fall weather.

... Joyce Bulgin
Convenor



front desk

FRONT DESK UPDATE

My name is Gillian Scraggs, Convenor of the Front Desk and I am pleased to report that my team of volunteers are doing a great job, looking after the Front Desk, answering questions, and helping with our members every day.



The shifts are: MONDAY through FRIDAY

Morning: 9:00.....12:30

Afternoon: 12:30..... 3:30



We usually have 2 volunteers per shift.

Due to unforeseen circumstances, I am now looking for 2 members to volunteer a few hours each week to join our team. It is a good way to meet and get to know our fellow members and to know what is happening in YOUR club. If you are willing to join "The Team" or to find out what is involved, please contact me at [416 281 9644](tel:4162819644) (leave msg) OR leave a note at the Front Desk with your name and phone number. I am looking forward to hearing from you soon.

...Gillian Scraggs
Convenor

SEPTEMBER LUNCHES

Club lunch, Friday, September 8th 12 noon

Salad
 Chicken in mushroom sauce with potatoes and vegetables
 Roll and butter. Dessert. Tea and coffee. \$6.00



Red's burgers, Friday, September 22nd 12 noon

Hamburgers, sausages or hot dogs with all the trimmings
 Ice cream and cookies. Tea and coffee. \$4.00
 Followed by BINGO



September 2017

Wed 6th 7 pm

Wed 13th 7 pm

Wed 20th 7 pm

Fri 22nd 1 pm

Wed 27th 7 pm



... Joan Thomas
 Convenor

Chicken Marengo

On June 14, 1800, the Battle of Marengo was fought between the French, under Napoleon Bonaparte, and the Austrian forces near Alessandria in Northern Italy. The horse Napoleon was riding was named Aly, but after the French won the battle, he changed the name of his horse to Marengo.

Chef Dunand named his next dinner for Napoleon "Chicken Marengo". Food supplies were low, so he captured a stray hen, gathered wild mushrooms, herbs and wild garlic, and cooked them together for this now famous dish. He then added poached eggs and crayfish to the original recipe. Today's recipe also includes tomatoes.

INGREDIENTS

- Chicken pieces, enough for 4 people
- 4 tbsp (1/4 c) olive oil
- 1 clove of garlic, finely chopped
- 2 tbsp (1/8 c) of flour
- 1/4 pint (1/2 c) stock or water
- 1/4 pint (1/2 c) dry white wine
- 1/2 lb (225 g) mushrooms
- 1 can diced tomatoes
- Salt and pepper to taste
- A bouquet garni of 3 or 4 sprigs of parsley, thyme and a bay leaf tied together



Heat the oil in a deep pan, add the chicken pieces, turning them over so that all sides are browned. Remove the chicken from the pan. Blend together the flour, stock and wine in the pan, then add the chopped garlic, mushrooms, tomatoes and the bouquet garni. Season with salt and pepper. Replace the chicken, cover the pan and simmer for 1 hour. Remove the bouquet garni before serving.

Serves 4

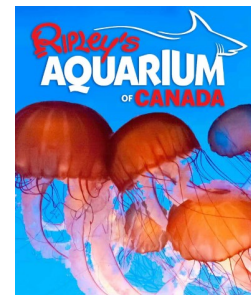
... Submitted by Susan Stratton

FROM THE TRAVEL DESK SEPTEMBER 2017

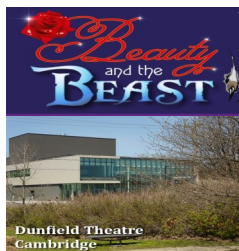
After enjoying July and August off, we are back. I will be filling in for Carol as temporary convenor until Carol returns---**hopefully soon**. In the meantime, we have three trips before year-end. All look to be great fun.

The first — **Niagara River Cruise** on Wednesday, September 27th. This trip is **full with a wait list**.

The second — Date: Wednesday, November 1st. **Ripley’s Aquarium of Canada**. We start out with a 2 hour **Toronto City Bus Tour** with historian Bruce Bell. Enjoy a delicious sit-down lunch at the **Hot House Café** (4 choices) and then on to Ripley’s Aquarium. There are **seats still available**.



The Final trip — Date: Thursday, December 7th. Our first stop is **St. Jacobs Market**; then on to a **buffet lunch at Crossroads**, an excellent Mennonite restaurant, followed by the play **Beauty and the Beast** at Dunfield Theatre in Cambridge, and finally the **Christmas Lights at Bingeman’s (Kitchener/ Waterloo area)**. There are **seats still available**.



One of the trips we are looking at for 2018 is the Canadian production “**Come From Away**” a play currently on Broadway written by a Canadian. It tells about the selfless humanity and compassion by the people of Gander, Newfoundland and surrounding towns in welcoming 7,000 stranded passengers when planes had to be diverted during the September 11, 2001 terrorist attacks on the U.S.A.

If you have any suggestions for future trips, please submit them to the travel desk at any time. We welcome suggestions.

Finally — **if anyone is interested in volunteering at the travel desk, please submit your name and phone number at the travel desk and let us know if you would like to work a two hour shift or be a floater and please let us know if you would like morning or afternoon.**

I have been the guide for the last two travel events without Carol. I would like to thank everyone that has been on these trips for your positive feedback and most importantly your help and support, and a very special “thank you” to the travel desk volunteers. What a great team! I am truly grateful.

... *Mary Lou Busato, Convenor*
905-294-1847

BAZAAR NOTICE - SATURDAY, DECEMBER 2nd, 2017

JUST A REMINDER THAT THERE WILL BE A BAZAAR THIS YEAR (DATE ABOVE) AND WHAT THE BAZAAR COMMITTEE WOULD APPRECIATE FOR DONATIONS:

PLEASE NOTE: WE WILL BE UNABLE TO ACCEPT ANY WHITE ELEPHANT, JEWELLERY AND BOOKS UNTIL NOVEMBER 6th DUE TO LACK OF STORAGE SPACE.

ITEMS CAN BE LEFT AT INFORMATION DESK IN LOBBY.

SILENT AUCTION: NEW AND IN ORIGINAL PACKAGING.

WHITE ELEPHANT: GENTLY USED ITEMS IN GOOD CONDITION. NO CLOTHING, TOYS, CAR SEATS, BABY EQUIPMENT, TUPPERWARE, COFFEE MUGS, TRAVEL MUGS, FURNITURE, TVs OR COMPUTER EQUIPMENT, AND GOLF CARTS.
DONATIONS ACCEPTED UNTIL THURSDAY NOVEMBER 30th.

JEWELLERY: GOOD TIME TO RECYCLE YOUR BEADS, BROACHES, BRACELETS AND EARRINGS - MEN'S AND WOMEN'S JEWELLERY/SINGLE EARRINGS.
DONATIONS ACCEPTED UNTIL THURSDAY NOVEMBER 30th.

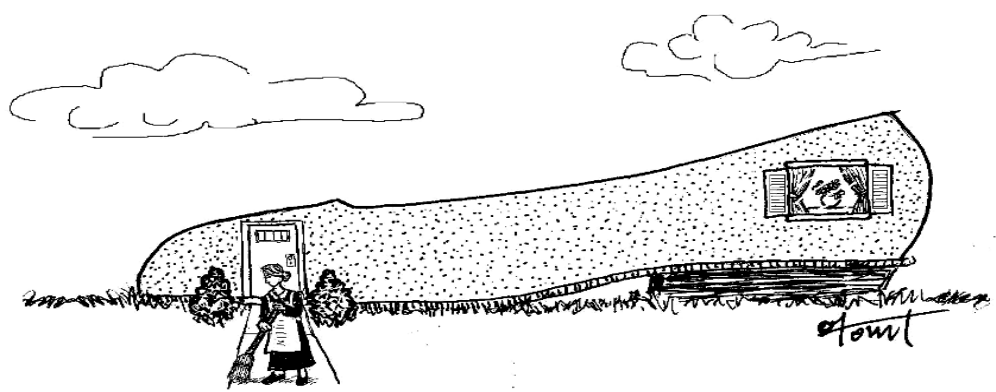
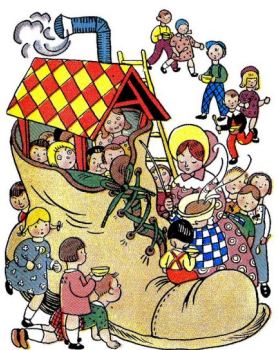
BAKE TABLE: SQUARES, PIES, TARTS, CAKES, MUFFINS, ETC. ALSO REMEMBER US WHEN MAKING PRESERVES, JAMS, JELLIES, PICKLES AND RELISH, ETC.
DONATIONS ACCEPTED ON FRIDAY DECEMBER 1st.

BOOKS: BOTH HARD AND SOFT COVERED. NO LANGUAGE BOOKS, ENCYCLOPEDIAS, READERS' DIGESTS, INSTRUCTION MANUALS, NATIONAL GEOGRAPHIC.
DONATIONS ACCEPTED UNTIL THURSDAY NOVEMBER 30th.

***IMPORTANT NOTE -** PLEASE NO DONATION OF WHITE ELEPHANT, JEWELLERY AND BOOKS ON FRIDAY DECEMBER 1st AS THE CLUB IS CLOSED FOR SET UP.



...MARJORIE NIELSEN AND BEVERLEY BUDARICK
CO-CONVENORS 2017



After the last child moved out, the old woman sold the shoe and moved into a flat.

THURSDAY AFTERNOON CRAFT GROUP



The Craft Group meets on Thursday afternoon at 1 p.m. until 3:30 in the Craft Room. We are equipped with sewing machines, material, patterns, yarn and needles.

We welcome donations of BROADCLOTH, THREAD, YARN AND RICK RACK TRIM. PLEASE NO UPHOLSTERY MATERIAL, SILKS, SATINS OR KNITS. Donations can be left at the front desk marked "crafts".

We have some new items in the cabinet in foyer that can be purchased from front desk volunteers. Our latest addition is throw cushions, yoga bags and yoga pillows. Our biggest seller continues to be towels for the oven door - new colours available. We also have some lap robes and shawls.

Anyone is free to come into the craft room on Thursday afternoon to see what we have for sale as the cabinet is very limited to what we can display.



... Beverley Budarick
Convenor



CHESS



East Activity Room
Thursdays 10:00 A.M. – Noon
Players at all levels welcome!
Starts Thursday Sept. 7, 2017

Come play and put your mind to work!

... Les Miscampbell
Chess Convenor



"I think I've exposed myself."



FROZEN MAPLE MOUSSE RECIPE

Ingredients:

- 1 egg white
- 3/4 cup hot maple syrup
- 1 cup heavy cream
- 1 dozen pecans or walnuts



1. Beat egg white until it begins to thicken.
2. Slowly add the hot maple syrup and continue beating until it is all absorbed and you have a thick meringue-like mixture.
3. Beat the heavy cream in a chilled bowl until stiff, incorporating as much air as possible into the whipped cream. Fold into the maple mixture.
4. Pour into a 1-quart mold and freeze .
5. Decorate top with pecans or walnuts.

Note: Freeze 4 hours minimum. Texture is best if removed to refrigerator for 1 hour before serving.

Submitted by Fanny Farmer

THE FALL SESSION OF: BALLROOM / LATIN LINE DANCING (INTERMEDIATE/ADVANCED)

**WILL START ON MONDAY, SEPTEMBER 11, 2017 UNTIL MONDAY,
NOVEMBER 20, 2017 FROM 2:30 'TIL 4:00 P.M.
(NO CLASS THANKSGIVING MONDAY, OCTOBER 9)**

IN THE AUDITORIUM

FOR 10 WEEKS AT A COST OF \$35.00

INSTRUCTOR: GINA ARMSTRONG

JOAN WEEKS (CONVENOR)

905-294-8708



From Our Mah-Jong Tables September 2017



MAH-JONG ACTIVITY

Make sure you wear your Name Badges

We Play All Year Round on These Days



Monday Mah-Jong

In the Craft Room from 1:30 to 4:30 PM

Beginners are taught the Asian Method on Mondays Only

The Asian Method must be learned before attempting to learn the National

Tuesday Mah-Jong

In the Craft Room from 1:00 to 4:30 PM

Only beginners of the National Method are taught on Tuesdays

The Activity Fee is 50 cents to play

You **must sign in** the Activity Book upon arrival in the Craft Room

Tea/Coffee is 25 cents and must be purchased in the Social (Library) Room

There are only **15 Tables of 4 players allowed** in the Craft Room, **a total of 60 people maximum** because of the Fire Code.

People who come late may not find a table to play at.

Alex Chan: 905-472-1551 --- Muriel Thompson: 905-940-1571

Convenors of Mah-Jong - (We accept inquiries)

P.S. There is no Mah-Jong played on Holiday Mondays or OAlA Closures

It was heard during a lull between the speeches at the presidential swearing-in ceremony, Melania Trump leaned over to chat with the Secretary of State, Rex Tillerson.

"You know, I bought Donald a parrot for Christmas. That bird is so smart, Donald has already taught him to pronounce over two hundred words!"



"Wow, that's pretty impressive," said Tillerson, "but, you do realise that he just speaks the words, ..he doesn't really understand what they mean."



"Oh, I know," Melania replied, "Neither does the parrot....."

YOGA – FALL 2017

MONDAY or WEDNESDAY EVENING



7:30 to 8:30 PM

**GIVE YOUR BODY THE ATTENTION AND LOVE IT NEEDS
THROUGH BREATHING
AND GENTLE MOVEMENTS**

**IMPROVE STRENGTH, FLEXIBILITY,
POSTURE AND BALANCE**

New Sessions start in September

Mondays – Sept 11-Dec 11 – 13 classes - \$52.00

Wednesdays – Sept 06-Dec 13 – 15 classes - \$60.00

REGISTER AT FRONT DESK

No class on Holidays

COME OUT and TRY A FREE CLASS any MONDAY or WEDNESDAY EVENING

INSTRUCTOR: Jeela Amin

Convenor: Dorice Ross 416 524 4001

Co-Convenor: Marilyn Kong 905 294 8793



BETTY



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CURRENT EVENTS PLUS GROUP

September 2017

Gathers Every Wednesday in the West Activity Room

1:00 to 3:00 pm



All OIAA members and their guests are most welcome to join us in sharing friendly, casual, open discussions on current, local, and world events.

The weekly program will consist of the group sharing humour, discussing current local and world events along with other subjects of interest. Related pictures and videos will be viewed on a large movie screen.

Subjects of interest for future gatherings will also be discussed along with sourcing and who will present them.

This September's planned subjects for presentation and discussion will include:

- 6 Sept :** Passing Down Family Heritage
- 13 Sept :** What Makes Us Happy
- 20 Sept :** Therapeutic Touch
- 27 Sept :** #1 - The Total Eclipse Of The Sun on August 21st, 2017
#2 - Sustainability Of Culture, Humanity, And The Land

Do come and enjoy each others' company along with tea, coffee, and cookies.

Bring a friend or two along with you. 😊

Please sign in and deposit your \$1.00 on entering.

... *Robin Bryan*
Convenor



Dr. Helena Jaczek, MPP
Oak Ridges-Markham



*Serving my constituents
since 2007*

137 Main Street North, Suite 204
Markham, ON L3P 1Y2
Tel: 905-294-4931
Toll Free: 1-866-531-9551
hjaczek.mpp.co@liberal.ola.org
helenajaczek.ca
@HelenaJaczek
DrHelenaJaczek

My office is here to help you with Provincial Government Services. Please feel free to contact us for any help you may need on Provincial Government programs and services such as:

- OHIP cards
- Driver's Licences
- Ontario Photo Cards
- Services and Supports for Seniors
- Special greetings for milestone birthdays or anniversaries
- Congratulatory messages from the Premier and Lieutenant Governor

"SIX LITTLE STORIES"

{1}

Once all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one boy came with an umbrella. That's FAITH.



{4}

We plan big things for tomorrow in spite of zero knowledge of the future. That's CONFIDENCE.



{2}

When you throw babies in the air, they laugh because they know you will catch them. That's TRUST.



{5}

We see the world suffering, but still we get married and have children. That's LOVE.



{3}

Every night we go to bed without any assurance of being alive the next morning, but still we set the alarm to wake up. That's HOPE.



{6}

On an old man's shirt was written a sentence 'I am not 80 years old; I am sweet 16 with 64 years of experience.' That's ATTITUDE.



Have a happy day and live your life like the six stories.
When I was a child, I thought nap time was punishment. Now it's like a mini-vacation.

"GOOD FRIENDS ARE THE RARE JEWELS OF LIFE... DIFFICULT TO FIND AND IMPOSSIBLE TO REPLACE!"

Submitted by Marjorie Nielsen



Dixon-Garland Funeral Home

www.dixongarland.com | 905-294-2030



Rain is grace;
rain is the sky
descending to
the earth;
without rain,
there would
be no life.

John Updike

Hon. Jane Philpott

Member of Parliament - Markham—Stouffville



 JanePaulinePhilpott

 @JanePhilpott



My office is here to help you with federal departments, services & programs:

- . Citizenship
- . Immigration
- . Passport Canada
- . Canada Revenue Agency (CRA)
- . Canada Child Benefit (CCB)
- . Canada Pension Plan (CPP)
- . Old Age Security (OAS)
- . Guaranteed Income Supplement
- . Employment Insurance (EI)
- . Canada Student Loans
- . Veterans Affairs
- . Federal grants & funding
- . Canada 150
- . Canadian flags & pins
- . Celebratory certificates

Constituency Office: 6060 Main Street, Stouffville, ON, L4A 1B8

905.640.1125 • jane.philpott@parl.gc.ca

www.janephilpottmp.ca



MARKHAM LITTLE THEATRE

Our 2017 - 2018 Season

The Season That Starts At



LIVE THEATRE

On a First Name Basis
 A comedy by Norm Foster
September 6 - 9, 13 - 15 and 20 - 23, 2017
 at MLT's BACKSTAGE (Markham Museum)

Jitters
 A comedy by David French
November 15 - 18, 2017

I'll Be Back Before Midnight
 A thriller by Peter Colley
February 14 - 17, 2018

Perfect Wedding
 A comedy by Robin Hawdon
May 2 - 5, 2018



Subscribe **TODAY** and **SAVE**
 Box office **905-305-7469**
 or download form from our website
markhamlittletheatre.ca

Season Sponsor
 **Dixon-Garland funeral home**

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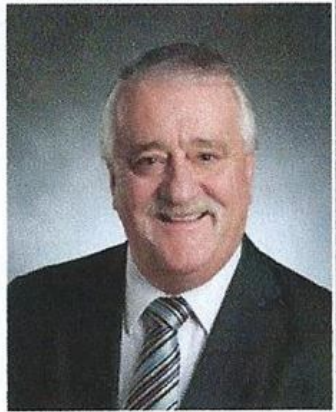
City of Markham tel: **905-479-7750**
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WARD 5 Councillor Colin Campbell

Please contact me with your WARD 5 input, comments, concerns,

Let us know if you would like to receive updates, news releases and upcoming events


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"If you have any issues that you feel need to be addressed please don't hesitate to contact me!"

Karen Rea
 Ward 4 Councillor

Tel. (905) 479-7751

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HOW TO BUILD, STRENGTHEN AND MEND RELATIONSHIPS

Every relationship involves communication between two persons both through thoughts (includes spoken words) and actions (including behaviour and habits). No two individuals can be alike but they can be complimentary in some respects and somewhat alike in their mind-set (way of thinking). The degree of happiness/success in their relationship depends on certain basic ingredients some of which I propose to highlight in this short article. These are based on my life's experiences. The prominent one being that trying to involve a third person is mostly futile, and a direct and confidential (not public) approach always works best.

Ego & Fear- Ego is 'false pride' about your possessions like financial or social official status or accolades from admirers which in turn generates fear of losing them. Just substitute these with 'Self Pride' in your own attributes and make it a matter of "izzat ka sawal" which is inculcated in the defense forces as a basic element (foundation) that each one should possess. It should be related to performance and behaviour quite, unmindful of others conduct. Gandhiji had advocated a method of shedding ego and fear which distort all human behaviour by simply surrendering (through prayer) to the almighty creator (God) and think of it Him as the 'Doer' and you the 'Instrument'. Then for all possessions in your life you are only the "custodian" on God's behalf. I read Gandhiji in my college days and it left an imprint on my mind for the rest of my life.

Acceptance and Expectation- One of the most common causes of sourness in relationships is unfulfilled expectations but most of us don't realize or analyze whether our own expectations are realistic, are they selfish, do they take into account the other persons limitations and various inabilities, etc. Here again ego is the case of this "obsession". Just change it to unconditional "Acceptance" of whatever the other person and that as he/she is, cannot be what you "expect", with such a change of your own mind set you will slowly find your expectations reduced leading to greater happiness to your mind and also better relationship. It is simply called "adjustment" and is not as difficult as it appears to be. You can observe many people who are accommodating and win friends easily, learn from them.

Respond and not React - We tend to get provoked easily and react without giving a thought to the possible reasons for the other person's behaviour. Is he/she just like this or is it a reaction to some action of mine which was simmering within him. Take the responsibility of analyzing the person and the situation on yourself and then decide how to respond so as to resolve the problem along with its basic cause and not multiply it. The main culprit here is the anger/vengeance, control it and gulp it. My friend once advised a lady (who was unhappy with her marriage due to continuous taunts and fits of anger) just to control herself and observe silence cool headedly. Later she reported it worked well over a few months and there was peaceful life thereafter "Ekchup Sabko Harae".

Hurdle race- Life is a race in which suddenly hurdles will appear in various forms off and on i.e. scheming colleague, haughty or spineless spouse or friend, hostile in-law. Instead of getting unnerved, build self confidence, use your thinking ability and be determined to overcome the hurdle. If not, see if you can bypass it like quitting the job or break off from a friend/relative. The most potent weapon in your armoury would be the ability to "win over" and be loving and cool and sweet tongued. The bigger the hurdle the more intense and prolonged effort is required. Don't weigh yourself down with prejudices self pity and hearsay, etc. I don't see any reason for despondency when so many others have been able to manage.

Set an example - Everyone should set an example particularly to juniors in age or responsibility in order to motivate and self empower (enhance their own abilities). Children have a tendency to adopt their parents and teachers way of thinking and habits and so have young professionals. This process goes on from generation to generation like saas-bahu stories. You must take the responsibility of breaking-free by first transforming your own self and inspiring the others from your example.

Conclusion - A saying goes "Physician heal thyself first". A glimpse of these few ingredients should give you sufficient food for thought. Grow wiser and more mature. Keep your mind, eyes and ears open and your mouth comparatively shut (listen more) to get more ideas. While transforming yourself, set successive benchmarks for yourself but not for others (including your children), while breaking free yourself don't put shackles on others. Let them also learn by examples and by making mistakes. Finally all relationships are a challenge to your own ability.

IT'S ALL ABOUT
RELATIONSHIPS



Submitted by Shamsher Singh

ACTIVITY LIST 2017-2018

DAY		TIME	COST	ROOM	CONVENOR
Monday	Badminton	4:30 p.m. - 6:30 p.m.	\$0.50	Auditorium	Dave Mathieson
	Beginner Bridge	9:30 a.m. - noon	\$0.50	Craft	Frank Smart
Sept. 11*	Intermediate Line Dancing	9:30 a.m. - 10:30 a.m.	12 classes - \$42.00	Auditorium	Lidiya Boyko
	Bid Euchre	6:30 p.m. - 10:00 p.m.	\$2.00	Craft	Ken Budarick
Sept. 11*	Latin Line Dance & Traditiona	2:30 p.m. - 4:00 p.m.	10 weeks - \$35.00	Auditorium	Joan Weeks
	Lunch, Linger, Learn	11:45 a.m. - 1:00 p.m.	Dates, times, price advert.	Auditorium	Marjorie Nielsen
	Mah-Jong	1:30 p.m. - 4:30 p.m.	\$0.50	Craft	Muriel Thompson
	Snooker	9:00 a.m. - 10:00 p.m.	\$0.50	Snooker	Shirley Eison
	Table Tennis	1:30 p.m. - 4:00 p.m.	\$0.50	East	Alex Chan
Sept. 11*	Yoga	7:30p.m. - 8:30 p.m.	13 classes - \$52.00	Auditorium	Dorice Ross
Sept. 25*	Watercolours	9:30 a.m. - noon	8 classes - \$60.00	West	Vita Keeling
Tuesday	Baseball	9:30 a.m.	\$40.00	Centennial	Doug Day
	Cribbage	1:00 p.m. - 3:30 p.m.	\$0.50	East	Jeanne Lafond
Sept. 12*	Exercise	9:00 a.m. - 10:00 a.m.	14 weeks - \$28.00	Auditorium	Lyn Bryan
Sept. 12*	Exercise	10:10 a.m. - 11:10 a.m.	14 weeks - \$28.00	Auditorium	Nancy Campbell
	Mah-Jong	1:00 p.m. - 4:30 p.m.	\$0.50	Craft	Alex Chan
	Pickle Ball	7:00 p.m. - 9:00 p.m.	\$0.50	Auditorium	Cha Pin Lee
	Snooker	9:00 a.m. - 10:00 p.m.	\$0.50	Snooker	Shirley Eison
Sept. 26*	Water Colours	9:30 a.m. - noon	8 classes - \$60.00	West	Vita Keeling
Sept. 26*	Water Colours	1:30 p.m. - 4:00 p.m.	8 classes - \$60.00	West	Vita Keeling
Sept. 12*	Yoga	11:30 a.m. - 12:30 p.m.	based on participation	Auditorium	Gerry Milligan
Sept. 12*	Zumba Gold	1:15 p.m. - 2:15 p.m.	13 weeks - \$45.00	Auditorium	Nancy Brown
Sept. 12*	Zumba Gold	2:30 p.m. - 3:30 p.m.	13 weeks - \$45.00	Auditorium	Denise Leadbetter
Wednesday					
	Sept. 27*	Acrylic	9:30 a.m. - noon	8 classes - \$60.00	East
Sept. 13*	Badminton	9:00 a.m. - 11:00 a.m.	\$0.50	Cornell	Dave Mathieson
	Band Practice	10:00 a.m. - 12:00 noon	\$0.50	West	Mike Holdsworth
	Bingo	7:00 p.m. - 9:30 p.m.	\$.50 \$ 2.00 per set	Auditorium	Joan Thomas
	Book Club (1st Wed.)	10:00 a.m. - noon	\$0.50	Board Room	Cathy Harvey
	Current Events	1:00 p.m. - 3:00 p.m.	\$1.00	West	Robin Bryan
	Euchre	1:00 p.m. - 3:30 p.m.	\$1.25	Auditorium	Lloyd Black
Sept.13*	H.E.L.P.	10:45 a.m. - 11:45 a.m.	8 classes - \$24.00	Auditorium	Linda Samek
	Knitting	1:00 p.m. - 3:30 p.m.	\$0.00	Craft	Joyce Bulgin
Sept. 13*	Osteo Fitness	9:30 a.m. - 10:30 a.m.	14 classes - \$42.00	Auditorium	Lyn Bryan
	Social Bridge	6:40 p.m. - 9:00 p.m.	\$0.50	Craft	Hugh Roblin
	Snooker	9:00 a.m. - 10:00 p.m.	\$0.50	Snooker	Shirley Eison
Sept. 6*	Tai Chi	11:15 a.m. - 12:15 p.m.	8 classes - \$24.00	Auditorium	Audrey Hillis
Sept. 20	Volleyball	1:30 p.m. - 3:30 p.m.	\$0.50	Cornell	Joe Signorello
Sept. 6*	Yoga	7:30 p.m. - 8:30 p.m.	15 weeks - \$60.00	Craft Room	Dorice Ross
Thursday					
	Sept.14*	Beginner's Line Dancing	2:00 p.m. - 3:00 p.m.	12 classes - \$42.00	Auditorium
	Canasta	1:00 p.m. - 4:00 p.m.	\$0.50	West	Joan Gomes
	Casino Rama	9:00 a.m. - 5:00 p.m.	2nd Thursday of the month \$3.00	Bus Trip	Marjorie Nielsen
	Chess	10:00 a.m. - noon	\$0.50	East	Les Miscampbell
	Crafts	1:00 p.m. - 3:30 p.m.	\$0.00	Craft	Bev Budarick
	Cribbage	1:00 p.m. - 3:30 p.m.	\$0.50	East	Jeanne Lafond
Sept.14*	Exercise	9:00 - 10:00 a.m.	14 classes - \$28.00	Auditorium	Lyn Bryan
Sept 14*	Exercise	10:10 a.m. - 11:10 a.m.	14 classes - \$28.00	Auditorium	Nancy Campbell
	Snooker	9:00 a.m. - 5:00 p.m.	\$0.50	Snooker	Shirley Eison
	Wood Carving	9:00 a.m. - noon	\$0.50	West	Mickey Hughes
Sept. 14*	Yoga	11:30 a.m. - 12:30 p.m.	(based on participation)	Auditorium	Gerry Milligan
Sept. 14*	Yoga	12:45 p.m. - 1:45 p.m.	(based on participation)	Auditorium	Gerry Milligan
Sept. 14*	Zumba Gold	3:15 p.m. - 4:15 p.m.	13 weeks - \$45.00	Auditorium	Martine Fleming
Friday					
	Sept. 15	Badminton	9:00 a.m. - 11:00 a.m.	\$0.50	Cornell
	Bridge (Duplicate)	1:15 p.m. - 4:30 p.m.	\$1.00	Auditorium	Bob Ysseldyk
Sept. 8*	Choir	9:15 a.m. - 11:15 a.m.	\$5.00 reg. -plus 18 weeks - \$54.00	Auditorium	Peter Cannon
	Friday Lunch	11:45 - 1:00 p.m.	Dates, menus, price posted	Auditorium	Ellie Mosher
Sept. 15*	H.E.L.P.	10:15 a.m. - 11:15 a.m.	8 classes - \$24.00	East	Linda Samek
	Table Tennis	9:30 a.m. - 12:00 noon	\$0.50	Craft	Randy Moore
Sept. 22	4th Fri. - Bingo follows	Red's Burgers \$4.00	\$.50 & \$2.00 per set	Auditorium	Joan Thomas
Sept. 15*	Osteo Fitness	9:00 a.m. - 10:00 a.m.	13classes - \$39.00	Craft	Lyn Bryan
	Snooker	9:00 a.m. - 5:00 p.m.	\$0.50	Snooker	Shirley Eison
		Programs with the asterisk* require pre-registration.			
As of Sept. 2017		Programs without startup dates commence the first week of September			

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Snooker		Snooker		Snooker		Snooker		Snooker	
9:00 a.m. - 10:00 p.m.		9:00 a.m. - 10:00 p.m.		9:00 a.m. - 10:00 p.m.		9:00 a.m. - 5:00 p.m.		9:00 a.m. - 5:00 p.m.	
Interm.Line Dance##		Water Colours##		Badminton (Cornell)		Wood Carving		Badminton (Cornell)	
9:30 a.m. - 10:30 a.m.		9:30 a.m. - noon		9:00 a.m. - 11:00 a.m.		9:00 a.m. - noon		9:00 a.m. - 11:00 a.m.	
Beginner Bridge		Exercise Class ##		Band Practice		Casino Rama ##		Choir##	
9:30 a.m. - noon		9:00 a.m. - 10:00 a.m.		10:00 a.m. - noon		9:00 a.m. - 5:30 p.m.		9:15 a.m. - 11:15 a.m.	
		10:10 a.m. - 11:10 a.m.		Acrylic##		2nd Thursday of month			
				9:30 a.m. - noon					
Table Tennis		Yoga##		Osteo##		Exercise##		Table Tennis	
1:30 p.m. - 4:00 p.m.		11:30 a.m. - 12:30 p.m.		9:30 a.m. - 10:30 a.m.		9:00 a.m. - 10:00 a.m.		9:30 a.m. - 12:00 noon	
						10:10 a.m. - 11:10 a.m.			
Water Colours##		Mah.-Jong		H.E.L.P.##		Chess		Osteo Fitness##	
9:30 a.m. - noon		1:00 p.m. - 4:30 p.m.		10:45 A.M. - 11:45 A.M.		10:00 a.m. - noon		9:00 a.m. - 10:00 a.m.	
				Book Club					
Lunch, Linger, Learn		Zumba Gold ##		10:00 a.m. - noon		Yoga##		H.E.L.P.##	
Dates and times posted		1:15 p.m. - 2:15 p.m.		1st Wednesday of month		11:30 a.m. - 12:30 p.m.		10:15 a.m. - 11:15 a.m.	
11:45 a.m. - 1:00 p.m.		2:30 p.m. - 3:30 p.m.		Tai Chi ##		12:45 p.m. - 1:45 p.m.			
		Cribbage		11:15 a.m. - 12:15 p.m.				Friday Lunch	
Mah-Jong		1:00 p.m. - 3:30 p.m.		Current Events		Crafts		Times and Costs posted	
1:30 p.m. - 4:30 p.m.				1:00 p.m. - 3:00 p.m.		1:00 p.m. - 3:30 p.m.			
Latin Line Dancing##		Water Colours##		Volleyball (Cornell)		Canasta		Red's Burgers & Bingo	
2:30 p.m. - 4:00 p.m.		1:30 p.m. - 4:00 p.m.		1:30 p.m.-3:30 p.m.		1:00 p.m. - 4:00 p.m.		4th Friday of the month	
				Euchre				Duplicate Bridge	
Badminton				1:00 p.m. - 3:30p.m.		Cribbage		1:15 p.m. - 4:15 p.m.	
4:30 p.m. - 6:30 p.m.		Pickle Ball		Knitting		1:00 p.m. 3:30 p.m.			
		7:00 p.m. - 9:00 p.m.		1:00 p.m. - 3:30 p.m.				Beginner Line Dancing##	
Bid Euchre				Dabber Bingo		2:00 p.m. - 3:00 p.m.			
6:30 p.m. - 10:00 p.m.				7:00 p.m. - 9:30 p.m.				Zumba Gold##	
						Social Bridge		3:15 p.m. - 4:15 p.m.	
Yoga##				6:40 p.m. - 9:00 p.m.					
7:30 - 8:30 p.m.						Yoga##			
				7:30 p.m. - 8:30 p.m.					