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EMBRACING CHANGE

Serving Boomers, Seniors & Caregivers in Wilmot, Wellesley & Woolwich Township

ISSUE 10 JUNE 2019


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Feature Business of the Month

**COMMUNITY
CARE
CONCEPTS**
of Woolwich, Wellesley and Wilmot

Community resource guide to help you and your loved ones age in place!


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DR MIYEN KWEK

DR RUTH MACCARA

**25 Byron St
New Hamburg ON**

newhamburgdental.ca

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Jessica Uttley
DESIGNER

**Rich Held,
Don & Shirley Bott**
DISTRIBUTION

On The Cover

This photo was taken at the original Club House at 79 Waterloo St in New Hamburg, which was owned by Edward & Olga Held at that time. It is now owned by Ron & Gina Buchenauer. Pictured on the cover are: Gary Hoffman, Elroy Good, Royce Rieck, Murray Hoerle, Dave Georgeff, John Faul, Rich Held & Jim Burchatzki. See Page 28 for the full story.

About the Photographer

Charles Okum/@mirror_with_a_voice is a freelance photographer who lives in New Hamburg. His passion is preserving memories.



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www.embracingchange.ca

Editorial Policy & Disclaimer:

Embracing Change is proud to be a Community Voice. We hope to foster connections within the community in a positive way. The expressed or implied opinions of authors and advertisers are not necessarily those held by the publication, it's editor or publisher.



LETTER FROM THE EDITOR

Welcome to the June edition of Embracing Change. You may recognize some of the faces on our front cover, but even if you don't, I'm certain you'll be entertained by their stories from "back in the day".

I sat in on this interview, and I'm so glad I did. There wasn't a shortage of fun and laughter from this special group of men as they recalled all of the wonderful memories they've shared together over the years. It reminds us of what life is truly all about. See Page 28-30 for the full story.

On June 16th we will celebrate our fathers and father figures. Anyone who knows me will tell you how much I adore my dad. As recent as this morning I was sitting with him, enjoying tea while having a heart-to-heart talk. I never take those moments for granted. I realize how very lucky I am to have such a loving, genuine and kind human being as my role model. I love that he has instilled the importance of spending time together and honouring family traditions that I'm proud to say I still carry with my own boys today. Time is precious and it is so important to invest in the people that matter to us. Let's make sure we express an extra thanks to the dads who give selflessly in so many ways, while we also celebrate fatherhood and the difference this important role makes in our lives. Maybe it's a carefully chosen card, a thoughtful gift, an extra long hug, or making his favourite breakfast - whatever you do, make him feel loved and cherished.

June is also Seniors Month, and we want to show our deep appreciation to all of the wonderful seniors that touch our lives. They truly make our communities a better place. I've always believed we can learn so much from our elders and it's important to give them our time and our undivided attention. They are full of so much wisdom and knowledge and are deserving of our respect. So try turning off your cell phone, and enjoy some undistracted time with a special senior in your life. Say "thank you", treat them to a day out, go for a walk together or cook a meal for them. I promise, you won't regret it!



Tara

This photo features Frederick Henry (F.H.) McCallum standing in front of his business in New Hamburg c.1907. The block where McCallum's Drugstore was demolished in 1960 and is the present day location of the New Hamburg Post Office.

McCallum was born on July 29, 1850 in Markham Township. In 1864, he enlisted with the Queen's Own Rifle Corp of Toronto. During this time, there was a heightened state of readiness felt by many and the militia called upon the Queen's Own Rifles for active service on March 7, 1866. With rumours of an invasion of Canada by the heavily armed Fenian Brotherhood (a secret society of Irish patriots who had emigrated from Ireland to the United States), orders from Ottawa were placed on several companies of volunteers to occupy key areas of the Canadian border that were vulnerable. The Queen's Own Rifles No. 5 Company was ordered to the Niagara frontier which included the newly recruited and very young, Frederick Henry McCallum. He was a fifteen-year-old volunteer who secretly joined without his parents' knowledge what would become the Fenian Raid of 1866.

McCallum survived the Battle of Ridgeway and continued to serve with the militia and would rise to the rank of Captain. He later moved to New Hamburg and operated a drug store and the G.N.W Telegraph service. He managed to balance the life of being a military man and a business owner. According to the book, *New Hamburg as it really was...* author Ernie Ritz notes from an interview with McCallum's nephew Owen Hamilton, that "the interior of this store appeared quite disorganized, yet Mac could almost instantly find anything his customers would request."

McCallum was also very active in his community of New Hamburg and served as village Councillor for six years. He embraced civic spirit and was instrumental from the late 1880s to the early 1900s which included: organizing a Board of Trade, being an appointed officer with the newly formed New Hamburg Musical Society, was Treasurer of the New Dominion Lodge, and assisted with a Carnegie grant to build a library in New Hamburg. In 1915, he presented his experience as a Queen's Own Rifleman at the Third Annual Report of the Waterloo Historical Society which gave insight into his early years in the Fenian Raid.

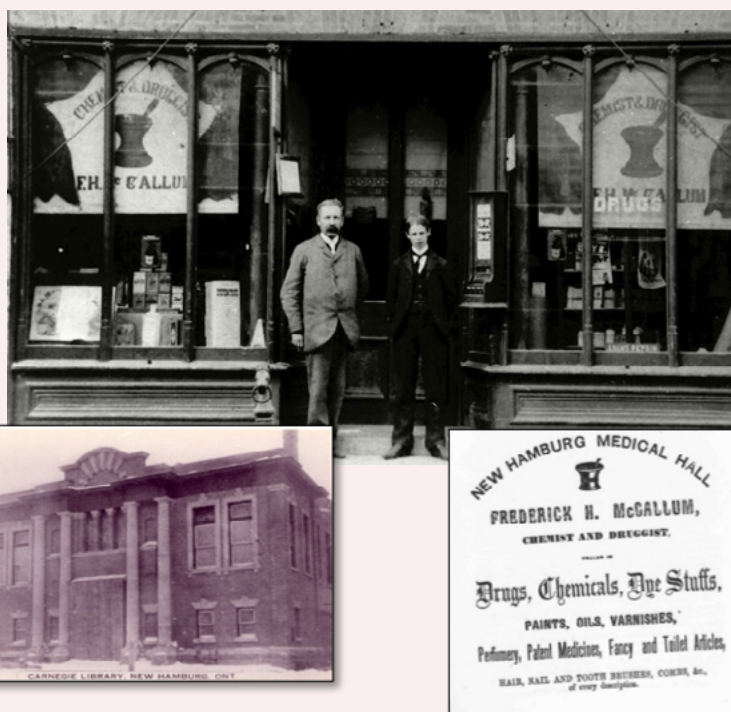
Captain McCallum died on June 7, 1923 at the age of 72 and is buried in Toronto. To acknowledge the historic role of Captain F.H. McCallum in local history, you can see "Captain McCallum Drive" in New Hamburg.

FLASHBACK PHOTO

Captain Frederick Henry McCallum

Article submitted by Tracy Loch, Curator/
Director Castle Kilbride Historical Site.

Photos are from the Wilmot Archives.



MESSAGE FROM

Jeff Gerber

WARD 4 TOWNSHIP OF WILMOT COUNCILLOR



In the cycle of months in Canada, June certainly holds a special place. The flowers planted and watered in spring are blooming, school children and their teachers are wrapping up another school year and diving head-long into year-end activities and celebrations, after training and playing indoors popular summer sports like baseball, soccer, running and golf are in full swing, and the official summer holiday months of July and August are just around the corner.

June is a month of change. To many June brings the rewards of the work done in previous months and the promise of further rewards, and breaks from that work, ahead. And to some the work continues through summer with holidays and rewards enjoyed as getaways at other times in the calendar.

It is perhaps fitting then that June is Seniors Month. For many the senior years are like the month of June. For some they are years that can serve as rewards for the work done in previous years, with the promise of further rewards, and breaks from that work, ahead. For others, the work continues through the senior years with breaks and rewards scattered throughout.

Whatever circumstances you may find yourself in during this season of life, it is a time of change. The purpose of this magazine is to help with "Embracing that Change." And what a valuable resource it is to help with just that!

Our local community is blessed by our seniors who often find it rewarding as part of their own season of change to give back in so many ways to our community. We are blessed in Wilmot to have several active adult lifestyle communities, the Nithview community, Nith Terrace, Vesper Springs, and many other local seniors who give of their time, wisdom, and experience to enrich our many important community organizations and events.

On behalf of the Township of Wilmot I wish to thank all of our seniors for all that you do to contribute to our vibrant, welcoming, countryside community. We value and appreciate all that you do for us.

Happy Seniors Month!

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Saluting Seniors Across our Townships

The month of June is an opportunity to recognize seniors in communities across Ontario. Community Care Concepts of Woolwich, Wellesley and Wilmot, a non-profit charitable organization that provides services and supports to assist seniors and adults with unique needs to live independently in the community, is incredibly thankful to the many seniors which interact with our organization daily.

We are indebted to the many seniors who volunteer with our organization, offering their hearts and hands to support their friends and neighbours in need. Each year, more than 120 individuals, many whom are seniors, contribute over 8,000 hours to our work, whether it be driving seniors to medical appointments, delivering Meals on Wheels, visiting isolated seniors, helping in our Adult Day Program, preparing and serving meals at our community dining events or assisting in our many community programs.

Volunteering not only has a direct impact on supporting seniors in our communities but many volunteers would say, also provides an opportunity for volunteers to gain a sense of purpose and satisfaction through contributing to service to others. We could not do the work that we do and have the impact that we do without the support of our many senior volunteers in our communities.

We are also incredibly thankful to the many seniors who are providing caregiving responsibilities to friends and family. Across Canada it is estimated that one out of every four, many whom are seniors, are providing care for friends and family members. These individuals are often the unsung heroes of our health care system, providing unpaid help with things like personal care and transportation, reducing demands on other parts of our health care system.

While there is no doubt that caring for a friend or family member can be personally rewarding by giving a sense of purpose, pride, self-worth and joy, we also know that caregiving is not without

its challenges, causing physical and emotional challenges and sometimes financial and social burden.

We salute our senior caregivers across our communities while also encouraging them to reach out to ensure that they are taken care of. Staff at Community Care Concepts are committed to supporting caregivers through respite options such as our Adult Day Programs, our Senior Support Workers, who can step in to help with caregiving responsibilities, or our many services and supports.

Finally, Community Care Concepts would like to salute the many seniors in our communities who place their trust in our staff and our organization through participating in our social and recreational programs, joining us at our community dinners, participating in gentle exercise programs, as well as inviting us into their homes to allow us to understand their needs and offer support through programs such as Meals on Wheels, transportation to medical and other appointments, homemaking or home help services, visiting, Adult Day Programs, practical in-home support or support in transitioning from hospital to home. We value our relationship with you and are grateful for the faith that you have placed in us!

On behalf of the staff, board and volunteers of Community Care Concepts, we salute seniors across our Townships, not only in June but throughout the year! For information or access to services or volunteer opportunities please do not hesitate to contact us at 519-664-1900, 519-662-9526 or 1-855-664-1900.

**COMMUNITY
CARE
CONCEPTS**
of Woolwich, Wellesley and Wilmot



Our Canadian seniors have built the Canada that we enjoy today. They continue to invest in our communities and in the next generations of leaders, and we owe them an incredible debt of gratitude. Canadian seniors shouldn't have to worry about having enough money left over at the end of the month to save for retirement or to visit their grandchildren – as a grandfather, I realize just how important this time is with loved ones.

Canada's seniors deserve our greatest respect, and resources to ease and enhance their circumstances. While the costs of gas, hydro, and groceries are increasing due to the Liberal Carbon tax, I am committed to fighting this punitive tax and supporting our Conservative plan that will focus on improvements and initiatives the federal government can undertake to help our seniors.

This month, let's celebrate seniors throughout Waterloo Region. Let's thank our seniors for their great contributions to our region, and spend time with them – they are a wealth of knowledge!

Harold Albrecht,
MP Kitchener-Conestoga

JUNE CROSSWORD

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69					70						71			

By Evelyn Johnson - www.qets.com

Solutions on Page 16

ACROSS

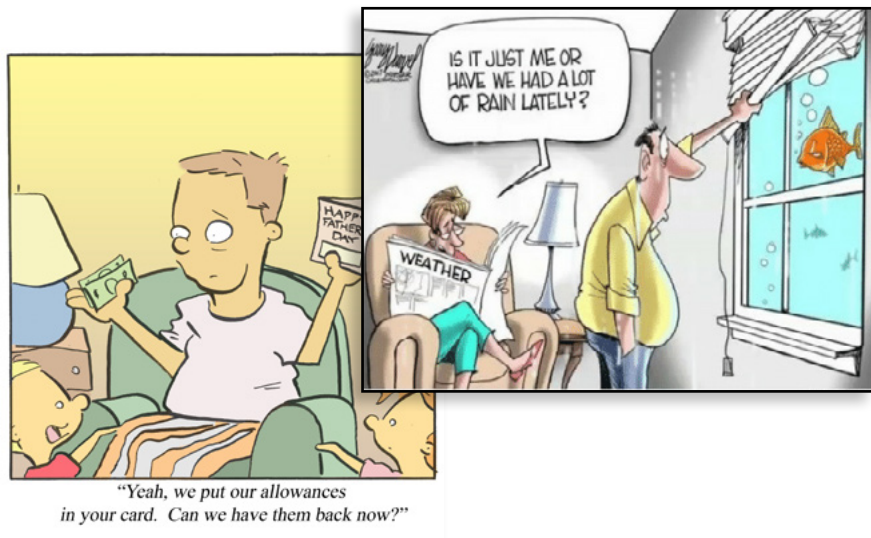
- 1 Astringent
- 5 Baseball plates
- 10 To be ahead in a race by one circuit
- 13 Information
- 14 Extreme
- 15 Summer month
- 16 Tinter
- 17 Large stacks of paper
- 18 Continent
- 19 Long stick used in pool to hit the ball
- 21 America's pastime
- 23 Furthest back
- 26 Jack of clubs in loo played with 5-card hands
- 28 Prods
- 29 Spade (2 wds.)
- 32 Brief autobiographical sketch
- 33 Opera solo
- 34 Supernatural

- 36 Foolish
- 37 Sign of the zodiac
- 38 Capital of Norway
- 42 Powdered chocolate
- 43 Reverent
- 44 National symbol
- 46 Changed into bone
- 49 Sacred poem
- 51 Plant
- 52 Married woman
- 53 Poisonous alkaline
- 57 Prune
- 59 Not any
- 60 Gambling game
- 62 What dogs sit on
- 66 Walked
- 67 Former Russian ruler
- 68 Malaria
- 69 Stitch
- 70 Informal speech
- 71 Meditation

DOWN

- 1 Sum
- 2 Nonprofessional
- 3 Southwestern Indian
- 4 Artist Chagall
- 5 Administrative unit
- 6 Lager
- 7 Jab
- 8 Writer Bombeck
- 9 Talk back
- 10 Capital of Zambia
- 11 Senile
- 12 Rings, like bells
- 15 Ruffle down the front
- 20 Delivery service
- 22 Heroic
- 23 Academy (abbr.)
- 24 Gambling game
- 25 Short journey from one point to another
- 27 Imitate
- 30 Time period
- 31 Not allowed
- 32 By way of
- 35 Green plant that often covers lawns
- 37 Record
- 38 Klutz
- 39 Move through the water by moving parts of the body
- 40 Give a sideways look
- 41 Chances of winning
- 42 Outdoor area where tents are set up to sleep in
- 44 Litter of pigs
- 45 Architect Frank __ Wright
- 47 Bye (2 wds.)
- 48 The other half of Jima
- 49 Lower body clothing
- 50 Look at steadily
- 54 Evils
- 55 Carol
- 56 Volcano
- 58 Activity intended for amusement
- 61 Can metal
- 63 Gone by
- 64 Type of dog
- 65 Body of water

Laughing Matters!



A man feared his wife was not hearing as well as she used to, and he thought she might need a hearing aid. He called the family doctor to discuss the problem. The doctor told him there is a simple test the husband could perform to give the doctor a better idea about her hearing loss.

"Here's what you do," said the doctor. "Stand about 40 feet away from her and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and he was in the den. In a normal tone he asks, "Honey, what's for dinner?" No response.

So the husband moves to closer to the kitchen, about 30 feet from his wife, and repeats, "Honey, what's for dinner?" Still, no response.

Next he moves into the dining room where he is about 20 feet from his wife and asks, "Honey, What's for dinner?" Again, no response.

So, he walks up to the kitchen door, about 10 feet away. "Honey, what's for dinner?" Again, there is no response.

So he walks right up behind her." Honey, what's for dinner?"
"Earl, for the 5th time, CHICKEN!"

"What's your father's occupation?" asked the teacher on the first day of school.

"He's a magician, Ma'am," said the new boy.

"That's very interesting. What's his favourite trick?"

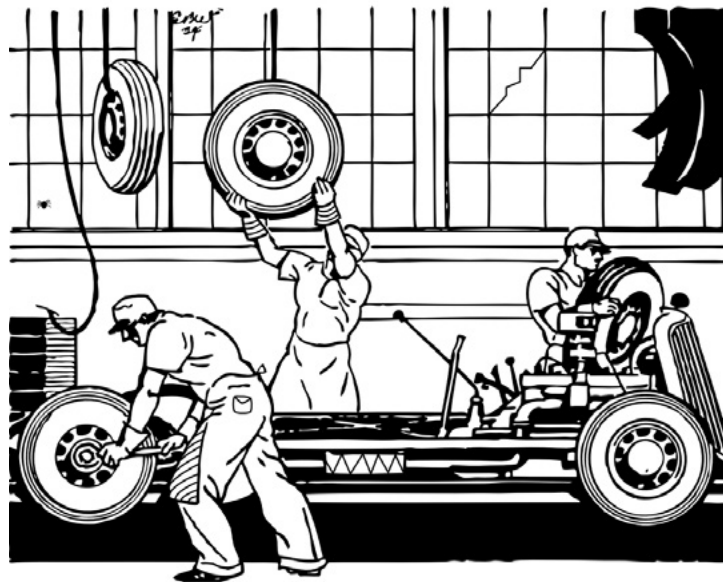
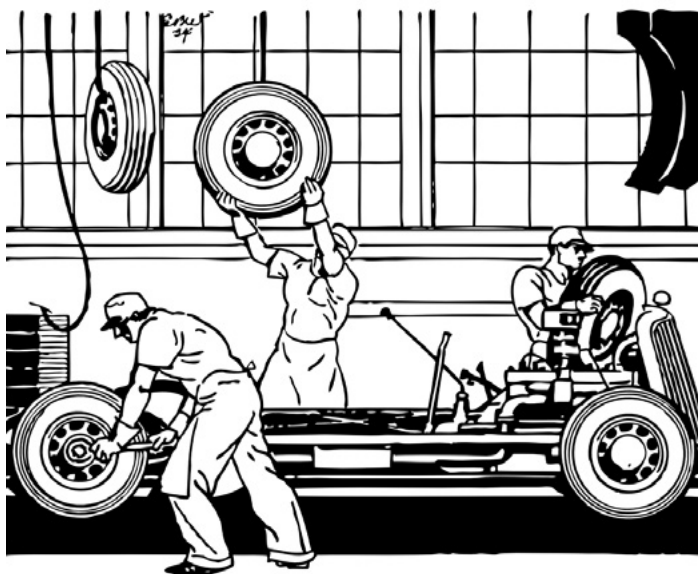
"He saws people in half".

"Gosh! Anyway, next question. Do you have any siblings?"

"Yes, one half brother and two half-sisters"

Spot the Differences

Can you find all 10?



Solutions on Page 16

Seniors and Cannabis

The real weed deal?

Legalization of Cannabis in Canada has created a certain celebrity for the plant recently. Production farms, product innovators and retailers are popping up everywhere. With the growth of the retail field comes a boom in availability, strength and variety of cannabis products to the marketplace and it is up to the consumer to know what is safe and unsafe for their own bodies.

Why should seniors in particular be concerned?

Cannabis has many positive health effects on the human body. Health Canada figures for 2013 showed that two-thirds of Canadians registered to purchase medical marijuana were taking it to treat severe arthritis, likely many of these would be seniors.

Working with a cannabis educated medical practitioner and learning more about how cannabis may affect you personally can go a long way in avoiding some of the unpleasant and, in some cases, dangerous outcomes of inappropriate use. There are safety concerns specific to seniors: some of these include increased risk for potential overdose and increased sensitivity to the effects, interactions with other medications and herbal supplements, risks associated with respiratory and cardiac conditions and an increased risk of collision (car or pedestrian). Age-related changes to the body can impact the overall effect of cannabis, affect the performance of prescribed medications, and effects lasting longer or starting later and a need for an overall lower starting dosage.

How does cannabis work?

Every human being has a system within them known as the Endocannabinoid System. Discovered in the 1990's, this system is a complex network of synapses and receptors found along the nervous system, in the brain, and throughout other body tissues. This system impacts the physiological processes that affect the experience of pain, memory and appetite as well as providing anti-inflammatory effects and influences on the immune system.

The receptors in this system turn on and off as they

come in contact with substances in the body that both stimulate and inactive them – substances that are found or manufactured within the body itself such as enzymes, ligands and proteins. These same receptors are also stimulated by cannabinoids from an array of plants that we consume including vegetables, common kitchen herbs and spices as well as cannabis.

We have seen a lot of media attention put on the popularity of just two of the hundreds of cannabinoids found in cannabis – CBD and THC - the activated forms of these cannabinoids. It's true that both of these cannabinoids affect the endocannabinoid receptors in the human body.

We hear a lot about how THC has psychoactive effects and how CBD does not, a statement that oversimplifies something much more complex. We know that because of the many different strains of cannabis, we see a wide variety of just how much CBD or THC each plant may have. The strength is further complicated by the age and maturity of the plant itself, harvesting practices, curing practices, extraction and concentration processes and more. Through the years THC strengths have increased from cannabis in the 1970's at 2% up to as much as 30% currently, the effects of these differences are significant and can be dangerous.

Research into the medical benefits of cannabis continues at an increasing rate but research is still in its infancy. Intimate knowledge of this plant medicine and which varieties and products hold the desired benefit is why working with a skilled cannabis educated medical provider is so beneficial.

– Bethany Heintz RPN, IBCLC

Woolwich Seniors Association

A membership based organization for older adults age 55+.

June is Seniors Month. Celebrating Seniors!

June is Seniors' month in Ontario and the theme, "Now's the time to start something new," is a statement that many seniors live by! Gone are the days of thinking of aging as a time of winding things down. Seniors today are active, involved and engaged in their communities more than ever and trying something new is part of the everyday culture.

Depending on varying life circumstances though, trying something new can mean different things to different people. For some, this could be trying out a new drop-in physical activity, such as, a fitness program, while trying to squeeze it in to an already busy schedule. For others, this may mean facing a major life change, such as, moving from a family home, the death of a spouse or facing challenging health or mobility issues.

Often at the Woolwich Seniors Association, seniors come in looking to connect with their community and participate in social activities. Feelings of anxiety or fear, however, can hold people back from reaching out and getting started. It is no different than starting a first day of school or starting a new job, which everyone has experienced at some point in their life. It is comforting for people to know that they are not the only ones who feel that way. Many seniors are facing the same challenges of disruption or changes to lifetime routines.

Volunteering is a great way for seniors to stay active and try something new. The Woolwich Seniors Association is a good example of seniors serving as leaders in their community. This non-profit, self-run, 275 member-based organization is led by senior volunteers representing the different communities in the Township of Woolwich. With a bright, spacious facility within the Woolwich Memorial Centre, a Board of Directors of senior members oversees the planning and direction of the organization. Many other member volunteers act as leads for over thirty weekly seniors' drop-in activities. All seniors have had rich lives through work and family life and have a lot of wisdom and experience to offer the Woolwich Seniors Association. The WSA is a strong network of seniors who know their community and care about the people they serve.

Now's the time to start something new! Try any weekly drop-in activity:

- Bid Euchre
- Book Club
- Bridge
- Bus Trips
- Carpet Bowl
- Cribbage
- Crokinole
- Fitness
- Knitting & Crocheting
- Library Swap
- Mahjongg
- Monthly Lunch
- Monthly Dinner
- Pickleball
- Ping Pong
- Puzzle Swap
- Quilting
- Shuffleboard
- Snooker
- Solo
- Tai Chi
- Tech Clinic
- The Great Brain Workout
- Wellness Clinics
- Yoga
- Zumba

Upcoming Special Events:

Tech Clinic

Thursday, June 13th, 2019
9:30-11:30am Call to book a free half hour session.

Monthly Dinner

BBQ Wednesday, June 19th, 2019
5:00pm Call to purchase a ticket.



\$20 per year Membership Fee.

To become a member, contact Woolwich Seniors Association

Located in the Woolwich Memorial Centre
24 Snyder Ave South, Elmira

519-669-5044

or email at: contact@woolwichseniors.com

Stay Active. Be Involved. Feel Connected. Join today!

www.woolwichseniors.ca

COMMUNITY CARE CONCEPTS
ADULT DAY PROGRAM

Monday - Friday
9:30am – 3:00pm

120 Barnswallow Dr., Elmira
 519-669-1223

200 Boulee St.
 Community Room, Nithview
 New Hamburg
 519-662-9395

Socialize · Music
 Activities · Games
 Reminisce

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New Program!
 New Days
 Added!

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 Respite
 Option

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 Baden Classic Car Show

= Great Summer Nights!

Join us in Baden this summer, every
 Wednesday night hanging out with
 our friends at Cruizin' at the Pond!

The market runs from May 29 to August 28, every
 Wednesday evening 5pm to 8pm. Find us at the
 back of the Wilmot Seniors' Woodworking &
 Craft Shop just off of Charles Street in Baden.

wilmotsummermarket.wixsite.com/market

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Ad submissions are due the 10th of every month



NITHVIEW COMMUNITY STRAWBERRY SOCIAL

200 Bouleee Street,
New Hamburg, Ontario

SAT. JUNE 22, 2019

2:00 p.m.- 4:00 p.m.

6:30 p.m.- 8:00 p.m.

 **Adult: \$5:00** 
Child: \$3:00

Join the Auxiliary for fresh strawberries,
strawberry shortcake and ice cream
ALL ARE WELCOME!

No Charge!

Social and Recreational Activities for Seniors



Drop-in & enjoy exercise, guest speakers, cards, games, crafts, music & much more.
No registration required.

Breslau Community Centre Thursday 1 to 4 pm	Hawkesville Community Centre Tuesday & Thursday 9 am to noon
Heidelberg Community Centre 2 nd and 4 th Friday (call for times)	Linwood Community Centre Monday & Wednesday 1 to 4 pm
St Clements Community Centre Monday & Wednesday 9 am to noon	Wellesley Community Centre Tuesday & Thursday 1 to 4 pm
Wilmot Recreation Complex (Active Living Centre) Monday & Wednesday 9 am to 4 pm Tuesday & Thursday 9 am to noon	

For More Information: 519-664-1900 or 1-855-664-1900



FREE

Community Care Concepts EXERCISE CLASSES FOR SENIORS

No Registration Required. Drop-ins Welcome!

Wilmot Township

Wilmot Recreation Complex

Mon, Wed & Fri
8:45-9:30 & 9:45-10:30
Active Living Centre

New Dundee Community Centre

Mon & Wed 1:00-2:00
1028 Queen St, New Dundee

Woolwich Township

The Meadows

Tues & Thurs 9:30-10:30
29 Water St. S, St. Jacobs

Duke St. Apartments

Mon 2:30-3:30
28 Duke St, Elmira

St. James Lutheran Church

Tues & Thurs 3:30-4:30
60 Arthur St. South, Elmira

Valley View

Mon & Thurs 4:00-5:00
1070 Printery Road, St. Jacobs

Wellesley Township

Wallenstein Bible Chapel

Tues & Thurs 9:30-10:30
4522 Herrgott Rd, Wallenstein

Pond View

Tues & Fri 10:30-11:30
1 Pondview Dr, Wellesley
Club Room

Hawkesville Community Centre

Tues & Thurs 9:00-10:00
3521 Broadway St., Wallenstein

Linwood Community Centre

Mon & Wed 2:00-3:00
5279 Ament Line, Linwood

St Clements Community Centre

Mon & Wed 9:00-10:00
1 Green St., St. Clements



COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

For more information please call: 519-664-1900 or 1-855-664-1900

WHAT'S HAPPENING

55+ Active Adults & Seniors in Wilmot Township

KNOTTING AND QUILTING COMFORTERS

Everyone Welcome. Come for an hour or as long as you wish.

WHEN: 1st Wed of every month; Sept-June

TIME: 10:00 am to 3:00 pm.

WHERE: Steinmann Church

CONTACT: 519-634-8311

ST. AGATHA SENIORS

Our group of friendly folk meet once a week to play solo. We celebrate birthdays and have a Christmas Party in mid-December concludes the years activities. You'll be warmly welcomed!

COST: .50¢

WHEN: Every Thursday 1:00 to 4:00 p.m.

WHERE: St. Agatha Community Centre

CONTACT: Bert Lichti at 519-634-8411

NEW DUNDEE SENIORS

Come out and enjoy cards, games & shuffleboard

WHEN: Every other Tues, 1:00-4:00pm

*Please contact Alice for exact dates

WHERE: New Dundee Community Center

CONTACT: Alice Bowman 518-696-2665

WILMOT SENIOR SHUFFLEBOARD

WHEN: Tues and Wed from 9:30-11:30AM

and Tues 1:00-4:00pm

WHERE: Wilmot Recreation Complex

CONTACT: Guy & Phylis Sisco 519-662-2077

WILMOT SENIORS WOODWORKING & CRAFT CLUB

Woodworking, Stained Glass, Quilting, & Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors & learn and use new skills

WHEN: Weekly, Mon to Fri: 9AM - 5PM

WHERE: 27 Beck St., Baden

COST: Initial Membership \$90, yearly \$70

CONTACT: Diana Gruhl at 519-634-5357

PICKLEBALL DROP-IN

Come out and enjoy a fun game of pickle ball. The first time out is free, and than a membership is required for continued play.

WHEN: Mondays 1:00PM - 3:00PM

Wednesday, 6:30PM - 8:30PM

WHERE: St. Agatha Community Centre

CONTACT: The Wilmot Recreation Centre for more information at 519-634-9225

RESTLESS SENIORS

This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.

WHEN: Wednesdays from 1:30 - 3:30PM

WHERE: New Hamburg Legion, Branch #532,
65 Boulee Street, New Hamburg

CONTACT: George Schmitt 519-696-3037;
Joan Fulton, Secretary 519-662-4821



NEW HAMBURG LANES BOWLING

We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level.

WHERE: 182 Union Street, New Hamburg

CONTACT: James Aoki 519-662-1938

EMAIL: james@newhamburglanes.ca

WHEN:

Foxboro (a mixed, social league):

Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):

Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):

Tuesdays 9:15-11:30am

TECHKNOW PROGRAM

Do you have any questions about your laptop, iPad, tablet, e-reader, smart phone or cell phone? Drop in for help with the basics and functioning.

WHEN: Every Thursday from 9:00-11:30 am from September - June

WHERE: Wilmot Recreation Complex

Active Living Centre

COST: No Charge

CONTACT: 519-634-9225 ext: 340 for more info

NEW HAMBURG LEGION SENIORS GROUP

WHEN: Every Wednesday from 1:00-3:30 pm

WHERE: New Hamburg Legion

COST: \$5.00 per year to join this group

CONTACT: Murray Snyder at 519-662-2959

WILMOT SENIORS

Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips.

SPECIAL EVENTS INCLUDE: - soup delight day, pancake & maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, Christmas banquet.

WHEN: Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)

WHERE: Wilmot Centre Missionary Church, 2463 Bleams Rd., Petersburg

COST: An offering is taken each meeting

CONTACT: Church 519-634-8687

Another QUICK TIP from

Heart of the Matter Professional Organizing

Everything needs a home.....and that includes items on their way to the Thrift Shop!

It is important that every household has a box or bag that is a collection spot for the things that you would like to donate.

Are there times around your home when you see a clothing item, piece of household decor or a book and think you probably could donate that item?

If we have them in our hand we tend to set them down again and say to ourselves, "I'll deal with that at another time". This happens because we don't have a place to put them. Instead of setting down these items or piling them somewhere – put them right into the donation box. When the box is full – take the time to deliver it to your local thrift store. Look at this process as blessing someone else instead of having to "give up" something!

Contact us today to book your complimentary no obligation initial consultation.

Heart of the Matter/Senior's Move

www.heartofthematter.ca

Donna Schmidt and Rhonda Erb joined together to start Heart of the Matter Professional Organizing & Senior's Move in 2004.



WHERE TO GET YOUR FREE COPY

Copies will be available around the first Wednesday of every month at the following locations:

Wellesley Township:

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Schmidtsville Restaurant
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library

Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg

- Nithview Community
- Wilmot Recreation Complex
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Lanes Bowling
- The Old Country Restaurant
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobeys New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
- Baden Library

- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg
- Little Short Stop New Hamburg

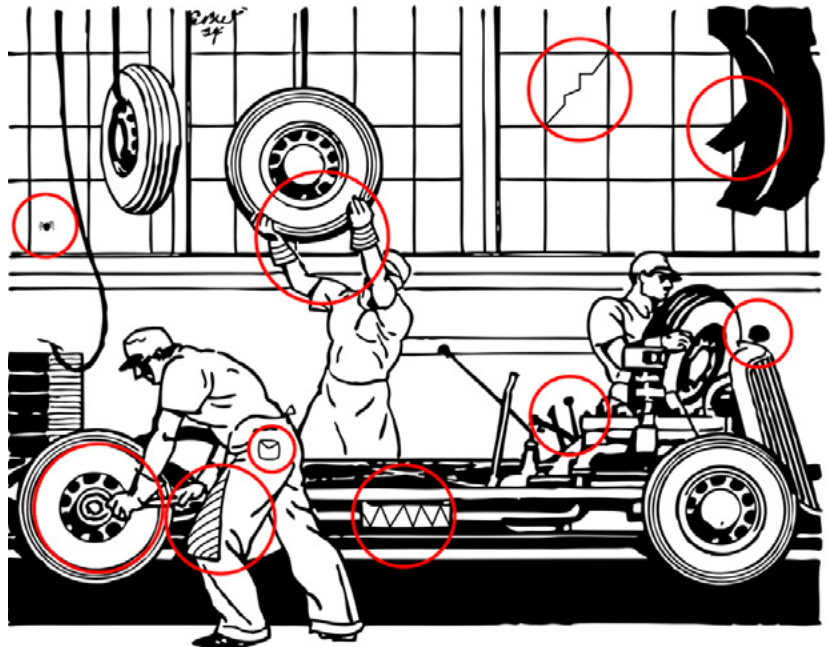
Woolwich Township:

- Community Care Concepts
- Kiwanis Transit
- Woolwich Health Care Centre
- Woolwich Community Services
- Breslau Community Center
- Pharmasave Breslau
- McDonalds - Elmira
- Woolwich Seniors Association
- Living Waters Book & Toy
- Elmira Donuts & Deli
- Elmira Library
- St Jacobs Library
- Crossroads Restaurant
- Harvest Moon
- Bloomingdale Library
- MCC Thrift & Gift
- Bonnie Lou's Cafe
- MCC rePurpose Centre

Solutions

Solution:

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36	D	O	P	Y	37	L	I	B	R	A	38	O	S	L	O	41
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44	F	L	A	G	46	O	S	S	I	F	I	E	D			
49	P	S	A	L	M	51	S	O	W	52	M	R	S			
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66	T	R	O	D	67	L	E	N	I	N	68	A	G	U	E	
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A Pain in the Pelvis

PROVIDED BY CAROLYN RUTLEDGE, PT

Imagine at the end of a busy day the long awaited relaxation time has finally come. You slump down into your favourite spot on the sofa ready to unwind, but no sooner do you get comfortable when a shooting pain from underneath brings you back to your feet.

Chronic pelvic pain in men is more common than you might think. Some men describe the feeling as like sitting on a golf ball. Other times it can become a constant pain that starts to affect everything done in the day. These set of symptoms can actually be caused by a tight or overly sensitized pelvic floor. Just like any external muscle, pelvic floor muscles can develop knots in them which are called trigger points. These internal muscles can refer pain or discomfort throughout the male pelvis, similarly to how a shooting pain in your neck can be coming from a knot in your shoulder muscle.

Sometimes there is an obvious cause to this problem, such as an injury, but more often it creeps up over time. The pelvic floor muscles are a place where both men and women tend to hold onto their stress, causing these pelvic floor muscles to tighten up. Retraining patterns of clenching through the pelvic muscles is important in the recovery from this cycle of pain, and fortunately pain symptoms and trigger points can become a thing of the past.

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Each issue is uploaded as a full colour online edition. Missed an issue? You can find our past issues online also! Check us out at: www.embracingchange.ca

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Coping With the Loss of a Spouse

Written by Elaine Ballantyne



“People will not always say the right thing or be there when you need them. Extend grace to them.”

Jean would agree that Willie is with her wherever she goes. “God is with me all day long,” tells Jean. “I feel it’s up to you to make it a good life.”

Pastor Susan concurs. “I love Romans 8--nothing can separate us from God’s love. It’s so wide, so deep, so all encompassing that nothing in this world can get between us and God--not even death.”

Often in her ministry Pastor Susan uses Jeremiah 29 verse 11:

“I know the plans I have for you. . . God is walking beside us and wants the best for us. Grief and

When you walk into Jean Shantz’s apartment you can read the following statement on her living room shelf: “When you have love you have everything.”

It has been 7 years since Jean had to say a final goodbye to her husband Willie of 53 years. “I wasn’t ready to let him go yet,” shares Jean. “But if he had lived he would not have had a good life. I’m not sorry he died because his kidneys were ruined because of his heart attack.”

Like many seniors in our community, Jean knows the challenge of coping with the death of a spouse.

For Wilmot pastor Susan Allison-Jones, her 30 years of being in the ministry has her insightfully saying: “Grief and tears are a sign that you were loved and that you loved well.”

Pastor Susan went on to tell Embracing Change that: “Grief takes on so many different perspectives and persona’s so what one suggests for people must be customized to their needs.”

Grief has to be worked through. It is assiduous and often a never ending endeavour.

Writer Madeleine L’Engle discusses her grief when she became a widow: “It is like walking through water. Sometimes there are little waves lapping about through water. Sometimes there is an enormous breaker that knocks me down. Sometimes there is a sudden and fierce squall. But I know that many waters cannot quench love, neither can the floods drown it.”

For Jean, even though Willie is physically gone, he will always be a part of her. Like her Christian faith that instills God’s loving presence and strength,

“Celebrate the life you had together, grieve your losses, name what you miss the most, speak of the person you have lost. “

loss is part of living but in the midst of it we can be confident that God’s got us and God is never going to leave us,” she explained.

In grief, it is good to reach out to others. Tell friends and family specifically what you need. You may just want someone to sit with you. Pastor Susan cautions those grieving. “People will not always say the right thing or be there when you need them. They have

not walked your journey and don’t always know the most comforting thing to say. Extend grace to them.”

Jean’s advice is to adamantly cling to the good memories of your deceased spouse. “Don’t dwell on the negative,” Jean told Embracing Change.

Similarly Pastor Susan renders: “Celebrate the life you had together, grieve your losses, name what you miss the most, speak of the person you have lost. Sometimes regret and guilt accompanies us on the grieving journey. Know that you did the best you could at the time. Through seeking God’s forgiveness you will find healthy ways to move forward.”

Many funeral homes offer grief support groups. You can also seek out individual counseling. “Sometimes I think that the group offerings are better because they see that they are not alone on this journey,” says Pastor Susan. For Jean, keeping active and being grateful has been key to her life going on since Willie’s death. “I’m a social person. I like people,” tells Jean.

Jean continues to volunteer in many facets in our community--specifically at Nithview Home and the New Hamburg Thrift Centre. She also receives great love and support from her family as she is a mother of 4 children.

They say time is healing. Jean agrees with this. Jean also recommends putting your energy into other people and being grateful. “I love to do things for people who are suffering. I also try to wake up in the morning and think of 3 things that I’m grateful for,” shares Jean. “I just carry my woes to Him and He hears me and gives me the strength to go on.”

“I just carry my woes to Him and He hears me and gives me the strength to go on.”

For those of us who knew Willie, he was quite the character. “He was so funny,” reminisces Jean with a smile. “We had a good life. He was very kind and thoughtful. I couldn’t imagine my life with anybody else.”

This month Embracing Change hopes that the grieving in our community seek out comfort and find it. Pastor Susan recommends: “If you are feeling lonely reach out to others.”

Embracing Change strives to be a helpful and hopeful resource to those in our community who are hurting.




Join us for community, fun,
and the chance to meaningfully help others!

Volunteer today!



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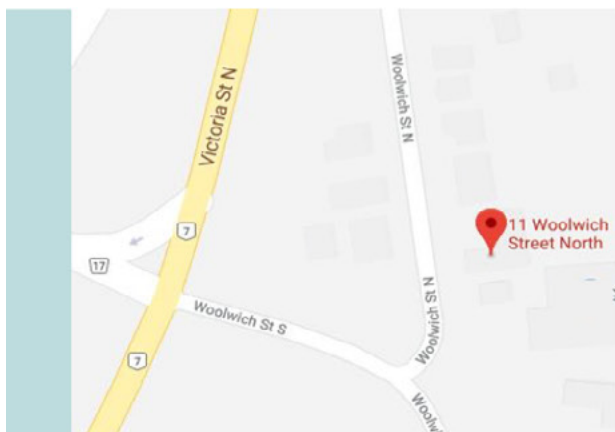
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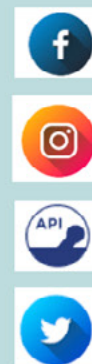
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Security in your Home

Away from home

It is important to take extra care in securing your home when you are going to be away for any extended time. Not only should your home be secure but it should also appear lived in.

Prevention tips

- Lock all windows, doors and garages before you leave.
- Leave a radio playing to show that someone is home.
- Leave one or two lights on, if possible operated by timers that turn on according to how dark it is.
- Stop mail and newspaper deliveries.
- Arrange to have someone pick up any newspapers, mail or flyers left on your doorstep.
- Leave a key with someone you trust.
- Let a trusted neighbour know you're going to be away, for how long and where they can contact you if necessary.
- Arrange to have someone cut the grass or shovel the snow if you plan to be away for several days.

This information has been provided by the RCMP. For more information please see the Seniors Guidebook to Safety & Security at www.rcmp.gc.ca.

Community Dining For Seniors

Community dining combines food, fellowship, information and entertainment. Lunches are held monthly from September through June.

WILMOT TOWNSHIP

Zion United Church, 215 Peel St.,
New Hamburg - 1st Wed. of each month

Wilmot Rec Centre, 1291 Nafziger Rd.,
New Hamburg - 4th Thurs. of each month

WELLESLEY TOWNSHIP

Linwood Community Centre, 5279 Ament
Line, Linwood
4th Wednesday of each month

Wellesley Community Centre, 1000 Maple
Leaf St., Wellesley
3rd Wednesday of each month.



WOOLWICH TOWNSHIP

Calvary United Church, 48 Hawkesville Rd
St. Jacobs - 2nd Wed. of each month

Woolwich Memorial Centre, 24 Snyder Ave S
Elmira - 4th Mon. of each month

Breslau Community Centre, 100 Andover Dr
Breslau - 2nd Thurs. of each month

Doors open at 11:30

Lunch is served at 12:00

Registration Required 2 Days Prior To Event

Regular schedule may change due to holidays or weather

For Information or to Register Please Call
519-664-1900 or Toll Free 1-855-664-1900



Men's Skin Health

Article written by Linda Langenegger

Linda Langenegger
 ADVANCED SKIN CARE
 Medical Aesthetician & Qi Beauty Practitioner

Tel: 519-741-4662
 Email: lindalangenegger@gmail.com

www.LuvYourSkin.ca

Men's skin is significantly different than that of a woman. A man's skin is about 25% thicker and it thins gradually with age. Collagen density is also higher than a woman's. Both men and women lose about one percent of collagen per year after the age of 30. The texture of a man's skin is rougher due to its thickness. Sebum production is higher and that is why men have longer lasting acne. Men also sweat more than twice as much as women. Men's skin tends to appear more hydrated probably due to the production of lactic acid which is a natural humectant.

The health of a man's skin is of course just as important as a woman's but the treatment is different. Unfortunately, men can look older than they do because they are not doing anything to care for their skin. A simple skin care regimen can have your skin feeling and looking better in no time. But, before you start a routine find out what is best for you.

Razor burn, bumps and ingrown hairs are a cause of irritation. When you shave you naturally exfoliate at the same time. Razor burn and irritation occurs when you don't prepare the skin properly before shaving. You can irritate the skin by using too many razor strokes, or from bacteria on the blade, or you may just have sensitive skin. Ingrown hairs and razor bumps often occur with curly hair, the hair curls back into the skin creating a bump and possible infection. To prevent irritation steam open follicles with a hot shower. Thoroughly wet the face as wet hair cuts easier. Exfoliating before you shave helps to loosen the dead layer of skin allowing for a closer shave.

Always use a new blade, and never use it more than 4-5 times and remember to disinfect it with rubbing alcohol between uses. One of the biggest causes of irritation is caused from bacteria on the blade. Shave gently with the grain of the hair, and do not pull the skin tight or the hair will recede into the skin. Remember to rinse your blade often.

Wash with a men's face wash, and do not use soap as it is too harsh on the skin. Apply the face wash to a wet face and work in circular motions for 30 seconds. Rinse off with cool water. Do this two times daily. You can also use facial scrubs twice a week to exfoliate dead skin cells. After you wash your face be sure to apply an appropriate moisturizer to your face. If you are unsure of what to use find out your skin type from a professional.

A Father's Call

by Fred Parry



There once was a man who became very sad whenever he called his father on Father's Day. His father, who lived in a distance city, always took the opportunity to chastise the man for not calling more often. To this the son would say that it was a two-way street; but, he refused to be drawn into an argument.

The son's wife, who was naturally concerned about her husband, asked why he even bothered to call on Father's Day – knowing how his father was. He told her that it was the right thing to do – to honour your father and mother – even though it made him sad.

Then one year, at Christmas, a nurse called from a hospital to say that his father was sick and was asking for him to come. Despite the late hour, the son went immediately and visited with his father. His father talked of many things and the man had compassion for his father, as he could see his father was remorseful.

The man suggested to his father that a man's past does not equal his future and that maybe they could start over after his father recovered from his illness. He gave his father a blank sheet of paper in order to write some new year's resolutions, and the son would do the same, hoping for a renewed relationship.

His father nodded in agreement, but the son returned a few days later and noticed the paper

was still blank. He never said anything about it to his father, although he was puzzled. Could it be that the father had a change of heart, or was there something else? His father, who was wearing an oxygen mask, then wrote a note that asked if his son was late for the job interview that he had mentioned earlier – some distance away. He told his father that, yes, he should go... but that he would be back early the next morning. His father then scribbled something illegible on the paper and collapsed back on to his hospital bed exhausted.

When the son returned to the hospital the next morning, he was told that his father had died just a few hours earlier. In fact, he learned that the doctor had reminded his father to get his affairs in order, because he had only hours to live.

Saddened, the son unraveled the note his dad had given him before he had left. Since the letters on the page were jumbled and ran together, it took some time to decipher them. In it, his father said to hurry back and that he had hoped his last will and testament was okay.

The man wept because he realized that his father had sacrificed his last remaining hours of life, by not mentioning he was dying, because he knew his son would never have left him. He also realized something else – his father had always loved him, very much.

**“The leader of the band is tired,
and his eyes are growing old
But his blood runs through
my instrument and his song is
in my soul”**

– Leader of the Band by Dan Fogelberg
<https://youtu.be/qsocZrEcp0Y>



“Music in Me” writer Fred Parry is a lover of people and a collector of stories, music, wisdom and grandchildren.

Find him at www.fredparry.ca

Travel Insurance News & Views

by: Gary White

On April 24th the Ontario government unveiled plans to eliminate OHIP's Out-of-Country (OOC) Travelers Program. The program currently reimburses Ontario residents travelling outside of Canada between \$200 and \$400 per day for emergency inpatient services and up to \$50 per day for emergency outpatient services. The Ontario government's plan is scheduled to come into effect on October 1, 2019.

While travel medical insurance remains a necessity for all Ontarians travelling abroad, terminating out-of-country emergency services reimbursement will ultimately increase premiums for private travel medical insurance coverage. It is estimated that the elimination of this program will increase travel medical insurance premiums in the province by 7.5%. Every province and territory in Canada provides reimbursement to residents who require emergency medical assistance while travelling outside of the country. Under the portability provision of the Canada Health Act, government health insurance plans are required to provide reimbursement for out-of-country emergencies at in-province rates. The Ontario government's move to scrap all emergency reimbursement for travelers is unprecedented and will further burden residents with increased insurance costs.

You can challenge these cuts by voicing your concern in an email to your local MPP, Premier Doug Ford (doug.ford@pc.ola.org), and the Minister of Health Christine Elliott (christine.elliott@pc.ola.org) requesting that the government of Ontario abandon plans to eliminate the Out-of-Country Travelers Program.



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What is normal aging and what are signs of dementia?

Almost 40% of people over the age of 65 experience some form of memory loss. When there is no underlying medical condition causing this memory loss, it is known as "age-associated memory impairment," which is considered a part of the normal aging process. Brain diseases like Alzheimer's disease and other dementias are different. Age-associated memory impairment and dementia can be told apart in a number of ways.

Alzheimer Society
WATERLOO WELLINGTON

Note: this is not a diagnostic tool.

Normal Aging

- Not being able to remember details of a conversation or event that took place a year ago
- Not being able to remember the name of an acquaintance
- Forgetting things and events occasionally
- Occasionally have difficulty finding words
- You are worried about your memory but your relatives are not

Dementia

- Not being able to recall details of recent events or conversations
- Not recognizing or knowing the names of family members
- Forgetting things or events more frequently
- Frequent pauses and substitutions when finding words
- Your relatives worry about your memory, but you are not aware of any problems

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Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners. Participants are asked to bring a filled refillable water bottle to each session.

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CONTACT: 519-742-8518 ext 2090 for more info or to receive the Program Guide

www.alzheimerww.ca



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Fast Friends

The story of the Kustom Kings Car Club

By Jana Miller

Saturday nights or Sunday mornings, they'd choose a flat piece of paved road — sometimes in front of Steinman Mennonite Church, outside of Baden — they'd shut it down at both ends of a crudely-measured quarter-mile, and hold an impromptu drag race. Their choices were limited since there weren't too many paved roads back then.

“Sometimes guys would come out of church and ask if they could race us. And, we let ‘em,” laughed New Hamburg’s Jim Burchatzki.

It was somewhere around 1959 when local car-racing legend Rudy Held started the Kustom Kings Car Club which met regularly in the detached garage at the Held’s Waterloo Street house in New Hamburg. There, they'd work on their cars, page through their pooled library of car magazines and books, and plan road rallies and car shows attended by car clubs from other southwestern Ontario towns.

“Whoever had a sporty car would just sort of show up. It was a small town so everybody knew about it,” added Dave Georgeff.

Sixty years later, on a rainy night in April, 2019, eight of the original members showed up at the garage again — for the first time since they were teenagers —for a photo and to reminisce about their days as Kustom Kings. Rich Held, Elroy Good, Dave Georgeff, Murray Hoerle, Jim Burchatzki, Royce Rieck, Gary Hoffman and John Faul — they were a bunch of guys from New Hamburg and the surrounding towns, who didn't all know each other at first but who, along with Rudy Held, became fast friends over fast cars.

They reminisced about how they loved to drive up and down the King Street strip in Kitchener and how their favourite haunt was the A&W — the first building at the edge Kitchener on the old 7&8 highway. And they recalled acting as pallbearers for Eric Held, Rich and Rudy’s brother, who was hit by a car during a winter storm when he stopped to help another motorist.

They were all between the ages of 15-19 back then, and living during a time when a car could be bought for \$50 and when they begged and borrowed, bought, sold and traded for parts to make theirs run faster and louder.

“You were always getting work done on your car,” said Burchatzki. “You always wanted to make your car go faster or make it sound different.”

They drove cars like a '54 Merc, a '59 Ford, a '54 Studebaker, and a '56 Monarch. And one of them drove a bicycle. Rich Held, younger brother of Rudy, was only 14, but to get around the rule of having to have your own car to be in the club — or access to your father's — he was made the club's recording secretary. In a black notebook still bearing many pages of a little brother's awkward cursive scrawl, he meticulously recorded attendance and minutes for the club's meetings.

“They made me the librarian,” laughed Georgeff. “I looked after the books and magazines that were coming in.” But his real claim to fame with the club was his steady hand. He painted all of the pin stripes on the cars, by hand, using a camel hair brush.



Phillipsburg Motorsport raceway.

Rudy Held and John Faul racing head to head in the late 1950's

Murray Hoerle was appointed the club's treasurer a position he held until the bank transferred him away to Hagersville. He made sure dues were collected to pay the cost of renting a bigger garage in Baden when the club started to outgrow the Held's Waterloo Street garage. They also each bought club jackets and decked their cars out with a Kustom Kings plaque that dangled just below the rear license plate — a few still exist, manufactured by Klassen Bronze in New Hamburg.

**“It was really about getting together and the friendships. We had a lot of fun,”
said Elroy Good.**

“I learned a lot of things from having a car and working on it back then that I wouldn't have learned otherwise,” added Royce Rieck, who lives in Stratford now and has written many a drag racing article.

When they weren't drag racing on the Bright Highway, by the Philipsburg Bridge or near New Prussia, on the way to Wellesley, they often attended drag races put on by other clubs. And when they did that, they always took Rudy Held's car — an innocuous looking '63 Pontiac that he'd slid a 425 horse-power Chevy .409 into.

“That was the first time I ever rode in a car with a .409 in it,” recalled Dave Georgeff. “By the time Rudy hit third gear, I was almost in the back seat. It was so powerful. When we'd go to Michigan to the drag races, the radio announcers would always talk about the Canadians coming down to race their Pontiac with the Chevy engine.”



Kustom Kings show display at car rally

Rudy Held won a lot of races, and the Kustom Kings was the beginning of a legendary love affair with souped up cars and drag racing that later manifested themselves in the Gold Gambler and Rudy Held's Performance Centre — but there was one local car that was faster



This courtesy card was handed out when someone from the public was assisted by a club member

than his. It was the police cruiser driven by George Thomas. “That was the only guy who could ever match Rudy’s car,” Mostly though, he’d just tell the guys to slow down or to take it out of town.

Sometime around 1962 the Kustom Kings disbanded. It wasn’t deliberate, it was more of a gradual slipping away as guys got older and got married. “Life got in the way you could say,” said Rieck. “You know how it is.”

Though they went their separate ways, many of the guys still own muscle cars of some kind today — a Corvette, a ’69 Super Bee, a ’66 Charger, a ’71 Hemi ‘Cuda, a chopped and channeled 1930 Model A, a ’48 Ford and a ’78 Olds Cutlass Supreme that runs an 11 second quarter-mile. And, there isn’t one former member who couldn’t regale you with the details of most of the cars they’ve ever owned.

About getting back together, Georgeff said: “You know, life is like a community of crooked streets. You just never know where you’re going to end up. It was really good to get everyone back together tonight. For some of these guys, it’s been 60 years.”

In the crowded New Hamburg storefront of Rudy Held’s Performance Centre on a rainy Thursday night in April, the Kustom Kings, a few less in number, shared what may amount to one last gab session about their memories of those three years they were in the car club. It’s another disbanding of sorts as they skip through the parking lot puddles to get to their sedans and SUVs.

**“Those were the good old days,”
concluded Elroy Good as he headed out the door. *Indeed.***

By 1961, Rudy was a certified auto mechanic and the most popular guy in town for anyone who needed a repair or was considering getting into racing.

The Original Founding Members of the Kustom Kings Car Club consisted of the following:

- | | | | |
|---------------------|----------------------|-------------------------|---------------------|
| <i>Rudy Held</i> | <i>Royce Rieck</i> | <i>Jim Burchatzki</i> | <i>Lyle Kraft</i> |
| <i>Eric Held</i> | <i>Murray Hoerle</i> | <i>Elroy Good</i> | <i>Larry Keller</i> |
| <i>Rich Held</i> | <i>Dave Georgeff</i> | <i>Rodney Green</i> | <i>Bill Yost</i> |
| <i>Gary Hoffman</i> | <i>John Faul</i> | <i>John Van Rooijen</i> | |

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- July 11 - Al Crawford (1940s-80s & everything in between)
- July 18 - Onion Honey (Old-time Folk)
- July 25 - Stetson Brothers (Classic Country)
- Aug 1 - Shananigans (East Coast/Celtic Rock)
- Aug 8 - Corduroy Gordon (Bluegrass/Folk/Pop)
- Aug 15 - Tim Louis (Jazz)
- Aug 22 - Smile 'n Wave (80's dance party)
- Aug 29 - Festival City Big Band (Swing/Jazz)

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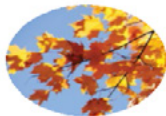
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air-raid
siren:



soft
whisper:



ordinary
speech:



live rock
music:



jet engine
(at takeoff):

Decibel Level

10 20 30 40 50 60 70 80 90 100 110 120 130 140

What can you do about noise?

In two words: avoid it or at least minimize prolonged exposure to loud noise. If you're exposed to it in the workplace, wear ear protectors or ear plugs. For your office or home, bulky furniture, heavy carpeting and thick drapes all help muffle sound.

Many people are looking to local government to curtail unwanted noise. Please contact your local city officials about noise ordinances and what you can do to help get them enacted. "Calling noise a nuisance is like calling smog an inconvenience," says William H. Stewart, the former U.S. Surgeon General, "Noise must be considered a hazard to the health of people everywhere."

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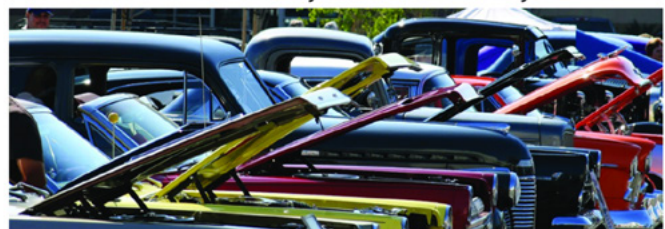
Returning for the 10th year!
Where: Baden Pond on Foundry Street
When: Wednesday Evenings from 5:30-8:30 pm
Start Date: June 5 until August 28th



Calling all classic car admirers: Don't miss out on these car shows which have grown in size and popularity, now featuring over 300 classic cars and trucks.

The Optimist Club of Petersburg will host a BBQ on June 16th from 8:00 am - Noon all you can eat, with proceeds supporting local youth programs in our community as well as JDRF, Childhood Cancer charities and others. Proceeds from the 50/50 draws go to the Children's Wish Foundation.

For more information or to participate please contact hosts Ron & Marlene Weber at 519-634-8902 or by email to ronmarweber@yahoo.ca





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We thank all participants for their submissions, due to space restrictions only selected entries can be featured in each issue.



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