



CARP - "A NEW VISION OF AGING FOR CANADA"

SPRING 2012 Volume 2, Issue 1

## *Chair's Report*

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The year 2012 is full of anniversary celebrations. It is the Bi-Centennial of the War of 1812 and the Diamond Jubilee of the accession to the throne of Her Majesty Queen Elizabeth II. Locally our chapter is celebrating its fifteenth anniversary. We officially formed a chapter on June 21, 1996. Rudy Toffoli was our inaugural chair. He held this position for 2 years. When he was appointed the Northern Ontario CARP Rep, Ruth Haluchak took over as chair. Gordon White, then Darwin Brunne and lastly myself, followed Ruth as the chapter chair. In 2006, our chapter was incorporated.

The Sudbury and area Chapter of CARP (*our official name*), has grown from only a few national members to over 2000 members today. CARP is now an organization to be reckoned with. With over 50 chapters across Canada lobbying for both local and national issues, with Susan Eng, VP Advocacy, at our helm, we are now a VOICE to be heard. Our advice is sought at all levels of government – federal, provincial and municipal. We must work today to make positive changes for tomorrow! Join the campaign, "**My Home not a Nursing Home**" (*article p. 6*) to improve living conditions for our fragile seniors.

***Come celebrate our fifteenth anniversary at our AGM on  
Wednesday, May 16, 2012!  
Our chapter has a lot to be proud of!***

**Patricia ( Pat ) A. Douglas—Chapter Chair**

### CARP SUDBURY Board of Directors

Patricia Douglas, Chair	705-669-0045
Roland Lavoie, Vice Chair	705-521-7262
Kathy Needham, Secretary	705-662-7154
Gordon Jacques	705-855-3602
David Kennedy	705-560-1493
Lisette Wirta	705-523-1600
Sandra Desjardins	705-969-1777
Deborah Hill	705-671-2285
Brenda Tessaro	705-523-2605
Graham Hodder	705-692-4236

### *CARP Sudbury needs volunteers.*

#### *Are you ready to help ?*

- ◆ Become a member of our telephone committee
- ◆ Join our newsletter stuffing bee crew
- ◆ Help out with the CARP information booth at various community events
- ◆ Sell tickets for our major fundraisers such as the Hard of Hearing Society's "Ultimate Dream Home"
- ◆ Promote advocacy issues and actions

**Meet new people, help build our Chapter and have fun !**

**Contact one of the CARP Sudbury Directors.**

# Program Highlights

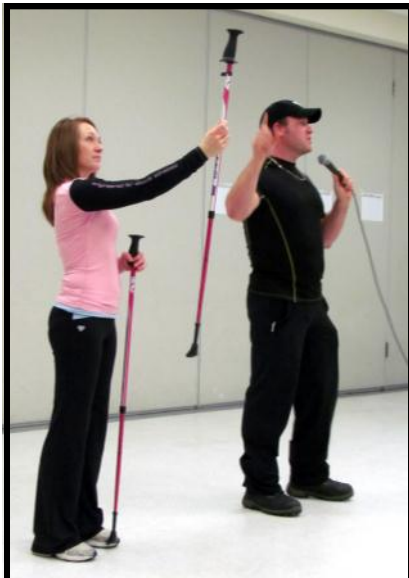


Nov. 24, 2011:

**Louise Morin** of Service Canada made a presentation to address the recent changes to the Canada Pension Plan (CPP)



November 24, 2011 - **Above:** A very interested group of about fifty CARP members stayed after the General Meeting for the kick-off session to organize the CARP Sudbury travel club. **Right: Leah Miller** of Merit Travel and **Pat Douglas** chaired the meeting.



January 26, 2012  
**Rob Bouthillier** and **Julie Lajeunesse** demonstrated Urban Pole Walking techniques .



January 26, 2012  
**Natasha Dupuis** of the Osteoporosis Society led a discussion on "Falls Prevention".

*If you have suggestions for speakers or topics, please contact one of your CARP Sudbury Chapter Directors.*

*Marriage is an institution in which a man loses his bachelor's degree and a woman gets her master's.*

*Don't simply retire from something; have something to retire to.*

## Membership Report

Carp Sudbury #9 Chapter currently has 769 members. National CARP membership for the Sudbury area is 2414 members. The membership fee to join our local chapter is only \$5.00 a year per person. For that \$5.00 you can attend 6 meetings between September and June, receive 2 newsletters, and have access to Affinity Partner benefits. Also, consider joining our newly formed Travel and Pole Walking Clubs. Members will be e-mailed or phoned to remind them of upcoming meetings and topics of interest to our members. Membership forms will be emailed or mailed when your membership will expire. Note that National fees are paid separately from local fees. When renewing your National Membership, please remember to indicate Sudbury #9 as your local chapter. This will allocate \$3.00 of your National fee to us. Our membership table is available at all meetings, where I can answer your questions, renew your membership or sign you up as a new member. For any queries, I can be contacted at 705-671-2285 or by email at [sudburycarpchapter@sympatico.ca](mailto:sudburycarpchapter@sympatico.ca)

Deborah Hill

Membership Administrator

### CARP Sudbury Chapter Members

Be sure to keep your current email address on file with us.....You will then receive a copy of the CARP Sudbury Newsletter by email " in colour ".

If you like this method of receiving the newsletter , please consider removing your name from our mailing list. This will reduce our costs and free up funds for other expenses.

**To remove your name from the postal mailing list, contact a CARP Sudbury Director**

## Ultimate Dream Home Draw

For the tenth year in a row, our chapter volunteered to sell tickets for the Canadian Hard of Hearing Association's (CHHA) "Ultimate Dream Home" draw, and for the tenth year in a row, I haven't won anything. My money though has gone to a good cause. The grand prize winner this time went to a lady in Gloucester, ON (near Ottawa).

This is our major fundraiser for the year so we were happy to receive a cheque for \$3,879 for our efforts. These monies are used towards the chapter's administrative costs as well as for the "thank you" certificates for our speakers. Instead of a gift, the chapter now sends a donation to the charity of the speaker's choice.

A special thank you goes out to Irene White, Frida Hakojarvi and all our wonderful CARP members who volunteered at the Superstore, Wal Mart (south end) and the Dream Home to sell tickets.

Pat Douglas, Chair

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2010-1111 Page 21 (en) | 2010-1111 21/1

*CARP Sudbury Chapter  
Annual General Meeting*

**Date: – Wednesday, May 16, 2012**

**Place:** Howard Johnson Plaza – 50 Brady Street, Sudbury

**Time:** Doors open at 11:30a.m. – Meeting starts at – 12:00 noon; followed by the luncheon

**Luncheon:** Italian Roast Chicken **Price:** \$16.00/ea includes all taxes and gratuity.

**Keynote Speaker: Gerry Lougheed, Jr., Managing Director of Lougheed's Limited. Gerry's talk will be "Charting the Choice to your Field of Dreams".**

**Meeting: Presentation of CARP Updates , Nomination and Election of Board Members for 2012-2013.**

**Tickets are available from**

Irene White - 705-566-5686

igwhite@sympatico.ca

Sandra Desjardins - 705 969 1777

sandradesjardins@comfortkeepers.ca

Pat Douglas - 705-669-0045

pa.douglas@sympatico.ca

Brenda Tessaro - 705-523-2605

tessa@cyberbeach.net

**BOARD OF DIRECTOR'S POSITIONS**

Applications are now being accepted for the CARP Sudbury board of directors.

Please speak to members of the nominating committee or to any current board member if you are interested.

Candidates must provide a brief bio to the nominating committee no later than Wed., April 25, 2012.

**NOMINATING COMMITTEE 2012**

**Brenda Tessaro** Phone: 705-523-2605

**Gord Jacques** Phone: 705-855-3602

**Graham Hodder** Phone: 705-692-4236



**Gerry Lougheed Jr.** is well-known and a very active volunteer in our community. He is the Managing Director of Lougheed's Limited. Gerry is the founding President of the Rotary Club of Sudbury Sunrisers and founding Chairperson of the Sudbury Regional Palliative Care Association, the Bereavement Foundation of Sudbury and the Northern Cancer Research Foundation. He is also the Co-Chair of Workplace Fatalities Bill of Rights Committee

Gerry has been presented with many honorary positions and memberships. He has received the Queen's Jubilee Award, Order of Ontario, an honorary Doctorate of Sacred Letters, and was named man of the Millennium for the Sudbury & District Multicultural Association.

He has also played host to many fundraising initiatives in the community including the Easter Seal Telethon, Capital Campaign for Regional Hospital's Regional Cancer Centre, St. Joseph's Villa for the Elderly, Hike for a Hero to build a house for a Canadian Disabled Veteran, and the Haiti Relief Campaign for Mission of Tears, to name a few. He is currently the Chair for "Sisu: Assisted Living for Seniors" campaign.

Gerry has been host of Shining Lights CJTK Radio Program since 2009, moderator and lecturer for the Northeastern Ontario Telehealth Network Pastoral Care series, and has been a columnist for South Side Story since 1993. He has been a speaker at many local and national conferences on the power of the individual in making a difference.

It is an honour for us to have Gerry as the keynote speaker for our 2012 Annual General Meeting.

*When someone asks you, "a penny for your thoughts," and you put your two cents in, what happens to the other penny?*

## *CARP Sudbury Advocacy*

CARP continues to advocate for a P.E.T. scanner for the people of Sudbury & the Northeast. The following is a recent letter to the Sudbury media, written by Frank Bruno, brother of Sam Bruno, who initiated & was successful in achieving publicly funded P.E.T. scans for the people of all of Ontario. Sam's dream was to get a scanner here in Sudbury, but he succumbed to his cancer in July, 2010 before having his dream realized. We continue to fight for this gold standard diagnostic tool on his behalf & the people of all the northeast.

### **More than \$220,000 raised for PET scanner - Frank Bruno**

Mar 07, 2012- 1:56 PM—**Letter to the Editor**

The Sam Bruno PET Scan Committee would like to thank Health Sciences North for their recent interviews regarding a PET scanner for Sudbury.

Joe Pilon, senior vice-president and chief operating officer, did interviews with local media outlets, publicly stating the hospital position. His three key statements align with the messages our committee has been delivering for two years. His three key points were:

- A PET scanner remains on the hospital equipment list.
- It is a new technology acquisition that would meet the patient care needs and research mandate.
- Operational challenges need to be addressed so a viable business case can be made to the ministry.

Our committee is aware that acquiring a PET scanner alone is not sufficient. The machine requires operational funding to cover expenses like staffing. Without such funding, the PET program would place the hospital in a deficit situation. As such, our committee has a mandate to:

- Raise the capital costs for the machine privately, as has been done in other parts of the province;
- Rally the government to ensure operational costs are covered in Sudbury as they have in been in other regions of Ontario; and
- Create awareness for this life-saving diagnostic tool.

We sincerely thank the local media for reporting the facts and for continuing to report on the progress of our committee.

In less than two years, we have raised more than \$220,000, with more events planned in 2012.

We are blessed to be surrounded by the numerous generous citizens of Sudbury and the northeast. Thanks to all those who are planning fund raisers on our behalf — we couldn't do it without you.

Thank you to our new gatekeeper, the Northern Cancer Foundation, for your support. We look forward to working with you.

The committee would like to clarify recent PET reporting in the media. The report made mention that PET scans are easily accessible simply by driving to Toronto.

We all know people from the northeast can drive to Toronto for a PET scan.

The issue is not access -- it's about fair and equitable access. We are trying to ensure those living with cancer, many of whom are sick and in pain, do not have to endure an eight-hour commute for a test. Sam did that for three years and his hope was that no one else from Sudbury and the northeast would have to "persevere through that unbearable trip." Hence, one of many reasons why need a scanner here in Sudbury

**Frank Bruno** and the Sam Bruno PET Scanner Committee

## Sharing Happiness

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up for an hour each afternoon, to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and their families, their homes, their jobs, their involvement in the military service, where they had been on vacation.

Every afternoon, when the man in the bed by the window would sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and colour of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every colour and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite details, the man on the other side of the room would close his eyes and imagine this picturesque scene.

One warm afternoon, the man by the window described a parade passing by.

Although the other man could not hear the band- he could see it in his mind's eye as the gentlemen by the window portrayed it with descriptive words.

Days, weeks and months passed.

One morning, the day nurse arrived to bring waster for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away. As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside.

He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you".

**Epilogue:** There is tremendous happiness in making others happy despite our own situations. Shared grief is half the sorrow, but happiness when shared, is doubled. If you want to feel rich, just count all the things you have that money can't buy. Today is a gift; that is why it is called 'The Present'.

**Author Unknown**

**Submitted by Sandra Desjardins, CARP Sudbury Director and Program Coordinator.**

**Sandra is also the Comfort Keepers Franchise Owner.**



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*Support your  
CARP Chapter*

Here's another way to support your CARP Sudbury Chapter. At our General Meetings, we hold a 50-50 draw, so bring some change and support your Chapter while having a chance to win some cash.

### **CARP Sudbury Chapter Members**

*We value your feedback and input....Please share your ideas for program speakers or for future newsletter articles by contacting one of your CARP Sudbury Directors.*

## *Events Calendar*

### **SCIENCE NORTH**

**April 5:** Tornado Alley 3D opens in the IMAX Theatre:

**April 14:** Titanic Gala at Science North to commemorate the 100th anniversary

**April 17:** Science Cafe: Is Sustainable Attainable? Play Decide: Energy and Sustainability.

7:30 pm at The Laughing Buddha Cafe, 194 Elgin Street, Sudbury. Free admission and snacks:

**Until April 9:** EWW! What's Eating You? in the Special Exhibits Hall at Science North:

**April 28:** opening and Canadian Premiere of *BODY WORLDS Vital*:

**May 8:** Science Cafe: Tiny Particles, BIG Questions: The science of SNOLAB.

7:30 pm at The Laughing Buddha Cafe, 194 Elgin Street, Sudbury. Free admission and snacks.

**Until October 21:** *GPS Adventures Canada* at Dynamic Earth

For event details see <http://sciencenorth.ca>

**CARP SUDBURY ANNUAL GENERAL MEETING and Luncheon—Keynote Speaker: Gerry Lougheed Jr**

**Date:** Wednesday May 16, 2012 **Time:** 11:30 A.M. **Place:** Howard Johnson

**Tickets must be pre-purchased by April 30th. See page 4 for details**

**June 2, 2012 - CARP's Sudbury Travellers' - Toronto Getaway Tour—See page 12 for details**

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*Happiness is  
a highway,  
not a destination.*

*I wish I was what I was when I  
wished I was what I am now.*



## *Hip Surgery. Companionship, Help Seniors Do More*

Older adults may become discouraged when their bodies begin to wear out. Family caregivers, too, could feel the effects of these ailments as more of the care begins to fall on them. Family caregivers can encourage their loved ones to seek help and support from pain, no matter what their age.

Q. I'm an 84-year-old widow who has bad hips and my doctor wants to replace them. I feel as though I'm too old for this, though, and I live alone, with no help. What do you suggest?

Listening to the doctor is always your best bet. But here's additional information that could help. According to researchers at Duke University in the US, there is no age limit to the benefits of total hip replacement. What's more, those with osteoarthritis who undergo such a surgery are twice as likely as those who do not to show improvements in physical functioning and increased ability to care for themselves.

"We found that total hip arthroplasty improves everyday life for patients and is as beneficial to people in their 80s or 90s as it is for someone in their 60s," said Linda George, Ph.D., professor of Sociology and associate director of the Duke Center for the Study of Aging. "We know that hip replacements are relatively safe and reports have shown a very high rate of patient satisfaction due to reduced pain and increased range of motion," she added.

What's more, research even revealed a cost savings to the health-care system because reimbursement for the procedure – estimated to be \$4,000 to \$6,000 – is less costly than the long-term cost of health care for the disabled. Health economists estimate savings associated with a year of a disability-free life at approximately \$50,000, including all related health-care costs incurred by disabled patients such as hospital stays, nursing homes and home health care.

Your own reluctance to undergo the procedure, however, is common. Even though there has been an increase in the number of such surgeries in the past 10 years, fewer than 25 percent of patients who could benefit from the procedure elect to receive it.

If you do decide to have the surgery, please ask your doctor about your rehabilitation options. There should be places in your area where you can go to convalesce until you are able to be at home on your own. A home-care company which provides help to seniors for such tasks as meal preparation, medication reminders, errands and shopping, could provide additional assistance as you convalesce at home.

**Lisette Wirta , CARP Sudbury Director \* Lisette is also the Home Instead Franchise Owner in Sudbury**

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## Commentary

### MY HOME – NOT A NURSING HOME

Ontario, in my opinion, does poorly in the care of their elderly. Denmark though sets the gold standard for care of their seniors. The Danes do everything that they can to enable elders to stay in their own homes. And for those who are too frail, the country's nursing homes are small (25 – 50 residents), homey and delightful. Almost one-quarter of older Danes get some level of home care, and they can choose the provider from public or private agencies. The philosophy of the Danish government is to integrate elderly people, to keep them active in the community as long as possible, to not do things for them when they can do for themselves. If a man loses his wife, who has done all the cooking, he will be taught how to cook. Dependency, the Danes have learned, is a slippery slope that hastens ones demise.

Denmark definitely is the very best place to grow old! Most of us though won't be packing our bags and moving to Denmark, so we must act to change our present system. Innovation is needed "big time" in our health care system.

My mother turned 91 years old in March and lives in her own home with a support system in place. In a recent interview for CTV, she was asked why she liked living at home. She said that her independence was important to her and that she was happy being at home.

What should we do to keep more seniors in their own homes? We should institute programs for the frail elderly who have complex health issues, but want to stay in their own home and out of the hospital. In the USA, this program is called PACE and in Alberta, CHOICE. I have talked to the manager of the CHOICE programs in Edmonton, Trish McGrath, who has told me that their results are excellent. About 30% of the seniors enrolled in CHOICE have not needed to go into a nursing home. This is a saving of about \$50,000 per person a year for the health system. Also, it has reduced re-admissions to the hospital.

With excellent home care and 2 to 3 visits per week to a CHOICE day program which is provincially funded, their clients have remained happily at home. Transportation is provided free to their centres – Edmonton has 3 centres. These seniors are assessed by CCAC, and remain under the care of the centre's physician and pharmacist. As well as a doctor who has been trained in gerontology and a pharmacist, there is a nurse, physiotherapist, and social worker. The clients' health is monitored and they are involved in recreational activities, socialize and are provided healthy snacks. It costs about \$4000 a year for home care, compared with about \$50,000 per year for a room in an Ontario nursing home or up to \$1000 a day in hospital. The facts and figures are there. We have to convince the decision makers that change is desperately needed. We need less talk and more action!

**Patricia (Pat) Douglas, Chair**

## CARP'S SUDBURY TRAVELLERS

Presents A One Night Toronto Getaway Tour

<p><b>TOUR DETAILS:</b></p> <ul style="list-style-type: none"> <li>• Suite accommodation at Stagewest All Suite Hotel</li> <li>• The 39 Steps by Alfred Hitchcock dinner and show</li> <li>• Breakfast buffet in Haida Garden Cafe</li> <li>• Shopping at Vaughn Mills Outlet Mall</li> </ul>	<p>1 night</p> <p><b>\$275</b> CARP member rate</p> <p><b>\$315</b> future CARP member rate*</p> <p>Departs Sudbury: June 2, 2012</p>
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**Includes:** accommodation, coach transportation, theatre ticket with dinner, breakfast (coffee, tea and gratuities at both meals) baggage handling, all taxes.

CAD\$ per person. Double occupancy. Minimum 30 passengers required for tour to run. Date may change based on availability. Single rate additional \$100. No triple or quad rates. Full payment by April 30th. \*Includes one year National and local CARP membership.

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## *Exciting New Relationship - Science North Builds Partnership with CARP*

From the rainforests of Borneo to the savannah of Kenya, CARP Sudbury members were treated to first-hand accounts by Science North biologists of the efforts to rescue, rehabilitate and return orphaned animals to the wild. These stories of orangutans and elephants were among the presentations in a true community event connecting CARP members to Science North.

"Science North's mission is to involve people in the relationship between science and everyday life", says Science North CEO, Guy Labine. "We are very fortunate to be able to better connect with this adult group in the community and gear our programming and our Science Centre to include the interests of CARP members."

"This sponsored event at Science North on February 23 was the first of many planned events in the future for the Sudbury Chapter of CARP," says CARP Sudbury Chair, Patricia Douglas. "The members present appreciated the excellent lunch and presentations and plan to see *Born to be Wild* when it is next available. We look forward to cementing a partnership with Science North which will bring many benefits both to our many CARP members as well as to Science North."

Feedback from CARP members is positive as well.

*"A great idea. It was our first outing with CARP even though we have belonged to Science North for a long time - we now have a better perspective" and "We need more such events".*

Some liked it so much, they signed up as volunteers.

"This partnership creates opportunities for Science North to connect with an older audience. It also supports our mission while nurturing community ambassadors who can give their energy as volunteers," says Science North Director of Organizational Development, Nadim Kara.

The event included a welcome by Science North CEO Guy Labine, presentations by Staff Scientists Franco Mariotti and Bruce Doran, and Director of Organizational Development, Nadim Kara gave a presentation on how the community can give their energy to Science North as a volunteer and rediscovering Science North as an older adult. This Science North event was sponsored by RBC Dominion Securities.

**Sarah Wendorf**

**Marketing Specialist**

**Science North & Dynamic Earth**

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*Special  
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at  
Science North  
February 23rd*



*“The  
quality of your  
life is the  
quality of your  
relationships “*

**A special thank you goes out to Elyse Clement of RBC Dominion Securities for her informative presentation on Planned Giving and for sponsoring lunch at the Science North event.**

### *Urban Poling / Walking Club*

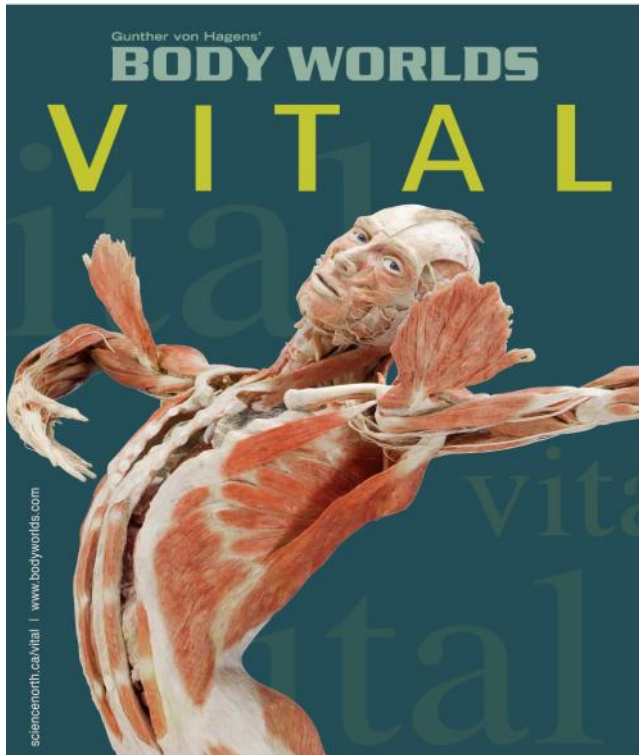
CARP Sudbury believes in keeping their members fit. At our January general meeting, Rob Bouthillier and his wife Julie Lajeunesse gave an excellent presentation on the benefits of urban poling. As a result, many members signed up to form a Walking Club.

With better weather, we will all be out as a group on the trails with our urban poles. For starters, we will likely try the walking path around Lake Ramsey. Rob has agreed to attend this first group activity to show us the proper way to walk with these poles. Remember if you don't use those muscles, you will lose them.

Have you ordered your set yet? I just did. To place an order, go to their website: [www.stay-fit.ca](http://www.stay-fit.ca), enter the code "CARP" in the coupon section of the order to get your 15% discount.

If interested in joining this Walking Club, please contact Pat Douglas at [carpsudbury@sympatico.ca](mailto:carpsudbury@sympatico.ca) or call 705-669-0045.

*The key to failure is trying to please everybody*



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Science North is an agency of the Government of Ontario.

### *Get the Word out About CARP!*

Recycle your Zoomer magazines by bringing them to any office or business that has a waiting room where magazines are available. Obtain permission from the office staff first and if OK, blacken or remove your name and address. Also, **leave the membership form intact and write "Chapter 9" on it so that our Chapter gets the CARP National allocation.**

### **A Senior Comeback**

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We take responsibility for all we have done and do not blame others.

However, it was not the senior citizens who took the:

- Melody out of music,
- Pride out of appearance,
- Courtesy out of driving,
- Romance out of love,
- Commitment out of marriage,
- Responsibility out of parenthood,
- Togetherness out of the family,
- Learning out of education
- Service out of patriotism,
- Golden Rule from rulers
- Civility out of behavior,
- Refinement out of language
- Dedication out of employment,
- Prudence out of spending,
- Ambition out of achievement, or
- Religion out of school

