

# Tollendale Tales

Publication of the tenants of Tollendale Village

A Christian Retirement Community

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**Many Tollendalers** are taking an active part in village life. The recurring and special activities listed on the monthly calendar wouldn't be there, were it not for those volunteers who plan and work hard to provide the kind of environment the founders of Tollendale Village had in mind many years ago. One of these giving her time and talent is Elaine Hardstone. Best known for playing the piano in chapel services and sing alongs, Elaine also serves on the spiritual care committee, encourages the shuffle

boarders and plays a mean game of Scrabble. We congratulate her on winning the 2004 Great Pumpkin Carving Contest, although Elaine is quick to credit her daughter and granddaughter with doing the "hard" work.

## The sandwich generation

By Peter Meyer

**A** while ago I saw on the news on TV a little item about the 'sandwich generation'. Yet another generation that can be labelled. We have had the hippies, the yuppies, then the baby boomers and now the sandwich generation. I was asking myself where the 'sandwich' got its name. I checked the dictionary and found out that *sandwich* is from John Montagu who was the 4th Earl of Sandwich (1718 – 1792). Apparently, he asked for a slice of bread on top of another to avoid interrupting a gambling game. Imagine being remembered for having put two slices of bread together with some meat or cheese in between. Now the name sandwich is forever associated with bread, and not only bread. Anything that is squeezed by two other items is described as sandwiched.

The report on the sandwich generation was trying to explain that there is a group of people who are

being squeezed by their children on the one hand and by their parents on the other hand.

Taking care of teenagers and at the same time looking after aging parents puts a lot of strain on those in between. I was surprised to learn that at the end of the report the persons interviewed were not complaining but felt rather fulfilled. Yet the newscast threw a negative light on the situation by calling it the sandwich generation, implying that this group of people were being squeezed or sandwiched.



Actually, the word sandwich has no negative connotations. We make and ask for sandwiches all the time. It is our lunch most of the time. My mouth begins to water already when I think of a western sandwich. What makes a sandwich so attractive is the delicacy in between. Nothing negative about such a sight.

It is true for society as well. Nothing is more attractive than a generation of men and women who look after their children and parents. What can be more wholesome than such an arrangement? Children rejoice in it and aged parents delight in it. It is no accident that we have such relationships because for thousands of years we have heard the commandment 'Honour your father and mother, that it may go well with you in the land God has given you'. It means maintaining a loving relationship. Jesus said that the intent of the Ten Commandments is to love God and your neighbour, the person next to you. Our children and parents are the closest neighbours. They are our flesh and blood.

There was a time when elderly people had no place to go but to move in with their children. That must have been a tight squeeze. At this time in history we have places like Tollendale Village where we live independently and at the same time receive a lot of assistance. It would be good for the younger generation to see how their parents look after each other. I see many spouses who are caring for each other because one of them is severely restricted in his or her movements. They deserve the Order of Canada. I see others caring for their neighbours, calling on them, driving them, shopping for them. It is beautiful to see that so many people are caring for each other. I admire you. I praise you. I thank you.

I hope that the so-called sandwich generation also sees this and adds loving support. We know that our children are busy and hard-pressed in this day and age by all kinds of pressures at work. We are not asking much, just a regular phone call, a note or an email, perhaps even a visit. These add joy to our lives. It hurts when our children hardly ever call. Many parents have to initiate the call themselves. In retrospect I admit that I did not pay enough attention to my parents either. I could have made a better sandwich. It would be delightful if this society specialized in making and being delicious sandwiches.



Report for Tollendale Tales by  
the executive director, October 27 2004

Summer has come and gone, and autumn is nearly over. We were blessed with a beautiful September month.

The colours of God's creation were gorgeous. We must now prepare for winter and the snow that is certain to come.

#### Snow removal

We have decided to contract out the snow removal from our sidewalks in addition to the roadways that we had contracted out in previous years. Our staff will still be responsible for putting down snow and ice melter on the sidewalks. In order to facilitate snow removal we remind all who park outside, adjacent to a sidewalk, to please keep their vehicle back from the curb so that the front of the car does not overhang the sidewalk.

#### Welcome to new villagers

We welcome all new villagers to Trinity Woods and Sunrise Place. Not everyone has yet moved into Sunrise Place. Unfortunately, we had to postpone moving-in dates as a result of a delay in the supply of the kitchen cabinets. We apologize for this and trust that all will soon be in their new homes.

#### All units now leased

During these past two months we leased the last unit in the new buildings. It was our goal to have all units leased before construction was complete and this has now been accomplished. The Lord has blessed us and we give all the praise to him.

#### Most of the work completed

The value of work completed to date on Trinity Woods, Sunrise Place and the Village Square is \$19,375,000.00, with approximately \$1,050,000.00 remaining to be done.



Sonrise Place entrance seen from Little Avenue

### Chaplain position

The Board and the Spiritual Care Committee have interviewed four candidates for the position of chaplain at Tollendale and we hope to be able to inform everyone in the very near future of the person who has been chosen.

### Medical services

We are pleased to report that we have been able to negotiate an arrangement with Dr. C.L. Vanderwater of Barrie to provide medical services to Tollendale Village. He will be moving his entire practice to the medical centre located in the Village Square. This move will take place in March or April 2005, the time when the lease at his current location expires. For more details about the services he will be providing to our villagers, please feel free to contact the Director of Nursing, Maria VanderWal.

### Harvey VanderWal's workload reduced

Harvey VanderWal has requested that his workload be reduced to three days per week, and we are pleased to accommodate that request. Mr. Don Houter has been hired on a full-time basis to assist Harvey in the maintenance of the complex.

### Banking services secured

We have recently completed negotiations with two credit unions to provide banking services to Tollendale. Both proposals were well prepared. However, the Board had to make a choice and decided to offer Innisfil Credit Union the opportunity to provide banking services. They are prepared to offer their services at Tollendale five days a week, whereas the other party, DUCA

Credit Union, was prepared to be on site only two days per week.

### Sound system in the multi purpose hall

We have made an arrangement with Associated Integrated Systems of Barrie, for the installation of a sound system in the chapel/multi-purpose hall. This should be completed when the Village Square is ready for occupancy.

### Annual general membership meeting

The annual general membership meeting of Simcoe County Christian Senior Home Inc. will be held on Wednesday, December 8 2004. Details will be sent

to all members. Terms of three board members will expire. John Eisses and Ricki Kapteyn have each served one three-year term and are eligible for re-election. John Kassies has completed two three-year terms and will not seek re-election. Mr. Aart Van Donkelaar has also found it necessary to resign for personal reasons. Members who wish to suggest someone to the Board should submit their proposal to the Board of Directors on the requisite form, available from the office, no later than November 19, 2004.

Sid Tjeerdsma

### Tollendale Tenant Committee business



Information gleaned from minutes of recent TTC meetings

(Note: Meetings are always opened and closed with prayer.)

### September 23 2004 meeting

Present: Madlyn Bertrand, Bob Hovius, Liz Snieder, Freddy Stoof, Reta Tanner, Pim van der Toorn, Peter Vegter, Marguerite Vellinga

1. Business arising from the minutes: A cheque in the amount of \$120 will be sent to the Children's Wish Foundation.
2. Market Day will be held on October 23, from 9 a.m. to 1 p.m.
3. Pumpkin judging will be on October 30.
4. The Talent Evening will be on October 30, at 7 p.m.
5. The committee reported that the welcome visitation has been completed in Trinity Woods.

The chairman expressed thanks to Madlyn Bertrand and Marguerite Vellinga who carried out this worthwhile project. When new villagers move into Sonrise Place they will continue their visitation.

6. It was mentioned that small tables are needed for the meeting room in Eden Hall to be used for card games.

7. The next meeting will take place on October 28, 2004.

### October 28 2004 meeting

Present: Madlyn Bertrand Bob Hovius, Liz Snieder, Freddy Stoof, Reta Tanner, Pim van der Toorn, Peter Vegter, Marguerite Vellinga

1. Freddy Stoof expressed her thanks to the committee and every one who worked so hard to make the Market Day a success.
2. Remembrance Day will be observed on November 10 in the meeting room at 6:30 p.m.
3. The Ontario Provincial Police Chorus will present a program on November 17 at 7 p.m.
4. A St. Nicolaas Party will be held on Monday, December 6. More information, including how to obtain tickets, will follow.
5. There will be a craft sale in the meeting room on Saturday, November 20, beginning at 9:30 a.m. Villagers and others will have the opportunity to do their Christmas shopping. It may be the largest craft sale in the area.
6. Members of the welcoming committee reported that they had finished their work in Trinity Woods and begun visiting residents in Sonrise Place. It is an enjoyable experience for them.
7. Pim van der Toorn has prepared a photo album depicting events that have taken place in Tollendale Village. It will be placed in an area where everyone can spend time looking at it.
8. A cheque in the amount of \$60.00 will go to the "Harmonica Musicians" as reimbursement for mileage.
9. Ms. Susan Hamilton, owner of Hamilton Tours, will move to Tollendale Village. At a later date, their daughter will make a presentation about tours available.
10. Because Christmas is approaching, the committee suggests that villagers make an effort if possible to decorate the outside of their apartment

and house. Tour buses have Tollendale Village on their route and we want to make this place as attractive looking as possible.

11. The matter of event planning was discussed. The committee would like to receive all information regarding events organized in Tollendale Village. The committee would also like to hear from tenants when they have concerns regarding planning.

12. The next TTC meeting will take place on Thursday, November 25.



### Financial reports

#### Tenant fund -September meeting

Previous balance on hand: \$1,314.64  
Income from coffee social \$245.50  
Income from July Strawberry breakfast

\$4.00

Total \$1,586.64

#### Tenant Fund - October meeting

##### Income

Ice cream social: \$22.50

October coffee social \$210.50

October 24 Market Day \$3218.95

Interest \$0.17

Total income: \$5,140.26

##### Expenses

Children's Wish Foundation: \$120.00

Workshop: \$100.00

Events: \$250.00

Total expenses: \$470.12

Balance on hand: \$4,670.14

#### Chapel donations

September 12 – \$242.37

September 26 - \$265.60

October 10 - \$209.00

October 24 - \$237.00

Total: \$953.97

#### Market Day proceeds

Craft and bake tables - \$1,382.11

Wild elephant tables - \$1,144.91

Vegetable sales – \$343.65

Table rental – \$175.00

Coffee table - \$123.28

Total: \$ 3,218.95

## A love affair with the Bruce Trail

By Julie Christiaanse

The large rock in front of Frank and Irene Benum's garden home is a reminder of the many rocks they climbed on their long and arduous hikes in many parts of the world, especially on the Bruce Peninsula. The city boy and the country girl for whom he bought an ice cream cone at a church picnic when they were both nine years old, have walked the length of the Bruce Peninsula three times.



Frank and Irene out for another walk on a recent fall day

Frank and Irene, now both ninety, first attempted to walk this 800 km trail that runs along the Niagara Escarpment in 1975. Frank had told his boss that he was taking thirty days off for the hike. A meteorologist in a managerial position with the Canadian Atmospheric Environmental Service, Frank had not done much hiking. Neither had Irene. They now admit that they lacked the experience needed for that first venture.

The Bruce Trail, running from Queenston on the Niagara River to Tobermory at the tip of the Bruce Peninsula, had opened in 1968 and was still in its infant stage. Frank and Irene set off with full packs that contained, among other things, a pup tent, cooking utensils and clothing, including raingear. They remember sitting at a campfire at night and sleeping under the stars. What they most remember, however, is the rain. "The weather was terrible," says Irene. Their routine was that after six nights in a little tent, they would spend a night in a hotel to clean up.

One evening, cold, dirty, and covered with "whatever traffic and nature had thrown at us", as Irene describes it, they arrived at a Holiday Inn near Hamilton. All the signs pointed to the fact that there was a large and important wedding party going on, and the desk clerk told them that there was "no room at the inn". When Frank said that he would then have to call a taxi to get them back to their trail, the clerk, probably taking them for poor wandering folk, said, "But that costs money!" They went back on the trail that same evening and found a hydro hut in which they spent the night. Three hydro workers, taking a break the next morning, saw two unkempt wanderers crawling out of their hut. They kept on going, even after Irene had to take a day off because her feet were sore from walking on a corduroy road.

By Labour Day that year they had made it to Orangeville and then, at a more leisurely pace, they continued to Devil's Glen, south of Collingwood. "Till the snow was on the ground," says Frank. Both had already discovered that they were not in good shape, so they didn't finish their trek that year. In spite of their experiences that summer, Frank had already told his boss he was quitting. He says, "I thought, if I can live this way, why should I stay in the office?"

Realizing that his work pace and lifestyle in a high profile job had left him in poor physical shape, Frank decided to make a big change. "I was killing myself working," he says. They sold their house and took a trip to Europe where they spent a year, making a small apartment in Oslo, Norway their home base. They hiked, climbed, and they square-danced. And how they danced, managing to find square dance groups in several countries, especially Germany.

Theirs has been an active life ever since. They recall climbing the highest mountain in the European part of the former Soviet Union, and a hiking adventure in the Appalachian Mountains, when former Barrie mayor Willard Kinzie, was their leader. (Kinzie is still skiing at 85 years of age and was recently featured in *The Barrie Advance*.)

“He gave us a love for hiking in the mountains,” says Frank. It was around the beginning of July and the group was told to wear long johns. Frank, priding himself on being a tough Canadian, thought he knew the weather better than anyone else in the group and didn’t bother to dress for the cold. At 4000 feet above sea level, this Canadian had to admit, “I was foolish.”

In spite of earlier bad-weather experiences, Irene still had the urge to someday finish the walk they had to cut short in 1975. Nineteen years later they completed the trek. The next year, when Frank and Irene were eighty-one, they wondered whether they would be able to walk the whole trail in one year. And they did. As if that wasn’t enough, the following year they attempted it again, not quite finishing the walk because of bad weather, but making sure they completed the trek for the third time the year after.

After that first time in 1975 they never walked with a full backpack again, but leapfrogged, using two cars or, when the distance from their home in Beaver Valley became too great, they would stay in motels. They were early users of a cell phone, although Frank doesn’t remember exactly which year it was that they carried a 2.2KG cell phone with them. “Then cell phones didn’t work north of Wiarton,” he remembers.

Although they hiked in several countries, “There’s nothing like the Bruce Trail,” says Irene. Adds Frank, “We’re probably the oldest couple that did this.” To other hikers they were “the old couple”, but the Benums have nothing but praise for their young fellow hikers. More than once they heard, “I wish my parents would do this.”

At age ninety, they are still active, although Frank has had to slow down because of an injured foot, his ‘bum foot’, as he calls it. Irene, too, admits that although she was glad to “not have to do this any more” after they had covered the trail for the third time, that “it’s tough to slow down.” To celebrate her ninetieth birthday this year, Irene, along with a daughter, climbed to the Old Baldy promontory, a

12 km walk, to 152 metres above the Beaver Valley.

The Bruce Trail is close to their heart. Members of the Bruce Trail Association, they maintained a section of the trail for many years. Says Frank, “Others may boast of Austria and all kinds of places, but the Bruce Trail is pretty good.”



Along with many others, Ninka Hovius worked hard to make the market day a success

### Market day report

Report from Bob Hovius

Our third market day was a great success. It was held in the yet unfinished community hall, a beautiful space. The success of this day was mainly because of our villagers, and I want to thank you all for your participation in this great event, whether you were baking, selling, buying or donating. Without you we could never have come up with \$3,218.95. Thank you. For a breakdown of amounts raised in various areas see elsewhere in Tollendale Tales.

### Decorating our Village

It is early, but with the mild weather still around this is a good time to begin thinking about putting up Christmas decorations. Last year several tour buses came through this village. We do not want to disappoint the tour organizers, do we? So, let’s decorate our balconies and gardens to our heart’s desire. We will be able to enjoy the results of our work for many weeks.

### Monday Coffee Socials

Please bring your own cup to the Monday morning gatherings.



Albert VanderHorst found his niche. He can be seen daily working on the grounds of Tollendale Village.

## Here at Tollendale

### We remember:

Lillian Reeder (B214) who passed away on September 19, 2004

### We welcome:

#### In Trinity Woods (C) and Sonrise Place (D)

Averell, John & Catherine - D217  
 Brouwer, Albert & Coby - D216  
 Buker, Glenn & Gwennyth D106  
 Chapla, Michael & Sharon - D308  
 Cole, Rollande - D211  
 Culshaw, Francis J. & Muriel E. - D309  
 DeJong, Audrey - D314  
 DeWinter, William & Madeleine - D316  
 DeZoete, Henk & Wilhelmina - D312  
 Foster, Lois - D306  
 Francis, J. & Muriel E. - D309  
 Gurr, Margaret - C306  
 Hayes David & Joan - B104  
 Henstra, Margaret - D204  
 Houter, Jenny - D315  
 Johnsto, Elizabeth - D214  
 Kamstra, Frank & Tena - D304  
 Kloosterman, Edna - C007  
 Komdeur, Karl & Henny - D303  
 Kroon, Pleuntje - C212  
 Kwasny, Margaret - D212  
 Lougheed, Bernice - D317  
 Lusk, Barry & Verna - D305  
 Lyon, Mortimer - C211  
 Mudde, Pieter & Jannie - D313  
 Munro, E. & A. May Ashkanase - D208  
 Robertson, Olive - D318  
 Romp, Dirk & Nellie - D210  
 Shelton, Alberta - C214  
 Spaans, Matt & Trix - D302 (from Eden Hall)  
 Straub, Herbert & Anna - D207  
 Todd, Marjorie - D319

Vandam, Hilda - D301  
 VanGennip, Paul - D307  
 Vercia, Vercia - D310  
 Waalwyk, Toos - D219  
 Wheelan, Helen - D311

### Marie's notes

Thank you for helping with the Alzheimer *Coffee Break* on September 23, 2004.

We have not heard yet from the Alzheimer Society about the amount of money that was collected.

### Vial of Life

To all villagers who have not received the "Vial of Life" yet, please come to nursing office to pick one up, or call: 726-1213.

### Flu shots

A flu shot clinic will be held at Tollendale Village on Tuesday, November 16, 2004, from 3:00 p.m. to 8:00 p.m. It is free of charge and will be open to the public.

### Safety

You are asked to remove and keep out all clutter in the halls and lobbies, also keep doors closed.

This is to keep a safe environment for all our residents.

### Volunteer drivers

Please call Marie Vanderwal (726-1213) if you are willing and able to drive your fellow villagers to appointments.

Don't miss out on happenings in Tollendale Residents are reminded of the importance to check their monthly calendars and the large weekly pages mounted on the bulletin boards for all kinds of events taking place in Tollendale Village.

### The great pumpkin decorating contest 2004

#### Results

1. Elaine Hardstone
2. Ron and Olive Menary

Honourable mention goes to all entrants for their participation, including those villagers who decorated their door and balconies.

Judges were Erna Gillies, Audry and Tom McBryan.

## Don't be left in the dark

Did you have candles ready when we had the recent blackout? Matches too? Besides having candles, matches and perhaps a flashlight at your fingertips, there are also other battery-operated lights available that can be mounted easily on a wall. Ask for them at your local hardware store. They don't cost much and you'll probably find a helpful fellow villager to attach yours to the wall for you.



Harmonica players Clarence Scheepstra and Karl Komdeur are now part of the Tollendale scene

## Talent evening a success

Not a seat was left in the meeting room on Saturday evening when the long awaited talent evening began. Harmonica players, singers, piano players, storytellers, actors, the Tollendale kitchen band, "mimers", even an impersonator took to the stage. Response from the audience was proof that the organizers' work was much appreciated.

## Food Bank donations

The Barrie Food Bank is grateful for Tollendale's recent donations of canned and packaged goods.

## Those 'good old days'

By Julie Christiaanse

My interest was caught by what I read in a letter that accompanied my September issue of Canadian Geographic Magazine commemorating the 75<sup>th</sup> anniversary of this publication. The letter contained a short write-up of every decade since its inception. I thought Tollendale Tales readers, many of whom lived through those early years, although perhaps not consciously because they were too young, may be interested to read facts about the first decade the magazine was published, the time of the Great Depression.

## The Great Depression

(Excerpt from a letter by Arthur A. Collin, President of the Royal Canadian Geographical Society)

*In 1929, for the first time in its history, this country of 10 million was split almost evenly between rural and urban dwellers. An average house cost about \$2,000. There were one million motor vehicles – one for every 10 Canadians. The average annual per capita income was \$471, while a loaf of bread and a litre of gasoline each cost less than a dime. Life expectancy was 60 years for men and 62 years for women.*

### 1930s

*The depression knocked Canadians to their knees. Unemployment rose from three percent in 1929 to 30 percent by 1933. Farms were foreclosed, especially on the Prairies where crops were lost to drought, hail and grasshoppers. Farmers were paid only a penny a pound for starving cattle. In four years, annual per-capita income in Canada fell by nearly half, from \$471 to \$247, while total income fell by 90 percent in Saskatchewan in just two years. Unemployed men in Newfoundland worked on government projects for six cents a day. There was no Canadian Pension Plan, employment insurance, welfare, family allowance, drought insurance, and medicare or job-creation programs.*

*The country was hit as hard physically as it was socially and economically. Prairie dust storms blocked the sun, stopped trains and suffocated birds in the sky. Soil piled up so high in house attics that ceilings collapsed. Ship's crews far out into the Atlantic Ocean swept decks covered in prairie dust. Clouds of grasshoppers devoured crops and even chewed the leather seat off a tractor. In 1936, the nation's deadliest heat wave killed 1,180 people, twisted steel rail lines and baked fruit on trees.*



Due to space limitations, birthday lists for November and December can be found on the bulletin boards in all buildings.



Gord Tawton, Pieter DenBoer and Clarence Scheepstra added their voices to the October sing along

### Women's and Men's Bible studies

1. Unlike in previous years, the women's Bible study group is not able to invite all Tollendale women to its Christmas programme this time. We regret that because of the size of the groups and the seating arrangement we'll have room only for those who are members of the Bible study. The men's group is participating in the programme. We hope that next year we'll be able to again extend an invitation to all women.

2. After the Christmas break, meetings of the women's and men's Bible study groups will resume on Tuesday, January 18, 2005. For information on the women's Bible study, please call Julie Christiaanse (728-4739) or Tena Meyer (720-2188) and for the men's group Sieb Smilde (728-1587). You may join any time, but we need to know the number of booklets to be ordered for the women's group.

### Bruce Trail facts

The Bruce Trail is 800 KM long and runs from Queenston on the Niagara River along the Niagara Escarpment to Tobermory on the northern tip of the Bruce Peninsula. The escarpment is a ridge of rock several hundred metres high in some locations and contains more than 100 sites of geological significance.

Conceived in 1960 and opened in 1967, it is the oldest and longest hiking trail in Canada. Partly on public and partly on private land and is maintained by members of the Bruce Trail Association.

## Freddy Stoof's message

At the time of writing most of us are busy preparing for the big market day by baking or making sure the things we are not able to keep in our apartment ready for our biggest fundraiser. All the hard work will be well worth it.

We were hoping that for the other events the new community hall would be ready. This will not be the case and so we'll have to change a few things. For the talent evening on Saturday, October 30, the Remembrance Day observance on Wednesday, November 10 (7 p.m.) and the evening with the OPP Chorus on Wednesday, November 17 admission will be on a first come-first served basis since the meeting room has limited seating.

As you read the Remembrance Day observance will be one day early in order to not interfere with our veterans' customary gathering on November 11. This brings me to the following request: All veterans in Tollendale Village please participate in the Remembrance Day service on November 10 (7 p.m.). Please call Mike Cassidy (726-54290) or Freddy Stoof (734-0403) to confirm your participation.

On Saturday, November 20, we'll have a craft sale in the meeting room in Eden Hall. This is a great opportunity to do some Christmas shopping. It will be open to the public, both sellers and buyers. Please let your family and acquaintances know.

### Note from a happy villager

Dear Tollendale residents and staff,  
I moved here the 13<sup>th</sup> of July and thought I'd tell you how much I like Tollendale. I just loved it the first day I walked into my beautiful apartment. I have spoken to a lot of people. I don't know all the names, but the smiling faces I know. God has blessed me with good health and so I am able to go for walks. We have fun in the fitness class. "Coffee morning" is noisy, but it's nice to see everyone. The chapel services every other Sunday are good with so many people there. Praise God for that. I am wishing you well in the years to come. Come and drop in at my place. It is Unit 201 in Trinity Woods.  
Love, Charmaine Haan (Unit C201)

## Bridge and Euchre scores September

### Bridge

- 1<sup>st</sup> May VanderKlugt – 10,590 points  
 2<sup>nd</sup> Frank Benum – 10,180 points  
 3<sup>rd</sup> Irene Benum – 8,690 points  
 4<sup>th</sup> Marianne Kleinsteiber – 8,260 points

### Euchre

- 1<sup>st</sup> May VanderKlugt – 187 points (6 lone hands)  
 2<sup>nd</sup> Lily Hughes - 173 points (8 lone hands)  
 3<sup>rd</sup> Jerry Nyenhuis – 171 points (5 lone hands)  
 4<sup>th</sup> Aly Brandsma – 166 (5 lone hands)  
 5<sup>th</sup> Edna Mitchell – 165 points (2 lone hands)

### Bid-Euchre

- 1<sup>st</sup> Jerry Nyenhuis – 733 points  
 2<sup>nd</sup> John Bouius – 723 points  
 3<sup>rd</sup> May VanderKlugt – 696 points  
 4<sup>th</sup> Marguerite Elliott – 599 points

Moon shots: Jessie Bouius, Marguerite Elliott, Bob Hovius  
 (1 each)

## October

### Bridge

- 1<sup>st</sup> Frank Benum – 8,690 points  
 2<sup>nd</sup> Aly Brandsma – 7,280 points  
 3<sup>rd</sup> Mildred Cameron – 6,210 points  
 4<sup>th</sup> Gladys Stephenson – 6,160 points

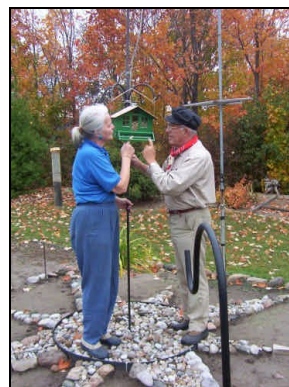
### Euchre

- 1<sup>st</sup> Elva Frankland – 193 points (5 lone hands)  
 2<sup>nd</sup> Dina Monroe – 189 points (6 lone hands)  
 3<sup>rd</sup> Anne Crane – 185 points (5 lone hands)  
 4<sup>th</sup> Pearl Long – 184 points (7 lone hands)  
 5<sup>th</sup> Aly Brandsma – 182 points (6 lone hands)  
 Most lone hands: Betty Maw (8)

### Bid-Euchre

- 1<sup>st</sup> Marie Miedema – 588 points  
 2<sup>nd</sup> Aly Brandsma – 556 points  
 3<sup>rd</sup> Ken Miedema – 502 points  
 4<sup>th</sup> Ken Tye – 444 points

Moon shots: Hans Poppler (2), Mary VanderKlugt, Ken Miedema, Dina Monroe (1 each)



Cor and Lieske Langhout are making sure winter birds will find a warm welcome here

## Preventing colorectal cancer - more reasons to remain physically active

By J. Christiaan

On October 21 Maryanne Labrash, a public health nurse representing the Healthy Living Centre of the Simcoe County District Health Unit, gave a short presentation about colorectal cancer and how we can protect ourselves against it. Although there are 1500 deaths due to colorectal cancer in Ontario every year and Ontario has the third highest incidence of this type of cancer in the world, the good news is that having it is not a death sentence. We can modify the risk factors of getting colorectal cancer. Being physically active rates even higher than maintaining a healthy diet with enough fruit and vegetables in reducing the risk. Since there may be no symptoms at all at first, a Fecal Occult Blood Test (FOBT) every two years for persons over 50 years of age is recommended. In some cases a colonoscopy to remove polyps can prevent colorectal cancer from developing. Finding cancer early is important - that's when treatment works best. Ask your physician for these tests.

## Story ideas

We welcome your story ideas. If you have a story about life in Tollendale Village, or know of someone I should talk to, please get in touch with me. We publish original work only and items will be edited. But don't worry, that's my job. Julie Christiaan (G15 – 728-4739)

## Copy deadline

The deadline for contributions to the January-February 2005 (No.27) issue of Tollendale Tales is Friday, January 7, 2005.

Simcoe County Christian Senior Home Inc.

*Tollendale Tales*

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