

CALABOGIE 55+ CLUB

Autumn 2023

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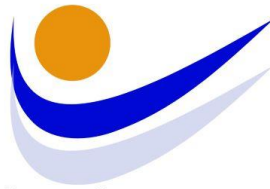
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BOWLING

Rick Copley/Debbie Murphy



Calabogie 55+ Club Connecting Friends



THE FALL MONTHS ARE IN FULL SWING.... ENJOY THE
OUTDOORS WHILE THE WEATHER IS STILL NICE.

YOUR 2023 EXECUTIVE:

SUE, JEAN, GALE, VAL, DEBBIE, LORI,
ROBERT & DENISE



Taken at an executive meeting.
Missing from the photo is Debbie

CLUB ACTIVITIES

NINE N DINE GOLF

The Nine N Dine resumed this year with Sue Beaton coordinating this sought after pastime. All in all, five nine-hole golf events were held from May to September without significant rain in any of the Friday afternoons. Dinner, and perhaps a drink or two, at the Calabogie Highlands Golf Course then followed each game, hence the reason it is called nine 'n dine. Club members indicated that they want this activity to continue next year so polish your game, or not and be prepared to once again join in the fun.



Sue, as always, thanks for all the time and effort you put in towards organizing this monthly event for club members. We look forward to this dynamic game in 2024.

MIXED AFTERNOON BRIDGE

Mixed Bridge was also re-established these past few months with a new location. Rather than hold it at a local establishment, we looked into having it at Barnet Cottage. As Calabogie 55+ Club members and friends, we were able to use the facility free of charge. Like the golf activity, the bridge season began in May and ended in September. Afternoon bridge took place once a month on a Tuesday, rain or shine. Anywhere between three tables and six tables were the norm. Members helped set up and take down tables at the end of the

SENIOR GAMES
Denise Lavallée/Val Trotter

SUMMER MIXED BRIDGE
Val Trotter/Lori Armour

Email: calabogieseniors1@gmail.com

Remember to check out our Website for up to date information.

WEBSITE
<https://calabogieseniors.weebly.com>



Even though there are days I wish I could change some things that happened in the past, there's a reason the rear view mirror is so small and the windshield is so big.....where you're headed is much more important than what you've left behind!!



DID YOU REMEMBER TO CHANGE BACK YOUR CLOCK THIS PAST SATURDAY?

Are you more awake now that you got back your lost hour of sleep from earlier this year when we moved our clocks ahead?

Rumour has it that this may be the last time we change our clock back. Ya right!! That remains to be seen. While googling the change from Standard to Daylight Savings, I found this little tidbit on the Philadelphia Inquirer (an



Three Great Men have recently left us



We recently learned of a **CLUB MEMBER's** passing, Mr. Bob Burleigh. Bob delighted many of us with his wit and comedy. He shared many jokes with the club newsletter. Bob passed away on November 2nd after suffering a massive stroke. We offer our prayers and condolences to Marg and their children and grandchildren.

We also remember in our thoughts and prayers **Mr. Clark Isenor**, another former Club member who passed away August 28, 2023.

Yet still another gentleman, Mr. Keith Zavitski passed on October 8th, 2023. Both Clark and Keith were 89 years of age.

I for one, will fondly remember all three gents playing "bridge". I learned a lot from each of these three men. They each had their own uniqueness and I thoroughly enjoyed spending many an afternoon playing cards with them.

RIP Bob, Clark and Keith.

afternoon leaving the place in a neat and tidy condition. This is a must if we continue to utilize this space. Bridge players were asked in September if they wanted this activity to return next year, and it was a resounding "Yes". It will thus resume at Barnet Gardens in May 2024, from 1:00 – 4:30 on a Tuesday afternoon once a month. A schedule will be made available on our club website in early 2004 so please remember to check on our website under the calendar tab for details on this and other club events. A special thanks to Lori Armour for helping me organize this event.



As you may have heard me say, the winter months are a time to learn and the summer is a time to play. With that being said, **Valley Community Bridge** is back up and running, spearheaded by Dona Lamoureux and Lorna Johnston. This event is open to not only club members but to anyone wishing to get together on a Friday afternoon to either play with friends or to learn this wonderful game of bridge. This card game is played from October to April at the Calabogie Community Centre.

The first bridge event was kicked off on October (Friday) 27th and had one learners table. For more information, please check your email as Dona and/or Lorna will send out an email a few weeks before each game.



American newspaper) and thought I would share with you some excerpts of the article.

If you're keeping score, that's four time changes [since the U.S. Senate approved a bill](#) for year-round daylight saving time, and it so happens that this is the 50th anniversary of an experiment that may help explain why the switch goes on.

Why the clocks keep changing

Various surveys have affirmed that an overwhelming majority of Americans (*hey and Canadians too!!*) want to ditch the switch, but public opinion remains divided on which way to go.

The last time the nation tried year-round daylight saving time — starting on Dec. 15, 1973, during an energy crisis — it didn't go so well. That year the sun didn't rise on Christmas morning until around 8:20 a.m.; in fact, it didn't rise before 8 a.m. until February. Parents didn't particularly like having their children riding school buses on the dark winter mornings. It was so unpopular that Congress pulled the plug on the experiment after 10 months.

Reality time

For now, it's a safe bet the clocks will spring forward again in March and fall back in November next year, perhaps indefinitely. Thus, we would recommend not only accepting the fact that the sun will set before 5 p.m. Sunday for the first time since Jan. 14, but embracing the considerable bright sides of the lengthening nights.

Here are a few:

Standard time is better for us

So say the sleep experts and "chronobiologists," such as the U. of Munich's Till Roenneberg. He insists that switching to daylight saving time disrupts our bodily rhythms and [exacerbates "social jet lag,"](#) in which we tend to overdraw from the sleep bank during the work week and try to pay it all back on the weekend. [The National Sleep Institute](#) and the American Academy of Sleep Medicine all vehemently oppose daylight saving time and call for year-round standard time.



Please also remember in your daily thoughts the following club members:

Lucie Perrier
Bruce Hutchinson



REMINDER...

If you know of any member who is not well or could use a visit, greeting or a card, please contact Jane Benoit or email the club directly.

DINNER MEETINGS

July

The 27th was the date our July dinner meeting was held. We had our grandkids and as such could not attend that dinner. I (Val) was able to come only at the end of the meeting and boy did I hear good things about the meal. Over 50 people attended the dinner on a warm and beautiful evening at Barnet Gardens. The meal was shawarma platters brought in from the Shawarma House in Renfrew. This has been two years in a row that we ordered this meal and it has not disappointed. Perhaps a third shawarma platter will make its way to a dinner meeting in 2024!

August

August's dinner meeting was held again at Barnet Cottage. Lori arranged to have the Bogie Deli cater this dinner. The Weir's provided three different options—smoked meal sliders or wraps with salads to approximately 50 members. The meal was completed with a variety of homemade cheese cakes which were subsidized by the club. A trivia contest

RECENT CALABOGIE 55+ CLUB OUTINGS

A road trip to Wilno was a recent outing enjoyed by 21 participants who drove to various sights in 6 separate vehicles. These adventurous people set out at approximately 9:30 am on Friday, September 29th. There were many stops along the way before they stopped at the Wilno Tavern for lunch. The Madonna house was a featured stop before arriving back in Calabogie in the afternoon. The only thing missing would have been a few more bathroom breaks, but in all seriousness it was a wonderful outing and enjoyed by all who participated in the trip. To view more photos, please visit our website.



Special thanks to Phyllis Waghorn who collaborated with Jean Libbey to make this trip possible.



Eleven "senior" hikers accomplished the annual fall hike at the Mill of Kintail (Almonte) on Thursday, October 19th.

Good morning sunshine

Starting Sunday, fewer of us will be getting up in the dark, and that can be morale booster. A desire to eat and sleep, not necessarily in that order, this time of year is normal, the experts tell us. However, for some people the loss of light can lead to the more-troublesome Seasonal Affective Disorder and depression. One antidote, according to [a research team led by SAD pioneer Alfred J. Lewy](#), would be light “immediately on awakening.” And what could be better than the natural light of the sun?

By the light of the moon

While we continue to lose daylight, this is harvest time for lunar connoisseurs. The sun and moon have an astronomical seesaw relationship, so when the sun is lowest in the sky, the moon is highest, and the less time the sun shines, the more the moon does. The full moon always rises around sunset and sets around sunrise, and the next two will be occurring during the holiday season, on Nov. 27 and Dec. 26. It will be beaming high and long on those nights and several before and after. And with fewer leaves obscuring the light, the moon will highlight those beautifully intricate branches that will cast their delicate shadows.

It just got lighter

In partnership with the evermore oblique light of the sun as we approach the winter solstice, those bare trees also will make those walks in the woods that much brighter, and more light will be pouring through the windows in houses and buildings in wooded areas.

A bonus point

This is, indeed, the longest weekend of the year, a full 49 hours.

As mentioned, these words noted above are NOT my opinion but were extracted from an online article I found while googling information on the change from Standard Time to Daylight Saving Time. I found it entertaining and hope you did too.

was led by Gale and Debbie following the meal and meeting.

September

The September meeting was held one week early, on September 22nd, to accommodate the women golfers whose end of season dinner was on the 29th. Charbonneau’s catered a great shish kabob (beef, chicken or vegetarian) meal. Following the dinner, we were entertained by our very own Peggy Williams. The audience was mesmerized by the song selection and I am sure that everyone who attended this evening had an amazing time.

October

Well sometimes plans change at the last moment. The dinner menu for the October AGM was still Chinese food for the 58 attendees which was brought in from the Shanloon Restaurant in Renfrew. However the much anticipated live theatre performance of Powar and Greede, featuring some of our club executive, both present and past as well as some spouses too, was unfortunately postponed at the last second due to seasonal illness. The show must go on was what we said when two of the actors dealt with that ugly word “covid” a little over a week before the anticipated unveiling of this remarkable performance and replacement actors were brought in. Unfortunately, in the days leading up to the dinner meeting, two more performers came down with serious colds, and as such the executive thought it was best to put the production on hold until the spring. As “Tat” said, “This will give the actors/actresses more time to learn their lines”. You can now expect to see this live performance in May 2024.

The food, complete with egg/spring rolls and tiramisu for dessert, however was absolutely fantastic. One member even mentioned to me that this may have been the best meal this year. So we will continue to have this cuisine on future dinner menus.



Ten ladies and one male (Chris Potvin taking photo) joined in on this exciting hike led by Gill Wilson. We were accompanied by three well behaved dogs who encouraged us to continue our trek with their boundless energy. The group brought their own lunch and we enjoyed our meal next to the river while the dogs rested.



The hike was such a success that we decided that another hike, before the snow flies, is practical. So if you missed the last hike, and want to get some clean fresh air, plan to come with the club on another hike on Friday, November 24th. The location will be at Blueberry Mountain (Lanark Highlands) and it will be a somewhat easy hike lasting approximately 2 hours. Watch for information that will be sent via email.

Summer was a busy month for many of us. Unfortunately, the outing planned in August for the Bonnechere Caves did not take place.

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Now that you’ve gotten that extra hour of sleep, get up and enjoy the day ahead. I truly hope you have a wonderful day.

I look forward to the shortest day of the year, which I believe is Thursday, December 21st, 2023, a mere seven weeks from now. And then the days will start to get longer again.

INSPIRATIONAL QUOTES

Believe you can and you’re halfway there. — Theodore Roosevelt

You change the world by being yourself. — Yoko Ono

Ain’t that the truth.....

According to the younger generation, my mama and daddy were apparently abusive to us when we were children. We were scared to get in trouble. They made us do household jobs, go to church, and go to school. Gave us curfew and whooped our bottom when we did wrong, they even made us go get the switch that they used on us. They put food on the table and we were expected to eat it. They put clothes on our backs and we were expected to wear them. They suggested we get a job and work for the things that we wanted. They insisted that we do our best at school, at our job, and to take pride in our work. We grew up with morals, a good work ethic, and respect for the law and our elders. I thank God every day for my Mama and Daddy.

Some Observations

(extracted from the September issue of the Voice of the United Senior Citizens of Ontario)

A bargain is something you don’t need at a price you can’t resist. What is the difference between a “Peeping Tom” and someone who’s just got out of the bath? One is rude and nosey and the other is nude and rosey. Grandfather to grandson’s teacher, “Have you ever hunted bear?” The teacher

Following dinner, a brief AGM was held where small but significant changes to the club’s constitution was voted on. The updated constitution can be found on our club’s website.

At our next dinner meeting on November 30th pizza will be served.

The month after that is, you guessed it, our annual Christmas Dinner and Dance. If you haven’t purchased your ticket to this festive event, you may be too late as ticket sales have gone through the roof and we are expecting a sell-out crowd.

A reminder that unless we dine at a restaurant, the method of payment for catered dinners is “cash only” and must be paid to the Treasurer on the evening of the monthly dinner. If you order your dinner and cannot make the meeting, you are still responsible for paying for the dinner and can arrange to have your dinner either picked up or arrange to have someone bring it to you. Thank you for your understanding.

MEMBERSHIP

We are excited to share the news that our club’s membership continues to grow. We now have a membership of 148 members, some are returning members while others are new to the club. Rejoining the club, since we last mentioned our newest members in the July newsletter, are Dona and Paul Lamoureux, Alanna Laplante and Sam Baird along with new members Alyson Gaffney, Blair Dunlop, Anna and Peter Campbell, Donna Kearns, Tim Gordon, Diane and Robin Postma, Elizabeth and Denis Fodor, Andy Lapointe and Lisa Taylor and George and Catherine Briggs.

Welcome to our club and a special thanks to those returning.

If you are aware of other people in the Calabogie area who are interested joining our fun loving group, please refer them to Denise or to a member of the executive. We love seeing our numbers grow.

UPCOMING CALABOGIE 55+ CLUB OUTINGS

Interested in attending a Sens hockey game?

Plans are in the works to attend an afternoon game on Saturday, January 20th at 3 pm. It’s the Sens vs the Winnipeg Jets! Tickets are only \$35 each. If interested, we need to know asap. Information was just sent out on this game, so if interested please check it out or contact Sue Lomas for more details. It sounds like fun.

Go Sens Go.

Other winter activities could also include snowshoeing, skating, etc. If you would like to help organize an event or have an activity to propose, please contact Debbie Murphy, our Social Director.

BARNET GARDENS

For the benefit of our newer members, Calabogie 55+ Club look after the Butterfly Garden at Barnet Park. These flower gardens were put to bed in October with the help of Gale McCrae and other club members, namely Joanne Levitsky and Jim and Jean Libbey.



We will reconvene next spring when members will be asked to help out once per month with tending (weeding, fertilizing etc) to the butterfly garden.

replies, "No, but I've been fishing in shorts."
 If you lined up all the cars in the world, someone would be stupid enough to try and pass them.
 "Doctor, I keep losing my memory."
 "When did you first notice that?" "When did I first notice what?"

A few more Jokes...

"Doctor, every time I drink a cup of coffee, I get a sharp pain in my nose." "Have you tried taking the spoon out of the cup?"
 Confidence: The feeling you have before you understand the situation.
 A tramp knocked at a door and asked a woman for some food. "Didn't I give you some pie a week ago?" asked the woman. "Yes," said the tramp, "but I'm all right again now."
 Why is an island like the letter T? Because they're both in the middle of water.
 Money talks, but all mine ever says is goodbye.
 A fine is a tax for doing wrong. A tax is a fine for doing well.
 First woman: Whenever I am down in the dumps, I buy myself a new hat.
 Second woman: Oh, so that is where you get them.

These jokes are in memory of Bob Burleigh.

The Bathtub Test

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"
 "Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub."
 "Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the teaspoon or the teacup."
 "No" he said. "A normal person would pull the plug. Do you want a bed near the window?"

Membership dues for 2024 are now due.
 Cost is \$15 pp. If you have not yet paid your 2024 dues, we now accept e-transfers to the club's email address. As a reminder, please also advise Denise Lavallée, Director, Membership of any changes to your email, mailing address, phone number etc. This information must be sent to the attention of Denise in writing at our club email address:
calabogieseniors1@gmail.com

CALABOGIE 55+ CLUB Constitution

Our Club Constitution has been updated. Changes to the wording within the document were recently introduced and voted on at the recent AGM held in October. This document can be located on our website.

ONGOING COMMUNITY EVENTS

The Lion's actively support "euchre" each Monday at 7:00 PM at the Calabogie Community Centre. Doors open at 6:30. This game is organized by local folk and a light lunch is served at half time. Simply show up if you wish to play. Cost is \$5 pp.

Archery is also actively being held each Thursday at 6:30 PM at the United Church Hall. It is open to all ages and is free of charge. To reserve a spot, contact Amy Wright at asterously@gmail.com.

As mentioned in past editions, helping **Calabogie Animal Rescue, Valley Animal Rescue** or other similar non-profit organizations to help our four legged friends is a wonderful thing to do. These cute dogs and cats need our help in many different ways, either by fostering, contributions or adoption. They really are a man and women's best friends.

BOGIE LIGHTS



It's that time of year again. Mark the date - **November 17th, 2023**, the Bogie lights will be turned on. This annual community event is sponsored by Calabogie 55+ Club.

Several executives and members met last Thursday at Heritage Point to assemble tripod shaped trees using 8' tree limbs. (thanks Dan T. for providing the tree limbs) Lights were then attached to these tripods representing Christmas trees as the trees that were removed in 2022 have not yet been replaced by the township. A total of seven tripods were assembled.

The Bogie Lights Coordinator, aka Jean Libbey is also looking for donations of cookies. Can you help? The club also provides hot chocolate, coffee and apple cider to all those who attend. Marshmallows for roasting are also given out....mmm, yum.

Please remember to come out, and invite your friends and neighbours as all are invited to help celebrate the turning on of these Christmas Lights at Heritage Point starting at 6:30 pm.
 Sing along to your favourite carols.
 It is suggested that you bring a flashlight and a chair (if you wish)

ANNUAL CALABOGIE CHRISTMAS PARADE

The Calabogie Lions Club is again bringing the Season to the Streets. As to be expected, Calabogie 55+ Club will be entering our float. The parade will take place on Sunday, December 3rd, 2023, starting at 1 pm. From St. Joseph School parking lot.

Senior Jokes

An elderly man rear-ended a guy driving an expensive European sports car...

Enraged, the guy hops out and confronts the old man.

He yells, "Look what you did to my car...!"
"You're going to give me \$10,000 right now or I'm going to beat you to a pulp!"

"Oh my..." the old man said nervously, "I don't have that kind of money."

"Let me call my son..." he said with hope.
"He trains dolphins and he will know what to do."

"Dolphins..!?!?! The other driver huffed, while rolling his eyes.

The old man pulled out his phone, dialed his son, and just as the son answered, the irate man snatched the phone away from the old man.

"So, YOU'RE a dolphin trainer, huh..?!?!?"
The irate man yelled, "Well, your old man here just rear-ended my car and I need TEN GRAND right now, or I'm going to beat you AND your old man to a pulp..!!"

"I'll be there in 10 minutes," says the voice calmly on the other end.

Exactly 10 minutes later, a Jeep pulls up and a guy hops out and proceeds to pulverize the bully, leaving him in a heap on the side of the road.

When he finished, he walked over to his father and said....

"For the last time dad, I train Seals... Navy Seals."

"NOT dolphins...!!"

RECENT COMMUNITY EVENTS

The Greater Madawaska Fire Department hosted their 4th annual haunted walk on October 21st at the Community Centre from 3 – 5 pm. Kids dressed up and candy was handed out to the kiddies. Thank you to the GMFD.

Calabogie United Church held their annual Roast Beef Dinner on Saturday, October 28th. It was an outstanding success.

The United Church is also offering the community use of it's' hall on Friday mornings to "walk". It is free of charge. Leave the snow and icy conditions outside and get your exercise indoors by walking the hall anywhere from 9 to 11 am, starting on November 3rd. Coffee and tea will be served giving you a chance to socialize after walking. Interested? Just bring your indoor walking shoes as winter boots will not be allowed in the hall.

The Greater Madawaska Library has and is continuing to hold movie afternoons Saturdays at the United Church hall. To date, there have been two movies shown to children of all ages. These movies will continue to be held on the last Saturday of each month, unless otherwise posted. The movies are free to attend. Refreshments can be purchased at the hall from the library.

The Library also celebrated their 45th Anniversary on Saturday, November 4th. The children in the community were kept busy either entertaining themselves or being entertained by magicians. Thanks goes to Ruth Jones, the library board, and all the volunteers who made this happen.



Lest we Forget

The Calabogie Remembrance Day service was held on Sunday, November 5th at 2 pm at the Cenotaph on Madawaska St.

Following the parade, Santa and his elves will be at the Calabogie Community Centre handing out treats.

Our float committee has held numerous meetings these past several months on the design, construction, paint and most recently (Nov 6) the final touches were done on costumes. Said Lorna Johnston, we are now anxiously awaiting for the 3rd of December and hoping that the weather will cooperate, both on the 3rd and the 2nd when the committee assembles the float in the church parking lot. We are looking forward to dazzling the community and parade watchers with our float entry.

No matter what theme we select, we always have a good deal of fun preparing for this parade. We are just young at heart and still have that "kid" in us.



UPCOMING COMMUNITY EVENTS

CARE Animal Rescue is again holding an online auction from November 4th until November 9th in support of feral cats in the community.

Calabogie Lions Club is inviting the community to get involved in the winter carnival. From February 5th to the 10th, 2024, Calabogie Lions Club in partnership with the Greater Madawaska Volunteer Fire Fighters are gearing up to make our annual carnival a blast.

24 HOUR MOVEMENT GUIDELINES

(extracted from the September issue of the Voice of the United Senior Citizens of Ontario)

	<p>A reception followed at the Community Centre.</p> <p>A special mention to John Watts, an active club member who was instrumental in helping to organize this event.</p> <p>For those who could not attend this service, I am sure there will be more services held in the Ottawa Valley and area on November 11th. Please remember to wear your poppy in support of our troops and veterans.</p> <p>Well that's all we have for this edition folks. Our next edition should be coming out in January 2024. Until then, keep safe, stay warm and enjoy the upcoming Christmas Season with your family and friends.</p> <p>.....</p>	<p>Canada's 24-Hour Movement Guidelines for Adults 65+ tell us to be physically active each day, minimize the time we sit, and get enough sleep.</p> <p>What happens in a healthy 24 hours</p> <p>We should do a variety of physical activities with a range of intensities.</p> <p>moderate to vigorous aerobic activities that will add up to at least 150 minutes a week</p> <p>muscle strengthening using major muscle groups at least twice a week</p> <p>physical activities that challenge balance daily</p> <p>several hours of light physical activities, including standing</p> <p>We should limit the time we sit to 8 hours or less. No more than 3 hours of this should be recreational screen time. Break up long periods of sitting as often as you can. Get 7 to 8 hours of good-quality sleep each night with consistent bed and wake-up times.</p> <p>Helpful hint</p> <p><i>How fast is brisk?</i></p> <p>That depends on you. On average, it means walking 3-4 miles (4.8 – 6.4 km) an hour, or about the speed you would walk if you were late for an appointment. It should not be so fast that you are unable to talk.</p> <p>Active Aging Canada</p> <p>.....</p> <p>.....</p>
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