



# KANATA SENIORS COUNCIL

# Seniors news

**JULY 2018**

**Vol. 14 No 6:**

## VOLUNTEER AWARDS 2018

On Thursday, July 7<sup>th</sup> all the action was concentrated in Halls A, B, and C at the Kanata Seniors' Centre when a crowd of about 90 gathered to honor volunteers at the Centre's Annual Volunteer Awards Ceremony.



Introduced by Peter Fedirchuk, **John Kern** received the award for Volunteer of the Year. "Wherever you look there's John," said Fedirchuk, "Whether it's the Retirement Living Fair along with wife Marsha, helping in the kitchen, or with Special Events, or heading up the Council's successful Travel team ... there's John!"

Julie Pinet joined Rachel McGregor who presented awards to Far West Fun Fest's dedicated and "incredibly hard working" organizers **Kay Dubie**, President of the Kanata Seniors Council, and her "partner in crime" **Liz Tucker**, the Council's Treasurer. "The Fun Fest alone," said McGregor, "represents a huge amount of work, but Liz and Kay do it cheerfully along with their extensive duties on the Council's Board."



Kay Dubie presented awards to "our wonderful front desk volunteers ... **Lucy Rios, Shirley Kelly, Mavis Pritchard and Gaile Williamson**. "They're the first contact for newcomers, and an ongoing help for everyone," said Dubie. "There's always a smile, and always a warm welcome ... and if you've forgotten a pen, need information ... they're there for you."

Council Café Cooks **Marilyn Bailey, Pam Crawford, Pat MacLean, Marjorie Dewar, Judy Legere, Sylvia Blackeburn and Deb Bisailon** then received awards for, as President Kay said, "earning our admiration and respect during the year for keeping us all so well fed. I think their talents are appreciated by all of us and have contributed to the Café's reputation as being a great place to eat!"



Following the Awards ceremony, the crowd worked up an appetite for a delicious lunch (Leatherworks out did themselves) by dancing their feet off to the music of ever-popular Johnny Vegas.

## Older Adult Plan "Conversation"

**June 4, 2018**

A few weeks ago, the Kanata Seniors Council was informed that the City of Ottawa was once again asking the Seniors of Ottawa for their opinions on how they feel about what the city has done, or not done, in the past five years to improve the lives of our Seniors. Suggestions for improvements, on a priority basis, were required for the City's next Long-Term Plan. The Council was invited to organize a "Conversation" in which members of the public would be asked to see what the City could do better and assign priorities.

You may recall that in 2011, following the Mayor's initiative for Ottawa to be recognized by the United Nations as an "Older Adult Friendly City", our Council presented the "Mayors Forum" which mirrored the Mayor's public meeting which had a limit on the number of who could attend. In our Forum, Seniors were offered a chance to speak to what programs and initiatives should be introduced or ramped up by the City within its mandate an Older Adult Friendly city. That event was successful, it was attended by about 120 members of the public whose remarks were subsequently compiled into a report and presented to the City.

On June 4<sup>th</sup>, 2018, the Council organized a public meeting and, based on information provided by the City, everyone had a chance to see what the City had already accomplished over the past five years. The information while being positive also demonstrated much room for growth.

Sixteen individuals came prepared to discuss their concerns on vital issues important to all Seniors in the Kanata area. Good work was done that day and we came away with a whole list of concerns, ideas, and suggestions to present to the City. Those comments will be rolled into a full report and presented to the City's committee in charge of the Long-Term Plan.. Many thanks to all who participated. We really appreciate the time and effort you shared with us.

# TRAVEL

**Tuesday, July 10<sup>th</sup>:** Rideau Hall and lunch in the By-Ward Market. The trip includes a tour of the Governor General's Residence and lunch at the ever-popular Tucker's Market Place, all for only \$35.00. Sold Out right now but take your chances on the "Wait List".

**Thursday, August 23<sup>rd</sup>:** Sign up for a Boat Cruise on the Ottawa River. The trip includes an-hour-and-a-half cruise finishing with a brown bag lunch at the Seniors' Centre. Cost is \$35.00.

**DON'T MISS NEW FLYERS ON UPCOMING TRIPS**

**Thursday, September 13<sup>th</sup>:** A wine tasting trip to Smokie Ridge Vineyards which includes the bus, a tour of the vineyards, wine tasting accompanied by bread and cheeses all for just \$50.00.

**Friday, October 12<sup>th</sup>:** Upper Canada Playhouse trip to enjoy the riotous musical comedy, "Dean (*Martin*) and Jerry (*Lewis*): What Might Have Been" \$60 covers the cost of the bus, theatre tickets and lunch.

**Thursday, October 25<sup>th</sup>:** Collette Tours presentation on two tours: "Reflections of Italy" and "Memorials of World War Two". The second presentation features the 75 Anniversary of the D-Day Landings. There is no cost to attend and everyone is welcome.

**PLEASE NOTE:** From Tuesday, July 3<sup>rd</sup>, to August 28<sup>th</sup> Trip tickets will only be sold on Tuesdays from 11.30 to 1.00 p.m. The regular schedule for ticket sales will start on Tuesday, September 4<sup>th</sup>.



**THURSDAY SEPTEMBER 12TH**

**PANCAKE BREAKFAST**

*Sponsored by Hazeldean Gardens Retirement Residence*

**MONDAY SEPTEMBER 10TH**

**KANATA SENIORS COUNCIL**

**ANNUAL GENERAL MEETING**

*This is YOUR chance to have YOUR say in the Council's future and to meet YOUR Board*

*There is no charge to attend*

*A light meal will be served.*

# FAR WEST FUN FEST

Well, Far West Fun Fest is over for another year. The two weeks of fun and friendship ran from May 10<sup>th</sup> to May 24<sup>th</sup>. During that time the participants enjoyed playing euchre, cribbage, darts and bingo. They took part in a trivia tournament, went to see the tulips in Commissioners Park and had a campfire singalong at the Wesley Clover Campground.

Those who like being active took in the new option, drums alive fitness (a great hit), went square dancing, enjoyed Zumba, practiced on a golf simulator, tried their hand at mini putt and played lawn bowling ( despite the rain).

Some of the participants took a painting workshop, some enjoyed string art, decorated a terracotta pot, went back to basics and watched a cookery demonstration. Along the way we enjoyed an afternoon tea and breakfast and a movie, a fun movie by the way - The Greatest Showman - watch it if you can.

The two highlights of the weeks were the summer block party (the weather was nearly perfect) and beers of the world. We ended with our usual closing lunch catered by Leatherworks with entertainment by The Diplomats, a fun group.

Right now it looks like Far West Fun Fest, the 2019 edition, is more than just a possibility. Suggestions for events have already started to come in and hopes are that we can make it happen again.

Meantime a big thank you to all our sponsors, and all those who helped out. Most of all, thank you to everyone who participated. Far West Fun Fest is, after all, about fun, friendship and YOU!



## COMPUTER CORNER

### SIMPLE THINGS YOU CAN DO TO BE MORE SECURE ONLINE

Follow these tips to protect the security of your devices, data, internet traffic, and your identity.

**Install an Antivirus and Keep It Updated.** In theory, you can set and forget your antivirus protection. In practice, you should look at it every now and then. Most antivirus utilities display a green banner or icon when everything is OK. If you open the utility and see yellow or red, follow the instructions to get things back on track.

**Explore the Security Tools You Install.** To be totally sure that your antivirus is configured and working correctly, you can go to the [security features check](#) page on the website of the AMTSO (Anti-Malware Testing Standards Organization). Each feature-check page lists the antivirus tools that should pass. If yours shows up in the list but doesn't pass, contact your tech support.

**Clear Your Cache.** Saved cookies, saved searches, and Web history could point to address, family information, and other personal data. To better protect your Web history, be sure to delete browser cookies and clear your browser history on a regular basis. In Chrome, Edge, Firefox, Internet Explorer, or Opera, simply press Ctrl+Shift+Del to bring up a dialog that lets you choose which elements of browser data you want to clear. Note that deleting cookies may cause trouble for some websites and you may lose any personalization.

**Turn Off the 'Save Password' Feature in Browsers.** Most browsers include a built-in password management solution. **Don't use it.** Typically, it offers to import your password from the browser's storage. If the password manager can do that, you can be sure that malicious software can do the same.

Watch for additional security tips in future newsletters or sign up for PC security lessons at the Kanata Seniors Computer Training lab. lessons cost \$20 for 3 one-hour private lessons. For information or to sign up please contact us at [http://kanataseniors.ca/computer\\_training.html](http://kanataseniors.ca/computer_training.html) or by telephone @ 613-580-2980



## From the President

*Somehow, we made it through a crazy year when we were never quite sure whether it was winter, spring or summer. So welcome to the better weather.*

*It's been a busy year for your Council. Our new directors are in full swing, picking up tasks that have not been addressed in a long time because we simply didn't have the people resources. We're always looking for what new programs we could try or how to improve the ones we have. And we would love to have YOUR input.*

*We continue to work over the summer months to get ready for our Annual General Meeting in September, and plan for the coming new season. We're searching for new Directors and if you're interested please keep a lookout in August when more information and nomination forms will be posted.*

*The Council is the machine that drives the programs that we have - whether it's keeping the Café functioning, the computer programs running, or the Travel Team organizing trips out and about. Then there's the Far West Fun Fest and the Retirement Living Fair.*

*Those last two were, some time ago, "new" ideas which took off. Our Welcome Mat is out for MORE new ideas, suggestions and, as ever, new DIRECTORS!*

*The Board meets once a month on the third Friday of the month at 9:am in the Program room at the KSC. Everyone is welcome!*

*I, and my Board, wish you the best for the summer days ahead, and look forward to re-connecting in September.*

*Kay*

# WHAT'S COOKING

## CAFE CHATTER - JULY, 2018

As our dispositions are always so sunny, it's hard to realize summer is approaching. Cafe volunteers who are just back from spring vacations are booking July and August off. If some of you feel compelled to help out for a few hours a day, please contact us. We need you! The students who have already applied will be contacted shortly. We're looking forward to meeting them and while they go through their period of training we find that they're teaching us a thing or two as well!

Our British pub lunch featuring entertainment, bar, bangers and mash and cake went *really* well. I would like to say a HUGE "THANK YOU" to our wonderful cooks and the great organizing team. I was amazed at just how many sausages 40 people can eat.

Hats off and another "THANK YOU" to Meridian who partially sponsored the event. It's a great outfit with great people. Check them out.

We're in process of putting together a recipe book featuring many of the recipes you've enjoyed (and asked us for!) and some other stuff we hope to assemble for our readers and eaters. Providing we get all the logistics and funds together, we hope to have it ready for sale during the holiday season. However, we're still on the look out for more family favourite recipes. If you've got one or two tucked away up your sleeve, now's the time to get it out of your sleeve and into our hands. Authors will be credited!

We're open July and August, Mondays to Fridays 9AM-2PM. If there are any changes, they'll be made public well in advance. As for me I'll be out on our (new) patio enjoying refreshments. Why not come and join me?

*Frank n'Sense*

*An elderly Floridian called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher: "They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" she cried.*

*The dispatcher said, 'Stay calm. An officer is on the way.' A few minutes later, the officer radios in. 'Disregard,' he says. 'She got in the back-seat by mistake.'*

**Cheers,**

**Frank Zeithofer**



## THE COUNCIL IS OUT FOR BLOOD.

New blood, that is, in the form of new Directors and a Chartered Accountant so that the Council can keep up to its promise of 'seniors helping seniors'.

The new Directors who joined the Council last year have made a huge difference Their energy and skills have helped the Council catch up on many administrative procedures and strengthen our programs. But the Board is still badly in need of new Directors.

As an added challenge, the Board's Chartered Accountant who has served the Council with such dedication over the years, will be retiring.

**If YOU** enjoy the programs organized by the Council, if you have some time, and if **YOU** would like to make a difference, or know someone who would simply **CHECK THE FLYERS THAT WILL BE POSTED IN THE CENTRE FOR INFORMATION ON APPLYING.**



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