

OUTREACH

July 2021

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Message from the Executive Director

By Elizabeth Nykorowytsch Macnab, CHRL

In 1867, Canada was no longer British colony, and became a nation. This nation became the vision of 4 provincial leaders from Upper (Ontario) & Lower (Quebec) Canada, New Brunswick and Nova Scotia. Newfoundland was the last colony to join Canada in 1949.

Unlike the US, Canada is a country of mosaics. We are a nation which is socially and culturally diverse. The 1st refugees, Loyalists, were as socially and culturally diverse as the nation, the US, that they fled. They were soldiers and civilians, rich and poor, Black, White and Indigenous. Canada is a nation within a nation, the status which Quebec guards judiciously.

Canada also had many firsts....Slavery was abolished on Aug 1, 1834, and in the US in 1865. Women in Manitoba had the right to vote in 1916. US women in 1920 and women in Switzerland in 1971 got to vote.

in 1947, Tommy Thompson from

Saskatchewan established a provincial medicare model. This evolved into a universal federally funded health care system.

After each war or conflict, waves of immigrants from Europe, Middle East, Caribbean and others found their way here looking for a better life. As the child of immigrants, I grew up with this positive image of Canada... a land of hockey, maple syrup, poutine, moose, beavers and snow (lots of it!). Yet Canada, like all countries has a dark side. We had residential schools and reconciliation has yet to happen. Taxes are steep. We have the highest cell phone charges in the world. Health care wait times and LTC issues. Financial insecurity for seniors.

However, you celebrate July 1st...toasting with a Bloody Caesar, munching on a peameal bacon sandwich, nibbling on cheese curds or paying for a Timmies with your toonies and loonies... remember the good and bad. Make a commitment to raise your voice and advocate to make Canada better.

Ontario Society of Senior Citizens Organizations

La Société des Organisations des Citoyens Aînés de l'Ontario

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Why is Canada Day Such a Big Deal?

By Fawzia Husain, Edited by Carol-Anne Mccloughlin

Canada Day takes place on July 1st and the reason it's such a big deal is simple – It's Canada's Birthday! Thousands of people usually flock to places like Ottawa, Ontario and other major Canadian cities to get involved in the wide range of celebratory activities and functions that happen on this date each year. In fact, Canada Day is such a big deal that there are even international celebrations in other countries where there's a Canadian population!

A little bit of history...

Canada Day is a commemoration of July 1st, 1867, when the British North American Act (now known as the Constitution Act) united Nova Scotia, New Brunswick, and the Province of Canada into a single country. Not only did this union give our new country a lot of independence,

it was an important part to paving the way for Canada to achieve full independence from the United Kingdom. In 1965 we did away with the Union Jack and got our own flag. Then in 1982 Pierre Trudeau repatriated the Canadian Constitution, that the country truly became independent and when Canada Day became an official holiday.

...And on to the celebrations! Canadians of all different backgrounds and cultures will celebrate Canada Day by raising flags, enjoying socially distant BBQ's, watching on-line celebrations and enjoying family.

The biggest part of this holiday is celebrating what it means to be a Canadian, enjoy everything that our country has to offer – whether you're admiring the stunning natural beauty around you, painting your face with the vibrant colours of our flag, enjoying the festivities online or even just sitting back and sipping on a Canadian.

Although this year's celebrations have been reduced by the pandemic and in some cases paused to give reflection on the serious issues

of Indigenous peoples, the spirit of Canada's Birthday is as strong as ever.

Happy Canada Day eh!!

Flash back!

Reference:

Mork & Mindy 1978 - 1982 TV Show



Reference:

I Love Lucy 1951 - 1957 TV Show



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I will not trade off my Golden Senior Years! Oh No!

By Anita Ng

So, what makes golden senior years so Golden?

It does not mean one has to be in stellar shape or have oodles of money in the bank or master superior philosophies on life. However, it may be food for thought in shaping one's life beyond middle age.

Golden senior years denotes: "a period of primordial peace, harmony, stability and prosperity"to me the latter signifies spiritual and emotional prosperity.

Master the meaning of life allows one to exercise control over one's own life. The above statement holds true in any life stage; in particular, at this juncture of my life as a senior who retires from active work, I remind myself of my personal conviction to stay active and to look forward to my golden age with great anticipation and renewed energy.

Seeing my children grow up, become independent and assume responsibilities as civil citizens makes me feel gratified and relieved that my parental responsibility is fulfilled and reap the reward of parenthood.

First and foremost, I am grateful that at age 67, I embrace portrayals of my demographic when I am shown as a positive, capable, driven and energetic individual. As I have no regimental grind of work, I am in total control and freedom to engage in physical activities which not only improve my physical well being, it is pivotal for my brain health as it increases blood flow to the brain that helps neurons grow.

I have the privilege of nurturing intergenerational relationships with my grand-children. Unlike their parents, who are bound by career commitment, I can coach my grand-children to be attentive to birdsong; listen to the wind in the trees and the buzz of a honeybee; observe the tiniest bird nests in one of the dwarf apple trees; as well, introduce them to absorb in the music of nature.....these are the affluence of being a senior citizen.

I am also proud that, although I am not doing work that draws a pay cheque, I donate my time into volunteerism which is enriching, fulfilling and bring the community (which I serve) toward a shared purpose.

In closing, I would like to share with you a takeaway saying from Mark Twain: "Age is an issue of mind over matter. If you don't mind, it doesn't matter".

A citing from a research also has revealed the following truth: "We are happier and more satisfied as we aged; with our lived experience we are richer than we thought!"

HAPPY CANADA DAY!



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Canada Day Trivia - What Makes Us Unique Questions

Do you think you know a lot about Canada and its provinces? Let's warm up with some general interest trivia to test how much you really know (answers are on the last page...)

1. Who were the 1st Europeans to attempt to settle in Canada?
a. British, b. Vikings c. French
2. Which animal's fur drove the fur-trade economy? a. Deer, b. Bear, c. Beaver d. Buffalo
3. During the War of 1812, General Isaac Brock won battles with the collaboration of which Indigenous leader? a. Poundmaker, b. John Brant, c. Tecumseh
4. Which body of water did Jacques Cartier explore?
a. St. Lawrence River, b. Hudson Bay, c. Rideau Canal
5. Who was Canada's longest serving Prime Minister? a. John A McDonald, b. Robert Borden c. William Lyn MacKenzie
6. What does the word Kanata mean in the Iroquoian language. a. Village, b. Snow, c. travelling long distances d. Dried Cranberries

7. What Canadian City was known as Bytown? a. Edmonton, b. St. John, c. Ottawa d. downtown Vancouver

8. Canada is the exporter of which sweet fruit? a. Apples, b. Blueberries, c. Cranberries. d. Strawberries

9. What City was Home to Canada's 1st newspaper? a. Halifax, b. Charlottetown, c. Lunenburg d. Moncton.

10. What year did Newfoundland join Canada? a. 1954, b. 1949, c. 1928 d. 1951 .

11. Other than being known as the province of Anne of Green Gables, what is the most favorite sport of the people of PEI, a. Curling, b. baseball, c. la cross d. golf.

12 New Brunswick is known for its extreme high and low tides which happen every 12 hours at the Bay of Fundy. In what city are the Reversing Falls found? a. Moncton, b. St. John, c. St. Andrews by the Sea, d. Fredericton.

13 The Battle of the Plains of Abraham was fought in: a. Halifax, b. Quebec City, c. Niagara Falls d. Montreal

14. Which Canadian City was once called York? a. Montreal, b. Kingston c. Vancouver d. Toronto

15. Toronto is also the original of world's longest road. What is it called? a. Dufferin Street, b. Yonge Street, c. Bayview Avenue d. Islington Avenue

16. Which province was first to grant women the right to vote? a. Ontario, b. Newfoundland, c. Manitoba d. British Columbia

17. Oil rich deposits were discovered in which province in 1875 which would change Canada's economy forever? a. Manitoba, b. Alberta, c. Saskatchewan c. Newfoundland



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Museums in Ontario's Rural Communities; Did You Know?

By Carol-Anne Mccloughlin

Museums, Galleries, and Heritage Sites help to create distinct and vibrant places.

They are institutions that collect, safeguard and make accessible artifacts and specimens, which they hold in trust for society. They also have the power to create unity on a social, political level and local level. Local museums provide a sense of community and place by celebrating a collective heritage, and a way to know the history of a particular area.
Senior Engagement

- Over 45,000 Ontario seniors take part in specialized museum programs each year
- Ontario's 35,000 museum volunteers contribute to over 2.3 million hours a year
- Museum programs help to combat social isolation and build senior well-being

Community Identity & History
• 2/3 are Community Museums and are dedicated to local stories and history
• Rural Museums are key amenities for Community Pride and Rural Culture

Local Education

- Museum visits build higher achievement and skills in reading, math, science and critical thinking, especially for rural students
- 77% of Ontario museums offer programs linked to provincial curriculum
- Digital experiences links museums and schools

As Ontario slowly opens up, make a promise to explore locally and learn more about Ontario's Rural Museums. Here's the contact information where you can find a museum in your rural community...

Marie Lalonde, Executive Director OMA
50 Baldwin Street
Toronto, Ontario, M5T 1L4
Email : malalonde@museumsontario.ca
a
Tel : 416-348-8672
Toll-free in Ontario: 1-866-662-8672



Reference:

1929 Ford Street Rod - Vanguard Motor Sales



Reference:

1964 Chevrolet Impala - Hagerty Insurance Agency



Reference:

1937 Packard Super Eight Convertible Sedan - Packard Cars



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A Country Divided: Calls to Cancel Canada Day Festivities Grow Louder

By 680 News Staff

OTTAWA - The call to cancel this year's Canada Day festivities is growing across the country.

As Canadians continue to reel from the discovery of the remains of 215 Indigenous children on the grounds of a former residential school in Kamloops, B.C., many activists say it's the right thing to do, considering how Canada has let down Indigenous families and children.

While there is currently no official request to the federal government to have Canada Day put on hold nationwide, some communities are going ahead with cancellations at a local level.

Victoria, B.C. has decided to cancel its Canada Day celebrations, with Mayor Lisa Helps saying the community

will instead explore and reflect on "what it means to be Canadian, in light of recent events."

Wilmot Township, in the Waterloo Region of Ontario, has also decided to cancel festivities this year, saying the decision was made in light of the discovery in Kamloops. The township's Canada Day committee chairwoman says the decision is out of respect for the Indigenous community's grief, and event organizers will instead be offering a public art experience in lieu of celebrations.

Calls have also been growing in Edmonton to cancel the usual Canada Day festivities, but others say the events can still be held while paying tribute to lives lost and impacted.

Gunargie O'Sullivan, broadcaster and residential school survivor spoke with CityNews and said: "If you are holding your own event, maybe you might want to invite a First Nations person from your community and ask if they will come and welcome you into their territory."

There is also a growing online call to see Canada Day cancelled this year.

The Indigenous group 'Idle No More' is hosting an online 'Cancel Canada Day' event that "calls on Indigenous land, water and sky protectors and allies to come together and disrupt the celebration." Also, while the hashtag #CancelCanadaDay isn't new, it is rapidly gaining traction on Twitter, with some saying a national day of mourning would be more appropriate. Though, many are using the hashtag to express the opposite opinion, saying while Canada has a flawed history, there is still much to be proud of a nation.

However, Indigenous proponents say simply moving forward glosses over the discovery in Kamloops and our nation's real history. "Do we live in denial and dance on the bones of children and pretend nothing is happening or do we take responsibility and comprehend the genocide that has been perpetrated against Indigenous people since the birth of Canada," said Haida artist, Tamara Bell. There's been no indication that the Heritage Canada events will be cancelled.



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Indigenous and First Nations
By Carol-Anne Mccloughlin

There's more work to be done for Truth and Reconciliation in Canada

- The remains of 215 children discovered at the site of a former residential school is a horrifying reminder of the abuses against Indigenous people in Canada
- Of the 94 calls to action put out by the Truth and Reconciliation Commission in 2015, only a handful have been completed.
- The Catholic Church has yet to offer an apology for their role in Residential Schools across Canada

Keep learning about the unique heritage, diverse cultures, and amazing contributions of First Nations, Inuit & Métis peoples. We've pulled together a list of some suggested readings to raise awareness and gain knowledge on these and other issues.

Recommended Reading:

- Seven Fallen Feathers - Tanya Talaga
- Indian Horse - Richard Wagamese
- Mamaskatch - Darrel McLeod
- Life Among the Qallunaat - Mini Aodla Freeman
- The Reason You Walk - Wab Kinew
- Bearskin Diary - Carol Daniels
- The Right To Be Cold: One Woman's Story Of Protecting Her Culture, The Arctic And The Whole Planet - Sheila Watt-Cloutier
- From the Ashes - Jesse Thistle
- Lucy & Lola- Monique Gray Smith



Reference:

Rotary Dial Phone - BarlowMccarthy.com



Join our Workshops



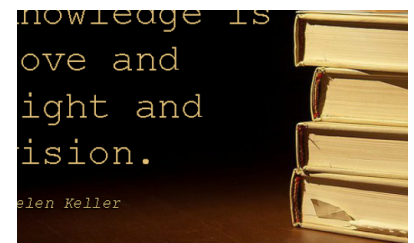
Starting July 14, join Carol Ann and Helen this summer for their weekly TeleLearning workshops on Wednesday from 1pm - 2 pm.

Need a computer refresher? Want to learn more about your cell phone? Starting July 6, trainer Richard leads 2 x 6-week programs . Computers training is 9:30-11, and cell phone training 1-2:30pm.

Workshops are free to 55+. Offered virtually on both Telephone and Zoom..

Register got both at education@ossco.org or phone 416-785-8570 ex 222.

Protect yourself and enjoy a "2shot" a vaccinated summer



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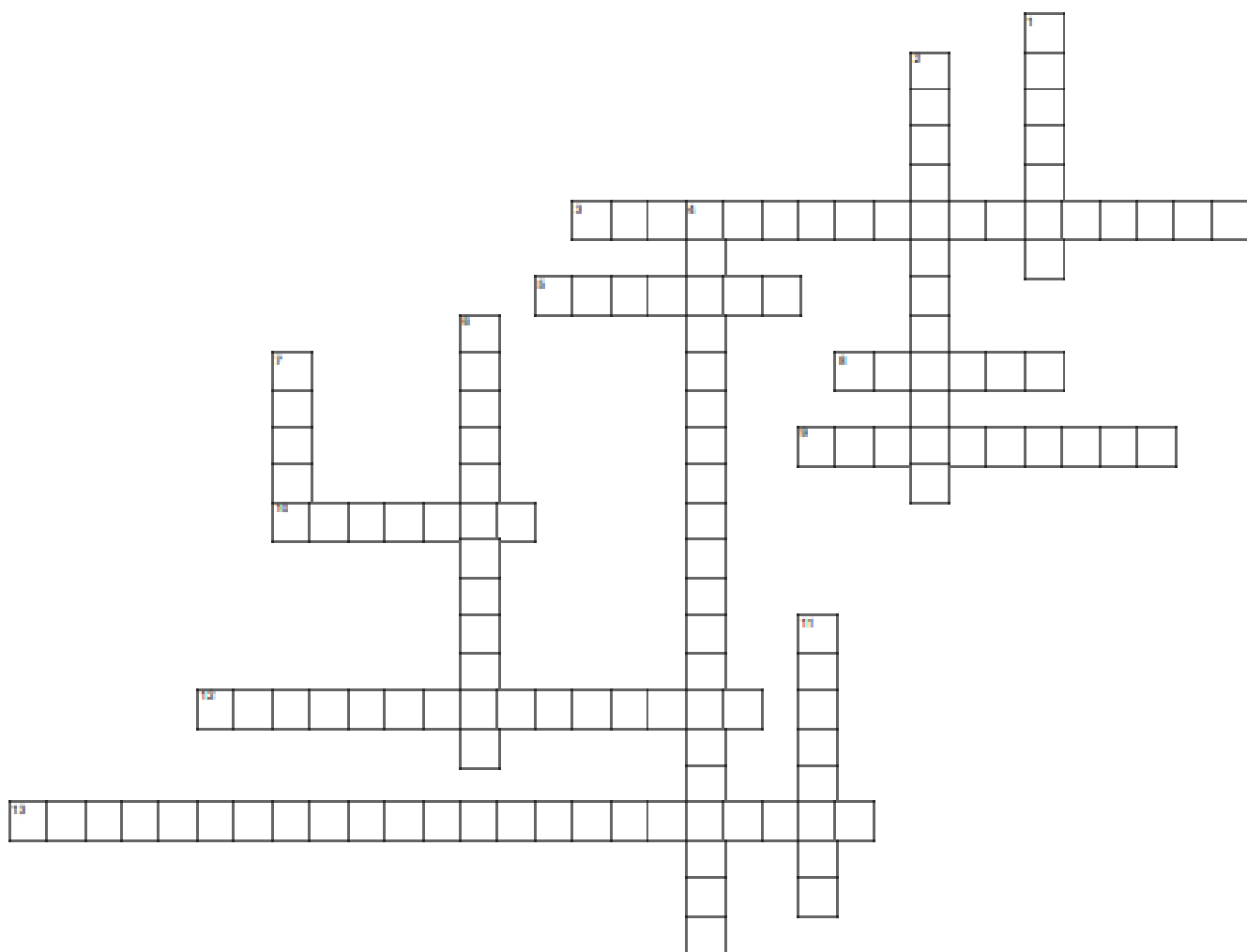
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Canada Day - How Well Do You Know Canada?

Can you identify Canada's 12 provinces through their capitol cities?



ACROSS

- 3 Its capitol is Charlottetown
- 5 Its capitol is Edmonton
- 8 Its capitol is Quebec City
- 9 Its capitol is Halifax
- 10 Its capitol is Iqaluit
- 12 Its capitol is Victoria
- 13 Its capitol is St. John's

DOWN

- 1 Its capitol is Ottawa
- 2 Its capitol is Regina
- 4 Its capitol is Yellowknife
- 6 Its capitol is Fredericton
- 7 Its capitol is Whitehorse
- 11 Its capitol is Winnipeg



Canada Day Trivia - What Makes Us Unique Answers

1. Who were the 1st Europeans to attempt to settle in Canada?
ANSWER: c. Vikings They settled 500 hundred years before Cabots and Columbus in an area of Newfoundland they called L'Anse aux Meadows.

2. Which animal's fur drove the fur-trade economy?
ANSWER: c. Beaver

3. During the War of 1812, General Isaac Brock won battles with the collaboration of which Indigenous leader?
ANSWER: b. Tecumseh
Tecumseh was the leader of a First Nations confederacy created to resist American efforts to take indigenous land north of the Ohio River. They later aligned with the British during the War of 1812.

4. Which body of water did Jacques Cartier explore?
ANSWER: a. St. Lawrence River

5. Who was Canada's longest serving Prime Minister?
ANSWER: c. William Lyon Mackenzie King He served prime minister from 1921-1926, 1926-1930 and 1935-1948.

6. What does the word Kanata mean in the Iroquoian language.
ANSWER: a. Village

7. What Canadian City was known as Bytown?
ANSWER: c. Ottawa

8. Canada is the exporter of which sweet fruit?
ANSWER: b. Blueberries. With Canada exporting tens of millions of pounds of the sweet treat, it is the world's second largest producer of the berry.

9. What City was Home to Canada's 1st newspaper?
ANSWER: a. Halifax. In 1752 the Halifax Gazette became Canada's 1st newspaper that was printed.

10. What year did Newfoundland join Canada?
ANSWER: 1949 .Newfoundland was the last province to join Canada. It was Joey Smallwood who negotiated join the confederation , separating from Britain.

11. Other than being known as the province of Anne of Green Gables, what is the most favorite sport of the people of PEI?
ANSWER: a. Curling. There are 7 curling rinks on this small island which is known for its red soil and potatoes.

12. New Brunswick is known for its extreme high and low tides which happen every 12 hours at the Bay of Fundy. In what city are the Reversing Falls found?
ANSWER: b. The Reversing Falls is the point where the Saint John River meets the Bay of Fundy. They are called the Reversing Falls, because they change directions with the tides in the Bay of Fundy.

13. The Battle of the Plains of Abraham was fought in:
ANSWER: : b. Québec City - Part of the 7 year war with Britain

14. Which Canadian City was once called York?
ANSWER: d. Toronto

15. Toronto is also the original of world's longest road. What is it called?
ANSWER: b. Yonge Street. Yonge Street is the world's longest road at 1,900 kilometres (1,190 miles) and stretches from the edge of Lake Ontario all the way up past Lake Superior.

16. Which province was first to grant women the right to vote?
ANSWER: c. Manitoba - women could vote in 1916, and federally in 1918 - 2 years ahead of the US

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