



# THE WIARTON READER

## November 2020

### PRESIDENT'S MESSAGE

Dear Fellow Members,

I hope everyone is doing well and staying safe. Staying safe is our highest priority right now. At this time there is not much we can do about the pandemic. Caring and Sharing about others is something we can do, something that is under our control. May you finds ways of doing so.

Caring and Sharing  
Mazie

### BRANCH UPDATES

- Sadly reporting that Life Member Elizabeth Leyland of Gateway Haven passed away October 31<sup>st</sup>. Condolences have been sent to the family and a donation will be made to The Friends of Gateway in Elizabeth's memory.
- The Executive made the decision to cancel the November 16, 2020 Meeting and put future Meetings (May, September, November) on hold.
- Teleconferencing Executive Meeting was held October 14, 2020. The following motions were passed:
  - i) To purchase a Zoom/Teleconferencing Service for 2020-2021, Cost \$240. Note: Received a Special Grant( Covid-19) from the Province making it possible to purchase this Service.
  - ii) The Wiarion Branch to pay RWTO Provincial the membership fee for all current members 90 plus years of age, starting May 2021.
  - iii) To reimburse the McLay family the membership fee (\$45) paid June 5, 2020 by their Mother Charon.
  - iv) To donate \$50 to Tara United Church in memory of Mary Heron.
  - v) To donate \$50 to Lion's Head friendship Club in memory of Charon McLay.
  - vi) To donate \$100 to each of the following Food Banks, (Tara, Wiarion, Lion's Head.)

**NOTE:** Any questions about the donations contact Mazie.

### RWTO PROVINCIAL UPDATES

- Branch President receives monthly calendar reminders.
- The 2021 Conference Sault Ste. Marie has been cancelled. A Virtual Annual General Meeting will be held the first week of June 2021.

## **MEMBERSHIP**

THANK YOU for renewing your 2020-2021 Membership  
MUCH APPRECIATED

MEMBERS .....	44
LIFE MEMBERS.....	1
TOTAL .....	45



**LIFE MEMBER 2020  
SANDY TAYLOR**

# PROGRAM/ENTERTAINMENT

\*\*\*SEE ENCLOSED NOVEMBER CALENDAR\*\*\*

i)

## “LET’S CHAT”

Teleconferencing (Vesta)

NBPSCWW Chats lead by Sharron Colter

PHONE 1-877-806-9883 toll free

LISTEN FOR THE PROMPT

THEN INPUT GUEST PASS-CODE 555617#

(please invite a friend or family member to participate)

ii)

## “LEARNING from your LIVINGROOM”

**Presenter: Sandra Hong**  
**PLEASE PRE-REGISTER**  
**To register call Sandra**  
**519-376-7230**

*Learning from your Livingroom*

Please visit [alzheimergreybruce.com](http://alzheimergreybruce.com) for information and to register for these zoom presentations

- Normal vs Not Normal Aging as it relates to Memory  
October 16
- Searching for the Meaning behind the Behaviour  
October 23
- The Journey of Support Starts Here  
October 27
- Nutrition and Dementia  
November 3
- Meaningful Activities  
November 10
- Validation Therapy  
November 17
- Planning Ahead  
November 24
- Memory Tips and Tricks  
December 3
- Positive Thinking  
December 10

All presentations are 11:00 am - 12:00pm

**Alzheimer Society**  
GREY - BRUCE

519-376-7230 shong@alzheimergreybruce.com  
Pre-registration is necessary

iii)

## “LAUGH YOURSELF HEALTHIER”

By Carolyn Shannon



**Join Our  
Laugh Yourself  
Healthier  
ZOOM Club!**

**FUN!!!  
SEATED**  
Or  
**Standing**  
Exercise Program  
that **WILL**  
Improve Your  
Heart, Lungs  
& State of  
Mind!!!

Bring a beverage, funny hat  
(Opt) &/Or come as You are!

Let's Breathe, Laugh & Clap Together!  
Perfect isn't Funny so Just have FUN!!!  
Carolyn Shannon  
Laugh YOURSELF Healthier.com

**Dates & Times:**  
MONDAYS & FRIDAYS  
2:00 PM  
JOIN by 1:55pm if possible

**LOCATION: On ZOOM**

**Video on Computer / iPad**  
<https://us02web.zoom.us/> (Join In)  
ID 869 8084 9744 / PassCode 987999  
(Best if Download App rather than use on browser)

**Landline / Cell No Data Phone**  
1-647-374-4685 Same ID & PC  
(\$0.03/min OR FREE with Canada LD Plan)

**YES!** You can do in a Wheelchair!  
**YES!** You can hook computer to  
TV via HDMI Cord for Big Screen!

**FREE Sessions** for SCWW Members  
(NOT RECOMMENDED FOR THOSE WITH MS)



### RWTO/OERO WIARTON BRANCH SURVEY

(see enclosed)

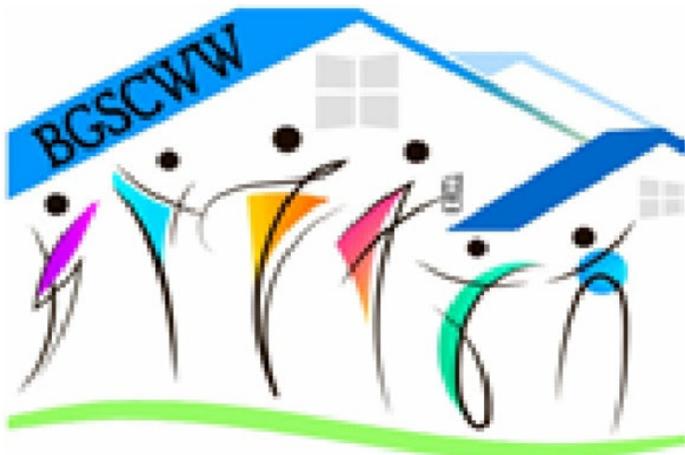
To help plan the 2020 – 2021 Branch Programs, please fill out the survey and return the survey in the self-addressed stamped envelope.

Thank You

Note: For the December's Calendar, musical programs will be added.

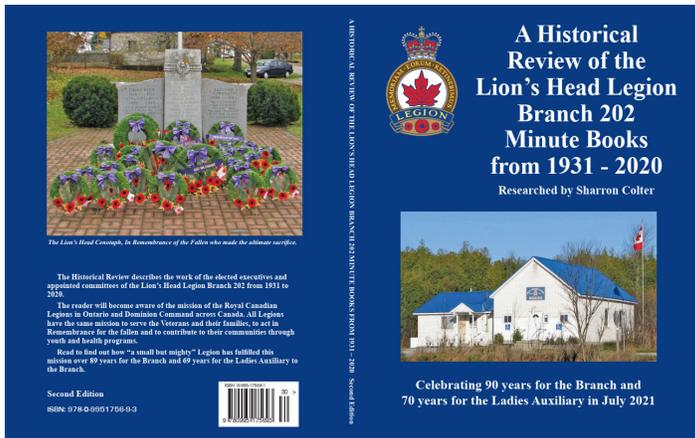


Sharron Colter has been named the November 2020 WOW Gal for her recent projects during the pandemic restrictions by giving to others, by making others happy and by sharing history of a small Legion bringing sunshine, bright lights and happiness to others.



The attached picture includes the logo for the newly planned Bruce Grey Seniors' Centre Without Walls, SCWW.

The enclosed November calendar's activities are available to anyone who wishes to register by telephone or zoom in according to the directions on the calendar. The Northern Bruce Peninsula Community Support Advisory Action Committee was prepared with a full schedule of speakers for 2020, when the COVID-19 Pandemic was announced in the news. Therefore, Sharron partnered with the United Way Bruce Grey and applied for a micro grant from the Ontario Ministry of Seniors and Accessibility and the Older Adults Centres Association of Ontario. She has received a grant for \$5,000.00 to implement the Seniors' Centre Without Walls in Bruce Grey. The initial pilot project is beginning in the Northern Bruce Peninsula for five months.



The picture of the “Historical Review of the Lion’s Head Legion Branch 202 Minute Books 1931-2020” has been published by the Tobermory Press just in time for the Remembrance Poppy campaign until November 11. Since the Remembrance Day services will be virtual without large groups attending at the cenotaphs, Sharron is prepared to host Remembrance sessions on Wednesdays as printed on the November calendar. She will share stories, poems and the history of the Lion’s Head Legion and area from her second edition of her book.

The third exciting project was with the Retired Teachers of Ontario, the Retired Teachers of Bruce Grey Dufferin District 10 and the Bruce Grey Unit who



partnered with the Royal Canadian Legion Branch 202, Lion’s Head, to shop for and prepare forty, 72 Hour Emergency Kits for the Lion’s Head and District Food Bank. The picture depicts the 7 volunteers who packed the kits on Monday 26, 2020. All the kits have been delivered to community members and families. Due to the pandemic restrictions were followed as Sharron and her husband Don did the shopping for the items and Don delivered the items to the Food Bank.

**STARS & SMILES**  
TO  
**RTO BRUCE GREY DUFFERIN DISTRICT 10**  
**FOR PROMOTING THE SPECIAL PROJECT**  
(72 Hour Emergency Kit)  
See back page

**GOODWILL**  
If you know a member: who has had surgery, an accident, is ill, loss a love one needs cheering up :  
**CALL LOIS ~ [REDACTED]**  
She will send a card

# Butterflies Released At Ontario Nursing Home A ‘Story Of Hope’ For Seniors

The monarch butterflies were a bright spot during the pandemic.

**HUFFPOST** By Sherina Harris



Courtesy of Anne MacLean James  
From left: Sandy Taylor, Pat Horner and Shirley McFarlane with monarch butterflies at Golden Dawn retirement home in Lions Head, Ont.

Retirement and long-term care homes have been hit hard by the COVID-19 pandemic this year, but residents at one Ontario home experienced a little extra joy this summer releasing monarch butterflies in their courtyard.

Anne MacLean James is a former activation aide at Golden Dawn Senior Citizen Home in Lions Head, Ont., who returned in March after being retired and volunteering for 10 years to help with one-on-one visits and activities during the pandemic.

She’s affectionately known by residents as the “monarch lady” because she’s been bringing butterfly enclosures to the home for the past three years.

MacLean James started raising monarch butterflies about 25 years ago, inspired by her husband’s cousin who used to raise so many monarchs that chrysalises hung from door frames at her cottage. When she passed away, MacLean



Courtesy of Anne MacLean James  
Anne MacLean James with a monarch enclosure in the Golden Dawn courtyard in August 2019.

James decided to look after the milkweed garden she’d started at their church.

She continued raising monarchs on her own, eventually using enclosures her husband made and bringing them to display in the lobby of Golden Dawn and releasing the butterflies outside in the courtyard – much to the excitement of residents.

“They love it, because it’s something they remember from their youth,” MacLean James told HuffPost Canada. “Back in their days, there were a lot more monarchs than there are today.”

Monarchs were listed as endangered in Canada in 2016. In 2019-20, monarchs took up 2.83 hectares of forest in Mexico, down from 6.05 hectares the previous season.



Courtesy of Anne MacLean James  
Caterpillars and chrysalises in an enclosure.

In past years, MacLean James would walk with residents around the home's extra lot to find caterpillars and caterpillar eggs. This year, she and the residents looked in the courtyard garden. When the eggs hatch, she puts the caterpillars into a small enclosure she calls the "hospital" until they're about five days old, at which point she moves them to a larger enclosure. "Everyone helps keep an eye on them, and we go out and get milkweed for them," she said.



In the two years before the pandemic, MacLean James left enclosures at the home so residents could see the

chrysalises and all of the stages of the butterflies' life cycle.

This year, in accordance with pandemic safety measures, she only brought the enclosures on days she worked, instead of leaving them there all the time which would have meant she would have to be screened multiple times a day when she visited to clean or check on the enclosures.

"But I made a point of releasing far more [at the home] this year, because there's so much [residents] can't do right now," she said.



Courtesy of Anne MacLean James  
Monarch butterflies that MacLean James raised at her Lions Head, Ont. home.

On one occasion last year after releasing the monarchs, one landed on a resident and wouldn't leave. MacLean James told her it was almost time for her to go to bed, and asked what she'd do if the butterfly didn't fly away. The woman was willing to sleep in the courtyard so the monarch could stay.

"She said, 'Bring me a blanket,'" MacLean James recalled, laughing.

Residents often recall raising monarchs in jars in school as children, she said. "It's

a memory they didn't know they had until they see [the butterflies]."

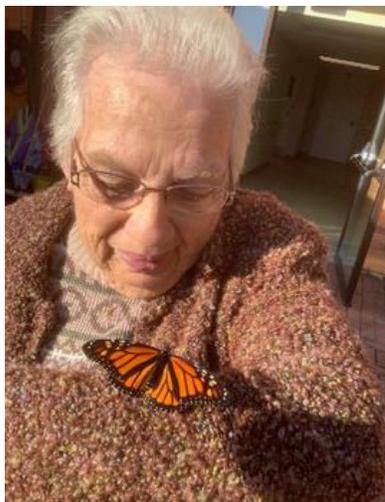
"It's a special thing, releasing them with them," MacLean James said. "At this stage in their life, to me, a monarch is sort of our life story; how we think we're dead and then look what happens to us. So it's sort of a story of hope, I always think – there's more to life than what's here."



Courtesy of Anne MacLean James  
Sandy Taylor, 86, at Golden Dawn retirement home in Lions Head, Ont.

the chrysalis, she said, adding their wings unfold "unbelievably."

"I had one that sat on my arm and didn't want to go," Taylor, who is 86, said. "And finally Anne came over and put him on her arm, he sat there for quite a while, too. So he liked us, just as much as we liked him."



Courtesy of Anne MacLean James  
Shirley McFarlane, 84, with a monarch at Golden Dawn.

"I think that we were privileged to be able to see them. No matter how old you are, you know when beauty is around,"

she said.



Courtesy of Anne James MacLean  
Clarice Garrod, 92, said she didn't expect to love monarch butterflies as much as she did.

interested in them when I was younger. And then when I [came] here, I really did get interested in them," she said.

Clarice Garrod, a 92-year-old resident, remembers sitting with a monarch that stayed on her hat for about 20 minutes. "And then it came down and looked into my eye, I think it was."

"I loved it. I didn't move," she said. "I never ever thought I would [enjoy it], but I did."



Courtesy of Anne MacLean James  
MacLean James tags some of her monarch butterflies with tags from Monarch Watch.

"I just loved every minute of it," Garrod said.

MacLean James said it was hard for all

Shirley McFarlane, another resident at Golden Dawn, said her favourite thing is looking at the monarch's faces. "They look cute," the 84-year-old said.

"I saw lots of butterflies but didn't really get

of the residents to be away from their families during the pandemic. “The monarchs were a lighter spot,” she said.



Courtesy of Anne MacLean James

A monarch that flew into a tree MacLean James planted to honour her father.

Families are also “thrilled” to see residents taking part in releasing the butterflies, MacLean James said. One family member told her toward the end of her mom’s life, it was hard to talk to her – but she was always excited to hear about the monarchs and wanted to take her family out into the lobby to see the caterpillars in the enclosures. The resident has now passed away, but her family is raising monarchs on their own with an enclosure MacLean James gave them.

This year, MacLean James raised 856 monarchs and released over 200 at the retirement home. She also tagged 200 monarchs this year with tags from Monarch Watch, a program based at the University of Kansas. Those tags help researchers find out details of a monarch’s migration, like where it came from and how long it took to get to Mexico.

Tagging the monarchs means she’ll be notified if one of her butterflies successfully makes the migration – as one of hers did last year. In 2019, she raised 1,400 monarchs but felt it was too many. Even the number she raised this year “was almost a full-time job,” she said.

For two years, she had a float in the town parade where she released monarchs with residents. She also brings the enclosures and butterflies to another nearby home and gives presentations about raising them.

“I’m happy to say there are many of us up here that are raising them, because of my husband’s cousin and then myself.”

Now that MacLean James has released her last monarchs of the year, she feels “empty nest syndrome.” But she had a special moment releasing the very last butterfly in September – it flew into a tree at the home that she’d planted in her dad’s name after he died, while her mom was a resident at the home.

“It was very, very emotional when that happened because it just left that one resident and went up into the tree,” she said. “And I thought, ‘Ooh, that’s strong.’”

**NOTE:**

**Anne MacLean James husband cousin who inspired Anne was the late Edith Tompkins who was a member of the RTWO Warton Branch for many years.**

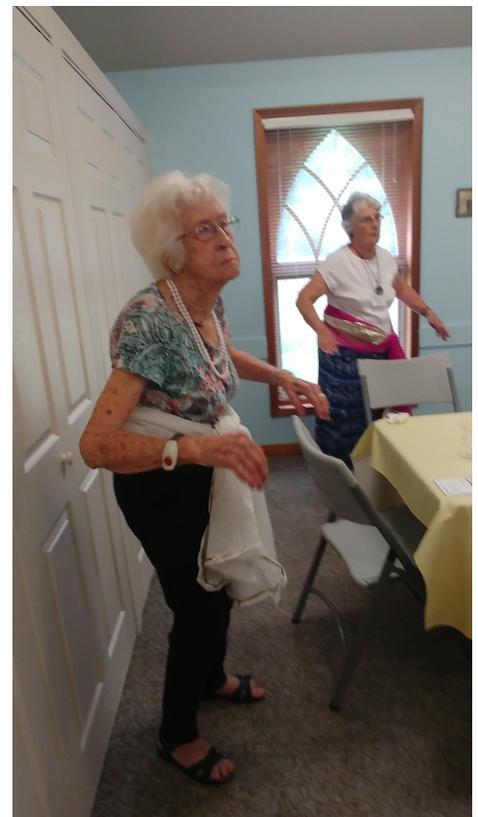
## WHAT HAVE YOU BEEN DOING?

Members tell what you have doing during the pandemic. Send your story to Mazie to include in the next newsletter.

**Mail:** Marlene Davies  
6 Moore Street  
P.O. 341  
Lion's Head  
ON  
N0H 1W0

Email:

## Remember 2019?



# “72 Hour Emergency Kits”

Thank you to the sponsors. ~ Thank you to the many volunteers.

Thank you to the Retired Teachers of Ontario,

“Service to Others Project, 2020”

1. **Meat:** (4) either ham, luncheon meat, flakes of chicken, ham, tuna, salmon.
2. **Food Items:** 2 cans of beans, mushroom soup, tomato soup, Alphagetti
3. **Fruit:** unsweetened applesauce (6), 2 cans or packs of fruit
4. **Other:** carnation evaporated milk, Kraft Dinner, case of water
5. **Paper Products:** 4 bath tissue, 1 facial tissue, paper towel, plates & cups
6. **Kitchen Gadgets:** manual hand can opener, small paring knife, small LED flashlight key chain, candles (pack of five), 2 small LED candles, flashlight combo with 2 sizes of flashlights, batteries included, plastic cutlery
7. **Hygiene Products:** toothbrush, toothpaste for adults, 10 toothbrushes and 10 toothpastes for 10 children, bar of soap, Red Cross non-allergenic hand sanitiser, anti-per-spirant for men, Old Spice, for women, Secret, wet ones
8. **First Aid:** Q-tips, cotton balls and pads, band aids, scissors, emery board
9. **Office Items:** scotch tape, duct tape, pen, pencils, sharpener, pad of paper
10. **Storage Items:** 1 duffel bag for safe storage of the Emergency Kit, pack of 2 or 3 storage containers with lids, pack of zipper bags, 3 white plastic bags for garbage and/or storage, aluminum foil
11. **Safety Emergency Supplies:** 1 hand crank radio with an attached siren and flashlight, 1 emergency reflective safety vest, 5 pairs of medical grade facial masks, 5 pair of vinyl gloves, 2 packs of waterproof matches, 2 shelter in place plastic sheets, 1 micro-fibre blanket
12. **Emergency Plastic Document Holder:** Emergency Guidelines

## Sponsored by:

- a. [Retired Teachers of Ontario Bruce Grey Dufferin District 10](#)  
– [Kit items #1 - #10](#)
- b. [Royal Canadian Legion, Lion’s Head, ON, Branch 202](#)  
– [Safety Emergency Supplies # 11](#)
- c. [Municipality of Northern Bruce Peninsula](#)  
– [Emergency Document Holder and Booklet #12](#)
- d. [Anonymous Community Donors](#)  
– [#11](#)
- e. [Peninsula Pet Supplies](#)  
– [Cat and Dog Food](#)