Hospice
End-of-life care in Huron and Perth

PROHIBITION
When Huron County went dry

HISTORY

WELLNESS
Summer … I’m so happy you’ve arrived! Although it seemed like a long, cold and wet spring in Huron/Perth, it was likely no different than any other. Now, I’m ready for sandals and sun, barbecues and beach days, and trying out my Mother’s Day gift – a new paddleboard! I hope you are able to take some time for yourself this summer and really enjoy every article in this issue. I think you’ll enjoy the variety and depth of the articles we have for you.

Susan Qureshi and Constance Russo outline the need for hospice palliative care in Huron and Perth counties, and also discuss the many different ways people can volunteer with these local organizations. Not everyone deals with dying people and their families, skill-sets that include fundraising, cooking, cleaning, bookkeeping, etc., are required.

Prohibition in the late-19th and early-20th Centuries is something we often see in the movies, but do you know what life was like in Huron and Perth counties during these times? Elizabeth French-Gibson, Senior Curator at the Huron County Museum & Historic Gaol, writes an interesting story based on the Museum’s temporary exhibit “Huron County: The Dry Years.”

Our “If These Walls Could Talk...” feature looks at the life of Perth County’s own Prime Minister, Arthur Meighen, who served two terms as Canada’s most powerful Parliamentarian.

These are just a few of the many interesting articles in this issue, so enjoy!

So bask in every moment this summer and take advantage of all it has to offer, whether it’s day trips with family, solitary time on the beach or trails, taking in local events, volunteering, or even working. Take the time to relax or set out on an adventure – whatever summer looks like for you – and enjoy this amazing time of year, because winter will be back before we know it.

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MATTERS OF
life and death

NEED FOR HOSPICE GROWING ACROSS REGION
BY SUSAN QURESHI AND CONSTANCE RUSSO

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Volunteer Visiting Hospice Services has provided hospice palliative care support in personal residences, long-term care homes and hospitals. In Huron County, there is Huron Hospice, which serves Wingham, Amberley, Blyth, Goderich, Bayfield and Seaforth, while there is also the VON Palliative Program in Exeter. It extends its services through south-Huron communities such as St. Josephs, Dashwood, Hensall and Centralia.

In Periph County, North Perth Community Hospice serves communities in the northern reaches and some Wellington County communities such as Palmerston. Family-Services Perh Huron Visiting Hospice Services provides support in Stratford and area.

These grassroots services have long been providing support for those with life-limiting illness, on end-of-life journeys and in need of bereavement care. In 2016, between the four hospice service providers, specially trained volunteers supported over 560 people. The value the volunteers provide is priceless. Testimonials from the families emphasize the difference the support made for their loved one’s final days, bringing peace and comfort.

Volunteering provides ways to expand your experiences, meet new friends, give back to the community and make a difference in someone’s life. As the pressures increase in this economy to do more with less, there has never been a time that creates more need and more opportunity to find ways to contribute in your community. There are already many programs using volunteers locally, such as school mentor and reading programs, VON’s visiting and exercising program, Alzheimer’s programs, sports teams and coaching, service clubs and hospice.

Many people say they cannot volunteer at hospice because they are uncomfortable with death. The compassionate support through the domains of care requires a certain special person and they are always in need, but there are other ways to contribute and volunteer with the program, including as fundraisers, organizers, committee members, cleaners, cooks, administrative support, programming, media and more. The United Way has just developed a website to facilitate volunteer opportunities throughout...
HEALTH & WELLNESS

by Susan Qureshi and Constance Russo

Huron and Perth called www.ivolunteerperthhuron.ca.

Dame Cicely Sanders, the founder of the hospice palliative care movement, stated, “You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die.”

Instead of avoiding conversations about death, we can enrich our lives by embracing the idea that the uniqueness of life is surely enhanced by open and heartfelt conversations about death with those around us. In the last century, death and dying has moved from a family and community happening to a medicalized and, often, hospital event. As we prepare for this next part of life, it will be the Boomer generation that will make changes and move us from the sterile medical setting to our homes or a residential hospice. Recent phenomena like ‘Death Cafes’ and ‘Death Doulas’ (a top new job for 2017 according to TIME Magazine, http://time.com/money/4631366/new-jobs-2017) show we are looking for a new way to give meaning to how we live.

People like Gord Downie, lead singer of The Tragically Hip, are teaching us about living and dying. Baby Boomers have redefined every phase of life, so it is likely we will do the same with how we die.

Hospice can help be part of that change.

Susan Qureshi was the Coordinator of Hospice Services for North Perth Community Hospice and has retired after 12 years of service. Constance Russo is the Volunteer Coordinator for Huron Hospice Volunteer Service. She can be reached at hospicevol@tcc.on.ca.

Online resources

Learn more about local hospice initiatives at:
www.northperthcommunityhospice.org
www.huronhospice.ca
http://rotarystratford.com/palliative-hospice
http://familyservicesperth-huron.ca/hospice
www.von.ca
Prohibition in Huron County

by Elizabeth French-Gibson

For over 75 years, the citizens of Huron County fought internally with the ideas of temperance, intertemperance and prohibition, and what that would mean to them.

Was alcohol an evil of society or was it a business with economic impact? Was alcohol a private right or a community fault? These debates raged heavily as various forms of prohibition were passed in Huron County and its municipalities in 1884.

Prohibition was, and is still, an impressive part of Huron County’s history, beginning even before 1884, when the whole of the county voted to introduce an act to prohibit the sale of alcohol.

As Huron County began its settlement, local taverns were an important part of development of the communities, as they provided a place of lodging, rest, and direction, as well as a place to quench thirst. With the increase in population came the increase in taverns, resulting in the debate for temperance and legislation. The 1869 Tavern Keepers Duty Act gave municipalities the right to issue licenses. In 1871, the Liquor License Act, known as the Crooks Act, designated licensing as a provincial responsibility but still allowed municipalities to prohibit the retail sale of liquor or limit the number of licenses by local option.

Temperance societies advocated for such policy but it was not until the Canada Temperance Act, known as the Scott Act, was introduced in 1878 that it actually provided the provinces with uniform legislation in the illegal trafficking of intoxicating liquors. Alcohol could still be purchased for medicinal, sacramental or manufacturing purposes, but only from approved vendors and in approved amounts. Alcohol for personal use could not be purchased with borders of Scott Act areas. Penalties for not following the Act were also outlined with the hopes of uniform enforcement.

The Temperance Movement gained momentum through the 1880s to reduce the perceived evils of intertemperance. By ’84, Temperance meetings, generally organized by local churches and ministers, were attracting hundreds to their cause to pursue the need for a vote. With a petition signed by 5,000 Huron County residents, it was submitted that Huron County was ready for a Scott Act vote, which was called for Oct. 30, 1884. Twelve townships and eight towns voted for the introduction of the Act, while only three townships and one town voted against.

On May 1, 1885, the County of Huron went dry.

It didn’t take long for people to take advantage of the loopholes in the Act and the difficulties in enforcing it. People attempted their own ways around the laws, and stories quickly circulated of unlicensed establishments, those who would provide alcohol for the right price, and those who produced their own alcohol.

Reports of illegal stills were also prevalent. A Stephen Township farmer ended up in jail for 30 days in 1888 for having the apparatus of a potato whiskey still on his property. His claim that it had been left behind by a stranger who he had given a short-term job out of kindness, garnered some sympathy.
Since personal consumption was not illegal, just the sale and purchase within county borders, social clubs were one way of getting around the law. The theory was that people could purchase a membership to the club, which allowed for the storage and serving of alcohol previously purchased and shipped from other locations. Raids of these ‘bottle clubs’ often revealed that the rules were not that strict and, while the front door was legal, what went on through the back door was not.

In 1888, just three years later, Huron County residents voted the Act out again and reverted to the local option, where municipalities could decide for themselves if they wished to be dry. That said, Huron County was considered a dry county, but was never ‘dry’ in the absolute sense of the word. Although there were at least three different forms of prohibition that were attempted, each allowed for private citizens of the county to keep alcohol for home consumption. Whether you chose to partake was your own decision.

This back and forth continued for decades. Local option votes in Huron County began in 1906. The Canada Temperance Act (CTA) was voted back into effect in the county in 1914, Ontario imposed provincial prohibition in 1916, and the Dominion of Canada imposed national prohibition as a War Measures Act in 1918.

And the enforcement continued.

One case, brought forward in 1916, was against a man who had purchased 320 gallons of whiskey... enough to last 14 years, or what he considered his lifetime.
By the mid-1950s, Huron and Perth counties were the only ones left in Canada following the Scott Act. Temperance societies advocated it was time to revise the Act to reflect the times, but it was still necessary to prohibit alcohol.

Apparent the CTA was stricter than the OLA, the county decided in 1934 to exclusively follow the Scott Act. By the mid-1950s, Huron and Perth counties were the only ones left in Canada following the Scott Act. Temperance societies advocated it was time to revise the Act to reflect the times, but it was still necessary to prohibit alcohol. Others saw it as time for the Act to be repealed. Liquor was easily obtained in neighbouring communities and businesses were feeling the effect of the dry mandate. If the Act were to be repealed, alcohol in the county would be licensed by the provincial government, liquor stores could be opened, and municipalities could vote on further establishments.

A vote was called for Nov. 30, 1959, for the whole of Huron County. Vote for revocation was 12,080 in favour and 7,354 against. Almost immediately, discussions for placements of the liquor stores and beer warehouses began. The Goderich store was the first to open, followed by Exeter, Wingham, Clinton and Seaforth.

By the mid-1950s, Huron and Perth counties were the only ones left in Canada following the Scott Act. Temperance societies advocated it was time to revise the Act to reflect the times, but it was still necessary to prohibit alcohol.

That does not mean the entire county went ‘wet’ immediately. No beverage rooms or taverns could be established in any municipality, regardless of local statutes, without a local vote. These votes would include questions of support for men’s and women’s beverage rooms, dining rooms and lounge licenses.

In 1961, the Dominion Hotel in Zurich officially reopened as the first hotel in Huron County to receive its license from the Ontario Liquor License Board, with a men’s beverage room, a cocktail lounge and dining room. Other municipalities still held their dry status until the mid-1970s. Personal consumption of alcohol was one thing, but many continued to vote against the beverage rooms for men and women. ‘Better not wetter’ was a common phrase.

The Huron County Museum has a portion of another still in its collection. The coils – now embedded between two cedar stumps – were discovered by two men while cutting fence posts in West Wawanosh Township. The story told at the time of donation was that local residents operated numerous stills during the Canada Temperance Act just after the First World War. The police were on the trail of one still, but the owner had a fast horse and attempted to flee. As his buggy was being overtaken, he threw the coil into a clump of cedars just before his horse dropped dead, and there the coils stayed for 60 years, engulfed by the cedars.

To discover more stories from the time of Prohibition, visit the Huron County Museum and Historic Gaol before Sept. 24, to explore the temporary exhibit ‘Huron County: The Dry Years.’

Elizabeth French-Gibson is Senior Curator of the Huron County Museum & Historic Gaol. For more information visit www.huroncountymuseum.ca or follow it on Facebook at www.facebook.com/huroncountymuseum. The museum is located at 110 North St., Goderich. Regular admission rates apply and group tours are available. The museum is open Monday to Saturday, 10 a.m. to 4:30 p.m. (extended hours: Thursdays until 8 p.m.) and Sunday from 1-4:30 p.m.

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Quick – name three Canadian Prime Ministers who were born in Ontario. Is Arthur Meighen on the list? Probably not.

Meighen was born and raised in Perth County. His grandfather, Gordon Meighen (1810-59), was the first settler on Conc. 1, Blanshard Township, near St. Marys, to pay off his settlement duties and receive his land patent. This occurred on Nov. 27, 1844, and gave him 100 acres on Lot 12. He earned some of his income by working first as a schoolteacher in St. Marys in 1845 and later at log school S.S. No. 1, near his farm in 1848.

The stone house he built sheltered his wife Isabella Irwin (1811-1903), another Northern Ireland immigrant, and his children Joseph (1846) and Eliza Jane (1849). When he died in 1859, Joseph helped his mother run the farm.

Joseph married a local girl, Mary Jane Bell, in 1871. They continued to live on the farm and raised their children Annie (1872-1940), Arthur (1874-1960), Sarah (1877-?), William K. (1878-1951), Edward (1881-1851) and Jennie (1883-?). The children attended the brick schoolhouse that replaced the log one their grandfather taught at, near the hamlet of Anderson, Ontario. The corner of the Meighen farm, on Conc. 2 and 3, just west off County Rd. 18, is marked by an Ontario Heritage Foundation plaque for its importance as Arthur’s birthplace.

Joseph and Mary Jane Meighen’s oldest son Arthur showed great prowess in school. Although he did chores on the dairy farm and helped sell their products during his summer breaks, he loved to read and debate. His early skills in debate emerged during his years at St. Marys Collegiate Institute with the school’s debating society, continuing until his graduation in 1892. Imagine the conversation that flew around the farm’s busy kitchen table or in the dining room of the Meighen’s brick, two-storey, nine-room house that the family moved to in 1886 on the outskirts of St. Marys (524 Elgin St. W.).

Upon graduation, he attended the University of Toronto, majoring in mathematics, but minoring in history, English and science. He continued debating in university, while also participating in mock Parliaments.

While Arthur was in Toronto, his older sister Annie married Samuel Wesley White in 1894. After Arthur graduated in ‘96, he worked briefly as a storekeeper in the small community of Woodham, near the farm he grew up on, but it did not last. He returned to U of T in 1897 to get his teaching certificate.

From university, Arthur taught English, math and business at a Caledonia high school, east of Brantford, but that job did not last more than a year due to a dispute with the chairman of the high school board.
In '03, the same year he became a lawyer, he met his future wife, Isabel J. Cox (1883-1985), a schoolteacher in Birtie, Manitoba, who was born in Granby, Quebec. They met at the Winnipeg fair and were married one year later on June 1, 1904.

The young, newly married lawyer followed his convictions and joined the Young Men's Conservative Club in Portage la Prairie and campaigned hard, though unsuccessfully, to have Conservative candidate Nathaniel Boyd represent the traditionally Liberal riding. Once the fervour of the election died down, Arthur and Isabel settled into their home, Arthur building up his legal practice and real estate investments.

Arthur isn’t the only family member who moved west though. Both of his brothers, William and Edward, headed west – William working as a bookkeeper around Prince Albert, Saskatchewan, while Edward farmed. Only his parents and sisters remained in Ontario.

But that soon changed.

In 1908, instead of helping another Conservative candidate, Arthur was elected the Conservative candidate of Portage la Prairie by the Conservative government and went on to win his first election. He took his place in Ottawa from spring to early summer, on the backbench of the Opposition, with Sir Wilfrid Laurier as the Liberal Prime Minister. Over three years, he spoke only twice in the House of Commons, but as he sat, he listened and learned the rules of the House.

The MP was re-elected in 1911 and began to speak more in the House, advocating for the reduction of tariffs on farm equipment and campaigning for a National Policy of Protection. This time his party was in power, led by Prime Minister Robert Borden.

It was after Arthur’s election to a third term in 1913 that he seemed to come to the attention of Prime Minister Borden. Arthur was appointed Solicitor-General and joined the Conservative cabinet from 1913-17. This was a challenging time to be in politics, as Canada was drawn into a primarily European war, its troops and supplies keeping Britain going.

Arthur drafted the Military Service Act – better known over Meighen’s discipline of the chairman’s daughter.

Later, friends and acquaintances of Meighen noted he, “Inhibited the Victorian virtues of hard work, probity and self-discipline.” In the classroom, as later in the House of Commons, his strict principles fired him with conviction but not the flexibility of compromise.

In 1897/98, Meighen headed west, seeking opportunity. As a farmer’s son from rural St. Marys, he had limited opportunities. He began by working as the head of the commercial (business) department of the Winnipeg Business School in Manitoba. After being turned down for the principal’s role at a Lethbridge, Alberta, high school, he began to question education as being the right path for him.

In January 1900, he began his legal studies and articled at a Winnipeg legal firm, and by 1902, he was working as a bookkeeper around Prince Albert, Saskatchewan, while Edward farmed. Only his parents and sisters remained in Ontario.

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Arthur drafted the Military Service Act – better known
as the Conscription Act – as well as the Wartime Election Act, utilizing his lawyer’s training and experience. These pieces of legislation did not make him popular, particularly in Quebec, but he was not shy and defended them with logic and oratorical grace in the House of Commons. It was during this time that many people, who underestimated the scholarly Meighen, found their arguments and themselves annihilated in the debates of Question Period. He was, it was argued by most of his contemporaries, a great Parliamentarian and debater.

When Meighen and his party were re-elected in ’17, he again joined the Cabinet, this time as the Secretary of State, as well as the Superintendent General of Indian Affairs. As he helped organize Canada’s participation in the First World War on the floors of the House of Commons, his brother Edward was fighting in the field with the 102nd Battalion, after enlisting in 1916.

In 1917, Arthur’s parents moved to 162 Church St. in St. Marys, off the farm and into semi-retirement. In 1920, they moved again, this time to Ottawa, probably to be closer to Arthur, Isobel and their two sons and young daughter. While his parents were moving so was Arthur. In ’20, Arthur was appointed Minister of External Affairs and, when Borden resigned as Leader of the Conservative Party, Arthur was appointed as his successor, making him the Prime Minister of Canada.

Arthur was on the campaign trail by 1922 in his new riding of Granville, Ontario, and across Canada. Much of the country was still resentful about the conscription of their sons, other measures taken during the war, and the handling of the Winnipeg General Strike, so the people elected Mackenzie King and his Liberals. Arthur was re-elected in Granville and worked hard in the House of Commons as the Leader of the Opposition from 1922-25.

Arthur’s father Joseph died in 1924 of a cerebral hemorrhage at age 78. Arthur and his family returned to St. Marys to bury him on April 30, 1924. Less than a year after his father’s death, he was again on the election trail, and he and the Conservatives technically won, but Mackenzie King allied with the Progressives Party to pull together a shaky majority. On June 29, 1925, Arthur Meighen served his second term as Prime Minister, but it was a short one due to King’s rage at being refused his request.

With the Liberals unable to show support of the majority, the Governor-General asked the Conservatives to take over governance. On June 29, 1925, Arthur Meighen served his second term as Prime Minister, but it was a short one due to King’s rage at being refused his request. In what was called the King-Byng Affair, the Liberal leader did all he could to destabilize the newly elected Parliament and, by a majority of just one vote, succeeded on Sept. 25, 1926.

Jodi Jerome is a writer, historian and heritage consultant who enjoys finding the stories people have forgotten about the places they live, and making the local landscape come alive for those who live and visit there. Contact her at jodijerome@icloud.com.
In the kitchen with

BRIAN CLARKE, CHEF AND CO-OWNER OF THE ASHWOOD BOURBON BAR IN BAYFIELD

Brian and his wife Lyndsay are a young couple, living their dream. Originally from London and Kitchener, and both working in the hospitality business, they used to come to Bayfield to eat. While exploring the area, they dreamed of creating a restaurant that reflected their unique style. When the opportunity arose to run The Ashwood late last year, they jumped in with both feet.

From traveling across Europe and being exposed to great food, to apprenticing under great chefs and working his way up to Head Chef at restaurants in London, ON, Brian is thrilled to now call Bayfield home, focusing on local food, craft beer and, of course, bourbon, which are all tied together with a southern influence.

Five minutes with the Chef

Huron-Perth Boomers (HPB): What would your last meal be?
Brian Clarke (BC): Pork buns at Momofuku (a restaurant by Chef David Chang), and a really great glass of bourbon.

HPB: What three ingredients can you not live without?
BC: Old Bay seasoning, butter and vegetables (specifically Brussels sprouts).

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1 tbsp of grana padano cheese or parmesan
1 tbsp of chopped parsley
½ fresh lemon

Directions:

Chef Clarke chose to share this recipe with us because oysters are easy to do at home, and it’s a great dish to prepare while entertaining. It also has the wow-factor that will impress your friends. Find him at 34777 Bayfield River Rd., Bayfield, call 1-800-263-6900 or visit www.theashwood.com.

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To Drink?

Session Ale by the Bayfield Brewing Company.
GET YOUR DUCKS IN A ROW

PROPER PREPARATION OF A WILL SAVES HEADACHES LATER

BY LINDA THORN

by Linda Thorn

My favourite Woody Allen quip is, “I’m not afraid to die… I just don’t want to be there when it happens.”

That is absurdly humorous because neither Woody, nor any other human being, is granted this wish. Dying and death are serious, traumatic topics, but it is your loved ones who will deal with your dying and post-death responsibilities.

The preparations you make ahead of time regarding your dying wishes and funeral expectations gives you the power of choice while still alive and well, while creating less stress for loved ones who will also be grieving your passing.

There are three aspects to consider when making your preparations—before death, dying and after death.

Before death

The will – The time to prepare a will is when you are relatively healthy and of sound mind. Take a written note of your total assets including deeds to properties such as your home/condo, vacation properties, financial investments and other banking information to a trustworthy lawyer. This is the time to also mention bequests of money to family and loved ones. Make life as easy as possible for your executor—it will be very much appreciated. Some balk at talking of their death and avoid making a legal will, but their unnecessary fear only causes their loved ones difficulties when it comes time to settle the will.

There can be only one original
will and all legalities depend on this document. In the old movies we Boomers have watched over the years, the family gathers around the dinner table and the lawyer brings the will to be read. That doesn’t happen anymore. In fact, the lawyer sends your original will home with you. Some are put in a safety deposit box, but be wary that, if it contains vital information about your funeral arrangements, it may not be obtained in time because all bank assets are frozen upon death. Unless you have a living joint-account spouse or relative with a key for the safety deposit box, it may remain untouched for some time. Wills with assets over $25,000 may also be probated due to stipulations. Therefore, it is best to leave your will in a safe place in your home and tell your executor where to find it upon your death.

If you declare you want to leave money to a charity, be specific. As executor, I was recently instructed to give money to ‘Sick Kids Hospital.’ Most of us realize there’s a Sick Kids foundation that is separate from the brick-and-mortar hospital, but many don’t realize your estate lawyer must, by law, follow the exact phrasing in the will. So be crystal clear with your language to avoid confusion and time loss.

Executor – You will need to name an executor for your will. This should be a person you trust to fulfill your last wishes. I was told frequently over the years that I was named executor in a relative’s will and, if I died first, my younger cousin was to take my place. We both understood this was our relative’s final wish, and that it was recorded in the will, though we never did see the official document. Later, we discovered that only I was told where my relative hid the original will in her home. Years later, upon the death of my elderly relative, we discovered it actually listed my cousin and me as joint executors, which was never our relative’s intention. Unfortunately, because we never saw the original will, it wasn’t noticed in time to change.

Normally this would not be of great importance. However, it became a challenge due to all documents requiring both of our signatures over the next six months. It was especially problematic due to our geographical differences, which entailed another lawyer for my cousin and many courier trips to obtain joint signatures. Ideally, one executor is all that’s necessary, so keep this in mind when appointing one. Just have a back-up name in case of refusal, incapacitation or death of the first executor. Your lawyer may recommend two executors for added security. If only my relative would have given me a copy of her will when she signed, the mistake of joint executors could have been rectified. I shudder to think what would have happened if the original will was not in her dresser drawer as I had been told for years. So my suggestion is to give a copy of your will to your executor and inform them of the location of the one original, legal will.

Dying

Power of Attorney – It is prudent and pragmatic to have this booklet signed by you and your appointed Power(s) of Attorney. The booklets are free and obtained from Service Ontario locations. There are two parts with guidelines. The first part is Power of Attorney for Property, where you appoint someone who will act on your behalf if you are incapacitated. You only need two witnesses and it can be signed at home. The second part is Power of Attorney for Personal Care. Again, you can write restrictions and conditions to suit you, and then have two witnesses sign it.

YOUR WILLS, ESTATES AND REAL ESTATE LAWYERS

by Linda Thorn

18 The Square, Goderich 15791.524.2154
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www.donnelymurphy.com

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You can appoint the same person for both sections or different ones for Property and Personal Care. It only takes a few minutes to fill out and sign it, so get the booklet completed soon. Take it to your lawyer when you sign your will. Take your Power of Attorney for Property appointee to the bank to sign forms for access to pay your bills, rent/mortgage, purchase your groceries, etc., if you become incapacitated. Also research Ontario Living Wills.

Your Power of Attorney for Personal Care is the point person for you in sickness. He or she will need to show this document to community care workers as proof of being your primary caregiver. In the event of hospital admittance, nursing home transfer or hospice care, your Power of Attorney for Personal Care is the one to advocate for you. In a time of serious health issues, this person becomes your guiding light, so they need to know your wishes regarding ease of death.

After death

Executor responsibilities – At first news of your death, your executor has exclusive duties to perform, which may involve months of work with various levels of government, banks, real estate agents, insurance companies, and cancelling pensions, including military and CPP. There’s also your Social Insurance Number, vehicle registrations, cancelling your OHIP card and passport, shares in private investment companies, disposing of personal household effects, setting aside bequests, paying debts, cancelling your Power of Attorney for Personal Care is the one to advocate for you. In a time of serious health issues, this person becomes your guiding light, so they need to know your wishes regarding ease of death.

My purpose in writing this article is for you to be motivated to be proactive. You’re the only one who knows how you want your dying days and inevitable death to look. Though uncomfortable to think of your own mortality, this is your chance to decide for yourself and to make life easier for your loved ones upon your death.

So get your ducks in a row today!

This story is the author’s personal experience and is not meant to be legal advice. Always consult with a lawyer.

Linda Thorn is a Wiarton resident and Advertising Sales Manager for Grey-Bruce Boomers, a magazine for adults 50+. Contact her at linda@greybruceboomers.com or 519-524-0101.

Most immediately, the executor needs to give you the funeral or party that you request in your will, so be clear and concise with your wishes.

Executors earn a fee of five per cent from the estate, but half of that is calculated from the total assets at death and the other 2.5 per cent is calculated from the remaining estate value before distribution. So, if there are two or more executors, they split this five per cent earning, which is taxed to their income.

A Certificate of Appointment is sometimes required, in which case a tax of 1.5 per cent under the Estates Administration Tax Act is levied when the application is filed with the court. With proper estate planning, there are ways to legally avoid this tax. Your lawyer can advise you on this.

My purpose in writing this article is for you to be motivated to be proactive. You’re the only one who knows how you want your dying days and inevitable death to look. Though uncomfortable to think of your own mortality, this is your chance to decide for yourself and to make life easier for your loved ones upon your death.

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As caring parents, spouses, children, family members, colleagues and friends, the desire to create lasting transformation in our families, workplaces, communities and around the world motivates us.

In order to make that enduring difference, we need to plan it. Living a life of significance does not happen by chance. Rather, it is the refinement of several life lessons including courage, passion, failure, purpose, love, success, optimism, skill, faith, determination and knowledge.

Maya Angelou said, “It takes practice, training and cultivation for talent to become more than potential. A life that matters requires work.”

As an executive director of a charitable foundation, I have developed and enhanced my own work and life skills in order to build a life of meaning, so those words really resonate with me. Having goals – a reason for being – makes the work we do worthwhile, and it is how we approach and hone these abilities throughout our lifetime that allows us to live with intent and purpose. It’s having the courage to stand up for what we believe and, in that confidence, act boldly to make an impact.

We are often encouraged to follow our passions – we should do what we love. I agree with becoming a lover of an idea of which you’re passionate. You should always be adding to your ‘passion portfolio’ by experimenting and trying new things that interest you – they could become a passion if you let them.

I think many would agree that success in life can be defined as liking yourself, liking what you do and liking how you do it (another Maya Angelou quote). But, when you get older, you learn to make failure your friend too. Successful people cultivate failure. They learn from defeat and become more determined. Losers call it failure; winners call it learning (I read this once and it has stuck with me over the years). Just be sure that when you make mistakes, you don’t repeat them – however, do allow yourself to make new mistakes in the future.

Optimism adds resiliency. Many research studies show that optimism plays a real role in experiencing success in life. By doing what we love, we become more hopeful, quicker than others to see a happier future, and are better equipped at facing day-to-day challenges.

The power of faith and belief are deeply important if you choose to live a life of meaning. Faith draws and attracts what you want in life, whereas worry and doubt drives them away. Faith in yourself, in your ability to achieve your goals and that your thoughts can turn into valuable things helps you maintain the positive attitude necessary for a life of importance and worth.

Through knowledge and determination, we perceive the subtleties of life’s journey and learn to take advantage of unexpected events. If you take a planned approach to living a life of significance, you will earn your luck by focusing on doing work that is meaningful to you (looking deep to discover subtle signs along the way) rather than stumbling upon it at random times.

It is through the exploration and alignment of these abilities and many others – matching words, intentions and actions – that each of us individually will discover how you do it (another Maya Angelou quote). By making your mark on the world, you will make a difference.

LIVING A LIFE OF SIGNIFICANCE

MAKING YOUR MARK ON THE WORLD DOES NOT HAPPEN BY CHANCE

BY TRACEY VAN KALSBEEK

by Tracey Van Kalsbeek

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By being thoughtful of our impact and influence on others, we are taking on characteristics of someone who is living a life of significance. Our lives entwine with others throughout our lifetime, and our words and actions – whether through face-to-face interactions, online, social media or however we touch the life of another – are part of our legacy. People who understand their impact and embrace it inspire me. They choose to be mindful of their interactions and true to their beliefs.

Living a life of meaning is hard work. But, like the poem says, life is not about your success, but your significance – and I couldn’t agree more.

Tracy Van Kalsbeek is the Executive Director of the Stratford Perth Community Foundation – an organization for everyone, which is unique in that donations, large or small, are never spent but are combined and invested. The earned income is used to make grants to local charities year after year to build a vibrant not-for-profit sector in Stratford, St. Marys and Perth County. Learn more at www.spccf.ca.

You may have come across the beautiful and thought-provoking poem ‘A Life That Matters’ (author unknown). It is often shared at funerals. I thought it fitting to share with you an excerpt from the poem:

So what will matter?
What will matter is not what you bought, but what you built; not what you got, but what you gave.
What will matter is not your success, but your significance.
What will matter is not what you learned, but what you taught.
What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others.
What will matter is not your competence, but your character.
What will matter is not how many people you knew, but how many will feel a lasting loss when you’re gone.
What will matter is not your memories, but the memories that live in those who loved you.

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There’s no denying it, we all accumulate too much stuff, whether it just be day-to-day newspapers, magazines, mail or the on-going collection of antiques, books, salt and pepper shakers and more.

When we continue to bring things into our home and do not take anything out, we all know what happens – the house starts to burst at the seams.

So you’re a Boomer now, the children have moved out (or soon will), and you’d like to repurpose their rooms so you can finally enjoy the extra space you have. Or maybe you’re getting the home ready to sell in order to move to a smaller place. No matter your reason, there’s no doubt you’ll find items in your attic or basement that you haven’t seen in decades. Start with storage areas. Go through everything and either donate it to charity, sell it or give it to your children. However, if you are setting aside items for the kids, you will need to first call and see what they actually want. Then give them a deadline as to when the box of goodies needs to be out of your house. Remember, just because you think they should have it doesn’t mean they actually want it. Don’t clutter their homes with your stuff.

Anything that is from the children’s childhood – memorabilia, trophies – that is theirs and you have no use for, box it up and give them a date it needs to be out. For closets, sort, purge and donate what you have not used in the past year. If you are limited on closet space, you can store your off-season clothes in waterproof totes in the basement or attic.

Many of us accumulate years of paperwork for no reason. You’re supposed to keep your income tax for seven years, but you should purge what paper you can get rid of. Remember to shred anything with personal or financial information on it.

What to do with photos and memorabilia? Take pictures out of frames if you no longer want them on display, and get rid of the frames unless you know you’re going to reuse them immediately. Put all photos in safe boxes so that when you have the time you can go through to label (or purge).

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Many people keep china, crystal, antiques, etc. for their children, but you need to have a conversation with them because they simply may not want them. If they don’t, it’s time for a yard sale!

One last thing to remember is that you need to have all your legal and financial papers in order in case of emergency or death, and you should give a copy to someone outside your home to assist in a time of crisis. Many people do not like to think of these things, however when you are in an accident or suffer a sudden illness and you are the person who runs the household, someone will need to know details, names, phone numbers and where documents are located.

Pauline Hoffman is the founder of Just in Time Solutions. Learn more at www.justintimesolutions.com.
This year marks the 10th anniversary of a unique bond between Canadian and African grandmothers, exemplifying the forces that can be unleashed when older women work together in realizing a common goal.

This is Grandmother Power.

In 2006, and under the auspices of the Stephen Lewis Foundation (SLF), 200 Canadian grandmothers met with 100 African ‘gogos’ (grandmothers) for a three-day gathering prior to the International AIDS conference being held in Toronto. From 2001-06 Lewis had served as the UN special envoy for AIDS in Africa. During those years he saw, first hand, the ravages of the pandemic, and in particular the crisis with children orphaned by AIDS. Their parents were dying by the hundreds of thousands, leaving the continent’s orphans to either fend for themselves or be cared for by their grandmothers. In response to what he was witnessing, Lewis approached his daughter Ilana, and together they founded the SLF in 2003, its purpose being to respond to the crisis.

The Toronto gathering was instrumental in bringing the gogos’ stories of grief and overwhelming loss front and centre for Canadian grannies. The majority of orphans were being cared for by grandmothers who had few, if any, resources, were grieving the loss of their own children, and were often in poor health themselves. Grannies returned to their communities across Canada shouting the rallying cry, “Doing nothing is not an option!” Granny groups sprung up across the country, and the Grandmothers to Grandmothers campaign was born.

Of the $98 million raised to date by the SLF, granny groups have donated $25 million. The SLF has funded over 1,400 initiatives and partnered with 300 community-based organizations in 15 countries in Sub-Saharan Africa. Education, income-generating projects, community gardens, health care, housing, and psycho/social counselling are a few of the most urgent needs facing gogos and the orphans in their care.

Canadian granny groups, including the Stonetown Grans of St. Marys, are not going away because the AIDS crisis is far from over. Five thousand people of every age die from AIDS-related causes every day. In 2015, 7,500 females between the ages of 15 and 24 were infected with HIV every week, 90 per cent of them in Sub-Saharan Africa. (UNAIDS)

The Stonetown Grans group was formed in 2006 after 2 St. Marys grandmothers attended the Toronto gathering. They soon founded a granny group and went to work raising community awareness and fundraising. Like all granny groups, the Stonetown Grans work autonomously, developing fundraising projects best suited to their community. They have hosted concerts and African dance workshops, planted daffodils in a local park, held a biennial fabric and yarn sale and participated in the SLF’s Stride to Turn the Tide walk. To date, they have raised $57,000, $6,400 of which was donated by member Ione Grover from her Book of Blessence.

A number of grannies wear two hats – they are members of their local granny group, and also volunteer for the Grandmothers Advocacy Network (GRAN), an offshoot of the Grandmothers to Grandmothers campaign. Its mandate is to work across Canada to advocate in meaningful and strategic ways for the human rights of grandmothers, vulnerable children and youth of Sub-Saharan Africa. Members educate, advocate to influence national and global policy makers, and partner with like-minded organizations.

The Grandmothers to Grandmothers campaign continues unabated because of the ongoing inspiration of the gogos’ courage, fearlessness, leadership, compassion, and determination to rebuild their communities and offer hope for the children in their care.

The older woman’s voice is being heard loud and clear both in Africa and in our own hometowns. It is an amazing accomplishment and a great example of how strong we can be when working together.

To learn more, or to start a group in your community, visit stephenlewisfoundation.org or grandmotherscampaign.org, or call 519-272-2521.

Stonetown Grans

Do you know a Game Changer? Email amy@huronperthboomers.com or call 519-524-0101.
SUMMER 2017

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Downtown Heritage Carriage Rides
Memorial Fountain, Ontario Street, Stratford
noon - 12:30 p.m.
www.stratfordcarriage.com
Runs every weekend in the summer

June 4
Stratford Art in the Park
Juno fine art and craft outdoor show between the Festival and Tom Patterson Theatres
10 a.m. - 5 p.m.
236-880-2172
Saturday, Sundays and Wednesdays until Oct 1

June 10
Stratford Blues and Ribfest
Band Shell on Veterans Drive, Stratford
info@stratfordbluesandribfest.ca
Runs through June 25

June 15
Ontario West Coast Antique Show
Bisback Family Antiques, two miles east of Exeter
8 a.m. - 3 p.m.
www.ontariowestcoastantiqueshow.com

June 17
Father’s Day Farm Tour
Seven local farms in Huron County
1-4 p.m.
www.centralhuron.com/events

June 18
Bayfield Boat Sunset Parade
519-703-1327 or 519-238-2001
Free day-use fee at local Provincial Parks
On the Square, Ontario Street, Stratford
Memorial Fountain, Ontario Street, Stratford
Noon - midnight; Supporting Jessica’s House and Grand Bend Optimist Club Youth Projects
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Summer Evening Concert Series
Court House Park, Goderich
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