

Forever YOUNG's Over The Back Fence...

Volunteer Profile . . . Margaret Ayre

When you think of the ultimate volunteer, Margaret Ayre of Almonte certainly fits the mould. She has been a constant worker for others for so many years, she can't remember really when her various roles began.

Very involved with St. Paul's Anglican church in Almonte, she does pastoral care, and is a regular visitor to the many who need nothing more than a comforting word or a helping hand. Then there's the Almonte General Hospital. Margaret has been involved in every department. She has volunteered in the X-Ray department, medical surgery, the prenatal area, and just about every other area of the hospital. She has been involved with various fundraisers for CHEO, and was president of the Almonte Community Co-ordinates, and a founding member of The HUB, a superfluity shop which raises much needed money for many charities in the Almonte area.

In a completely different role, Margaret has tutored at the Naismith Public School, and helped in the classrooms.

Hers is a familiar face in the Rosamond Wing of the Almonte hospital, where she regularly attends to Alzheimer's patients who need help with the most simple tasks. "I help feed those who cannot manage on their own, and I take special pleasure out of helping in the Chronic Care Wing of the hospital as well."

Forever Young salutes Margaret Ayre for her many years of dedication as a volunteer, and congratulates her on her continuous work in her community.

Remember When...

Although Dr. Frederick Banting and Charles Herbert Best had been working on a cure for diabetes for some time, the first time insulin had actually been used on a human being was in January 1922.

It was injected into a young teenager in a Toronto hospital, and he became the first documented patient to receive insulin. It was reported that young Leonard Thompson showed immediate improvement, and became much more alert and aware. Injections in other diabetics soon followed with the same astounding results.

As insulin became readily available, its miraculous results on diabetics all over the

world made the two Toronto doctors famous. However, prior to that a Dr. J. J. R Macleod, an expert on carbohydrate metabolism, was brought into the fold, and it was he who actually introduced Charles Best to Banting, and it was they who were the actual discoverers of insulin.

It was in 1923 that Banting and Macleod were awarded the Nobel Prize for medicine and physiology jointly, awarded to both of them. There was much infighting and controversy over the prize, and Banting, furious that Macleod was named rather than Best, said that he would share his award with Best. However, jointly, or as lone inventors, their discovery of insulin 78 years ago no doubt changed and has saved the lives of millions of diabetics all over the world.

Where Is He Now?

Will Colbert, former captain of the Ottawa 67's

Will Colbert of Arnprior began his hockey career as a house league player in his hometown and gradually climbed the ranks before joining the 67's blue line in 2002 where he was a steady defenceman until 2005. He then played for St. Francis Xavier University X-Men in Antigonish, N.S. from 2005 to 2009. He was selected by the Ottawa Senators in round 7 #228 overall 2003 NHL Entry Draft but never signed, and in the 2005 draft was selected again, this time by the San Jose Sharks in Round 6 #183 overall.

In three years with the 67's, Colbert scored 10 goals and 61 assists during the regular season and added another 21 playoff points. In 2005, as team captain, he helped the 67's make it to the Memorial Cup, where they were eliminated in the semi-finals by Rimouski. With the X-Men, he was team captain for two years and over four seasons notched 12 goals and 41 assists. In his third season he was named the team's most valuable player. He earned an Honours Bachelor of Arts degree in Human Kinetics at St. FX.

Colbert now plays for the Worcester Sharks of the American Hockey League, a San Jose Sharks affiliate based in Worcester, about 35 minutes from Boston. Colbert hopes to crack the NHL Sharks lineup at some point.

Colbert is one of many former 67's in the San Jose system, including Logan Couture, Derek Joslin, Jamie McGinn and Brad Staubitz. Joslin, McGinn and Staubitz have played regularly with the Sharks.

Funny You Should Ask

Q: I keep seeing commercials, and frankly they have alarmed me, saying that we may be losing local television programming. Is there anything one individual can do? Frankly, I find the local programming better than most of what is shown on national television. What can I do to add my voice of opposition?

A: You have every right to be concerned. We contacted CJOH, one of the most popular stations available in our area, and were connected with Louis Douville. He said there are four ways you can make your voice heard, and to register your opposition.

1. Write a strong letter to your local member of parliament.
2. Write directly to the Heritage Minister, James Moore, and voice your concern.
3. Phone James Moore's office directly.
4. For those of you who have access to a computer, dial up www.localvmatters.ca, and make your voice heard.

Gearing Down

Many of you will be contemplating a move during the year 2010. It may be to another house, a condo, apartment, all probably smaller than your present home, or to an independent living facility, or perhaps to a place where you can, if you need it, get medical care.

Not too many of you will opt to move in the winter. According to statistics, most moves take place in the spring or fall. If that is your plan, you have plenty of time to get ready. Here is a list of suggestions that will help you make the transition with the least possible confusion.

NOW is the time to start gearing down, not the month before the move.

If you have family, bring them into the equation.

Have them choose furnishing you don't want to take with you.

Go through heirlooms you plan on leaving to specific children, other members of your family, or friends . . .hand them over now.

Do the same with family photos and albums. We have been told that nothing takes

up more room in a small apartment than big photo albums and boxes of pictures taken so long ago that no one remembers who they are...now is the time to sort through them. But do keep a few for yourself. You will still get enjoyment out of pictures of your family, just be sure they aren't duplicates or no longer have any connection to you or your family.

Now is the time to give critical attention to your clothes closets. If there are things in there you haven't worn for at least two years, you aren't likely to be wearing them again. Pack them up, call a local charity, and get rid of them.

If you are moving to a small apartment, or a retirement home, it is likely your kitchen will be much smaller than what you are used to. Get rid of duplicates, (who needs ten mixing bowls if your baking days are reduced?). Figure out what you will need in dishes, utensils, pots and pans, small appliances, and get rid of the rest.

Most of us accumulate far more household linens than we actually need, or ever use. Sort and purge!

Now is the time to go through your papers. By now you will no doubt have brought in legal help regarding the disposal of your property, and your move, but we are talking here about the papers we save over the years that have absolutely no relevance now. Ten-year-old receipts? Income tax returns which go back decades? Ask an accountant what you need to keep. Ask at your bank what cheques and statements you have to keep, and destroy the rest. Don't put them in the garbage or the recycle bin!

If you start now, doing one chore at a time, when the big move comes, you will sail through as just another day in the week. Perhaps not quite, but if you tend to the above suggestions, we can assure you, moving day will not be so traumatic.

This Month in History: January 15, 1892

In Springfield Massachusetts, James Naismith, from Almonte, first published his *Rules of Basketball* in the YMCA's *Triangle* magazine.

The Doctor Is In

Q: Like many people I have eaten too much over the holidays and indulged beyond reason. Is there a fast way to get my weight down? I have heard that you can get prescription pills that will help. Are they dangerous, and do they have any side effects. I am in very good health, in my mid 60s, and don't get much exercise. I

would like to peel off about ten pounds before I go on a cruise in February.

A: I would not advise you to take diet pills because most of them are amphetamines, related to speed. The side effects are many and dangerous. The safest way to lose weight is to decrease the quantity that you eat and drink, going to choices that are less fattening. Also, increase your exercise, going for a walk each day, and going up and down stairs several times a day.

Dr. Alan Johnston, Family Physician, Orleans, Ontario

The Farm Scene

Some people still make resolutions for the coming year, and still others write down what they call a “wish list.” Bette Jean Crews, President of the Ontario Federation of Agriculture has a lengthy “wish list” for the farmers of Ontario, and she says the list contains all needy concerns for the farmer who more and more struggles to keep his farm viable.

Here is a partial list of what Crews feels are urgent concerns of every farmer in Ontario. Naturally, the list is aimed at both provincial and federal governments:

1. Fair property taxation that shows an understanding by government of what farming is.
2. Fair compensation for wildlife and predator damage on Ontario farms.
3. A plan by the Ministry of Natural Resources to adequately manage the wildlife population that is causing so much damage and loss on our Ontario farms.
4. Fair compensation for land taken out of production to provide wildlife habitat and source water protection areas.
5. The right of Ontario’s fruit wine producers to market their product at farmers’ markets. And:
6. We need the federal government to eliminate the excise tax on farm fuel to help farmers deal with input cost increases.
7. Farmers need action by our governments to ensure labels on food in the stores properly identify the country of origin so Canadian consumers can buy domestically-produced food where possible.

Editor's Note: If those who do not live on a farm go over the above carefully, they will see that not implementing the "wish list" will ultimately affect every consumer not only in Eastern Ontario but right across Canada!

Who Said What...

"Canada is the essence of not being. Not English, not American, it is the mathematic of not being. And a subtle flavour – we're more like celery as a flavour."

– Comedian Mike Myers

Contributors to Over The Back Fence include: Mary Cook, Randy Ray and Mark Kearney. Please send us your questions and suggestions for future pages.

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