

Forever YOUNG's Over The Back Fence...

Volunteer Profile . . .

Beth Gillan was born and raised in the Pakenham area, and knows her community well. Although she plays down her role as a volunteer, what she does makes life a little more enjoyable for a lot of people.

She is well connected with the seniors in Pakenham, having served for twelve years as the secretary of their organization. Through a combined effort of the seniors, a room was furnished with a stove, refrigerator, dishes, and tables for a meeting room. The room is now used by other groups, which often in a smaller community have difficulty finding suitable meeting quarters.

Beth also goes to the Five Arches Retirement Home where once a week she helps make a nourishing lunch of sandwiches, relishes and desserts for the residents. And then of course, there is the cleanup afterwards, which falls onto the shoulders of the small group of volunteers.

One night a week you can find Beth at the Pakenham Public Library. She volunteers many hours preparing new books for the shelves. Every new book has to be dated, and prepared for "release" to library members, many of whom are not aware of the work that goes into getting every book that comes into the library as a new acquisition ready for the shelves.

Although she isn't as active as she once was at the Anglican Church, Beth has been a member of the A.C.W. for many years, and still takes an active interest in all church happenings in her community.

An avid knitter, Beth contributes countless baby tuques to the tuck shop in Almonte for newborns, and as well knits scarves, mitts, hats and anything else to comfort and keep the homeless warm in Ottawa. Her knitting needles are never idle and many of her creations can be found on the Angel Tree at Christmas, and countless of her tiny knitted dolls have found their way to soldiers in Afghanistan for distribution and for needy children in South America.

Forever Young congratulates Beth Gillan on her many years of dedication to the Village of Pakenham.

Funny You Should Ask...

Q: Catchy phrases and sayings and their origins have always interested me, and over the years I have collected many. How one came into being, however, is a

mystery. I have never been able to find the origin of the saying “A fine kettle of fish.” Can you help me?

A: Whether or not this is the original meaning, we can't say. However, we were able to find this in a British magazine publication, in which a reader had asked the same question. Here is the answer the magazine gave: “It may have started in the Scottish Borders where the gentry entertained their guests with a feast of salmon cooked by the riverside in a large pot known as a kettle. The phrase came to mean a messy state of affairs, perhaps springing from the appearance of the fish after they had been boiled.”

Since we could not find any other origin of the saying, we hope you will take this one as the original, saving the editors here from being put into a position of a “fine kettle of fish” trying to come up with another answer. If anyone can throw a different light on the saying, we would be glad to hear it.

Remember When...

No one knows for sure, but it is now estimated that today's children spend more time in front of the television than they do in school. Educators are concerned, as well they should be. However this is not a new phenomenon. Sixty years ago this month, a report showed that children in 1950 were spending an average of 27 hours a week in front of the tube. The survey showed another interesting statistic: Milton Berle and Ed Sullivan, Six Gun Playhouse and wrestling were what the younger set were tuning in to.

That report came out sixty years ago this month. Almost simultaneously The Radio Corporation of America introduced an all-electronic colour television tube! This first commercial colour television set was the way of future television viewing, it was predicted. The Chairman of the Corporation, David Sarnoff said “We are on the threshold of a new era in television... the era of colour.” Little did he know what was down the road for television sixty years later.

Who Said What...

“I've been to Canada and I've always gotten the impression that I could take the country over in about two days.”

- John Stewart, American comedian and TV talk show host

Gearing Down

A reader has asked us to consider that many people are moving from rental properties (also proving to be too large or no longer affordable) to smaller apartments or condos and in some cases, rent-geared-to-income quarters. She points out that since she has been paying rent for decades, obviously she will not be realizing any equity when she moves. She asked *Forever Young* to come up with ways in which she can live more cheaply in her new apartment. Here are a few hints to help her and you, save a few dollars.

1. If you have to buy new appliances, make sure they are the energy-efficient models. They will save you dollars in the long run.
2. Talk to your phone company about seniors' plans, which can save you big dollars every month. There is one plan where you pay absolutely nothing for any long-distance calls anywhere in the United States or Canada.
3. Are you paying for channels on your television that you never use? Call your server and see where you can cut back and save.
4. Some banks waive fees for seniors. Check with your bank to see if you are getting all the free services they are offering.
5. Make use of the many free entertainment opportunities in your community. Call your municipal office where they will be glad to supply you with a list of the outlets close to where you live.
6. Although you are probably already doing this, it's worth repeating. Never leave a room with the lights on. Get in the habit of turning the switch when you walk out the door. If you want a bit of light, invest in a few plug-in night lights. Turn them off in the daytime, and put them on when it gets dark.
7. If you don't already own one, buy a small slow-cooker. This is supposedly the cheapest appliance you can use in your home. And it's handy too. Cheaper cuts of meat turn out fork-tender, and even the smaller ones can make enough for at least two or three meals.
8. Even if your new living quarters come with a washer-dryer, air dry as much of your laundry as possible. Invest in a small wood clothes rack, put it in your bathtub, and hang as much as you can on it. This serves a dual purpose. First of all, you will be amazed at what you save in electricity, and as well, you will be providing much needed moisture in the air in your apartment.
9. Before you move, and while you are deciding what will fit into your new

quarters, see what can be turned over to a consignment shop for re-sale.

10. One of the highest users of electricity in your kitchen is your electric kettle. And yet many people fill it full to make one cup of tea. Boil only the amount of water you will be using. And by the way, if you have to invest in a kettle, do get one with an automatic shut-off. This not only saves electricity, it could prevent a fire and save a life.

Where Is He Now? - Jim Nabors, Actor

Jim Nabors, a native of Sylacauga, Alabama, is best remembered as Gomer Pyle on the *Andy Griffith* television show but he was also a singer.

He was discovered in 1962, singing at a Santa Monica nightspot when Andy Griffith came in for drinks. Griffith was more impressed by Nabors' banter between songs than with his singing, and asked Nabors to audition for a one-time appearance on his top-rated *Andy Griffith Show*.

That appearance turned into a TV career alongside Griffith but Nabors has many other credits. His movies include *The Best Little Whorehouse in Texas* with Burt Reynolds and Dolly Parton and he had a cameo role in *Cannonball Run II*. He was a guest star on each season's premiere of *The Carol Burnett Show*; he has sung at the opening ceremonies of the Indianapolis 500 yearly; he earned a Bachelor of Science degree in business administration from the University of Alabama and has put out more than 45 albums.

A stretch of US Highway 280 near his hometown of Sylacauga, Alabama, has been re-named the Jim Nabors Highway. In 1994 he underwent successful liver transplant surgery.

When last heard from, Nabors was still performing on a limited basis and living in Hawaii, where he owned a macadamia nut farm.

The Doctor Is In...

Q: Is there a treatment for, or relief of, arthritic pain in the neck region?

A: For the pain of arthritis you can use Tylenol plus an anti-inflammatory such as ibuprofen (Advil or Motrim). Physio will also help relieve the pain.

Dr. Alan Johnston Family Physician – Orleans, Ontario

This Month in History

Prime Minister Brian Mulroney welcomed American President Ronald Reagan to a Canada-US Summit meeting in the Chateau Frontenac in Quebec City. It was called the Shamrock Summit because of the leaders' common Irish ancestry and the date, St. Patrick's Day. The two men and their spouses sang *When Irish Eyes are Smiling*.

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