

COMMENT

I wonder if Sir Paul ever gets sciatica?

By Ted Brown
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A Ted Bit

Some time ago, okay, a long time ago, I turned 50. And with that momentous transition, I became aware of something.

My body started to hurt.

Now it was nothing debilitating or horrible—I just suddenly noticed little things ached.

If I did a strenuous job, I had a few aches and pains. I later learned that was simply the norm. We age a bit—we ache a bit.

Okay, flip forward a decade or so. Okay, 14 years, if you want to be exact.

Last Saturday, I was at the barn, doing the chores. Now I swear, I didn't do anything 'stupid,' as I might describe it. I just sort of turned the wrong way.

Whammo! A searing pain burned its way down my right leg.

As I rubbed my hip and thigh area, I knew exactly what I had—a textbook case of sciatic pain, better known as sciatica.

For those who have never had the joy of this little ailment (which means you're probably younger than 50), one can best describe it as a searing hot knife blade being shoved into your hip/thigh area.

Translation—it hurts like hell.

So I hobbled back to the house, rubbing my thigh, and limped into the kitchen.

"Okay, what did you lift?" asked The Sidekick. (She's been down this road a few times, knowing if I hurt, I probably deserve to hurt, from forgetting my age, and tackling something beyond my commonsense level.)

"Nothing! Honest!" I protested. "I just cut the string off the bale of hay!"

I know she didn't really believe me, but she did suggest I take some painkillers and pull out the heating pad, as she left for town.

I did as she asked, and tried to make it go away.

You see, I was quite concerned, as one of my daughters and her husband had planned an outing in Toronto. We were to meet at their house, and climb into a limo with 12 other people, to head to Toronto, to the Copacabana Brazilian Grill for dinner, then over to the Air Canada

Centre to see Paul McCartney in concert.

Sir Paul was on my bucket list, so having the opportunity to see him was NOT going to be jeopardized by a little sciatic pain.

Or so I thought.

The limo dropped us off a block and a half from the restaurant, and our reservations were (you guessed it) on the upstairs level.

And the buffet was on the lower level.

Now I'll do a lot for good food, so I sucked it up, down the stairs to the buffet, in spite of that imaginary knife stuck in my thigh. Standing up, or sitting down was an exercise in pain too, but I toughed it out. Meal was great, and time to head to the ACC.

The leaders of our pack started off down the street for the three block trek. Every step was agony, and the further I walked, the further I felt I was falling behind.

With the median age of our group in their mid-30s, and me double that—well you know those documentaries we see on TV where the herd of African wildebeest are being chased by the lions?

And there's always one lone little wildebeest falling behind, into certain death of the lions? Well I can now relate to how that little guy feels...

I made it to the ACC, and then I learned our tickets were on the third level....

Do you have any idea how many steps there are up to that level? And how many there are making it to your seats?

Trust me—lots.

I finally got settled in my seat, and eventually Sir Paul did arrive, and delivered a magnificent performance.

My bucket list had been sated—as far as Paul McCartney goes. But as I watched him perform non-stop for almost three hours, and one thought went through my mind.

I wonder if 73-year-old Sir Paul ever gets sciatica?

Make Do & Mend event on Sunday

Linda Pidzamecky and Anna Barkhouse, owners of The Sewing Cafe, are holding a 'Make Do & Mend' event this Sunday, Oct. 25, 2:30-4:30 p.m. at the Georgetown Library.

Drop by with items of clothing that are in need of repair. All repair supplies will be generously donated by The Sewing Cafe.

If you have specific item you'd like to be used (like a button that has come off a coat) please bring it along!

All proceeds from this year's 'Make, Do & Mend' event will be donated to Food4Kids, a local charity that feeds children in our community at risk of food insecurity.

For more information on the event, please visit TheSewingCafe.ca, 905-873-0043 or thesewingcafe2@gmail.com or Leslie, Community Relations Manager of Food4Kids, Halton Hills: 905-877-5056 or leslie@food4kids.ca

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NOTICE OF MEETING

 The Halton Hills Sports Museum and Resource Centre is holding their Annual General Meeting & Election of Officers
Wednesday, October 28, 2015
Museum - Heritage Hall
Mold-Masters SportsPlex at 7:00 pm
 Agenda items will include:
 Financial Review
 Curator's Report
 Election of Officers

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Happy 50th Wedding Anniversary Mom & Dad
 Jim & Eileen Kavanagh
 October 23, 2015

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