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# COMMUNITY

## Set to turn 100

# Auckland shows no signs of slowing down

*Good, clean living and a busy schedule  
 the key to beloved woman's longevity*

By **Stephanie Thiessen**  
 CANADIAN CHAMPION STAFF

**W**ith her rosy cheeks, sandy brown hair and remarkably smooth skin, it's hard to believe Clara Auckland is poised to turn 100 on Monday. Add the smart outfit, classy jewelry and charming giggle, and Auckland is positively fascinating.

What's her secret? It's a question that Auckland apparently gets a lot. And, quite frankly, she doesn't really have one.

"I just tell them I'm an ordinary person," she said. "I eat properly, I never drank and I never smoked."

But it's clear from the first moment one meets her that Auckland isn't your typical centenarian — if, indeed, one does exist. In fact, with her busy schedule and bevy of friends, Auckland wouldn't be your average 65-year-old, never mind someone in triple digits.

This woman knows how to live.

### Staying active

On the walls of her downtown Milton apartment are family photos capturing a lifetime of memories and oil paintings from her own brush.

She has a talking bird named Goldie to keep her company on the occasional lonely night, and a computer on which she plays Scrabble and bridge to keep her mind sharp. She doesn't have the Internet, but it's not for lack of technical savvy — "I don't have time!" she explained.

She does her own cooking — lots of fish, beef and chicken — and refuses to have a stranger come in to do her laundry, despite her son's entreaties.

"I say, 'Ross, I can't watch someone else do (my) work! It's exercise!'"

On Sunday, scores of Auckland's friends and family members will gather at the Milton legion to celebrate her century of living. Her actual birthday falls the day after. If her 95th birthday party is any indication — more than 200 people attended — it's going to be quite the shindig.

"They're preparing for 300," Auckland said, a twinkle in her eye.

But she's taking all the attention in stride. Sunday and Monday will be just two more days in the life she feels lucky to call her own

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**CLARA AUCKLAND**

— although she's very excited about seeing family members who're flying in for the occasion.

"To me it's just another day and I'd rather be without it. I don't like to be fussed over," she said.

This dear woman will be the first to say her life has been fairly smooth, although she isn't unfamiliar with heartache. Eighteen years ago, she lost the man to whom she'd been married 59 years — enough to sap even the strongest of the will to live.

But Auckland feels adamantly that it's one's attitude that determines one's happiness.

"Life is what you make of it," she said.

Still, she misses her husband, and attributes much of her happiness to finding a good man.

"With my husband and I getting along so well, life has been really good to me," she said.

Auckland was born in Campbellville in 1907. Each day as a teen, she took the train to a high school on Martin Street, which is now an elementary school.

She left the area to live with an aunt in Toronto as a young adult, and met her husband-to-be, Fred, shortly after. She married him in 1930, and they moved to King City before relocating in Lowville, just outside Milton.

In 1937, the couple took over the Lowville General Store — now the Lowville Bistro — which they sold in 1961.

Living through the Depression was difficult, she said, explaining she and Fred had barely enough to keep their store running. But then, everyone was in the same situation. Farmers who came in would trade eggs and other barter items for groceries.

They had two sons, now aged 62 and 69 and living in Georgetown and Victoria, B.C.

Auckland worked at a downtown Milton ladies dress shop for a time, before becoming interested in antiques and opening a small shop next to the general store.



GRAHAM PAINE / CANADIAN CHAMPION

**AGELESS WONDER:** Ready to hit the century mark, Clara Auckland has a number of hobbies to keep her busy, including one of her favourites — knitting.

She moved to her current apartment just over 20 years ago. But Auckland refuses to let it become a well-decorated prison.

Besides going out with friends, Auckland said she enjoys going for walks and believes strongly in their therapeutic benefits — although she doesn't feel safe walking in Milton at night anymore.

"I go for a walk and when I come home, I'm a different person," she said.

Auckland might not see herself as anything out of the ordinary, but she has pearls of wisdom for anyone who has the time to listen.

And her life's philosophy can be narrowed down to one sentence: "I try to treat people and meet people as I want to be treated and met."

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## Cogeco Cable Channel 14 Programming Schedule - Tuesday, March 27 - Monday, April 2, 2007

Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30	Saturday, March 31	Sunday, April 1	Monday, April 2
8:00am - 1:00pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA	8:00am - 12:00pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA	8:00am - Midnight Plugged In! EXTRA	8:00am - 6:00pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA
1:00pm SportsZONE Live	1:00pm Halton Hills Council (cc)	12:00pm Swap Talk (Replay)	1:00pm Halton Region Council		6:00pm Milton Council	1:00pm Milton Council
2:00pm - 6:30pm Plugged In! EXTRA	3:00pm - 7:00pm Plugged In! EXTRA	1:00pm Milton Council	3:00pm - 7:30pm Plugged In! EXTRA		8:00pm - Midnight Plugged In! EXTRA	3:00pm - 8:00pm Plugged In! EXTRA
6:30pm Optimist TV Biogo (Live)	7:00pm Simply Halton	3:00pm - 8:00pm Plugged In! EXTRA	7:30pm TVCogeco Sports: AHL Hockey Live - Grand Rapids vs Hamilton			8:00pm SportsZONE Live
7:30pm Plugged In!	7:30pm Plugged In! EXTRA	8:00pm Living Healthy	10:30pm - Midnight Plugged In! EXTRA			9:00pm - Midnight Plugged In! EXTRA
8:00pm Auto Experts (Live)	8:00pm Swap Talk	9:00pm Halton Region Council				
9:00pm Halton Hills Council (cc)	9:00pm Milton Council	11:00am - Midnight Plugged In! EXTRA				
11:00pm - Midnight Plugged In! EXTRA	11:00pm - Midnight Plugged In! EXTRA					