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## MS SOCIETY HALTON REGIONAL CHAPTER

Presents

### MS SUPPORT GROUP

WEDNESDAY,  
APRIL 8th, 2009  
7:00 pm

CIBC

Maple Avenue @ Thompson and Steeles • Milton, ON

### ADAPTED EXERCISE PROGRAM

Milton Leisure Centre  
Classes starting soon

Register by  
contacting the office

#### OUR MISSION:

"To be a leader in finding a cure for multiple sclerosis and enabling those affected by MS to enhance their quality of life."

#### MS SOCIETY HALTON REGIONAL CHAPTER

2016 Victoria Ave, Burlington, ON, L7R 1R4

Fax: 905-681-1166

905-681-8770

[www.mssociety.ca/halton](http://www.mssociety.ca/halton)

Toll free: 1-800-211-8322



Supported by Town of Milton Community Fund

# Party tomorrow for 100-year-old

• from 100 on page 1

for being fussed over and has always been a source of great comfort for those around her.

"She was strict at times, but she always made time for me when I needed her. I was very well cared for," said son Jeff Barrow, the youngest and only remaining child of four — who's also a Miltonian.

Added Jeff's wife Joyce, "She always has a smile and never has a bad word to say about anyone."

The years certainly haven't robbed the Manchester native of her memories.

Gladys still vividly recalls — at the tender age of nine — witnessing the Zeppelin raids during the First World War with her Scottish father. And on a much lighter note, recollections of her early encounters with husband-to-be William come seamlessly to mind.

"Oh not at all," she said, when asked if it was love at first sight. "We both worked in the same office and the girls kept telling me not to go out with him because he had a different girl every night."

Those initial reservations would eventually give way to a loving courtship and marriage. While not quite as outgoing as her hubby — who worked in the radio business and later owned some nightclubs — Gladys shared his love of dancing, and the couple could cut a pretty mean rug.

Equally skilled in the kitchen, Milton's newest 100-year-old is perhaps best known among family circles for her culinary creations — which included mouth-watering desserts and homemade breads.

"Her gravy was amazing as well," said Jeff.

"I started cooking when I was 14. My mother was a very good cook as well," said the birthday girl, who lived on her own until last year, when a nasty fall and broken hip forced her to seek full-time care.

The Barrows' history isn't all rosy, though. Gladys' only daughter, Anne, drowned in a canal when she was just four, and while giving birth to two more children (including Jeff) after a lengthy grieving period, Gladys never had the girl she very much wanted.

And although William escaped more than a few close calls during his time as a corporal in the English Army — during which he twice found himself well within German territory — he died of a heart attack in 1966, cutting their union far too short.

Said Jeff, "Mom's been without him now longer than she was with him."

But Gladys doesn't spend much time dwelling on her losses, choosing instead to embrace her golden years.

While somewhat hard of hearing, she enjoys listening to the radio — specifically AM740 — as well as chatting with family and Allendale staff alike, always with an infectious smile.

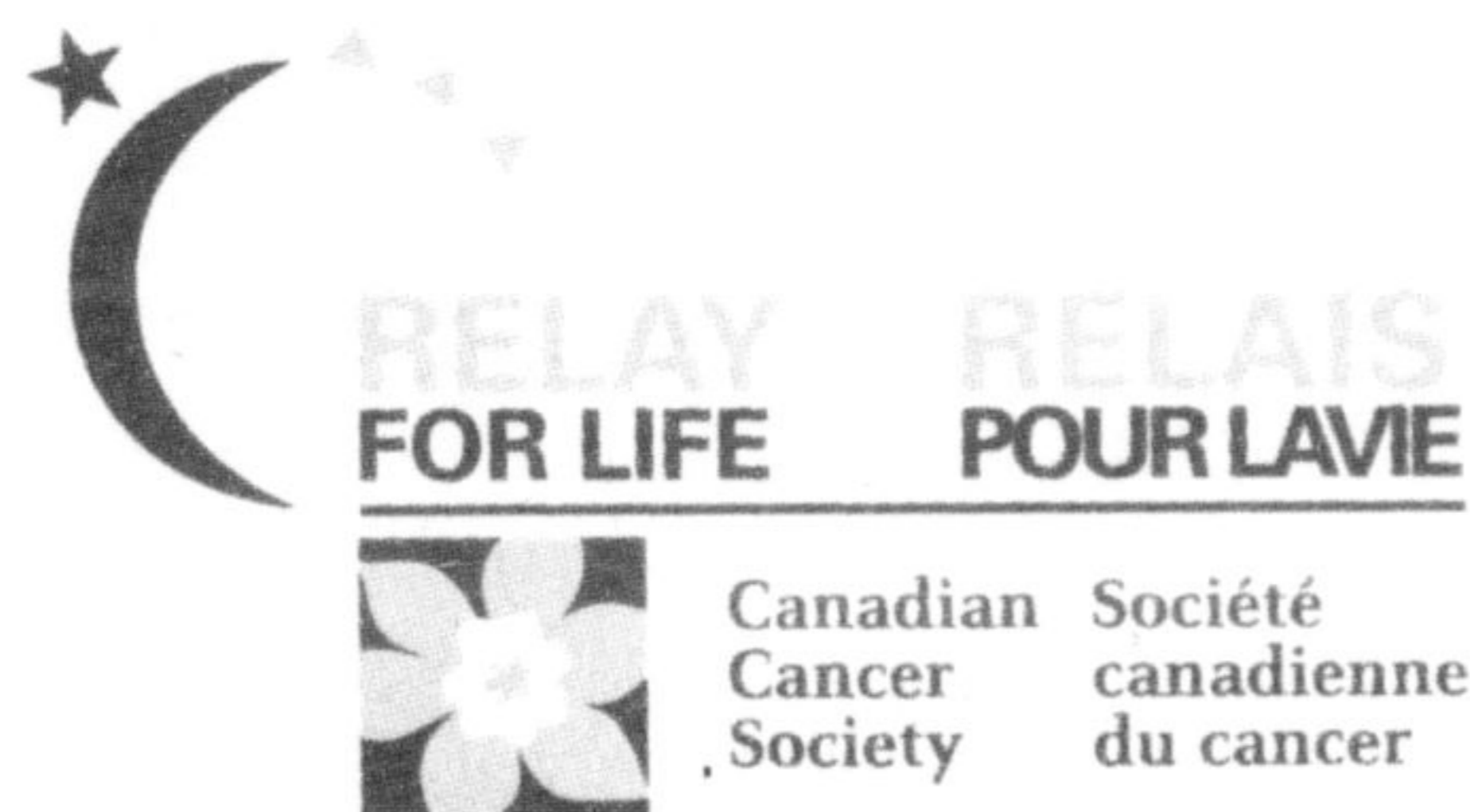
So what's her secret to a long life?

"I really don't have a clue," she said with a laugh. "Keeping things simple I guess. I just take it day-to-day and hope for the best."

The best is what many will offer Gladys tomorrow, with a party — complete with birthday wishes from both the Queen and Governor General — planned at Allendale.

Steve LeBlanc can be reached at [sleblanc@miltoncanadianchampion.com](mailto:sleblanc@miltoncanadianchampion.com).

www.cancer.ca/relay



## June 19-20, 2009 7 p.m. to 7 a.m. Milton Fairgrounds

Canadian Cancer Society *Relay For Life* is a 12-hour overnight non-competitive fundraising event. *Relay* gives people the opportunity to get together with family and friends and celebrate cancer survivors, remember loved ones lost to cancer, and fight back in the hope of finding a cure for this terrible disease.

- Register a team or join one!
- Buy a luminary
- Participate in the Survivors' Victory Lap
- Volunteer at the event

Register online at [www.cancer.ca/relay](http://www.cancer.ca/relay) or call the Canadian Cancer Society at (905) 332-0060.

Join us....  
WEDNESDAY, MARCH 25 FROM 7:00 P.M. – 9:00 P.M.

for our Team Rally night at  
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remember fight back

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