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86 Ringwood Dr., Unit 28
Stouffville, ON L4A 1C3
Phone: 905-640-8100
pauljcrowe@hotmail.com
www.pauljcrowe.com

MATURE SENIORS? IMMATURE JUNIORS?

By Hannelore Volpe

If people who are 55 plus are called seniors, are those who are 55 minus juniors?

Do we really think that all "juniors" from age one to 54 have the same needs, wants and aspirations? Common sense tells us it ain't so, and the same goes for the more mature crowd.

Most older people have spent a few decades contributing to community, family and workplace and continue to do so. Here in town, a few things have been happening that are of interest to the mature set.

Members of the Silver Jubilee 55 Plus Club had gotten their hopes up for a new, much larger seniors centre within the town hall building. But on June 5, councillors nixed the project and asked staff to consider the Lebovic Leisure Centre instead and find an interim facility in the meantime.

On July 17, town staff will present council with a work plan for the seniors centre. This will be an overview of what staff are doing, said Rob Raycroft, the town's director of leisure and

community services, "just to make sure we are on the same page as their expectations."

One of the disappointed people in the council chamber audience June 5 was Anna Ives, who noted that an addition to the Lebovic Leisure Centre isn't planned until 2016/2017.

"We just can't wait that long," she said. "It doesn't matter where it is as long as the programs are there and we get together to socialize." She also noted that any place chosen won't be central to everyone.

Silver Jubilee Club president Wilf Morley is worried that with the current council's term ending in 2014, local politicians might not want to push through big-ticket items in 2013 and the project could languish. The club has close to 370 members "and in a 1,500 square foot space," Mr. Morley noted, adding, "the accessibility of that thing is terrible."

Many surrounding municipalities have stand-alone seniors' facilities, he said, while the town is "looking at something we will be sharing with someone else."

A report on the proposed new facility will be presented at council in September.

When it comes to how seniors as a group are perceived, Dayna Stoddart is working hard to dispel myths about aging and promote wellness and prevention. She spoke at Nineteen on the Park last month. A member of the International Council on Active Aging (ICAA) and wellness director of the Ballantrae Golf and Country Club, she

exhorted the audience to keep active, ignore negative stereotypes and engage in lifelong learning.

Exercise is important, she emphasized, with 10 minutes of exercise as little as three times a day helping to improve a person's health. Staying connected socially, doing volunteer work, engaging in activities such as tai chi, yoga, gardening or hiking are among the strategies advocated by the ICAA.

Keeping a positive outlook is vital, Ms Stoddart said. An American study found that people with a negative outlook lived almost eight years less than their more positively-minded peers.

Barb Armstrong, supervisor of the town's fitness centre, has observed that many people in their 70s who exercise regularly are in better physical shape than their less-active counterparts in their 40s.

At Parkview Village, Cindy Dodd, senior manager of client services for the Community Care Access Centre (CCAC) spoke to a large crowd recently on how to access services and programs to help people maintain independence in their homes longer. The CCAC offers such services as personal support, occupational and physical therapy, respite care, and assessments for long-term care. Visit www.central.communitycareresources.ca for more information.

Parkview offers events such as concerts and information sessions at least twice a year, which are open to the community.

Community Mennonite Voices

Contributed by Cameron Kaufman-Frey, Pastor



**Protesting in Memory of
Whitchurch-Stouffville's
Contribution to
Conscientious Objection**

On the morning of June 16 a crowd gathered on Main Street in Stouffville. They had come to see a parade to honour the Governor General's Horse Guard (GGHG). Some people wore red and white to show their patriotism, but some wore red and white for another reason. About 55 representatives of three historic peace churches (Brethren in Christ, Mennonites and Quakers) wore red and white buttons that said, "To Remember Is to Work for Peace."

We showed up because we wanted to have the history of our town remembered more completely than the parade was telling it. The parade was touted as a reconnection to a military unit from "our area" and that fought in The War of 1812. However, the historical record shows that Whitchurch-Stouffville was populated mostly by Conscientious Objectors at that time. In fact, nowhere else was there such a concentration of CO's from three historic peace churches. According to our local Legion, there were only two definite, and possibly a third, veterans of The War of 1812 from here. The greater historical contribution of Whitchurch-Stouffville was to the history of Conscientious Objection.

As the pastor of a Mennonite Church, a church that talks a lot about peace, I

was asked by some other residents of Stouffville why the Mennonites were being un-peaceful. Why would we try to stop the parade from happening? Why did the peace churches show up at Town Council to protest the parade? Some people said we were trying to impose our ideas on others. It seems funny to me that speaking up in a Town Council meeting was considered an un-peaceful thing to do, when democracy is all about resolving conflicts through dialogue.

As spiritual descendants of those CO's, we wanted to speak up about the role they played in Canadian history. They showed that minorities who have different values from the majority can be valuable citizens. They held up a vision of a world where conflicts are resolved without violence. They followed Jesus' words to "turn the other cheek," and to "love your enemies," and inspired many people to think creatively about how to resolve conflict without violence.

We know we aren't the only ones who want peace. We are happy to live in country where people from many races, cultures and religions live together peacefully. So we will continue uphold the story of the contribution of pacifism to Canadian history.

If you are new to Stouffville and looking for a faith community--or simply curious--you are welcome to visit us. We have chosen not to build a structure, but we meet in rented facilities at Parkview Village Auditorium (9th Line) at 10 am Sunday in summertime.

COMMUNITY MENNONITE CHURCH
12184 Ninth Line, Stouffville • 905-640-9730
Summer Worship Services Held Sunday at 10 am



Presents

On July 11 at 7 p.m., Starlight Cinema at Nineteen on the Park presents Roman Polanski's caustic and witty new film *Carnage*.

Jodie Foster, Kate Winslet, John C. Reilly and Christoph Waltz star in this comic study of the tension between civilized surface and savage instinct. Set in contemporary Brooklyn, the film centres on two couples who meet to discuss a playground fight between two of their children.

Harried corporate lawyer Alan (Waltz) and his put upon wife Nancy (Winslet), a high-flying broker, visit Michael (Reilly), an amiable wholesaler, and Penelope (Foster), a self-consciously liberal writer, to discuss, logically and amiably, how to deal with the boys. However, as the evening wears on, the parents become increasingly childish and combative, words become weapons, prejudices rise to the surface and the meeting soon collapses into a storm of anger, recrimination, drunkenness and violence.

Polanski nimbly keeps the action flowing with an active camera that avoids the feeling of a play captured on film. Alternately funny and devastating, *Carnage* convincingly lays bare the darker tendencies of human nature.

On July 25 at 7 p.m. Starlight Cinema presents *In the Land of Blood and Honey*, directed by Angelina Jolie. Set against the backdrop of the Bosnian War—the film tells the story of Danijel and Aja, two people from different sides of the brutal ethnic conflict.

Danijel, a soldier fighting for the Serbs, and Aja, a Bosnian held captive in the camp he oversees, knew each other before the war, and could have found love

with each other in different circumstances. But as the armed conflict takes hold of their lives, their relationship grows darker, their motives and connection to one another ambiguous and their allegiances uncertain.

Friend of Starlight Cinema passes are available for \$100 and include admission to all regular season presentations for one year. Annual memberships are \$12 and allow you to buy individual tickets for \$5 per screening. Single tickets are \$7.50 at the door on the night of the screening.

Starlight Cinema, which is part of the Toronto International Film Festival Film Circuit, is proudly sponsored by the Stouffville Free Press. For more information, and to watch trailers of upcoming movies, visit www.nineteenonthePark.ca or call the box office at 905-640-2322.

If you would like to receive regular reminders of upcoming movies, send an email to stouffvillefreepress@rogers.com.

