

Turning Back the Clock

Historic photo submitted courtesy of Whitchurch-Stouffville Museum



The Stouffville District High School Orchestra is shown tuning up in the 1958-59 Wine and White yearbook. Standing: Gary Baston, Roger Mole, David Stouffer, Wayne Hamilton, Mr. Waite (conductor), Warren Hendricks, Tim Kennedy, Roger Stover, Leila Byer. Seated: Norman Hendricks, Lois Stouffer.

DON'T MISS 'DOORS OPEN' WHITCHURCH-STOUFFVILLE

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LET'S HEAR FROM YOU WHITCHURCH-STOUFFVILLE

Whitchurch-Stouffville this Month believes your opinions are important, and encourages you to voice your comments or concerns in a Letter To The Editor. We accept all letters, but only publish letters which have been signed. We request you include a phone number (not to be published) for verification of the letter writer. While Whitchurch-Stouffville this Month reserves the right to edit letters, due to content or length, in most cases letters will be published as written.

Fax your letters to: 905-642-2368, or e-mail to: gilderdale@sympatico.ca or mail to WSTM, Kate Gilderdale, 6111 Main St., Stouffville, Ont., L4A 3R4

Whitchurch-Stouffville this Month is on the web.

Look for us each month at: www.wstouffvilleonline.com



Kate A'la carte

Experts Turn Up The Heat On World Menopause Day

A strange phenomenon occurred in the workplace last Monday.

The sun shone, the mercury hit the mid-20s and something resembling spring finally hove into view. One of my fellow drones was so overwhelmed by the sudden shift in temperature that she jokingly suggested someone must have declared May 10 National Menopause Day.

Abandoning her winter woolies, she donned a sleeveless dress and went around flinging windows open in stuffy offices. The advent of unaccustomed warmth in a hitherto soggy and frigid spring even persuaded her to leave the windows of her car open to the elements.

Alas, like a woman in the throes of menopause, sultry summer weather is often accompanied by violent thunderstorms. Precipitation happened and the car's interior was decidedly damp by the time my friend got in it to drive home. On the upside, she had inadvertently discovered a novel way to keep cool when all around her were overheating.

Since the day's only previous claim to fame at Chateau Gilderdale was that it happened to be my birthday, I decided to find out whether May 10 held any significance in the world at large. As a dedicated sloth suffering from a severe case of healthy lifestyle information overload, I could hardly contain my mirth when I learned that the day of my birth had been designated "Move for Health" International Day for Physical Activity.

By now my inner procrastinator was operating at full throttle, so I abandoned my real job and typed 'National Menopause Day' into my search engine, just for fun. You will doubtless be as thrilled as I was to learn that Oct. 18 has been proclaimed World Menopause Day and that "an educational outreach event" called 'Applause for Menopause' was launched in Baltimore in 1999 to mark this momentous occasion.

As a woman experiencing the dubious delights of midlife, I found it difficult to think of much to celebrate in the change of life department and the information on the web did little to add to my *joie de vivre*. "Menopause can bring with it serious dramatic health implications for women, including increased risk for heart disease, stroke and osteoporosis, as well as lifestyle changes," intoned one physician.

It's enough to drive a woman to drink, except that experts on menopause management were firm in their condemnation of attempts to escape dreary reality via a couple of glasses of *vin ordinaire*. "If you drink alcohol," one lectured sternly, "limit it to no more than one drink per day."

A bunch of learned doctors, every last one of them male, threw in their two cents' worth. "World Menopause Day is really about honouring all women. It's about acknowledging that millions of women around the world are entering this vital stage of life every day, yet many still don't understand menopause or its health impacts," explained Wulf Utian, MD, PhD, chairman, Council of Affiliated Menopause Societies.

He didn't mention this, but it's also about dodging stuff your wife is throwing at you in a moment of menopausal rage. Meanwhile, Dr. Andre Lalonde of The Society of Obstetricians and Gynaecologists of Canada had more enthralling news for the estrogen-deficient in an age of longevity. "Most Canadian women will spend more than one-third of their lives in post-menopause."

In the interests of equality, if menopause has a place on the calendar, can we look forward to World Erectile Dysfunction Day? All my research turned up was National Impotence Day, which is celebrated, if that's the word, every Feb. 14 in the U.K.

Only in Britain you say. Pity.

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