

History Making At OSCC Slo-pitch

The Oshawa Senior Citizens Centres Slo-pitch league consists of 200 participants and continues to grow each year. Two teams from the Tuesday House League are selected each year to enter a tournament against other senior slo-pitch teams. On June 17th, a first-ever triple play occurred on diamond #4 during a game between an



From left to right:
 Paul Forsey, John Dick, John Raines
 Absent: Brian Myers

OSCC team coached by volunteer Brian Myers, versus a Markham team.

OSCC players were in outfield and Markham had a player on first and second when their next player up to bat hit the ball towards short stop Paul Forsey. Paul tagged the Markham runner who was on his way to third, then tossed the ball to second baseman John Raines who tapped the bag and finally John threw the ball to first baseman John Dick who got the batter out.

A triple play is rare in baseball. The odds of achieving a triple play are 1400 to 1. According to the Society for American Baseball Research, there have been 672 triple plays in Major League Baseball from 1876 to September 9, 2007 and from 2007-2011 there have been approximately 13 additional triple plays in the league.

Congratulations to John Dick, Paul For-

sey and John Raines for achieving this first-ever occurrence in OSCC history and proving that it is not the age of the players that matters but the passion for the game!

Women Play Slo-Pitch Too!

Mary Cole, Marjorie Boyd and Earlene Fogal play in the OSCC Thursday slo-pitch league. They also shine in slo-pitch outside our OSCC diamonds.

These three ladies play for **Sportaculars Canada**, which is a ladies softball team consisting of women over the age of 70 from all over Ontario. Their games are held in the U.S.A.

Mary, Marjorie and Earlene's team has not lost a game this season. They also won 8 straight games in Houston to win gold



From left to right:
 Marge Boyd, Earlene Fogal, Mary Cole

in the U.S. National Seniors Games. The team is so successful they have been designated a Major League classification, which means an opposing team is given an extra player or a 5-run advantage.

Our OSCC lady players are making a significant difference on and off our fields, showing that women can have a place in slo-pitch beyond the bleachers.

Adventures Of Being A Community Gardener by Jean Larsen

Being a member of the Mary St. Community Gardens means many things. First of all, it means apartment dwellers in north Oshawa such as myself and my gardening partner, Margaret, can rent a plot (most of them are 4 feet by 20) and grow fresh vegetables. It means meeting other avid gardeners with whom to share gardening tips. It means the excitement of seeing blossoms appear on tomato plants and bean plants, seeing zucchinis and other fresh vegetables grow larger.

It means hoping for rain for rain means relief. Not only relief from having to carry filled watering cans to water the garden, but also relief from the hot, humid, dry weather we experienced in July. I have never spent so much time in my life watching the sky for signs of rain or listening to television weather reports. Now I know how my grandfather and my uncle, who were farmers, must have

felt. I'm also sure their ways of predicting rain were probably more accurate than TV weathermen who when it came to predicting rain in July were hardly ever right.

Being a community gardener means that like gardeners everywhere we are part of the miracle of birthing new plants. From tiny seeds that could hide in the creases of one's palm come lettuce, green onions and radishes. From little tomato plants grow tall bushes that yield tomatoes hiding among their leaves.

It also means that contrary to what my gardening partner and I planned, many of our plants are doing their own thing. Lettuce that was planted across our plot grew lengthwise. We thought we planted head lettuce. What we got was romaine. Cucumber plants, with their roving tendrils and shoots are taking over the garden so we named the biggest one, *Tom Jones*, after the book, not the

singer. Even efforts to stake him up did not restrain him. He is determined to reach across the pathway that separates us from the plot beside us. A couple of carrots we planted within the confines of our plot, decided to grow outside it.

It's been thrilling nonetheless to bring home fresh radishes, lettuce and beans, which although the seed packet said were green, are mostly yellow. (They were delicious anyway.)

Would I do this again? The answer is yes. It has been said that gardening is good for the soul. I agree. Despite the work, heat, humidity, dryness and the determination of wayward plants, there is an undeniable joy in seeing things grow.



Margaret McClain (left) & Jean Larsen



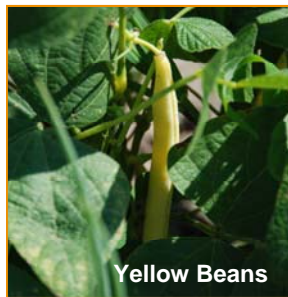
Digging for carrots



Tomatoes



Carrots & Radish



Yellow Beans



Marigold



Basil

The OSCC Northview Branch Adult Day Program has also had 3 garden plots at the Mary Street Community Gardens with great success!



A CAP (Computer Access Program) Success Story

By Edward "Ted" Kehoe

I would like to tell you about Marjorie Sorrell, my success story. Marjorie is 78 years old, and is currently in the process of writing a book, titled: "The Story of St. John's Anglican Church, Whitby Ontario, Erected 1846: What the Walls Have Seen and Heard During the Last 165 Years".

When I first met her in February 2011 at the Oshawa Senior Citizens Centres, she was already an experienced computer user, and was looking to expand her knowledge--in particular, her knowledge of Microsoft Word--in order to complete her book. Over 2 months, we covered scanning pictures and documents, importing pictures into Word,



page layout options, image editing, and more. Each week, Marjorie would come in with more sections of the book completed, along with more questions to help her complete her work and further expand her knowledge.

I am confident that, armed with the additional knowledge I have helped her acquire, she will be able to successfully finish the book on time, and that it will look great. Marjorie is just one of many individuals across Durham Region that has benefitted from the CAP Program's Youth Initiative, and hopefully, in the years ahead, is not the last.



CAP stands for Computer Access Program, an initiative started by Industry Canada a number of years ago. The goal of the program was to make Canada the most computer connected country in the world. To this end, Industry Canada partnered with lo-

cal agencies across the country to set up CAP sites where individuals could have free access to computers and the internet. These sites were set up in rural areas, libraries, church basements, schools and non profit agencies etc. The agency responsible for Durham area was the Durham Region Employment Network or DREN. Through DREN the Oshawa Senior Citizens Centres received funding to set up 2 sites, one at the John Street Branch and one at the Northview Branch. These sites have allowed many individuals who don't have computers at home an opportunity to use a computer and surf the internet.

Last year the Centres also were eligible to receive funding through the CAP Youth Initiative.

The Youth Initiative complimented the CAP sites as funding was acquired to hire students to act as tutors to people who needed assistance in specific areas of computing. Ted was our tutor at the John Street Branch and he did a great job. Funding for these programs ended in March of this year, however the Tutoring Program has remained at the John Street Branch on Friday mornings using a Volunteer Tutor. If you are interested in more information or an appointment please contact Ellen Oliver at ext. 2857.



Our Seniors – No Couch Potatoes Here! by M. Jean Walker

EMILE ROY – was born in Moncton, New Brunswick on May 11th, and celebrated his ninety-sixth Birthday this year. He wasn't really happy with his job situation in New Brunswick, so when he was twenty-four years old he moved to Montreal, and found employment with an electrical company building and re-winding electric motors.

Emile moved to Oshawa about eleven years ago to be near his only daughter. He has been a member of OSCC for about ten years, and enjoys playing pool and shuffleboard at the John Street branch. In the past he has participated in some of the trips planned for seniors. Emile lives on his own in an apartment, and most of the time prefers to do his own cooking.

Since he was about fifteen years old Emile has loved dancing, and enjoys a variety of dances including the Fox Trot, Waltz,

and Cha Cha! Emile belongs to a group of seniors, consisting of both men and women, who entertain at a number of locations in the Oshawa area such as Kingsview, Hillsdale, and Lviv, and wherever else they are invited to perform.



Singing is another activity that Emile really enjoys, although he insists he is not a soloist. He has been performing with the OSCC Choir for about ten years. The choir has approximately forty members, and practices are held every Wednesday. They entertain at many of the senior residences in the area, and appear as

featured attractions at the OSCC display held every Fall at the Oshawa Centre.

For a gentleman who is ninety-six years young, Emile is an active person. We hope he will continue to entertain for many years to come!

Tips, Tricks & Trends

Dine Safe

January 2011 saw a new webpage on the Durham Region website called Dine Safe. Dine Safe is a program administered by Durham Region for food safety. The Public can now find out which restaurants have a passing grade.

Information web page :

<http://www.durham.ca/dineSafe/dineSafeIndex.aspx>

Slot in name of restaurant web page

<http://www.durham.ca/dineSafe/DineSafeInspectionSearch.asp>



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Phone Scam

Ever had a phone call where no one answers for a few seconds and then says "Goodbye"? This is a scam. Tap any key on your telephone key pad 7 times – this messes up their computer.

Ever had a phone call telling you that you have a problem with your computer's Microsoft? This is also a scam

Anti Fraud Centre is there to help: 1-888-495-8501

<http://www.antifraudcentre-centreantifraude.ca/english/recognizeit.html>

Volunteering Is So Rewarding! by M. Jean Walker

It seems like only yesterday, but actually it was many “moons” ago that I first applied for an OSCC membership. To be honest my reason was purely selfish. My daughter wanted to take a word processing course through the Durham Board of Education, and encouraged me to join her. Money was scarce back then, but with an OSCC membership the fee for the course was considerably less expensive. I’m really glad I agreed to take the course, because when I was given my first computer, some of the technical language I learned through word processing enabled me to learn how to use it. Without the ability to operate the computer, I would probably not be writing for the Newsletter Committee today. The big plus was in having a membership card, which opened a whole new world for me.

Over the years I have had the pleasure of being involved in several unique volunteer situations. My first experience as a volunteer with OSCC was on a committee which, together with Rogers Cable TV, developed a program entitled “Senior Moments”. When volunteers were needed to host the program, I was an ideal candidate to become one of them. Previously I had hosted a program on Cable TV for the organization where I was employed. Public speaking was part of my working life, and I have never experienced stage-fright or been nervous in front of an audience. I thoroughly enjoyed interviewing people on various topics related to seniors. I was also given a brief chance to work behind the scenes. I’m not sure how effective I was in that capacity; however, it “went with the territory” as they say, and together we had a great time planning and coordinating the program which aired for several years. Tapes of the program now reside in the OSCC archives.

Later on I was invited to become a member of the Seniors Advisory Committee for the North-

view branch, and did a stint as co-chair, which also involved being on the Board of Directors of OSCC. It was exciting to be a part of the “inner workings” of the organization, and a true learning experience. This was an important time in the annals of Northview because the membership was growing by leaps and bounds. It was evident that space was becoming limited, not only for seniors occupying the building, but also for the Eastview Boys and Girls Club, and the Lawn Bowling Association, who shared the building with us. Although the Building is owned and operated by the City of Oshawa, we were given an opportunity to input suggestions and concerns to the planning committee, and were instrumental in helping to raise some of the funds needed to expand and improve the facility. I am proud to have been a small part of that process.

Currently I am involved with the Newsletter Committee and working with a very dedicated group of volunteers. Grace Stevenson is our Editor, Fred Tan is our Publisher, and together with staff person Colleen Zavrel, they guide us along the way. Every member contributes their expertise in an attempt to make the Newsletter interesting, informative, and educational for the members of OSCC. We receive many compliments on our efforts, which is a reward in itself.

Volunteering has always been a very important part of my life, and I am proud to be one of hundreds of OSCC volunteers. My sincere thanks to OSCC and the Partners At Work committee for the numerous volunteer opportunities available. I sincerely hope you will recognize the importance of volunteering not only to you as a member, but to the OSCC organization as well.



OSCC Newsletter Committee:

Grace Stevenson - *Editor*, Fred Tan - *Publisher*,
Colleen Zavrel - *staff*.

Writers: Rosemary Spencer, Jean Walker,
Zelda Armstrong, Jean Larsen, Carol Wilson.

Contributors: Sarah Wintle, Doug Rancourt

We welcome suggestions and comments.

Contact Colleen at (905) 576-6712 ext. 2834

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Cruising Down the River by Carol Wilson

A man and a woman lounge in comfortable deck chairs on the 3rd storey sky-deck aboard a luxurious, modern riverboat named *Imagery*. As they cruise slowly through Austria over the calm waters of the beautiful Danube River, they let their minds wander and try to imagine what life was like centuries ago in the medieval castles, fabulous palaces and historic cities that have grown up along the banks of Europe's second longest river.

My husband and I are that man and woman and we're on a European River Cruise. We arrived in Vienna on April 19th, were greeted by our cruise director and brought by coach to our ship. During the next 12 days, this beautiful vessel will take us up the Danube, into the Main River, then northward up the Rhine River to Amsterdam. When our cruise is finished, we will have gone through 3 countries and 16 lift locks.

The next day, we board a private guided coach and begin to enjoy Vienna's many attractions. The *Riesenrad* (Ferris wheel - 212 feet high), built in 1897 for the Vienna World's Fair, has fully enclosed cabins which make a full turn every 10 minutes. From it, one has a panorama of the city, which includes the famous *Cathedral of St. Stephen* with its 450 ft. tower. It is considered Austria's finest Gothic building, with its distinctive geometric glazed-tile roof and intricately-carved interior. We visit the 13th Century *Hoffburg Complex*, official residence of the Imperial Hapsberg family for 7 centuries. The Hoffburg also houses the *Spanish Riding School*, where the world-famous Lipizzaner

Stallions train and perform.

After lunch, we visit the fabulous *Schonbrunn Palace* (built 1695 - 1440 rooms), the sumptuous summer home of the Hapsbergs. Empress Maria Theresa and husband Emperor Francis I lived there in 1745. One of Maria Theresa's children was Marie Antoinette.



Old City Hall, Bamberg, Germany

After a delicious buffet dinner on the ship, we again board our air-conditioned coach and are transported to the *Kursalon Wien*, an historic concert hall decorated with many huge and breathtakingly beautiful Austrian crystal chandeliers. Johann Strauss celebrated some of his greatest musical triumphs here. Vienna, Austria's capital, is known as the "City of Music" and inspired the creative genius of Mozart, Beethoven and Strauss. That evening, a salon orchestra plays the romantic music of Mozart & Strauss.

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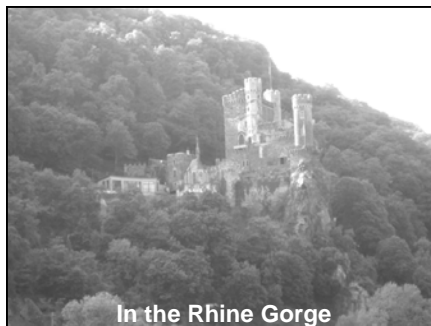
Overnight, we sail to Melk, Austria, and visit its magnificent 900-year-old Benedictine Abbey, one of Europe's largest monasteries. Later, we cruise past several ancient towns and stop at Salzberg, the birthplace of Mo-

zart and also the setting for "*The Sound of Music*" movie. In Regensburg, Germany, we enjoy lunch at a former salt storehouse, "*Wurstkuchl*", which claims to be the world's

oldest "fried sausage kitchen" (est'd 1320). We sit in the open air and eat a delicious Bavarian sausage lunch and wash it down with a mug of cold local beer. Prost!

Further north, on the Main River, we stop at Wurzburg and tour the magnificent *Prince-Bishop's Residence*.

(Continued on page 7)



In the Rhine Gorge



St. Goarshausen, Germany

Cruising Down the River

(Continued from page 6)

Completed in 1744, this majestic palace is especially notable for its lavish entrance staircase whose vast ceiling has stunning paintings by Giovanni Battista Tiepolo, considered the greatest fresco painter of the 18th century.

We continue our trip north through Germany into the Rhine River, and stop at Rudesheim. We visit *Siegfried's Museum* of self-playing mechanical musical instruments, after which, we are served some of the excellent Rhine Valley wines. Back on the ship we enjoy a sunny afternoon sailing through the dramatic Rhine Gorge - the most beautiful stretch of the river! We see ancient castles on the hillsides and pass the legendary "*Lorelei Rock*", where it is said that the sweet songs of a local beauty lured enchanted sailors to their doom against the jagged rocks.

In Cologne, we walk the downtown area and view the magnificent 13th century *Cologne Cathedral*, with its two 510-foot-tall spires. We pick up the most obvious souvenir of our visit to Cologne: a bottle of "No. 4711 Original Eau de Cologne" from the 200-year-old "4711 House". Just inside its door is a gold-plated fountain which continuously flows with this cologne. You can run your fingers through this stream to sample the scent.

If you want a relaxing holiday while still seeing interesting parts of the world, this is the way to go. Your "home" goes with you and all scheduling is done by your cruise director. If you want to be busy, the on-board activities are many, or you can relax in your private stateroom and track your journey on your TV via the forward-facing camera mounted at the front of the ship.



Castle on the Rhine, Germany



Windmills, Holland



MS Imagery

The final stop on our journey is the city of Amsterdam. A canal boat ride introduces us to this exciting, cosmopolitan city and its series of canals. We visit the Dutch village of *Zaanse Schans* and tour one of only 12 remaining working industrial windmills which have been preserved for future generations. We watch a man make wooden shoes which, we are told, are very comfortable.

Our cruise has ended, but we stay 2 more days and tour Amsterdam. We walk reverently through the *Anne Frank House* where, in 1942, the Frank family went into hiding to escape German persecution and where Anne wrote her famous diary. This diary is on display and we each silently read several of the translated pages. We don't talk much during this visit.....

To lighten our mood, we visit the "Red Light District" (prostitution and marijuana-use are legal in Amsterdam). Interesting. We take a coach trip to see the beautiful tulips at the world-famous *Keukenhof Gardens* – so many varieties!

Time to depart for home. After being pampered beyond belief, it's going to be tough to have to make the bed, clean the house and cook dinners again.... sigh.....

Staff Anniversaries

On June 3rd, *Jennifer McDonnell* completed 15 years of service on the staff of the Oshawa Senior Citizens Centres.

On May 1st, *Leonora Mopas* completed five years of service with the City Of Oshawa, the recent three years on the staff of Oshawa Senior Citizens Centres.

New OSCC Staff Members by Rosemary Spencer



Ashley Lamont is the temporary part-time Continuing Education Coordinator at the Legends Branch. She is no stranger to the OSCC since she has volunteered at various events over the years, had a student placement position at the Conant Branch, and worked on front desk night security at John Street for a year.

Born and brought up in Oshawa, Ashley has always loved playing soccer. As a child she played for local park leagues. Still active in the sport she now plays defense for the Oshawa Thunder. She is thrilled that the team won their last two games.

After finishing high school Ashley took time off to travel out west, but in the end Ontario beckoned. Having volunteered at a Day Centre for seniors in BC, Ashley decided this was her niche. She returned home to take the two year Recreation and Leisure Program at Humber College. She is extremely happy to be a part of the OSCC.

Stephen Vratsidis is working as the Continuing Education Coordinator at the Conant Branch. He is covering a parental leave and when this is finished, he will move to the Leg-

ends Branch as the Continuing Education Coordinator.

Stephen's enthusiasm for life is very apparent. He worked for the City of Oshawa on the recreation side, gained a diploma in advertising from Durham College (you will see his work around the OSCC), and gained an Honours BA from Trent University in Sociology.

Stephen loves hockey and this despite being a huge Toronto Maple Leafs fan! Recently he took a puck on the chin while playing for the men's hockey league. The upside is that it made for a good conversation piece and lots of sympathy!

Recently Stephen became engaged to Katharine Jackson (No, she isn't a Charlie's Angel – just Stephen's!). Their back-packing travels together took them to twelve different countries in Europe. Now it's time to settle down. They are very excited to have bought a house in Bowmanville and are busy picking out the colours, hardwood flooring and tiles.

Stephen's goal is to grow within the OSCC organization. He says, "Working with people to make a difference is very satisfying and self-fulfilling".



Roving Reporter: Festival Of Fruit

OSCC Festival of Fruit event (also known as Legends Goes Bananas over Peaches). The menu consisted of banana sundaes and a cold refreshing drink called Peachy Keen Smoothie. This went over so well that several people asked for the recipe (*far right*).



We were very fortunate to have musical entertainment by The Green Bank Trio (*left*). New staff member Ashley Lamont's brother Chris sang and played bass. Everyone commented on how refreshing the music was and how pleasant the Green Bank Trio was to talk with.

Peachy Keen Smoothie Recipe

- 2 cups peaches (sweetened or not)
- 1 cup 2% milk
- 2 scoops of vanilla ice cream or 2 cups of vanilla yogurt
- Pinch of nutmeg
- 1 cup orange juice
- 1/4 teaspoon almond extract

The almond adds a nice flavour. Try it without if you don't have any. You'll still find it delicious. Adding the ice cream sweetens it up, but using yogurt reduces the sugar content. Blend and enjoy!