



COMING of Age

*Q. Seniors
S. Active Living
Fitness
Exercise*

A Publication of the Saskatoon Council on Aging

City seniors get 'their' police officer

By Jenni Mortin

Meet a man who loves his job — Constable Bernie Farbacher, the Saskatoon Police Service's Cultural Resources Officer responsible for seniors, new Canadians, multicultural groups and gay and lesbian groups.

A veteran of 12 years of police work, first with the RCMP and then the Saskatoon Police, he's been in this job since last fall. He's having a wonderful time and learning plenty.



Cst. Farbacher

Born and raised in Saskatchewan and fluently bilingual, he likes to be called Bernie but answers to constable and officer. He went to police work from teaching history and French, and likes its diversity.

His job, first and foremost, is to be a contact person, he says. Seniors whose homes have been broken into, for example, can call him — his cell phone number is 230-1539 — and he will explain what they should do.

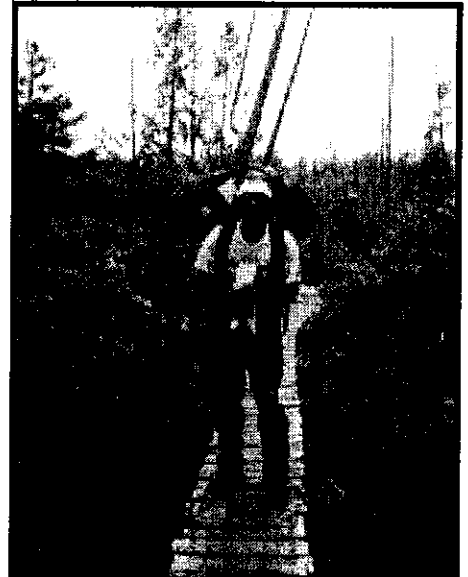
He is eager to meet senior

groups and attend their meetings. He works Monday through Thursday from 7 a.m. to 5 p.m., but will change his hours so he can speak to groups. He has given presentations about safety for seniors, dealing with fraud, door-to-door sales, telephone solicitation, banking. He shares advice about when to call 911. If you wake up and find your car is gone, call the general police number, 975-8300, not 911. If you see someone stealing your car, call 911.

During his meetings with seniors, Bernie has been impressed with their unwavering support for the police service. These are polite and trusting people more likely to have experienced crime as victims than as perpetrators, he says.

Seniors often ask him why he wears a gun in his new position. "I'm still a police officer," he says, and would have to respond if he saw a crime being committed. For the same reason, his bulletproof vest is daily garb under his uniform.

He is involved in police recruiting and is working with four immigrants keen to join him in the Saskatoon police navy blue.



Al Ledingham can still smile along the arduous West Coast Trail.

Older adults hike, bike and recycle

The seniors at McClure Place have a great recycling system, thanks to John and Ada Drobot.

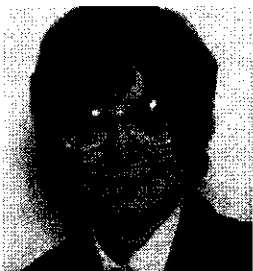
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Hike the 75 kilometres of the West Coast Trail with Rita and Al Ledingham, and survive.

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Seniors still enjoy cycling, says Darrell Noakes, who has advice for older beginners.

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President's Message

BY BETTY SECORD

PRESIDENT, SASKATOON COUNCIL ON AGING

My enjoyable year as Council president is over. I learned a lot, and would have found it much harder without the great efforts and constant willingness of our staff.

We recently established a Long-Range Planning Committee to look into new projects for Council. A big thank-you to the Saskatoon Kinsmen Club for donating \$900 to the Resource Centre for furnishings.

Our Board has approved a confidentiality policy for membership. Our membership database, which contains names, addresses and phone numbers, is kept confiden-

tial. At times, research organizations request members' names and addresses to carry out research in keeping with Council's mission "to promote the dignity, health and independence of older adults." Permission from our Executive and Board is always required before names are released. Council reviews the requests and confirms that the research is valid, the requesting agency is reputable and the research will benefit older adults. Only names and addresses will be released. If you are contacted by a research agency doing

a study, you always have the right **not** to participate. If you do **not** want to be contacted about legitimate research initiatives, please let us know.

Try our Drop-In program on the third Wednesday of the month, with engaging speakers on educational topics. General meetings and programs are held at the Frances Morrison Library four times a year, and Blood Pressure Clinics on the first Tuesday of each month from 9 a.m. until 3 p.m., at the Centre.

Thanks to all of you for your support during this year, and good luck in the future.

The Power of Physical Activity for Older Adults

By Nancy Lackie



To combat the normal loss in muscle strength and balance, a regular routine of physical activity is recommended. *In motion* uses Health Canada's recommendation of at least 30 minutes (maybe broken into three 10-minute snacks) of moderate physical activity on most days of the week. The World Health Organization recognizes physical activity as "all movements in everyday life, including work, recreation, exercise and sporting activities". Strength training and walking can be inexpensive physical activities, and fun.

What is Strength Training?

When doing strength exercises you use resistance to make your muscles work harder, which helps them become stronger. The resistance may be from using weights, a thera-band, or just the weight of your body. Strength exercise will

also strengthen bones and improve balance. Easy options: wall push-ups, carrying groceries or other heavy objects, climbing stairs.

Walking as a Workout

A recent study found that women who walked for 2.5 hours a week (comparable to 30 minutes a day for six days) reduced their cardiovascular risk by 30 percent. Walking pace is important; those who walked briskly continued to experience less risk. Information on developing a walking workout can be found on the *in motion* web site at www.in-motion.ca under

"Your Walking Workout".

Exercise Opportunities

In motion actively promotes physical activity among Saskatoon's older adults, with the goal of improving the health of this population, primarily through a regular exercise program called *Forever... in motion*. Twelve congregate housing facilities and two community programs offer it, or are interested in doing so. If you want to be part of *Forever...in motion* by becoming a leader for older adults programs or implementing a program, please contact the info line at 655-3648.

Coming of Age

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A Pair of

Local Recycling Heroes

By Joanne Fedyk

Instigators, managers and custodians of the McClure Towers recycling program, John and Ada Drobot were recently awarded the 2001 Individual Saskatchewan Waste Minimization Award by the Saskatchewan Waste Reduction Council. The award recognizes individual achievements in waste reduction and celebrates those who show commitment to such ideals.

John, a retired realtor and storekeeper, has a history of

and the Kiwanis-Cosmo Rhythm Band. Through these connections with Cosmo he was familiar with its recycling program. Ada, a retired teacher, has promoted waste reduction throughout her life.

The couple moved into McClure Towers six years ago. All the garbage was then going down the chute and they thought it a waste of resources. They arranged with Cosmo for a paper recycling bin to be placed at the building.

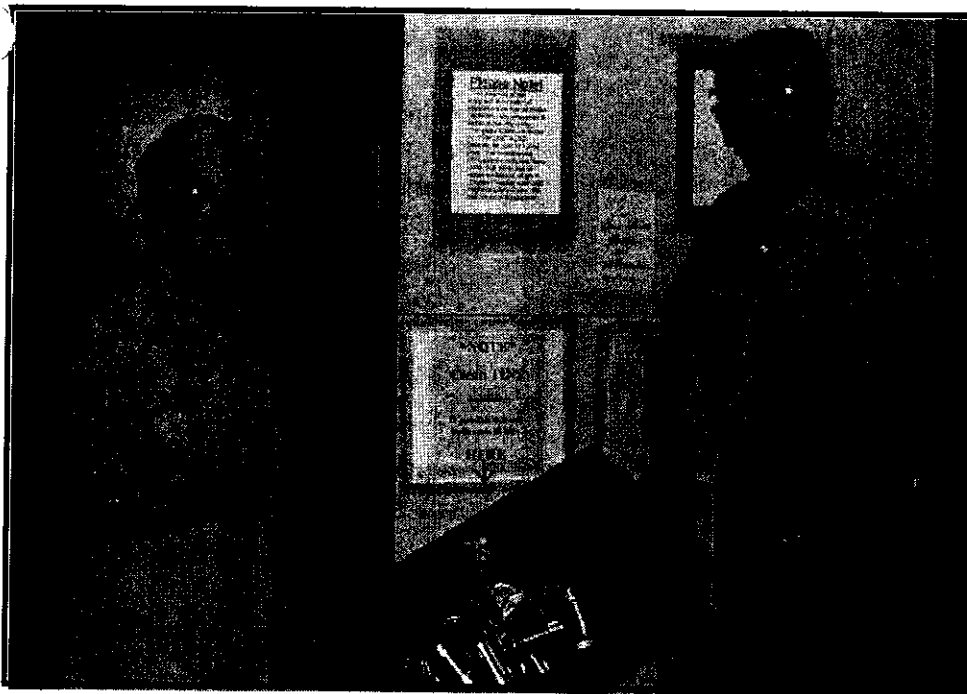
management to keep glass out of the garbage chute, because it was a hazard, the Drobots acted again. They set up bins and boxes for the other items SARCAN accepts at its processing centre in Saskatoon: glass, tin cans, plastic and dairy containers.

They've maintained this project from its beginning. They deliver the non-beverage containers to the SARCAN processing centre every three weeks, and take the beverage containers to the COSMO bin at Lakewood Civic Centre so the money goes to COSMO.

Neighbours help when needed and John and Ada hope that when they are no longer able to sort and deliver the recyclables, other residents will take over.

John helped write an article for the *McClure Place Canopy*, an information flyer, which tells residents about their program and where all the recyclables go to be recycled.

We at the Saskatchewan Waste Reduction Council hope that others who live in high-rise apartments will be inspired by John and Ada's successful efforts to get recycling going at McClure Towers.



Ada and John Drobot sort trash for recycling.

starting remarkable projects. He initiated the Cosmo woodwork project in which Kiwanis Club of Saskatoon retirees prepare wooden toys for seniors and handicapped workers to finish,

Then they set up a bin for beverage containers in the garbage room. Rather than return the containers for refund, they donate them to Cosmo. After a request from the building's

Joanne Fedyk is executive director of the Saskatchewan Waste Reduction Council. Its web site is www.saskwastereduction.ca

Dauntless seniors hike

BY RITA LEDINGHAM

My husband Al and I have done lots of day hiking in the Rockies so when a senior friend from Victoria said he and his daughter were booking on the West Coast Trail, we opted to go along.

The trail is an arduous 75 km hike through rain forest and along beaches on Vancouver Island's southwestern coast. It was built 100 years ago as a lifesaving route to assist shipwreck victims in the area known as the graveyard of the Pacific, where more than 50 vessels have been wrecked and many lives lost.

We knew it was physically demanding so for six weeks beforehand we loaded our packs with bags of flour, cans of tomatoes and two-litre bottles of water and tramped around Saskatoon to increase strength and endurance.

Food and equipment for six days had to fit into our packs. Novice campers, we were determined to carry only the essentials, but there was some dispute over what they were. Our leader in Victoria thought Scotch, paperbacks and underwear changes were required. I considered only food and a change of socks necessary.

As it was, our packs were heavy, 30 pounds for me and 45 pounds for Al. I endured his mumbling complaints about being stuck with the bulky tent, which upset his pack balance.

We had decided to trek from south to north, primarily to facili-

tate access to the trailhead by car from Victoria. We knew we faced a tough first day and so intended to start early. This did not happen; registration, fee payment and oral and video orientation at the park office for the daily complement of hikers pushed it back to 11 a.m.

We were determined to cover 14 km to our first campsite, on a wet, slippery, undulating path over



Rita Ledingham climbs one of the many ladders on the West Coast Trail.

roots and through mud bogs in dense rainforest. In the early going the average rate was 1 kph. We crossed ravines on 40- to 50-foot logs, sometimes levelled and cross-hatched by axe to improve the footing. We were awed by the giant trees, ferns, huge plants, colourful fungi and moss in this different world, so dark and silent. This is some of the last intact old-

growth forest on Vancouver Island, fortunately protected in Pacific Rim National Park.

Fuelled by trail mix and water, we arrived at our beach camp objective at 8.15 p.m. just as dark was falling. We frantically put up the tent, found the sleeping bags, nightwear and cooking equipment. Suddenly it was dark and we had to prepare food and get water, under a clear star-filled sky. Tucking in our tired bodies, we fell asleep to the rush of the surf. This was to be our most difficult day.

The next two treks were more or less 10 km over much easier terrain. It's difficult to break the hike into equitable days as the location of the major campsites and, more important, the drinking water sources govern the daily distance. All water had to be boiled or treated.

Day 2 began with easy hiking along the sand beach or rock shelf if the tide was sufficiently out. Then we headed inland to be faced with multiple sets of ladders. Following the trail along the coast necessitates crossing many streams; some could be waded, several had cable cars and others bridges. All had many ladders to climb down to the watershed and up to the trail on the other side.

The Day 3 highlight was Carmanah Beach, a 3 km sweep of lovely sand with Chez Monique at its north end. Along with a large helping of her political opinions and local folklore, Monique served up a delicious burger which we washed down with a cold frothy.

the West Coast Trail



Rain can't stop intrepid Al and Rita.

As we left, the lifting fog showed us Carmanah light station, which we'd been hearing every 90 seconds as it warned marine traffic.

An early start to Day 4's 17 km gave us something of a forced march feeling. As we rested mid-morning, a bit beat up with sore shoulders, backs and feet, three joggers came along wearing tiny fanny packs and trail running shoes. They had started at 3 a.m., wearing head lamps, and planned to cover the 75 kilometres in one day. We quickly stopped feeling sorry for ourselves and plugged on with renewed vigour.

In early afternoon as we approached Nitinat Narrows, oncoming hikers spoke eloquently of the delicious crab meal available at the ferry crossing. The ferry operator from the Indian band retrieves the crab from his trap, shucks them and tosses them into the pot in front of your eyes. A young hiker, whose backpack essentials included a guitar, produced a pound of butter to enhance our enjoyment of the crab. We were ferried across the narrows and carried on through the forest and along the

beach to our campsite at Tsusiat Falls, reaching it near dusk. The beautiful falls end in a large pool that's a cool but inviting place for a much-needed shower or bath.

We awoke on Day 5 to rain driven by a strong wind off the ocean. We hunkered down in the tent hoping it would pass as the sun got higher, but no such luck. At mid-morning we began preparing breakfast and breaking camp. This was somewhat challenging and most uncomfortable, in particular collapsing a soggy, sand-coated tent into its carrying bag. I muttered about the wet and the tent and whose idea was this anyway, but it would not be the West Coast Trail without some rain.

The rain abated not long after we got going, but a wetter trail and boardwalks slowed our hiking. Instead of skirting mud pools, we walked through, hoping the water would not go over boot tops. Forging creeks emptying into the ocean was more of a challenge. Fortunately, we only had to hike about 12 km, about four hours, and we reached the final campsite with

plenty of daylight to spare.

The sixth and final day was 12 km of easy walking, and we reached the Pachena Trailhead park office at noon, having completed the West Coast Trail in five full days and one hour! We did it with no major incidents or injuries, a worthy accomplishment.

Trail and campsite maintenance is ongoing. Some timber structures — ladders, boardwalks, bridges — were new (nothing like the smell of freshly cut cedar), some decrepit. Worthy recent additions at campsites were bear-proof aluminum food bins and solar composting toilets.

Canada Parks Service limits the number of hikers on the trail at any time. Most were much younger but friendly and interested that we seniors were hiking. There were many foreign visitors, in particular Germans. I had to agree with a young German woman we met the first night; when I asked why she came so far, she replied, "It is the most beautiful place in the world."

Rita Ledingham, who retired in 2002, chairs the Publication Committee.



The beach was sometimes easier hiking, the Ledinghams found.

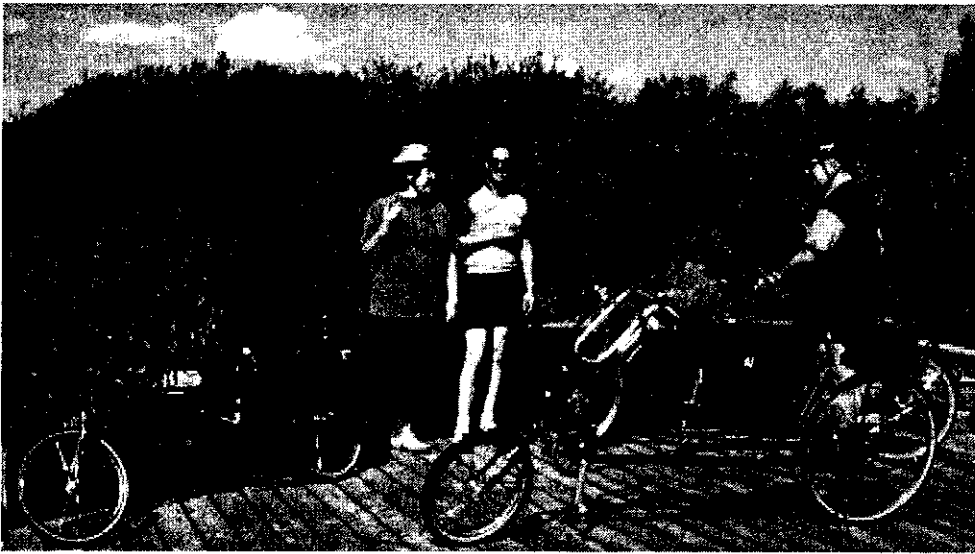


Photo: Darrell Noakes

Leigh and Bruce Coates and Herb Essenburg stop for a break at Cranberry Flats, south of Saskatoon. When conventional bicycles become uncomfortable, Saskatoon Cycling Club members take to the recumbents shown here. Herb rides the tandem,

Senior cyclists are on the go...go...go

At 78, Jimmy Carter still rides his bicycle around his home town of Plains, Georgia. Like many seniors, the former US president knows that cycling helps keep his body healthy and his mind sharp.

Dr. John Owen, a retired physician and former University of Saskatchewan professor, uses a bicycle for shopping and errands. "I'm a firm believer in including exercise in my normal daily routine," says John, who rides his three-speed throughout Saskatoon. "I ride to the stores on

**BY
DARRELL NOAKES**

Eighth Street, to campus and to downtown. Cycling is the obvious choice. I've been cycling all my life."

Saskatoon is a wonderful city for cycling. Bicycle ownership is higher than the national average. More than twice as many people ride their bicycles to work as in other Canadian cities. There are six cycling clubs here.

Herb Essenburg, 70, never

misses an opportunity to ride out to Cranberry Flats or take a spin around the city. "Most of the people I cycle with are 30 years younger than me," he says. "I don't have any problem keeping up with them. It's a great activity."

"I'm not into competing for anything," Herb says. "I just find it a great activity to be out with people, to go for a friendly ride and to stop for coffee."

Deciding he needed more exercise, Ken Wilson took up regular cycling at 55. His main interest is racing. He and other Saskatoon cyclists regularly ride in the Huntsman Senior World Games in Utah, an annual event that attracts more than 6,000 athletes aged 50 and older, and in Canadian Nationals and World Masters competitions.

He has ridden the Golden

(Continued on page 7)

Balance and health

While it's natural to worry that it might be more difficult to balance as you get older, many seniors report that bicycling and exercise actually help improve balance.

More importantly, cycling isn't something you should rush out and try if you are over 45 and don't exercise regularly. If you smoke, have a heart condition, are overweight or have high blood pressure, cycling can improve your health, but consult your doctor first.

(continued from page 7)

Cycling Clubs

Joining a cycling club lets you ride with other people and enjoy post-ride and off-season social activities. Club members receive discounts at local shops.

- **Horizon 100:** recreation and fitness. Contact Ron Cooley 244-5525.

- **Northern Bush Rastas:** mountain biking. Contact Neil Clarke 477-3462.

- **Saskatoon Cycledelia:** racing. Contact Robin Baillie 374-6683.

- **Saskatoon Cycling Club:** leisure and touring. Contact Darrell Noakes 343-6399.

- **Saskatoon Flatland League:** BMX. Contact Gerald Reshetnyk 931-2763.

- **Saskatoon Triathlon Club:** Contact Sarah Robbins 652-2483.

- **Saskatchewan Cycling Association, Regina**

(306) 780-9299
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Triangle tour, a 320-kilometre, three-day ride through Lake Louise, Radium and Golden organized by the Elbow Valley Cycling Club in Calgary.

"I used to be a runner when I was younger," Ken says. "My knees wouldn't let me run any more — another reason I cycle now."

Roy Cushway has also ridden the Golden Triangle, as part of a tour organized by the Cross Canada Cycle Tour Society, a non-profit organization for retired people. "They go everywhere," he says. "I went to Oregon with them, touring the wineries. In 1996, we toured the Queen Charlottes." In 1995, he met the group south of Vancouver and toured with them as far as Swift Current on their three-month cross-Canada trip.

Roy rode the Golden Triangle in 1994, after riding the Icefields Parkway from Jasper to Banff. "I like cycling," he says. "I like the feeling of being on a bike. It helps me stay healthy."

Getting started

A bicycle is a bicycle, right? Not necessarily. Consider what you want to do with your new bike, then choose one designed for your intended use. Your bicycle also needs to be the right size, and it needs to be properly adjusted.

Bicycling, Pedal and Canadian Cyclist magazines publish annual buyer's guides. Staff in Saskatoon's bicycle shops can

help you select the right model and size.

Other cyclists can be your best resource. Contact the clubs before you buy your bike, and ask for advice from people who share your interests.

A Canadian Cycling Association CAN-BIKE course can help you improve your cycling skill and your confidence in traffic.

Darrell Noakes operates a bicycle touring and education company in Saskatoon, and enjoys leading garage sale tours and picnic tours for the Saskatoon Cycling Club. He is a national examiner for the Canadian Cycling Association's CAN-BIKE program, a series of courses for recreational and utilitarian cyclists. He can be reached at 343-6399.

Letter

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Editor,

After reading your coverage of Orpheus 60 in the 35th issue of *Coming of Age* (Winter 2003), I thought that maybe you'd like to hear about our club, The Saskatoon Oldtimers. On March 11, 2003, we were 100 years old! Our Club is still active with over 100 members. Our aim is to preserve and keep the memories of the pioneers alive and to maintain the log cabin which is in the Exhibition Grounds. The cabin was built in 1937.

It costs just \$5 a year for membership in the Oldtimers. All our members are seniors. We meet in the Cosmo Centre at 614 11th Street East at 12 o'clock on the third Saturday of most months. Here we plan various activities for our members. Most recently we were planning our birthday celebration and our proposed activity agenda for the year. For our 100th birthday celebration, we are having a supper in May with honoured guests, including Lieutenant-Governor Lynda Haverstock. The minutes of the first meeting on March 11, 1903 will be read.

If you'd like more information on The Saskatoon Oldtimers, please contact our president, Lois Andrews, 1485 East Heights, Saskatoon S7S 3B2. Telephone 373-3492.

Helen McWillie, Secretary

Editor's note: Coming of Age hopes to feature an article about The Saskatoon Oldtimers in a future issue.

THE DASTARDLY VILLAINS NEED TO SMARTEN UP

Most dastardly villains have it all wrong. When they have finally captured their James Bond-like nemesis, they always plan a gruesome death for him involving a huge cyclotron or a chamber filled with spinning knives and poison gas pellets. And just before leaving Bond to his final reward (for some reason they always have to be somewhere else, just when the fun begins), they give away key secrets involving their nefarious plan to take over the world.



"Yes, Mr. Bond, it just so happens that the super race I am building by combining the genes of Peter Mansbridge, Celine Dion and Tommy Hunter can only be undone by pressing this sequence of buttons on my Super Race Gene Multiplier Confabulator. . . ."

Resourceful as always against the dastardly villain's unintelligent minions of death, Bond manages to escape with the help of a specially made device given to him by the nerd branch of his particular spy agency. Then he uses the newfound knowledge just gleaned from the dastardly villain to blow up the mountaintop retreat and save the world as we know it.

If I were a dastardly villain, the minute I saw James Bond tied to a chair in the torture chamber of my mountaintop retreat I would shoot him in the head with a rocket launcher and not even bother to say hello.

Michael Gillgannon

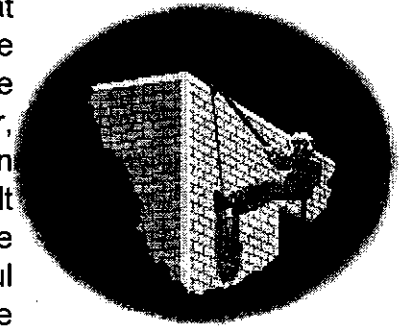
But there's more.

If I were a dastardly villain I would make sure that my minions of death knew how to shoot straight. If James Bond appeared in front of them when he was supposed to be pureed in the cyclotron, they would shoot first and ask questions later.

If I were a dastardly villain I would make sure the ventilation ducts in my mountaintop retreat were much too small for James Bond types to fit inside.

If I were a dastardly villain I would have a doomsday machine installed in my mountaintop retreat to be activated from the safety of my escape pod. There would be no countdown. Everything would just blow up when I pressed the red button. Everything but my escape pod, that is.

And if I were a dastardly villain of a medieval time, you can bet that the magical gemstone Sallandor, which is the source of all my power, would not be sealed in an impenetrable vault deep underneath the volcano Krongor d'ul Morlagh, beyond the Shadowed Valley, across the River Rimmersgard,



past the Wyvern Woods, through the Eternal Bog of Forgetfulness. I would keep it on my night stand.

Did You Know???



The Saskatoon Public Library offers a home delivery service to people who cannot come to the library in person. The Home Reader Service delivers books and other library materials to a person's home once a month. This free service is available to any Saskatoon residents who, for reasons of age, disability or extended illness, cannot visit the library. To find if you are eligible, please call Outreach Services at the library at 975-7565 and ask for Chris.

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