

Among Friends

Newsletter Winter/Spring 2009

Dear Friends:

I remember that I wrote a WONDERFUL “Among Friends” newsletter back in December, and remember that I sent it to the Committee, but for some strange reason, it has gotten lost in cyber space. So here I am in February writing **another** letter, unable to remember what I said before. In fact, I have had a bit of a chuckle to myself, because just a month ago I wrote an article on MEMORY LOSS in which I said:

“I used to think memory lapses were for the hopelessly disorganized. ... A lot of us, faced with these glitches, worry that Alzheimer's is just around the corner. Experts are reassuring: Memory lapses, they tell us, are part of the normal wear and tear that goes along with middle age. "I'm in my early 50s and I study memory, but I can no longer perform well on the memory tests we give our undergraduate students," confesses Michael Rugg, Ph.D., director of the Center for the Neurobiology of Learning and Memory at the University of California, Irvine.

No one is exactly sure why memory goes downhill. It may be we lose brain cells as we age and/or the remaining cells don't communicate as well with one another as they once did. But the result is well known: mental gaffes and forgetful lapses, ranging from embarrassing to inconvenient.

Boy, can I identify. I will post the whole article on my web site ... if I remember!!

We are looking forward to another year of activities “Among Friends” and this year’s program has been developed based on many of your comments and suggestions. We hope you will support these events, and with the ever growing numbers in our organization, each is “selling out” FAST. So please be sure to register EARLY if you are interested to avoid disappointment.

As Among Friends grows, which is great, there is undoubtedly more work involved and accordingly more things that inevitably go wrong. I have to confess to having become quite discouraged several times this past year by some comments made by a few that I felt were a bit unkind, criticizing or complaining about things. May I simply say THREE things?

1. Everyone involved in Among Friends is a volunteer, doing this because we believe in the cause and in trying to provide support to people after a loss. So, when problems arise or if things aren't exactly to your liking, please remember that we are doing our best, fully realizing that things don't always go according to plan.
2. If you DON'T like something, here is what you should do. GET INVOLVED! OFFER TO HELP! Please don't just complain. Why not offer to do something to make it work better. We sure could use your assistance and ideas.
3. If you like something about Among Friends, tell everyone. If you DON'T like something, TELL ME!! Please don't tell everyone else and have it come back to me

As always, I am so grateful to the members of our committee, chaired by Lorna Mitchell, for all the hard work and dedicated time and effort they put into Among Friends. The details of the program for 2009 are in this Newsletter, and I hope you will support these by your participation.

AUSTRALIA and NEW ZEALAND TOUR, January 2010: I am happy to report that we already have over 30 people registered for this ambitious trip, and it promises to be a wonderful experience of a lifetime for those who go. This was first booked when the CDN\$ was at par with the US\$, which means we are getting a 20% saving on today's exchange rates. Some of you may have seen this same trip advertised at a seemingly LOWER price in Bob's Cruise's newsletter, but let me make something clear. OUR price includes EVERYTHING, taxes and other extras, and even a fuel surcharge (which, if prices remain at today's level, will not have to be applied). Bob's price does NOT include these taxes and extras, so when all is said and done, their price will actually be MORE than ours. Bob himself drew my attention to this apparent discrepancy, after someone called asking why the price difference, and whether I was making money on the deal! Bill Webster does not make one nickel out of these cruises, (nor anyone else in Among Friends) and what Bob charges is what the cruise costs and nothing more. So I hope this will answer some of the queries I understand have been made, and set your minds at ease.

The ship is now filling up, so if you would like to be part of this trip of a lifetime and see Australia and New Zealand, you should **register soon... certainly by March/April**. Those who enquire will also receive information about an OPTIONAL extra week at CAIRNS and the GREAT BARRIER REEF, which might be of interest to many.

Banquet - November 8th 2009. We are planning our Banquet this year as a HOMECOMING, an opportunity for Among Friends new and old to come together and renew old acquaintances as well as meeting current friends. Recent developments have opened the possibility of an EXTRA SPECIAL Entertainment Event which you will not want to miss.

Muddy Duck: With the current economic situation, the Muddy Duck had to reluctantly increase the price of our dinners to \$28 all inclusive. PLEASE NOTE, there is no need to call Lorna to make reservations ... please only call her if you have a problem or need information. We will continue to meet on the 4th Sunday of every month for this year.

Finally, and most important of all, Among Friends exists so that we can be "Among Friends." Let's be careful to constantly ask how WE can be a friend to those who may feel alone and abandoned. May we be known for helping to pick people up rather than for putting people down.

Dr Bill



AMONG FRIENDS COMMITTEE 2009

Executive

Bill Webster	905-624-8080	Pat Carson	416-259-4802
Lorna Mitchell	905-878-8842	Dale Hester	905-826-2888
Frances Clay	905-624-6317	Donna Fradenburgh	416-592-7775 or 416-259-5789
Sally Jordan	416-207-0177	Sharon Coke	905-635-4967
Cecilia Podger	416-710-3155		

Don Jacob Memorial Fund Trustee's

Ken Mitchell	905-878-8842	Shirley McKee	416-231-7169
Don Lambie	416-231-0624	Arnie Gallant	905-568-1105

Local Contact People

Brampton:	Ian Williams	905-457-9945 or Cindy Stehr	416-902-3111
Durham:	Rob MacIvor	905-623-6042	
Waterdown:	Denise Baynton	905-689-7326	
Kitchener:	Dean Brock	519-744-2102	

Member Support

Ernie Worden	905-230-8353
Karen Lambie	416-231-0624
Karen Baptista	416-322-9449

If you know of any of our members who are ill, please give, Ernie or any committee member a call so we can keep in touch with these members and continue to offer support and best wishes.

Monthly Dinner Meetings - 4th Sunday of the Month

We continue to have **THREE** locations, and are pursuing opportunities in other communities as our groups grow.

Toronto and Peel Region:

The cost for this will be increasing to \$28.00 effective February 2009.

Dinner, the FOURTH Sunday of every month, at 3:00 pm – PLEASE NOTE the restaurant will not have our reservation available until 3:00 p.m. so please arrange to arrive between 3:00 and 3:15 p.m. if possible.

The Muddy Duck, Dundas St. Mississauga, just west of Hwy.427. (905-275-9430)

Durham

Monthly dinners are the third Tuesday of each month at Momma's Restaurant at 5 points Plaza in Oshawa starting at 6:30pm (please let rob.amongfriends@gmail.com know if attending so seating can be arranged.)

Weekly coffee get togethers are every Wednesday at 6:30pm at Traditions Restaurant in Oshawa at 1052 Simcoe Street N, at Beatrice. This is a family restaurant so some of us also have supper at this get together.

Watch our web site www.durham1amongfriends.spaces.live.com for other get togethers planned through out the year

Waterdown

Dinner – The SECOND Sunday of each month at Marciano's, located at 5 Mill St South, at 3:35 pm. The cost is \$25/person. If you would like to join us, please RSVP to Denise Baynton at 905-689-7326 or email at dbaynton@skyline.net.

EVENT INFORMATION

AMONG FRIENDS BOWLING – TEN PIN SATURDAY, FEBRUARY 28, 2009 4:00 PM.

- Location: 5555 Eglinton Ave. W. (between Renforth Dr. & Dixie Rd.)
"Centennial Park Plaza)
- Time: 4:00-6:00 pm. followed by Pizza/Salad in Private dining room.
- Cost: \$20.00 per person (*includes shoe rental*)
-

SPRING FLING 2009 Beaver Bible Class "Toronto's Longest Continuous Musical and Sketch Revue" SATURDAY, MARCH 14, 2009 1:30 PM. (matinee)

- Location: Martingrove Collegiate Institute – 50 Winterton Dr.
(Martingrove Rd and Eglinton Ave.)
- Cost:** \$18.00 (includes refreshment (chips and soft drink))

You will be responsible for your own transportation to this event.

**SOCIAL
SATURDAY, MARCH 21, 2009
5:00 PM.**

Location: Derry Road – just west of Ontario Street (Hwy. 25)
Milton Sports Centre – Banquet Room
Follow “Rink Entrance Signs” and park.

Cost: \$30.00, includes Room rental, entertainment and dinner

Program: Karaoke, Among Friends “Feud”

Chinese Food at 5:30 – Entertainment at 6:30 pm.

**HELLO DOLLY MUSICAL
SATURDAY, APRIL 18, 2009
8:00 PM.**

Location: Burnhamthorpe Auditorium
500 The East Mall (*just north of Burnhamthorpe Rd.*)

Cost: \$20.00 per person

You will be responsible for your own transportation to this event.

UPCOMING EVENTS (Details in next newsletter)

- **MAY 2009**
- **SATURDAY, JUNE 20, 2009
PICNIC – MOUNTSBERG**
- **STEAM ENGINE TRIP
SEPTEMBER 12 OR 19, 2009**
- **OCTOBER 2009**
- **Among Friends” 8th ANNUAL BANQUET
Sunday, November 8, 2009 (3:30 – 9:00 pm)**
- **SATURDAY, DECEMBER 5, 2009
CHRISTMAS EVENT**

REGISTRATION FORMS – Detach and send with payment, Cheques are payable to “**Among Friends,**” c/o Lorna Mitchell, 837 Merritt Dr., Milton, ON, L9T 4J9.

Note: For the events that offer car pooling: St. James United Church is at (400 Burnhamthorpe Rd. East of 427, west of Martingrove).



AMONG FRIENDS BOWLING
SATURDAY, FEBRUARY 28, 2009
5555 Eglinton Ave. W. – 4:00 pm

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$20.00



SPRING FLING 2009
Beaver Bible Class
“Toronto’s Longest Continuous Musical and Sketch Revue”
SATURDAY, MARCH 14, 2009 - 1:30 PM. (matinee)

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$18.00



SOCIAL
SATURDAY, MARCH 21, 2009 - 5:00 PM.

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$30.00.



HELLO DOLLY MUSICAL
SATURDAY, APRIL 18, 2009 - 8:00 PM.

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$20.00.