

Tollendale Tales



Publication of the tenants of Tollendale Village
A Christian Retirement Community

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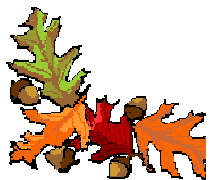
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Tollendale Village – where traditions are made

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- Reports
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- The story of Fred and Ina Kuntz



and much more



Annual barbecue

THOUGHTS FROM THE DESK

By Rev. Don French

Someone asked recently, “When counselling, what do you consider to be your priority?” I answered that my priority would be to direct every possible effort toward alleviation of hurt and suffering encountered by the person – hurt arising from particular circumstances. Following that I would attempt to assist the individual to regain and establish a personal identity. In short, help him or her to know “who he or she is.” This may seem an oversimplification, but many people today have lost a sense of personal identity and are “strangers to themselves.”

For further clarification of my premise, let’s take a look in the rear view mirror to see in a very limited way how our personal identity is established. Ramana Maharaski, a great Indian sage has said, “If we want to know our true selves, we must go back the way we have come.”

At our birth, we begin to establish a physical and emotional bond as we are held and caressed by our mother and father and experience love, warmth, fondness, calmness, and sounds of affection provided by our parents almost from the moment of birth.

One qualified observer states that all of us seek many ways early in our lives to find meaning and purpose, but, he says, what we really want is the feeling of being “totally alive and completely free.”

This pursuit brings us close to an answer as to why we are here and the very heart of our spiritual lives. As we mature, it becomes increasingly difficult to maintain this feeling of being totally alive and free. Instead of living in the “now” of life we distance ourselves and focus on all possible implications of past, present and future. This produces an “unawakened” mind that is often governed by fear. Many believe that “the soul” is what gives us the ability to ask in-depth questions like “who am I?” and “what am I doing here?” Even partial answers to such questions can lead us into a changed world where faith takes on new meaning and a fatalistic attitude is replaced by a “wholeness” that Jesus described as “abundant” and “eternal.”

This “wholeness” is what Jesus encouraged in his teaching. He mapped a course for us where our souls lead us and our hearts want to go. It seems hardly necessary to state that we have wandered far off that course. What happened?

At the time of birth the “little bundle of joy” is regarded as an uncomplicated entity, but it is not long before we begin to affix labels, e.g. nationality, citizenship, family traditions, beliefs, status, and more. As our children grow older we subject them to a “one size fits all” education system. These are just a few factors that shape an individual’s identity and individuality.

Now we move to consider a more complex area insofar as personal identity is concerned. Environment, positive or negative, may play a major part in shaping an individual’s identity. Also, a broad range of circumstances such as grief, shock, failure, trauma, tragedy, and broken relationships can weigh so heavily that a person may say, “I don’t know who I am any more.”

Even religion must assume responsibility for unhealthy conditioning which leads to poor maturation and development of individuality and personal identity.

Children have an innate sense of life’s finer qualities and quickly espouse understanding of the concept of a loving God, of compassion, forgiveness, and trust. Unfortunately, such qualities evident in childhood innocence become distorted as the child matures and the concept of a loving heavenly Father is replaced by a God whose image is one of intolerance, a God of judgment, anger and vengeance who instead of dwelling within our inner being, resides somewhere in space keeping a logbook of our misdemeanours and is best known for hatred of sin. This concept is not conducive to healthy development and maturity. I trust you will forgive me for offering a personal example to illustrate my point.



Some may find a bench in the gazebo a good place to contemplate life

One of my earliest recollections is that of my parents making certain that I knew they loved me and then introducing me to One they called our Heavenly Father. They made it very clear that while they loved me as my parents, it was very special that God our Heavenly Father loved and cared for all moms, dads and children. That concept was firmly imbedded in my consciousness.

When I was about six years old a children’s mission event was held and a large number of children attended. During the lessons we were told that we were all sinners and this was very bad because God hated sin so much that all sinners would be destroyed in an awful place called hell.

Coming home from a class and going off to bed, I awoke late at night, sad and disturbed. I went to my parents’ bedroom and, hearing me, they asked why I was crying. I said I didn’t want to go to hell. But God hated sin and I was a sinner. My parents got up and sat with me and again told me about God’s love. They told me about Jesus and how he had taken children in his arms and loved them and that he loved me too. I never forgot their words.

How unfortunate that even today God and Jesus are so badly represented. Our world seems to become increasingly impersonal. Someone said, “Man has lost his name and has been given a number; now it would seem that insofar as his eternal destiny is concerned, he has lost his address.”

But I must return to the original question regarding “counselling.” I often find it essential to dispel some of the distortions to the truth that blocks the entry of peace and healing.

The joy of a counsellor being present when someone becomes aware of “who they are” cannot be measured. What a privilege to be present when someone excitedly proclaims, “I KNOW WHO I AM.”



Wii bowling anyone? Leo Smit is showing tenant committee members how it works



Executive Director's report, September 29, 2008

I love this time of year. There is crispness in the air when you wake up and then the day nicely warms up. In my walking and biking I marvel at the panoramic scenery all around me. The brilliant fall colours clearly show the majestic awesomeness of God's handiwork. His creation boldly proclaims his majesty and power. Stand back, take it all in and quietly marvel at it all. Yes, it's very calming!

Unit turnover

September has been a hectic month. We have seen several units change ownership and have said goodbye to some long time familiar faces. The make up of our community, just like the seasons, does change. Apartment turnover puts time demands on all the departments: the unit coordinator works through the waiting list, the business office juggles all the paper work, and maintenance works hard preparing units for incoming residents.

Construction on site

Added to this busy pace is the ongoing construction work on the nursing home and the steady flow of construction vehicles. It's a hive of activities. The building is working itself out of the ground and we see the underground parking level taking shape. Some of the lost time, due to the rains, is being made up. We hope to get the foundation level covered over before the snow flies. Even better would be the ability to use the underground parking so that we can alleviate some of the parking stresses.

Arrangement with Midland Physiotherapy & Rehabilitation Centre

I am pleased to be able to report that we have been able to negotiate an arrangement with Midland Physiotherapy to provide medically necessary

physiotherapy treatment to residents at Tollendale who would require it. This service will be up and running, on site, by November 1. It will be a free service for all residents who have a valid Ontario OHIP card and a referral from their physician. Up to 100 annual visits would be covered. In addition, Midland Physiotherapy will bring a substantial amount of specialized exercise equipment and supplies for use by all residents. Midland will also evaluate the merit of some of our other exercise equipment and we'll add those items as well to the new equipment room. We'll name the exercise/physiotherapy room The Wellness Centre. This will be an exciting and immensely beneficial program for residents and a meaningful addition to the nursing program. I want to acknowledge the groundwork done by Dale Rutherford, our nurse manager, who developed the contacts for this program.

Wii video game system

I have also introduced the Tenant Committee to the merits of the Wii video game system. The members of this committee are planning how to introduce the bowling game to interested residents. We see the benefits of organized bowling tournaments which promote social interaction and healthy physical activity all on site. It will be interesting to see how this new program will catch on. Future activities can expand into golf, tennis, baseball, and more.

Photo display

Recently, Sid Tjeerdsma, had an impressive photography display at Barrie City Hall. All the pictures were of Barrie night-lit buildings and landmarks. Sid has graciously provided those pictures to Tollendale and we have hung them in the main tunnel leading from Trinity Woods to Bethany Gables. The lighting in this tunnel lends itself so well to the night light pictures. If you're out this way, make sure to take a stroll down Barrie Lane.

AGM

Our annual general membership meeting will be held on Monday, November 17, in the Gathering Place. Details will be sent to all members. The terms of two of our board members will expire. Don Dykstra and Andy TeNyenhuis have each served a three-year term and both are eligible for re-election. Should members wish to suggest additional names for consideration, please submit your suggestions to the Board of Directors on the requisite form which is available through the office.

Leo Smit



Project Manager's Nursing Home Construction Report, September 29, 2008

It is my pleasure and privilege to provide you with my second report as project manager of the nursing home. A lot of activity has taken place over the summer and if you had an opportunity to visit the site you will have some concept of the amount of work that has been done.

The following is a summary of the work completed to date:

- 95% of the basement excavation has been completed
- Nearly all of the basement walls have been constructed
- Many of the concrete columns in the basement have been poured.
- Half of the basement floor slab has been poured
- Forming of the basement roof slab is underway
- All of the water main relocation has been completed
- Waterproofing of the basement walls is well underway
- Access from the existing underground parking to the new facility has begun
- Extra surface parking spaces have been provided

Over the next several weeks we should have the remainder of the basement floor slab poured, the roof slab constructed, and the remaining portion of the basement columns and walls completed.

As of today we have spent nearly \$3,800,000.00 in construction and soft costs.

As to schedule, we calculate that we are approximately 3 weeks behind, mainly as a result of the very wet summer we have experienced. The contractor is confident, however, that with modifications to his work flow he will be able to get back on schedule over the next several months.

We continue to make our very best efforts to coordinate parking arrangements with the administration office to minimize the inconvenience to our residents.

I would, however, bring to your attention the fact that due to limited parking on site for residents and visitors, the contractor and his trades people are parking on both sides of Hurst Drive. We would discourage residents and visitors from exiting the Village through the main entrance/exit on Hurst Drive and instead to use the Tollendal Mill Road exit. This is a much safer

alternative as visibility is restricted at Hurst Drive due to the parked vehicles.

We thank residents and visitors for their co-operation as they experience some minor inconveniences during this construction period.

Sid Tjeerdsma, P.Eng.



Melloul-Blamey Construction has no lack of volunteer supervisors

Tollendale Tenant Committee

Meeting of August 20, 2008

Members present: Albert Brouwer, Adriana Frouws, Fenny Luymes, Helen Matthews, Leo Smit, Sid VanDyke, Carol Visser

Members absent: Jean Jarrett, Dwight Patterson, Jim Pratt, Harry VanderKooij

Business notes

1. An agreed upon, a fee of \$50 will be charged to the spiritual care committee for serving refreshments after praise services.
2. Preparations for the barbecue are discussed. Musical entertainment will be provided by Ed Yuzdepski; George Snieder will look after a PowerPoint presentation.
3. Carol Visser reports that arrangements are being made for a Craft and Bake Sale on November 15, and a Christmas Tea on December 4.
4. Leo Smit reports that a) the Wii station will be set up in the dining room b) decorating of hallways with photographs in Eden Hall and Bethany Gables has been completed c) contractors have repaired the leak in the roof d) services of a physiotherapist (upon referral by a doctor and sponsored by the government) are being arranged e) a coffee social will be held on September 9 for residents who have moved to Tollendale since March 2008. Office staff will be on hand to answer questions.
5. Wood shop patrons will stain the outside benches.
6. Saturday morning coffee socials will resume on September 13. The socials will take place on the second Saturday of the month and, from now on, will be held in the dining room.

- Adriana Frouws and Jim Pratt (welcoming committee) visited new tenants Ted and Jackie Spoelder (A311) and Jean Hillock (A109).

Meeting of September 20, 2008

Members present: Albert Brouwer, Jean Jarrett, Helen Matthews, Rev. Dwight Patterson, Jim Pratt, Leo Smit, Sid VanDyke, Carol Visser

Members absent: Adriana Frouws, Fenny Luymes, Harry VanderKooij

Business notes

- The Saturday morning coffee social was well attended. The committee is grateful for permission to use the dining room.
- The annual barbecue in August went well, although attendance was down from last year. There was a suggestion to move the date to September next year. The committee is thankful for the many volunteers without whose help this event could not take place.
- A committee member is looking into the possibility of having bingo evenings.
- New residents Karsseboom and Dickson families were visited.
- The Tollendale board thanks the committee for assisting with the lift orientation.
- Matters that were brought to the attention of the committee are the uneven sidewalks around Eden Hall and Bethany Gables, and problems with exiting the village from Sunrise Place.
- The committee will pay \$350.00 toward the cost of the Wii box and converters.
- Leo Smit reported on the physiotherapy services available to the residents if prescribed by a physician.

TTC treasurer's report

Balance August 12	\$4,827.25
Receipts -	\$1,420.31
Expenses -	\$1,589.81
Balance September 17	<u>\$4,657.75</u>



Barrie had much rain this summer. Gerda Borgdorff stands in the pool in front of Sunrise Place one morning in August.



Here at Tollendale

We remember:

- Stuart Cameron (B319), August 29, 2008

- C 112 Klaus Leibholz (C112),

September 8, 2008

- Margaret Kwasny (D212), September 23, 2008
- (Melvin) Sadley Chopp (G14), September 24, 2008

We welcome:

- Ken and Ruby Cox (A222), from Barrie
- Josephine Massimiliano (B119), from Sudbury
- Ted and Grace Vandergoot (B111), from Elliott Lake
- John and Maria Dickson (C109), from Barrie

We say goodbye to:

- Don and Lucille Wesson (A222), to live in Wasaga Beach
- Marguerite Vellinga (B111), to Roberta Place, Barrie
- Toos Waalwyk (D219), to Leacock Care Centre, Orillia
- Sarah Duncan (D202), to Bradford Valley Nursing Home, Bradford
- Elizabeth Pilwin (A317), to Barrington Retirement Residence, Barrie
- Riet DeVroom (B313), to Roberta Place Lodge, Barrie
- Repko and Geziena Popma (C108), to Leaside Retirement Residence, Toronto

Chaplain's Corner

By Rev. Siebert VanHouten

Memorial Service

There will be a memorial service on November 26. We will remember the residents who have passed away since the last service in November, 2007.

Quiet Room

The Spiritual Care/Quiet Room has been relocated to the room next to the main door of Eden Hall where it was previously. The room is available for personal meditation, family conferences, spiritual care resources or spiritual care group activities. If you wish to use it for a group activity, please contact the chaplain as certain times are set aside for groups using the room. Please use the "DO NOT DISTURB" sign when using the room, and if the sign is out please respect the privacy of the person(s) using the room.

Request for financial support

The annual request for financial support for the Spiritual Care program is under way. Along with the weekly offerings the monies raised through special donations support the Spiritual Care Program at Tollendale. Because of your generous gifts we have been able to enhance the program by having speakers come, provide additional music in the chapel services and fund special activities or projects.

We appreciate your generosity, and would ask for your support in the coming year. You may give as you desire. Some choose to make a one time gift; others give weekly. We extend a big THANK YOU to all who contribute.

Table Talk

I have been asked to explain what Table Talk is all about, and will gladly do so. Table Talk is an opportunity to come together for one hour and discuss topics of interest which are suggested by the participants. We do not try to solve the problems of the world, but do enjoy an exchange of ideas. People come when the topic is of interest to them. There is no need to commit to all the sessions. Please come and join us.

Interesting Facts about Tollendale Village

People living alone:

In building A-39; B-49; C-35; D-33; G-9

Couples A-27; B-16; C-27; D-34; G-11

Tollendale Movie Night

We hope to start showing movies and DVDs of interest in the New Year, but *we need people* to operate the equipment. Please consider volunteering a couple of hours once a month. We will offer training. If interested, please contact the chaplain.

Information meeting

Tollendale Nursing Home

By Julie Christiaanse

On September 9, Sid Tjeerdsma, project manager for the Tollendale Nursing Home construction project, gave a progress report and answered many of the residents' questions about the work on and implications of the future nursing home for Tollendale residents. Sid noted that he had seen many "superintendents" hovering around the worksite. These interested onlookers will have seen many of the 1,756 truckloads of dirt leave Tollendale Village. (Months ago, a curious resident followed a truck to a development site in south Barrie.)

We were told about the parking restrictions that are in effect. Melloul-Blamey received a parking permit for Hurst Drive from the city.

We saw the interior site plan projected on the large screen. Sid pointed out the adjusted landscaping and the "secure garden" that will be part of the project.

Because of the high cost, construction of a tunnel from Bethany Gables to the Village Square is not foreseen. Sid had calculated the distances to be travelled in two scenarios, the existing tunnel and an earlier projection of a new tunnel. He showed that the distance advantage would be negligible. There is, however, still a distant possibility for a shorter underground route in the future. The parking garage addition will mean 85-90 new underground parking spots for the residents. Total cost of the construction is projected at \$24,500,000 with a completion date of January - February 2010.

Residents still had many questions: about hospice rooms, motel rooms, management of the nursing home, the cost and use of the large generator, the integration of the kitchen areas, and taxes applicable to Tollendale Village.

We heard again that Tollendale Village and Tollendale Nursing Home will be separate entities and that there will be no integration of nursing staff.

Sid is prepared to give another update in the future.



Work on the parking garage is progressing

Speaking in two tongues helps lick dementia, study finds

By Oliver Moore, Toronto

Knowledge of more than one language has been linked by Canadian researchers to a significant delay in the onset of dementia symptoms. Fluency in two or more languages may be able to stave off cognitive decline because of the mental agility required to juggle them in day-to-day life. According to one researcher how you learned the language probably doesn't make much difference, how good your grammar is, doesn't matter. What matters is that you have to manage two complete language systems at once.

The story of Frederik Kuntz and Adelina Kooi

By Julie Christiaanse



Fred and Ina Kuntz on the patio of their Trinity Woods apartment

The library in the Kuntz's apartment (C005) is filled with dozens of albums and binders – pictorial and printed mementoes of their lives – and with Fred's extensive stamp collection, catalogued in detail. Fred and Ina are talented people. In the communal gardens Fred's plot stands out because of the meticulous care he dedicates to it. Two pieces of Ina's beautiful fabric art adorn the front wall of the chapel.

Adelina (Ina) Kuntz (née Kooi) was born in 1927 in Mijdrecht, the Netherlands, where her father owned a bicycle seat factory. Ina says she and her brother had a wonderful youth. They lived near the Vinkeveense Plassen (lakes). Highlights were summer days spent at a small cottage where fun-loving Ina enjoyed carefree times swimming and rowing with friends.

That happy-go-lucky spirit showed when Ina entered the Mulo (high school). Her father soon found out that she was not applying herself to her studies. He thought that this type of school would be a waste of time for his daughter and said, "You are going to the *huishoudschool* (home economics school)!" Although Ina says she was insulted by her father's decision – and her attitude in the new school at first showed her displeasure – after a while she began to like the practical skills she learned. The four years spent at the school have put her in good stead all her life. Ina became an expert housekeeper. In subsequent years she also took a bookkeeping course and had private lessons in French and English, the latter resulting in Ina speaking much better English than did Fred when they went to Canada.

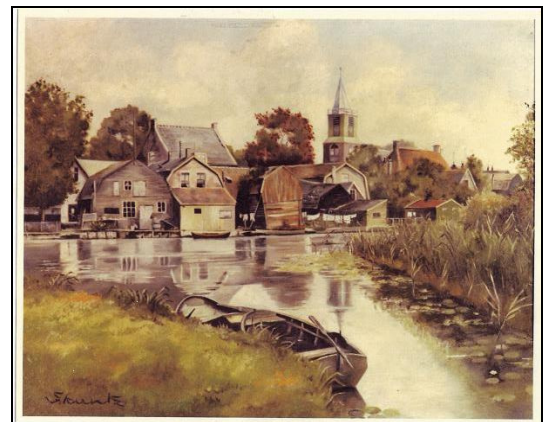
Her life was affected by traumatic experiences in the Second World War. The school she attended was

annexed by the Germans and classes continued in an old cheese warehouse with rickety stairs.

This was a small event compared to the trauma of hearing that the Kooi family's house had been blown up and burned down as punishment for her father's and others' involvement in the war resistance movement. The family was left with nothing but the clothes on their backs. Ina still becomes emotional when she tells of her father's narrow escape from the house, his being shot at and pursued by the enemy, and the months he spent in hiding.

Frederik's (or Frits – Dutch for Fred) life was also shaped by war experiences. Born in 1925, one of eight children, he grew up in Nigtevecht where his father was the teaching principal of a small elementary school. An excellent student, at the age of eleven Fred was enrolled in a *lyceum* (grammar school) in the larger town of Bussum, an hour-long bike ride away.

Life was idyllic in many ways. The river Vecht was nearby and so were the Ankeveense Plassen, at the edge of which Fred would sometimes do his schoolwork, a secluded and peaceful place. The area was known for its variety of wild flowers, some rare, making it a favourite place of well-known Dutch conservationist and botanist Jac. P. Thijsse.



Nigtevecht, as shown in a painting by Fred Kuntz

Once, on a beautiful summer day, when Fred and a friend had had enough of their studies for the day, not seeing anyone else around, they decided to go skinny dipping. Great was their embarrassment when some girls, coming upon them, teased the boys in the water by keeping them engaged in conversation until they couldn't stand it any longer and dashed out of the pond scrambling to get dressed again.

Fred was fifteen years old when the war began, and already a member of the *burger bescherming*, the civil guard. Throughout the war he would be involved in the resistance movement.



December 1950 wedding photo of
Frederik Kuntz and Adelina Kooi

For two years after the German invasion Frits was able to continue in school, but in his last school year the occupying forces commandeered the building to be used as a barracks. Frits graduated in a church hall.

At the age of sixteen he did his final lyceum exam, the youngest graduate in the country's state exams that year. Although his father had decided that he should go to the *kweekschool* (teachers' college), others advised that university would be the more appropriate choice.

Because of the war, Fred did not attend university at that time, but took correspondence courses in mathematics and worked for a while in the office of a large laundry facility.

On the day he was to take his final mathematics exam in the capital city The Hague, the great general railway strike of the Second World War had just begun. Frits never took that exam.

He was involved in the war resistance movement taking part in several clandestine operations that carried considerable danger and frustrated the occupying forces. Once he narrowly escaped the pursuing enemy. In 1944 he had to go into hiding because of his work for the "underground."

At the end of the war, Fred – a member of the *Nederlandse Binnenlandse Strijdkrachten* (NBS), the Dutch Interior Army Forces set up by Prince Bernhard – Fred became involved with rounding up and incarcerating compatriots who had collaborated with the enemy.

As soon as the VU (Free University) in Amsterdam admitted students again, Fred enrolled and began

studying physics and mathematics. He hoped to be exempt from the Dutch army draft, but had no such luck. After one-and-a-half years he had to end his studies to spend the next four-and-half in the technical services of the Dutch army, climbing to the rank of first-lieutenant.

Fred and his fiancée Ina Kooi knew it was time to settle down. Fred entered *grafische* trade school, acing the courses that prepared him for the printing trade.

Ina and Frits knew each other since 1940. Frits made an impression on Ina the first time she met him at a relative's place. She told her mother, "*Moeder, hij kan vlugger afdrogen dan ik!*" ("Mom, he can dry dishes faster than I.")

They became engaged after the war, but had to wait several years before circumstances were right to start off on their own. Housing was extremely difficult to come by. They finally married on December 14, 1950 and a year later their first child, a daughter, was born.

Fred had started a printing business, but despite putting all his energy into it he didn't get ahead. Dissatisfaction with the many regulations the Dutch government of the day imposed contributed to the Kuntz's decision to emigrate to Canada.



This summer Fred Kuntz paid daily visits to his garden plot

The same May morning in 1952 when Fred and Ina Kuntz and six-month-old Christina arrived in Hamilton, Fred went to work at the job that was waiting for him at Reid Press.

First they shared a house with another Dutch family that lived "in the middle of nowhere." But they soon found themselves in a very small "top triangle" of a (rented) house on the border of the city.

It was a hot summer and there were many things to get used to. Ina's first glimpse of Canada had been Halifax where the ship docked briefly (although they would disembark in New York). "Everything looked so grimy," Ina says. But, settled in their little space, she made the apartment under the peaked roof quite cozy after removing the horrible linoleum. She only partially

unpacked the *kist*, the crate that held their household goods. It stayed on the front lawn for about a year until they would move into their own bungalow – a place Ina thought was “a palace” compared to the place they left.



Ina Kuntz has recently taken up computer learning

The heat of the first summer in Canada was oppressive. At night Fred frequently escaped to the front lawn, keeping the mosquitoes away by draping himself in his wife’s wedding veil.

At Christmas Ina was faced with a Canadian culinary challenge, when given a 24-pound turkey. Unfamiliar with the role of the oven in turkey tradition, yet undaunted, she managed to cook the whole bird, cut in pieces, in several batches, on top of the stove.

The church community was close knit and helped greatly in making the young family feel at home.

After a year, Fred once again started a printing business of his own, at first struggling to make it viable. With some unexpected financial assistance business improved and Ina supplemented their income by doing a lot of sewing.

After five years the printing business was merged with a larger bookselling company in Weston. Kuntz & VandeRiet became successful and well-known especially in the Dutch community.

They had two sons, Reinder and Fred, and another daughter, Angela. Their family was one of the few in the community that had no television. Of course, Fred and Ina heard the expected, “We are only ones in the whole school....” Nevertheless, reading, drawing and playing games became favourite pastimes. On many Saturday evenings, however, a neighbour’s house held a special attraction for Fred.

After several years, because of developments in the printing business and a health problem Fred developed, the business was sold. But his health improved and Fred

was hired by the Canadian Standards Association (CSA) where he climbed the ranks.

During that time he also became heavily involved as a volunteer in the work of The Lighthouse, a multi-cultural Christian Outreach and Community Centre on Bathurst Street in Toronto which facilitated refugee immigration and settlement, especially on behalf of “boat people.”

Life changed abruptly when Fred was faced with another serious health problem. He retired from the CSA with a pension and could have taken it easy.

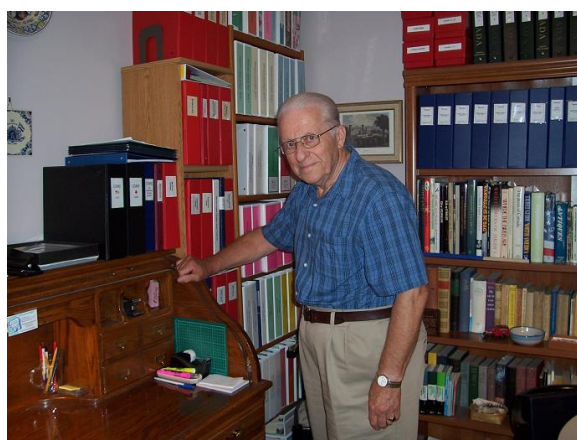
A telephone call from the Prime Minister’s Office (Brian Mulroney was in office at the time) changed their lives again. Fred was offered an appointment on the Emigration and Refugee Board. He worked very hard, and along with others was successful in eliminating the large backlog in refugee requests.

In the meantime, Ina and Fritz had become empty-nesters and moved to a condominium.

When the Conservative government made way for Liberal rule, appointees on the Board were replaced as well (although Fred was not a member of a political party). For several years Fred remained active on a number of boards.

Ina volunteered at Humber Memorial Hospital, and later on she did the same at a treatment centre for handicapped children.

In 1986, along with her daughter, she took up quilting. This hobby kept her busy for many years. More than 200 of her quilts can be seen in many homes including those of her children and grandchildren. Four of her banners – each depicting a faculty – hang in Redeemer University College in Ancaster.



Fred in his library where the information he needs is at his finger tips

It's interesting to know that in the course of time, both Ina's and Fred's parents and several siblings also moved to Canada. Fred and Ina's children are all married and they have seven grandchildren and one great-grandchild.

The Kuntz's decision to come to Tollendale was influenced by glowing reports from Ina's cousin Jan Kooi, already in the village. Fred says that relatives in the Netherlands, hearing of the Kuntz's move questioned why they would move into an "old age" home. "They don't understand what Tollendale is all about," says Fred. "Tollendale tops it all. This is heaven on earth."



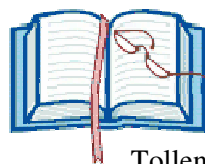
Detail of fabric art by Ina Kuntz on display in the Village Square

How do Fred and Ina look back on their lives and immigration experience? Unlike many others, their decision to emigrate in the early fifties was not based on economic hardship but on a combination of personal reasons. They felt Holland was "narrow" in more than one way. "After the war Holland was not the same," says Fred.

They say that God has blessed them with a wonderful life in Canada where there is much more freedom in church and in business. Although they missed certain luxuries at first, they never regretted their move. "We were never homesick," says Ina. "Canada has been good to us."

Fred and Ina like what they call the Tollendale spirit, the helpfulness of the people. "It gives us a desire to help too," says Fred.

Does Fred still excel in dish drying? Says Ina, "Since dishwashers came into the world, dish drying went out the window. But Fred is very tidy; he always puts his things away." ●



The Tollendale Bookies

Last December six interested residents formed a book club at Tollendale, meeting once a month in the comfort of our homes. Through the internet we researched questions regarding first meetings, discussion groups, discussion guides, leading a book discussion and how to choose the titles.

We prepared a simple guide primarily from www.bookbrowse.com/bookclubs. Critiques, study guides and author biographies can be found on the internet.

At the first meeting, after much discussion, brainstorming and laughter, we agreed on a few guidelines, such as types of books, a plan for obtaining books, a rotating monitor or free-for-all, and a few logistics. Each member expressed her expectations and we decided we would find a happy medium between being too serious and too relaxed – a little intellectual stimulation but fun, sharing and friendship.

Often people fear a book club is like a literary graduate class and what they have to say isn't profound enough to share. It doesn't have to be deep. Literature is art – there is no right or wrong. It's all about how a book can touch individual readers and how it makes them feel or a memory it invokes.

This has been an experience beyond our expectations, with each meeting encompassing courteous discussion and debate and a joyful bonding in friendship. While no snacks are served (a decision arrived at by consensus) we do lunch every three or four months.

All members present suggestions or recommendations and, among others, we have read *The Kite Runner* and *A Thousand Splendid Suns* by Khaled Hosseini, *Family Matters* by Rohinton Mistry, *The Jade Peony* by Wayson Choy and, of course, writings by our great Canadian authors Margaret Laurence and Alice Munro.

Sylvia Small



Sixtieth wedding anniversary

We would like to thank all the Tollendale friends and neighbours who attended our sixtieth wedding anniversary celebration in Baxter. We also appreciate the many good wishes, cards and gifts. It is wonderful to have such good neighbours.

Ron and Olive Menary



Debbie Foll (left) and Sylvia Small work together in making our seniors computer literate

COMPUTER CLASS

By Julie Christiaanse

On August 13, the third beginners computer class had its graduation ceremony. Sylvia Small who has assisted computer teacher Debbie Foll from the beginning supplied some statistics as of that date:

Eleven twelve-hour sessions (132 hours) were held for which 109 students registered, of whom 104 completed the course. Females outnumbered the men; 27 males completed the course. Ninety-five people asked for a tutorial with Sylvia Small outside class hours for a total of 60 hours. Besides this, a sign-in in the computer lab registered 550 hours.

Bill Crawford proudly showed his certificate and joked that he would ask for a letter of recommendation from Debbie for his next employer. "We have a computer at home," he says. "I used to play around on it. Now I'm doing it the right way." He adds, "It's very nice of the government to support this. At least we're getting some of our tax money back."

Pieta Van Arnhem enjoyed the course too. Although she also had been using the computer for some time, she learned to use the "things at the top." Her computer does not have the same icons, which complicates things somewhat. She is planning to take the intermediate course.

Betty Johnston says, "It helped me not to be afraid to do something wrong." Aafke Groen was grateful for Corrie VanderVen's help. "She helps me to get out of it [computer trouble]."



Aafke Groen (left) and Corrie Vanderven are glad to have taken the beginners computer course

Tollendale Treasures and Gift Store

From October 6 – 9, we will have a crystal and silverware sale in the Village Square. We have some beautiful items and look forward to seeing you. Our small Christmas gift shop, although not fully stocked yet, will also be open. The Christmas gift store will officially open on November 1. Come early, so you can be among the first to get your choice of the many lovely items we have on display.

We thank everyone who supported our jewelry, book and linens sale. We made a total of \$1,200.

For your comfort, there are now two wing-backed chairs in the library. These were donated by the gift shop, and, of course, it was because of your donations to, and purchases from the gift shop that we could do this.

We also paid approximately \$3,000 for the automated door opener in the atrium for the convenience of those using the lift.

We have many "new-to-you" items in the gift shop, so do come and take a look. You never know what you may find for yourself or as a gift for someone else.

Janny Mudde and Muriel Culshaw



New residents

Tollendale staff invited residents who had moved into the village during the last six months to an information and get-acquainted meeting a few weeks ago.

Present were Rita Bettam, Agnes Sarlo, Sybil Hynes, Ruth Haddow, Jackie Spoelder, Jean Bell, Sonya Mulder, Peggy Telford, Adeline Yuzdepski and Geraldine Cordier. Some husbands didn't attend because they are still employed or were doing volunteer work that morning.



Garry Lucas provided musical entertainment at a recent dinner

Birthdays

October 01	Verkaik	Johanna
October 03	Chopp	Karla
October 05	French	Edith
October 05	Hazenbergh	Frances
October 05	Trebelco	Helen
October 06	Blom	Hendrika
October 06	Kloosterman	Arnie
October 06	Tawton	Gordon
October 07	Kroesen	Johanna
October 07	VanStempvoort	Myra
October 07	Ruddick	Mary
October 14	Menary	Ron
October 15	Jackson	Dorothy
October 16	McDeivitte	Dennis
October 17	Scott	Norman
October 19	Vandergoot	Grace
October 20	Blom	Albertus
October 20	Charters	Pauline
October 20	Donnelly	Frank
October 20	Telford	Peggy
October 23	Alle	Ethel
October 23	Ashkanase	Munro
October 23	Tanner	Reta
October 24	Hovius	Ninka
October 24	Pifher	Albert
October 24	Straub	Anna
October 27	Bowman	Paul
October 27	Lyon	Mortimer
October 27	Verkaik	Anthony
October 27	Wright	Thelma
October 29	Bogers	Dorothy
October 29	Cassidy	Irene
October 29	Foster	Joan
October 30	Gehrels	Jack
October 31	Campbell	Marjorie
October 31	Hamilton	Ruth
November 01	Smilde	Sieb
November 01	Tawton	Ruth
November 01	Whalen	Amelia

November 02	Aylett	Thelma
November 02	Barker	Dora
November 02	Tjerkstra	Reitze
November 03	Robinson	Audrey
November 05	Aylett	Edward
November 05	DeBoer	Helen
November 06	Sherbo	Bob
November 07	Snieder	George
November 08	Brytak	Julie
November 09	van der Toorn	Pim
November 10	Connacher	John
November 11	VanBolhuis	Evert
November 12	Barker	Ed
November 13	VanderHorst	Albert
November 14	Bell	Jean
November 14	Brouwer	Andy
November 14	Buker	Gwenyth
November 14	Hannah	Evelyn
November 14	Holtermantenhove	Shirley
November 15	Gower	Vercia
November 15	Taylor	Adriane
November 17	Bettam	Rita
November 17	Kloosterman	Hilda
November 17	Pratt	James
November 18	Haines	Eleanor
November 18	Hayes	Joan
November 20	Lavin	Helen
November 20	VanSickle	Roy
November 23	Visser	Alice
November 25	Plomp	Johanna
November 26	Brouwer	Coby
November 27	Rutters	Johanna
November 30	Dearham	Colleen
November 30	Hlady	Vivien
November 30	Rupke	Sierk

If you would like to see your name on the birthday list, or if you detect an error, please get in touch with Tena Kamstra (725-9298).



Encouraged by Garry's music, Irene and Mike Cassidy were ready for a little dance

Bridge and Euchre Scores

August

Euchre (TW)

1st Ken Tye – 163 points

2nd Marjorie Todd – 161 points

3rd Sara Heemskerk – 154 points

L. H.s: Hilda K. (5); Gretta B. (5); Sara H. (4)

Bid-Euchre (TW)

1st Taeke Visser – 607 points

2nd Ken Tye – 576 points

3rd Hans Poppler – 560 points

Moons: Ruth H.; Frank P.; Nelly P.; Gretta B. (1 each)

Bid-Euchre (BG)

1st Anne DeGroot – 520 points

2nd Aly Brandsma – 519 points

3rd Julie Brytak – 503 points

Moons: Elva F. (1)

Bridge

1st May Vanderklugt – 11,830 points

2nd John Connacher – 10,970 points

3rd Frank Benum – 9,860 points

4th Anne DeGroot – 9,360 points

September

Euchre (TW)

1st Anne Tripp – 207 points

2nd Betty Virgoe – 196 points

3rd Olive Robertson – 196 points

LHs: Marie M. (7); Taeke V (6); Betty V. (6)

Euchre (BG)

1st Aly Brandsma – 196 points

2nd Margaret Llewellyn – 173 points

3rd Gretta Botham – 170 points

LHs: Sonya (11); Marg (10); Dorothy (7)

Bid-Euchre (TW)

1st Sonya Mulder – 761 points

2nd Aly Brandsma. – 695 points

3rd Anne DeGroot – 480 points

4th Nelly Portengen – 598 points

Moons: Aly B.; Myrna G.; Elva F.; Sonya M.; (1 each)

Bid- Euchre (BG)

1st Aly Brandsma – 545 points

2nd Anne DeGroot – 512 points

3rd Marg Llewellyn – 482 points

Moons: Myrna G.; Marg Elliott - 1 each

Bridge

1st Jerry Nyenhuis – 15,370 points

2nd May Vanderklugt – 14,970 points

3rd Frank Benum – 13,020 points

Information supplied by Aly Brandsma and Agnes Visser



The speaker at the Alzheimer Society Coffee Break event had an attentive audience

Nurse's Corner

Alzheimer Society Coffee Break

On Wednesday, September 17 the Life Enrichment Committee and the Nursing Department jointly sponsored the 13th annual Alzheimer Society Coffee Break for the fourth year in a row. The fundraising event, held in the Gathering Place, was a great success in spite of competing activities that took place in the village community that day.

Approximately 100 people attended the event. A guest speaker from the Alzheimer Society delivered an informative PowerPoint presentation. In addition to refreshments for attendees, a bake sale was held, and a gift draw concluded the day's activities. The funds raised exceeded last year's contributions by the Tollendale Village community.

Many thanks to everyone who volunteered their time and/or contributed financially to make this a very success event!

Personal Emergency Response System

Personal Emergency Response System subscribers will be provided with a new client information document to review. Please complete the form with current information and return it to the nursing department as soon as possible. The service provider's call centre maintains a computer file of your personally disclosed medical history and responder details. It is your responsibility to notify the nursing office of any changes that need to be made so we can forward the information to the service provider.

The One Number That Could Save Your Life

There's a reason why your doctor checks your blood pressure regularly: it's a vital piece of information when it comes to your overall health. It's also one way your doctor can determine what's "normal" for you and identify any anomalies.

Deadline Tollendale Tales

December 2008 – January 2009 issue (No.48)

Wednesday, December 3, 2008

While the general rule is that 120/80 is “good”, that may not be the case for you. Your doctor will decide if your blood pressure is too high based on your age, any medical condition you may have and any medication you may be taking.

Dale Rutherford, nurse manager



Last call

I am still looking for wedding dresses from the past – yours, your daughter’s or granddaughter’s – and a short history of the dress you will allow us to model or be modelled at

the April 2009 Women Apart Day.

Please call me, Eleanor Sherbo, 735-2152.

If your furniture could talk

When visiting fellow residents I am sometimes pointed out a piece of furniture that has been in the family for generations. A desk or cabinet may have crossed the ocean or with you or your ancestors long ago in the *kist* or crate. Or it may just have been in your family for as long as you can remember. You may have special memories connected with it. If you have such a piece of furniture or other item that could “tell a story,” please get in touch with me. I will ask to visit you, and perhaps we can tell its story to our readers.

– Ed.

Be a Tollendale ‘informer’

All of us can be informers. I don’t mean the kind that is found in oppressive regimes, but the ones that let your editor know when something worth reporting is happening in your building or is taking place in the village. So, consider yourself a benevolent informer and give your editor a call: 728-4739.

– Ed.

Goodbye

We, Repko and Ini, are leaving Tollendale after four good years in Trinity Woods. We want to express our gratitude for the friendship and love we experienced from the people here. We will miss you, the walks along Popma Lane, the Sunday evening chapel services and other activities. Thank you for your visits, your concern and generosity. May God bless you all.

Our new address will be: Leaside Retirement residence #725, 10 William Morgan Drive, Toronto, ON. M4H 1E7

Repko and Ini Popma



Heather Ossetti is now owner/operator of Village Square Hair Care. She treasures the interaction with the residents



Barrie tree carver Colin Partridge was commissioned by the city of Barrie to carve his “tree spirits” into the large tree trunk in front of The Gables Park

Tollendale Tales

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Front page (from left): Frank Kamstra, Hilda Kloosterman, Albert Brouwer, Leo Smit, Gerda Borgdorff at the annual barbecue