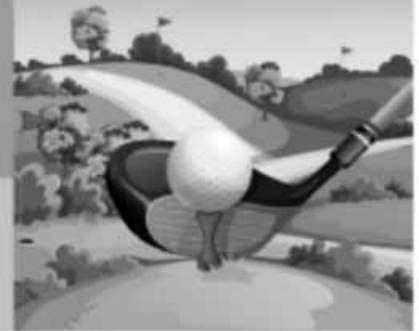


Thursday, September 15, 2022
2:00 PM

OSSTF Chapter 25 ARM 9-Hole Charity Golf Tournament

Manderley Golf And Country Club
5920 Prince Of Wales Drive, North Gower K0A 2T0



This is a fun best-ball tournament. Experience and playing level is absolutely not important. Come out to enjoy the afternoon, meet some wonderful folks and have a good meal. (COVID-19 protocols will be followed)

Sign up as a single, double, or any number and leave the rest to us. We hope you will be able to join us!

All fees
collected will
be donated to
charity!

Sign up

First name

Last name

Phone number

Email

☐ Golf and Dinner \$35 ☐ Golf only \$20 ☐ Dinner only (5:00 pm) \$20

To add additional people, please include their information on a separate page

Three ways to register

1. Send the completed form and a cheque made payable to "OSSTF Chapter 25 ARM" to Clare O'Connell Noon at 4009 Rideau Valley Drive Manotick, Ontario K4M 0T8.
2. Email the form and make an eTransfer to: chap2507@gmail.com
3. Online form: www.armch25osstf.com/upcoming-events

Carts \$12/person payable at the Club.

Questions? Please contact organizer Terry Gamble: gambleterry@gmail.com

Recognizing the ongoing need for support, ARM Chapter 25 made the following donations in June 2022

>



\$3000+\$2000



\$2500



Renfrew
\$2500



Kingston \$5000



Cornwall \$5000



CHAPTER 25

LIMESTONE OTTAWA-CARLETON

RENFREW UPPER CANADA



www.armch25osstf.com

It's Time To Get Out

Fortunately the worst of the pandemic seems to have passed. It will never disappear. It will always be with us. More than likely it will dissolve into something like our annual fall flu. We will have to go to the nearby pharmacy or medical clinic to get two shots. One for the flu and one for covid.

Time to Reunite

We have planned fabulous times to enjoy our time together as you will see on pages one, five, seven and nine. On page one of course is our annual charity golf tournament. Please register as

soon as possible. There will be restricted numbers for dinner. We don't enjoy having to turn anybody down.

On page **five** you will learn about the complimentary breakfast at the **Cedarhill Golf and Country Club** for our **Ottawa-Carleton and Renfrew** members.

On page **seven** there is a complimentary breakfast at **Morrisons Restaurant in Kingston** for our **Limestone** members. Finally, there is a complimentary breakfast at **McIntosh Coun-**



try Inn in Morrisburg for our **Upper Canada** folks. Each of the events registration is through our website.

Please do not put off registering. Also, remember, if you register and don't show up, we will still have to pay our host.

So, let's get our socializing skills back.

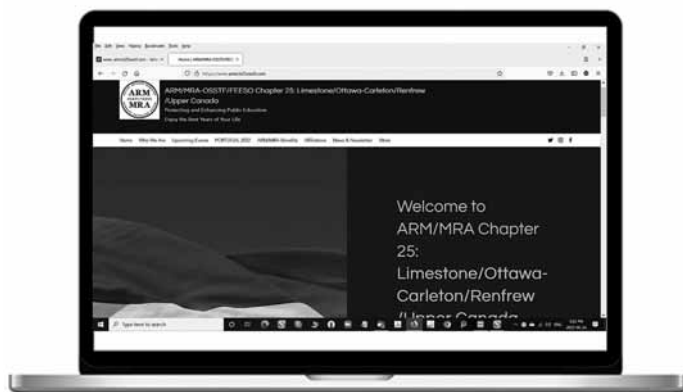
Authors Wanted!

If you would like to submit an article for our newsletter, please think about doing it. Your article could be about anything such as travel, book review, review of something you are watching on Netflix, Acord, BritBox, Prime, etc.

Keep in mind that our newsletter is published every second month. Try to avoid writing something which is time or date topical. We previously sent out an all-call for a webmaster and were lucky to find Les Robinson. Just maybe this time we will be lucky to find an F. Scott Fitzgerald.

Remember to register through our website for golf and the breakfasts.

If you do not have a computer, you can register for the events two ways. First you can mail your request to OSSTF ARM 53 Selwyn Place Kanata ON K2K 1P1 or phone 613-866-5137 leaving your name and district (Ottawa-Carleton/Renfrew, Upper Canada, or Limestone).



3 ways to safely tow a car behind a vehicle

RVs are a great way to explore the beautiful natural landscapes Canada has to offer without giving up the comforts of home. However, while RVs provide comfort and flexibility on the road, they're not ideal for exploring parks, driving around city or residential streets, or finding a parking space.

That's why many RV explorers choose to tow a car behind their motorhome when embarking on a road trip. Having a standard-sized car or truck with you allows more freedom for running errands, visiting restaurants, and day-tripping around the area.

Do your research

Towing a vehicle behind your RV requires careful research to determine the towing setup that's right for you, your RV, and the vehicle you're towing. If not done correctly, towing can cause significant damage to your towed vehicle and put yourself and other drivers at risk.

Two of the most important factors to consider are:

- The weight of the vehicle you're towing.
- The capacity of your RV to tow it.

Check your RV manufacturer's manual for information on weight capacity and towing restrictions.

Research the regulations for towing in your province for a full list of necessary safety equipment, steps for setting up your tow, and licensing requirements. Ontario's towing regulations and requirements can be found in The Official Ministry of Transportation Driver's Handbook.

Once you've done your initial research on your RV's weight capacity and mandatory provincial requirements,



choose a towing method that best suits your vehicle's needs.

Let's look at the three methods you can choose from to safely tow a vehicle behind your RV:

1. Flat towing or four-down towing

This style of towing connects a vehicle to your RV using a tow bar, with all four wheels of the towed vehicle on the road. It's often favoured by solo RVers or RVers who plan to use their towed vehicle for daily driving, as connecting and disconnecting the towed vehicle is quick and easy.

While it doesn't require large equipment as the other towing methods do, it's not suitable for all vehicles. Some cars and trucks will require custom base plates and preparation to equip a tow bar. Others cannot be used for flat towing at all. Refer to your vehicle manufacturer's instructions to determine if your vehicle is a safe fit for flat towing.

2. Dolly towing

This method of towing requires a tow dolly and is typically used for towing vehicles with front-wheel drive. When using a tow dolly, the front wheels of your towed vehicle are on the dolly while the two rear wheels roll on the road.

Tow dollies are heavy, so make sure you factor the weight of the dolly into your calculations for your RV's weight capacity. You'll also need to determine where to store your tow dolly when not in use, especially if driving to a campsite with limited space.

3. Trailer towing or car hauler towing

This method of towing requires a trailer or car hauler to be securely attached to your RV with all four wheels of your towed vehicle loaded inside. It is typically required for vehicles with four-wheel or all-wheel drive to avoid damage to the vehicle's transmission.

Similar to tow dollies, trailers and car haulers are heavy so will need to be factored into your weight capacity calculations. You'll also need a safe place to store it at your travel destination.

Get your Insurance ready

Before hitting the open road, it's important to know you have the right insurance coverage and roadside assistance in case of an emergency. Check if your leisure vehicle insurance includes roadside assistance for your RV or trailer and review your coverage options before heading out.

If you have questions about your existing OTIP car or leisure vehicle insurance policy or want to know more about recommended coverage for RVs, connect with your OTIP insurance broker at 1-888-494-0090.

If you would like to get a quote for car insurance or leisure vehicle insurance, contact us today at 1-888-892-4935.



It's been a long two years. We have missed being able to get together every couple of months. Well where we are. There will be a complimentary buffet breakfast-- scrambled eggs, bacon, sausage, toast, homefries, fruit salad, coffee, tea and juice.

We are hoping that this will make up for some of the missed time. Those of us who retired in the past two years will find a way to come and get to know us.

To register please go to our website (www.armch25osstf.com/upcomingevents) by September 1.

How To Care For Aging Feet

Everyone says you need to put your best foot forward but what does that mean for aging feet? Foot care is important at all ages but being kind to your feet as you age can help keep you mobile and pain-free so you can continue to enjoy your favorite activities like walking shopping working in the yard and staying active.

Regular care for aging feet helps minimize problems

It's especially important to proactively care for your feet as you age. If you're like most people you only think about your feet when they hurt but caring for your feet every day will help you avoid problems like blisters or athlete's foot. According to the Institute for Preventive Foot Health there are seven things you should do every day to keep your aging feet healthy:

- Wash and thoroughly dry your feet for good hygiene.

- Wear a fresh clean pair of socks and change them daily.

- Keep the insides and outsides of your shoes clean.

- Rotate your shoes — don't wear the same pair two days in a row.

- Wear properly fitted shoes.

- Avoid going barefoot particularly in public areas.

- Inspect your feet for bumps blisters sores cracked skin painful areas and other problems.



You should also care for your toenails regularly and trim them at least every two weeks. Avoid ingrown nails and other issues according to the American Orthopaedic Foot and Ankle Society by trimming your nails straight across (not curved) and at an adequate length.

Select the right shoes for your feet

Shoes may not make the man but having the right shoes does make all the difference in foot health. Many common conditions like flat feet and over- or under-pronation (resting weight on the inside or outside of the heel while walking) can be addressed with the right shoes. According to the American Podiatric Medical Association (APMA) proper footwear can even improve your balance and help to prevent falls. You should select roomy well-cushioned shoes without large heels or narrow toe boxes — your toes shouldn't feel cramped. When shopping for a new pair of shoes be sure to bring or wear the type of socks you plan on wearing with your new shoes for a perfect fit. When you're trying your new shoes on they should feel comfortable

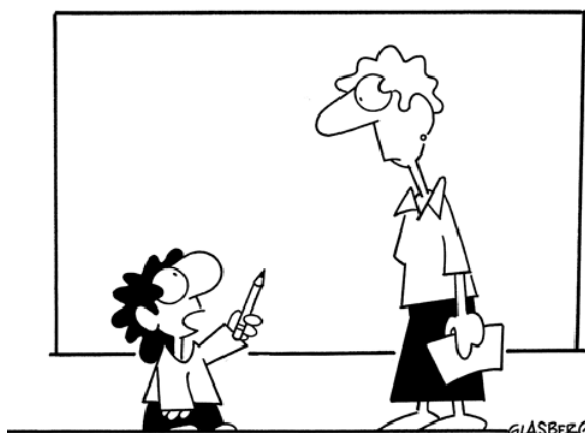
and supportive right away according to the APMA. If they aren't comfortable in the store they won't feel any better when you get home and breaking them in isn't a viable solution.

Orthotics and inserts improve foot health

If you have arthritis or another chronic foot condition your doctor might suggest orthotic shoes or shoe inserts. These customized shoes will help you to walk more comfortably ease foot pain and correct structural issues. Staying active committing to regular foot hygiene and protecting your feet from extreme temperatures will help promote healthy blood flow minimize injury and keep your feet healthy.

Get off on the right foot by starting a healthy foot care routine today to prevent many issues that ail aging feet. Your feet are the essential foundation for the rest of your body and having healthy feet is the first step toward having a healthy body as you age.

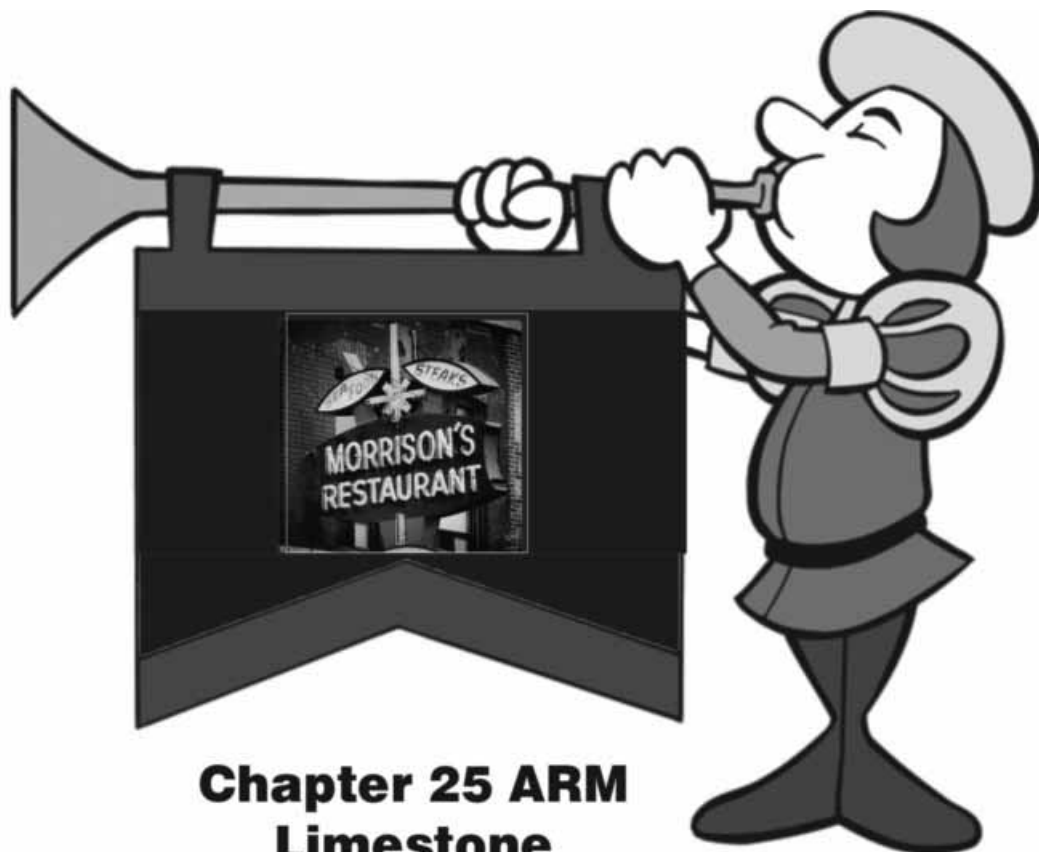
Speak with your doctor if you experience chronic foot pain or suspect you may have a foot condition.



**"How do you expect me to write with this?
It doesn't even have a USB port for a keyboard!"**



"You have to attend classes. You can't just follow me on Twitter."



**Chapter 25 ARM
Limestone
September 22
9:30-11:30AM
Morrison's Restaurant
Kingston**

It's been a long two years. We have missed being able to get together every couple of months. Well here we are. There will be a complimentary breakfast.

We are hoping that this will make up for some of the missed time. Those of us who retired in the past two years will find a way to come and get to know us.

To register please go to our website (www.armch25osstf.com/upcomingevents) by September 15.

Editor's note: This will be the third time that this column has been published. If it has the effect of convincing even one member to proceed for a colonoscopy, it will have been worthwhile. For those who have seen it before, there is new humorous material at the end. By Dave Barry

My gastroenterologist and Me

I called my friend Andy Sable, a gastroenterologist, to make an appointment for a colonoscopy.

A few days later, in his office, Andy showed me a color diagram of the colon, a lengthy organ that appears to go all over the place, at one point passing briefly through Minneapolis.

Then Andy explained the colonoscopy procedure to me in a thorough, reassuring and patient manner.

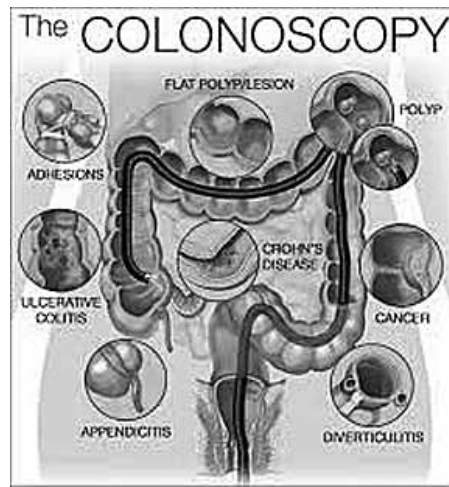
I nodded thoughtfully, but I didn't really hear anything he said, because my brain was shrieking, "HE'S GOING TO STICK A TUBE 17,000 FEET UP YOUR BEHIND!"

I left Andy's office with some written instructions and a prescription for a product called 'MoviPrep,' which comes in a box large enough to hold a microwave oven. I will discuss MoviPrep in detail later; for now suffice it to say that we must never allow it to fall into the hands of America's enemies.

I spent the next several days productively sitting around being nervous.

Then, on the day before my colonoscopy, I began my preparation. In accordance with my instructions, I didn't eat any solid food that day; all I had was chicken broth, which is basically water, only with less flavor.

Then, in the evening, I took the MoviPrep. You mix two packets of powder together in a one-liter plastic jug, then you fill it with lukewarm water. (For those unfamiliar with the metric system, a liter is about 32 gallons). Then you have to drink the whole jug. This takes about an hour, because MoviPrep tastes - and here I am being kind - like a mixture of goat spit and urinal cleanser, with just a hint of lemon.



The instructions for MoviPrep, clearly written by somebody with a great sense of humor, state that after you drink it, "a loose, watery bowel movement may result."

This is kind of like saying that after you jump off your roof, you may experience contact with the ground.

MoviPrep is a nuclear laxative. I don't want to be too graphic here, but have you ever seen a space-shuttle launch? This is pretty much the MoviPrep experience, with you as the shuttle. There are times when you wish the commode had a seat belt. You spend several hours pretty much confined to the bathroom, spurting violently. You eliminate everything. And then, when you figure you must be totally empty, you have to drink another litre of MoviPrep, at which point, as far as I can tell, your bowels travel into the future and start eliminating food that you have not even eaten yet.

After an action-packed evening, I finally got to sleep.

The next morning my wife drove me to the clinic. I was very nervous. Not only was I worried about the procedure, but I had been experiencing occasional return bouts of MoviPrep spurtage. I was thinking, "What if I spurt on Andy?"

How do you apologize to a friend for something like that? Flowers would not be enough.

At the clinic, I had to sign many forms acknowledging that I understood and totally agreed with whatever the heck the forms said. Then they led me to a room full of other colonoscopy people, where I went inside a little curtained space and took off my clothes and put on one of those hospital garments designed by sadist perverts, the kind that, when you put it on, makes you feel even more naked than when you are actually naked.

Then a nurse named Eddie put a little needle in a vein in my left hand. Ordinarily I would have fainted, but Eddie was very good, and I was already lying down. Eddie also told me that some people put vodka in their MoviPrep.

At first I was ticked off that I hadn't thought of this, but then I pondered what would happen if you got yourself too tipsy to make it to the bathroom, so you were staggering around in full Fire Hose Mode. You would have no choice but to burn your house.

When everything was ready, Eddie wheeled me into the procedure room, where Andy was waiting with a nurse and an anaesthesiologist. I did not see the 17,000-foot tube, but I knew Andy had it hidden around there somewhere. I was seriously nervous at this point.

Andy had me roll over on my left side, and the anaesthesiologist began hooking something up to the needle in my hand.

continued on page 10



**McIntosh Country Inn
Morrisburg
September 29
9:30--11:30 AM**

**Welcome
Back
Chapter 25 ARM
Upper Canada**

It's been a long two years. We have missed being able to get together every couple of months. Well where we are. There will be a complimentary buffet breakfast-- scrambled eggs, bacon, sausage, toast, homefries, fruit salad, coffee, tea and juice.

We are hoping that this will make up for some of the missed time. Those of us who retired in the past two years will find a way to come and get to know us.

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There was music playing in the room, and I realized that the song was "Dancing Queen" by ABBA. I remarked to Andy that, of all the songs that could be playing during this particular procedure, "Dancing Queen" had to be the least appropriate.

"You want me to turn it up?" said Andy, from somewhere behind me.

"Ha ha," I said. And then it was time, the moment I had been dreading for more than a decade. If you are squeamish, prepare yourself, because I am going to tell you, in explicit detail, exactly what it was like.

I have no idea. Really. I slept through it. One moment, ABBA was yelling "Dancing Queen, feel the beat of the tambourine," and the next moment, I was back in the other room, waking up in a very mellow mood.

Andy was looking down at me and asking me how I felt. I felt excellent. I felt even more excellent when Andy told me that it was all over, and that my

colon had passed with flying colors. I have never been prouder of an internal organ.

On the subject of colonoscopies

Colonoscopies are no joke, but these comments during the exam were quite humorous. A physician claimed that the following are actual comments made by his patients (predominately male) while he was performing their colonoscopies:

1. "Take it easy Doc. You're boldly going where no man has gone before."
2. "Find Amelia Earhart yet?"
3. "Can you hear me NOW?"
4. "Are we there yet? Are we there yet? Are we there yet?"
5. Find Out What Your Government Is Doing
- 6 "You know, in Arkansas, we're now legally married."

7. "Any sign of the trapped miners, Chief?"

8. "You put your left hand in, you take your left hand out..."

9 "Hey! Now I know how a Muppet feels!"

10. "If your hand doesn't fit, you must quit!"

11. "Hey Doc, let me know if you find my dignity."

12. "You used to be an executive at Enron, didn't you?"

13. "Could you write a note for my wife saying that my head is not up there?"

