



The Heart of the Community

LIVE WELL WITH
PHARMASAVE
HENDERSON'S

Henderson's

70th Anniversary



Community Leaders Honour Henderson's for 70 Great Years

What do Henry D'Angela, Serge Carpino, Alun Hughes, and Judy Rogers all have in common? Add Thorold's Town Crier, Tony Vandermaas among others to the list.

These community leaders all offered praise, thanks, and congratulations to Henderson's Pharmasave at a special ceremony on May 27th to celebrate the 70th Anniversary of the Thorold business.

- Henry D'Angela, Mayor, City of Thorold
- Marilyn Bellamy Constituency Assistant for M.P. Malcolm Allan, Welland Riding, Government of Canada
- Mike Haines, Primary Executive for M.P.P. Peter Kormos, Welland Riding, Government of Ontario
- Serge Carpino, Chair, Thorold Business Improvement Association
- Terry Denick, Retail Operations Coordinator, Pharmasave Drugs Ltd.
- Alun Hughes, local historian and Professor Brock University
- Wilfred Slater, former Henderson's employee
- John Cole and wife Donna Cole (Donna's father Charlie Thompson was one of Henderson's first employees in 1939.)
- Judy Rogers, Henderson's Staff Representative

See page 3 for more news and photos on this event.

Hear ye, hear ye, hear ye was the joyful call for attention as a gathering of loyal customers and community leaders celebrated a historic occasion at Henderson's Pharmasave 70th anniversary on May 27th.

Pictured at the ceremony from left, Thorold's Town Crier, Tony Vandermaas applauds as owner/pharmacist, John Henderson accepts a commemorative plaque from Thorold Mayor, Henry D'Angela recognizing Henderson's "continued commitment to the City's downtown business community."



Success is a piece of cake and much more at Henderson's where owner / pharmacist, John Henderson is shown accompanied by wife, Cathy.

The festive occasion was attended by loyal customers, civic officials, and former staff of the local pharmacy.

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CELEBRATING 70 YEARS OF LIVING WELL

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This newsletter has been designed by Divine Media.
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HENDERSON'S***Heritage Photos on Display at Henderson's******Barb Banfield Wins Grand Prize***

If a picture says a thousand words, then the images submitted in Henderson's Heritage Photo Contest probably tell us countless stories about our community's rich history.

Consider, for example, the black and white photo submitted by the grand prize contest winner Barb Banfield. The classic portrait of the construction crew at the Welland Canal in Thorold was entered with family pride by the Chapel Street resident.

Banfield says the photo depicts her family's roots in the historic construction of the Welland Canal.

A panel of judges represented by local historian, Pamela Minns attended a presentation ceremony on September 5th at Henderson's. Pamela mentioned how nice it is for customers visiting Henderson's to view the amazing collection of local history on display in the store.

The contest was supported by 17 creative submissions from the following entrants: Barb Banfield; Paul Feor; Larry Gendron; Joseph MacLellan; Jill Mitchell; Fred Nogas; Larry Robertson; John Ryckman; Joyce Ryckman; Albert Secord; Cheryl Shelvock; Cheryl Smith; Charles Verworn; Sharon Wasylowich.

All the entrants were congratulated at the ceremony and Henderson's rewarded their contribution with a drawing of gift certificates from downtown Thorold businesses. Elio's Footwear, Gypsy Alley, Foodland, Home Hardware, Donnelly's A Yellow Flower Basket, Steadmans Jewellers, Cosmo's Diner, and Keefer Mansion Inn.

Additionally, as the grand prize winner, Barb received a digital photo camera. Second place winner, Cheryl Shelvock received a \$100 Pharmasave Gift Card, and third place finisher Larry Gendron was the recipient of a \$50 Pharmasave Gift Card.

The public is welcome to visit Henderson's to view the impressive display of heritage photos currently showcased in the store.



First-place award recipient, Barb Banfield, at left, proudly displays her photo entry with John Henderson.



John Henderson, left, joins Cathy Henderson to congratulate Larry Gendron, centre, for the 3rd-place entry.



John Nogas, left, visits Henderson's to view the collection of heritage photos on display in the pharmacy.

Health Tips



By Christina Ciancio

Henderson's

Pharmacist

How to Avoid and Prevent the Flu

Each year influenza ("the flu") affects millions of Canadians. It normally peaks during the winter months and is caused by a virus. Common symptoms of the flu include fever, cough, sore throat, headache, chills, body aches, and fatigue.

The flu is easily passed from person to person through close contact with infected individuals and by direct contact with contaminated surfaces.

The best way to avoid catching the flu is to get a flu shot every year. The flu vaccine is 70-90% effective in preventing the flu in healthy children and adults. It is particularly important that individuals at high risk for developing flu complications be vaccinated. Complications that can develop as a result of the flu include pneumonia, ear infections, worsening of existing chronic medical conditions, sinus infections, and dehydration.

HIGH RISK INDIVIDUALS INCLUDE:

- People with respiratory conditions such as asthma or COPD
- Individuals with weakened immune systems including adults over the age of 65 and children under the age of 5
- Residents of nursing homes or long term care facilities
- Pregnant women
- People with diabetes, cardiovascular disease, renal disease, cancer, anemia, or AIDS

TO AVOID GETTING AND SPREADING THE FLU FOLLOW THESE TIPS

- Wash your hands frequently
- Use hand sanitizer when hand washing isn't possible
- Sneeze and cough into your sleeve or into a tissue
- Don't share your personal items
- Disinfect commonly shared objects frequently
- Avoid touching your eyes, nose, and hands

PHARMASAVE®

HENDERSON'S

- Stay home if you are sick
- Avoid close contact with people who are sick and those that are at high risk for developing complications

(For more information visit: www.pharmasave.com)

Come and see our new selection of natural health products, including homeopathic products, to help prevent and treat influenza as well as cough and cold symptoms



Monthly Prize Draw Winners

- *Keefe Mansion Inn getaway*
Colleen Kirkpatrick
- *\$100 Pharmasave Gift Card*
Jen Turner
- *\$100 Pharmasave Gift Card*
Don Cripps
- *Back to School Prize Package*
Dennis Jessome

Visit Henderson's Pharmasave to enter a monthly draw to win a prize. No purchase is necessary.



70th Anniversary Contest

Visit Henderson's Pharmasave to enter this free ballot for a chance to win a \$100 gift card. No purchase is necessary. Drawing to be held November 30, 2009.

Name: _____

Address: _____

City: _____

Phone: _____

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CELEBRATING 70 YEARS OF LIVING WELL

70th Anniversary a Historic Success with Local Leaders and Loyal Customers

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CELEBRATING 70 YEARS OF LIVING WELL

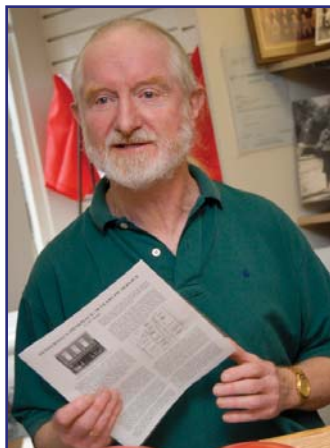


Henderson's staff representative Judy Rogers, at right, is joined by Thorold's Town Crier, Tony Vandermaas to unveil a magnificent portrait as a gift of appreciation to John Henderson in celebration of the pharmacy's 70th anniversary.



Pictured above at the 70th Anniversary event, from left, Cathy and John Henderson, Mrs. and Mr. Wilf Slater, and Mrs. and Mr. Ed Slater.

Local historian and Brock University Professor Alun Hughes offered a collection of entertaining and informative stories relating to the importance of Henderson's Pharmacy in the community.



Glimpses of Henderson's History

Part Three ... By Wilfred Slater



Pharmacy Owner, Edward Henderson gave many years of stalwart service to the community through the municipal council. During my reporting days with the St. Catharines Standard I covered the council meetings. Mr. Henderson possessed a levelling influence in a forum of fiery colleagues. The mayor, Maurice Shanks, would allow the usual combatants to have their say before he would turn to Councillor Henderson for his views. Mr Henderson would patiently sit through the arguments then provide a perceptive summary of what had transpired along with a solution, or suggestion, that in most cases would have been accepted.

The sale of condoms at Henderson's in the 1940's and 1950's was a furtive exercise

Compared with today's huge open displays, the sale of condoms at Henderson's in the 1940's and 1950's was a furtive exercise. The limited selection, by today's standards would be stored in a drawer behind a counter located near the doors. Upon entering, customers would near that spot to be served. Exact change was usually in hand.

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Bayer aspirins cost 12 cents for a dozen, 18 cents for two dozen and 100 was available for 59 or 69 cents. Burdock Blood Bitters, Carter's Little Liver Pills and Gin Pills were among the usually named merchandise. Many of the liquids were laced with alcohol.

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Sheaffer pens and pencils were a featured item. The top-of-the-line pen bore a white dot and commanded a price of \$12. Ed Henderson's personal pen was a huge Waterman in either orange or red. He was so fond of that instrument that he had it restored when it began to malfunction.

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Candy purchased in bulk was packaged in 2-ounce lots in cellophane bags. A popular confection was English wine gums. A five-pound box of Crispy Crunch type candy did not make it into bags. Someone opened the box and staff could not resist the temptation to sample its content.

It had to be the cleanest shop in town.

The store's linoleum floor would be swept and washed each day. It had to be the cleanest shop in town.

Wilfred worked at Henderson's as a delivery boy in 1942. A retired Globe and Mail editor, Wilfred is a popular contributor to Henderson's newsletter.