

On a cold blustery evening last Friday October 21, 2016, TEGSA members were treated to a warm and inspiring event at our Commander Meeting place.

Dr. Neil Carvalho OD, manager of Revitalieyes Eye Care in Markham, gave us an informative and insightful presentation on maintaining healthy eyes and clear vision. He stressed the importance of annual check ups for early detection and treatment of eye problems especially as we age . Through a well prepared PowerPoint presentation, he showed us the different parts of the eye and where problems may occur . Neil then succinctly imparted valuable tips on the choice of OTC medications for eye problems .We seniors were also encouraged to maintain a healthy lifestyle with exercise and a good diet.The valuable talk stirred up many questions from members that were ably moderated by our emcee Lucia Carneiro.

The second part of our evening was light hearted and amazing. Any skeptic would have been changed watching the Magic Show by Riener Gracias. A jovial magician from a young age, Riener had us in the palm of his hand as he did some awesome tricks with playing cards and lengthening and joining ropes before our eyes. To our chanting Go TEGSA Go, he weirdly hammered a nail through his nose, even threading several needles after swallowing them all! Members are warned to try none of these at home. We applaud this Illusionist extraordinaire. Seeing was truly believing in his skills!

Our tummies were well fed by delicious snacks catered from Winnie Gomes. After that we had the two usual rounds of BINGO. Congratulations to all winners.

Our sincere thanks to all the Executive members and everyone who made this evening so enjoyable and full of camaraderie. Special applause to our Emcee Lucia Carneiro for keeping events moving along so smoothly.

By Gloria Remedios