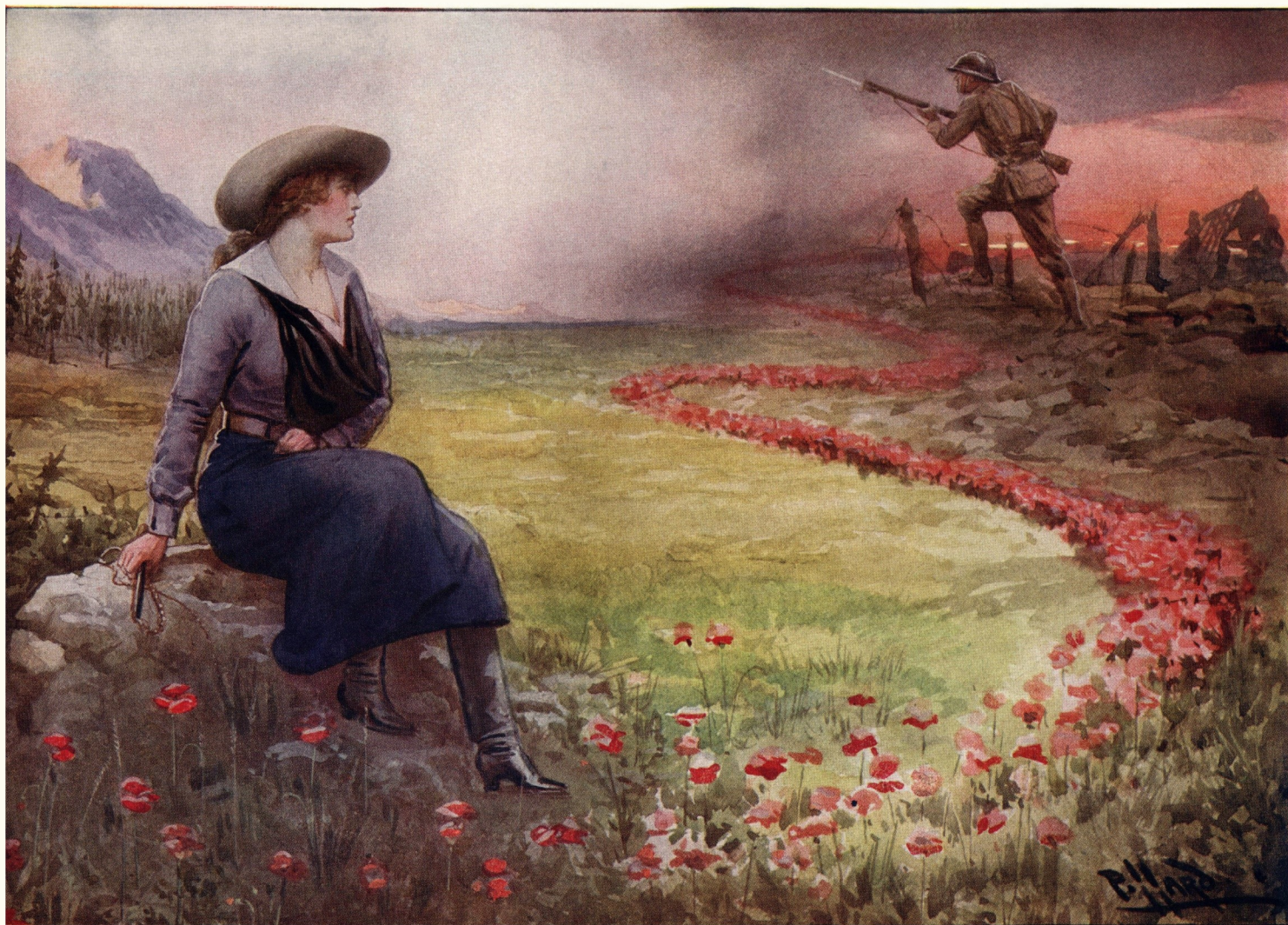


ACA News

Fall 2016 | Vol. 49 No. 4

Lest we forget



By H. Piffard

THE THIN RED LINE

Alberta Council on Aging

Working to improve the quality of life for seniors

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Mission Statement

Our mission is to improve the quality of life for seniors and encourage their participation in all aspects of community by educating seniors and the public and by advising government.

Editor & Publisher

Alberta Council on Aging

On the Cover

The Thin Red Line by Harold H. Piffard from Canada in Khaki showing red poppies separating the war and peace.



Author Moneca Wilson's "A Stroll Through the Past" is featured on page 12.

Views expressed in this publication do not necessarily reflect those of Alberta Council on Aging. The council reserves the right to condense, rewrite and reject material. This newsletter follows the Senior Friendly™ guidelines for clear communications.

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President's Report

As summer passes in to memories and the leaves begin their colour parade, it seems appropriate to think on those Canadians who serve in our Armed Forces, Police, and Fire Departments. This issue is dedicated to those who served and continue to serve in a volunteer role. The ACA Board has two members who are retirees from the Forces. I am one. Paul Howe, is the other.

My many years of service is noted in my official bio on the Alberta Council on Aging homepage. Occasionally, I am asked why, being in my mid 70's, I continue to volunteer and serve as President of ACA. There are a couple of reasons. When I returned to Alberta in 2007, I was asked to volunteer as the president of our local seniors' center. I served three years, and during that time I met an individual at a Grab the Grants presentation. He sold me my first membership in ACA and invited me to the semi-annual meeting of Region 9. At that meeting, I realized that this organization could do many good things for seniors. During the elections, I volunteered as vice-president for Region 9. Several years later this same individual, whilst serving as Director from Region 9, passed away suddenly. At our Regional meeting that October, I volunteered to sit in, temporarily. I was promised that someone was known who would take the position. I am still waiting for that someone!

The second reason I still volunteer is rather personal and only a few close friends know why. Maybe it is time to confess. In 2004, I was diagnosed with cancer. I defeated it then and four years later I had a reoccurrence. I defeated it again. It occurred to me that the good Lord was keeping me here for a reason. So, I decided to volunteer to serve the senior citizens of Alberta. Why? Because I can and I believe together with our regional directors and volunteers I can do the job required.

What do I get from this? Honestly, it is the satisfaction of making a difference. I put more kilometers on my car going to meetings and workshops than I ever did before. But I meet wonderful people who are seniors or who care about the seniors of Alberta. Their knowledge and ideas help us to create and deliver the programs we have today.

There are some exciting changes to report this quarter. Your Provincial ACA office is going virtual. We are bringing the ACA into the 21st Century. Our phone numbers will remain the same. Our postal address will change (see page 2). And, of course, when you call you will still be greeted by the cheerful voices of Donna and Laureen.

I am grateful to be of service. Stay safe.

Respectfully submitted,
Fred Olsen



Fred and Regional Director Jennifer
Wrzosek in Grande Prairie

Executive Director's Report: Us and Them



"Forgiveness made me free from hatred. I still have many scars on my body and severe pain most days but my heart is cleansed. Napalm is very powerful, but faith, forgiveness, and love are much more powerful. We would not have war at all if everyone could learn how to live with true love, hope, and forgiveness. If that little girl in the picture can do it, ask yourself: Can you?" —Kim Phuc

I was in grade school when I, as well as much of the world, was shown this now famous picture of Phan Thi Kim Phuc. It broke my tiny heart in to a million pieces as I immediately identified with the little girl. Why her? Why not me? Why Vietnam? Why not Canada?

A few years ago, one of our members expressed his disappointment that we had not given mention to our veterans in our fall issue. I understood our error immediately. We dedicate this issue to peace and those who served, and serve in the name of peace.

While celebrating the Queen's 90th Birthday Tea at Government House this spring, we met the fellow who was in charge of Lieutenant Governor Lois Mitchell's security. What an interesting career of service and though retired, Captain Richard Dumas continues to volunteer in the name of his country. I know you will enjoy his submission in this season's newsletter.

I think the Us and Them mentality, which is fundamental to war remains very present in our culture today. Do we empathize with Syrian citizens and welcome immigrants or say it is not our problem? Do we encourage immigrants yet implement social policies that will later restrict benefits to older people? Do we examine and own our role in the cultural and physical genocide of our first nation's people? Do we ensure military personnel and their families have access to treatment and benefits and pensions to ensure quality of life?

And what of the war on ageism? Can we win by messaging the value and worth of older people? Will age friendly initiatives help to embrace and celebrate the old? Will our tireless volunteers demonstrate the enormous contribution of seniors and the positive impact they have in every single community? Will social policy, without exception, protect our older people to ensure a high quality of life right to the end of life?

Be at peace,
Donna Durand

What has **Alberta Council on Aging** been Doing?

- Community Outreach endeavours.... see page 10
- Grant writing: New Horizons for Seniors Program and Alberta Health Services-Addiction and Mental Health Contracts
- Presentation on Age friendly and dementia friendly communities at Grey Matters Conference, Grande Prairie



Most significantly, over this past quarter, we moved the office from a physical space to a virtual office. We officially launched the virtual office Monday October 3! The rationale for the move was three fold: the office space we inhabited was highly toxic—we shared the same airflow system as a dentist, so some days the odor of adhesives was unbearable. Once our lease was up, it was decided we would rent from month to month until we had a better solution. As rent is costly we determined if we no longer had this expense, we could continue to support the regions and travel throughout the province with our programs and create more opportunities to hear the voice of our seniors. We also wanted to be as resourceful and environmentally friendly as possible. All documents needed to be scanned and properly filed, the furniture went up on the auction block of Kijiji, services such as paper shredding, office cleaning, hosting a credit card terminal, postage meter reading, all needed to be discontinued. Storage needed to be opened up and new processes and procedures created. What a wonderful learning curve as we venture into this business best practice for the 21st century!



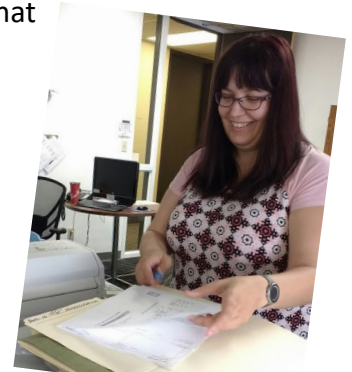
Moving is fun!

On Age

Seniors can do whatever they want — including bending backwards over a chair to stretch their back as with Barb of St. Albert, to Rita of Olds being perfectly healthy, not on any medications, and being happy to be aging.



Sharon, our Kijiji volunteer



Laureen scanning documents



Rita



Barb

Member Submissions

I am not old

By Samantha Reynolds

I am not old, she said
I am rare

I am the standing ovation
at the end of the play

I am the retrospective
of my life
as art

I am the hours
connected like dots
into good sense

I am the fullness
of existing

you think I am waiting to die
but I am waiting to be found

I am a treasure

Statistics March 2016

By Ruth Jackson

On the road from Damascus
Where the refugees flee
Every three minutes two people die
They fall on their knees
Too weak to cry
There is no tear in my eye
And I wonder WHY?
As I sit sipping Jasmine green tea.¹

1. Green tea is supposed to make
you live longer.

I read your latest newsletter with great interest. I make the vegan chocolate cake but substitute white Truvia Baking Blend which I buy in the US. It also comes in a brown sugar substitute. In Canada Splenda is available. This sugar substitute is "sepia leaf".

I find it works well with fruit type baking. My husband is a type 2 diabetic and has a sweet tooth. Does anyone have any ideas for other cakes that rise using the sugar substitute?

Ruth Gillespie, Toronto, Ontario

On the Radar

We have been receiving calls and questions about the new Seniors Home Adaptation and Repair Program (SHARP). We are taking careful note of your concerns and questions so we can accurately report on the concerns of Albertan seniors to government .

Keep submitting your thoughts, comments, concerns, poetry, and art to Alberta Council on Aging.

Every Creature on Earth has Something to Teach Us If we are Willing



A wolf pack: the first three in the column are the old or sick, they give the pace to the entire pack. If it was the other way round, they would be left behind, losing contact with the pack. In case of an ambush they would be sacrificed. This is their way of caring for their kind.

Then come five strong ones, the front line. In the centre are the rest of the pack members, with the five strongest following in the rear.

Last is the leader alone. The alpha. He controls everything from the rear. In that position he can see everything, decide the direction. He sees all of the pack.

The pack moves according to the elders pace and help each other, watch each other.

-Cesare Brai

Veterans - It's Our Turn To Serve Them

By Captain Richard Dumas, MMM, CD, ADC

If you're family or a caregiver to a veteran, this article is for you. From the time I was a young soldier, I was in awe of these remarkable Canadians and very much aspired to carry on with their distinguished tradition of service. As I became a veteran, I better understood them - for better or worse. I became involved with veterans ranging in service from the First World War to present. At 56 years of age, I have served for 38 years to date with Princess Patricia's Canadian Light Infantry (PPCLI).

Vets make up a significant and interesting dynamic across Canadian society, including seniors' communities. Our surviving vets' life experiences include struggle and service since the world attempted to redefine a new world order, post-Second World War and as European powers decolonized, throughout the Cold War and beyond.

Though becoming a rarer breed, there are still many Second World War veterans (a testament to how many served) and those that served in Europe as the Soviet Union attempted to increase its hold on that continent. Throughout the Cold War, many military personnel were separated from their families until Europe and later, post-war Korea stabilized. Many were subjected to nuclear, chemical and biological warfare trials. United

Nation duties from the 1940s, 50s and 60s include Congo, Vietnam, Cyprus, Korea, India, Pakistan, the Holy Land - to name but a few. Those generations are being replaced by vets of Cambodia, The Gulf War, Somalia, Croatia, Bosnia, Kosovo, Rwanda and Afghanistan. After military service many love to continue with public service, ranging from politics to service clubs.

All vets, regardless of generation, generally fit a common mould. That's why we understand each other. The same can't always be said about civilian counterparts. Many, upon release or retirement get out and stay away from any association with the military or related organizations for a variety of reasons - they've "done their time and have had enough", perhaps are angry or frustrated due to personal experiences and so on. Many are deeply affected by positive and negative experiences and wounds (physical and mental). Later on, many are happy to return to the "fold" as a knock-on effect to loneliness, natural inclination to reminiscing as they age or to clear their minds knowing time on earth is getting short (personal burdens of conscience - survivor guilt, witnessing atrocities, deep regret for what they've done or not done). Vets and families need validation - need to believe that the many sacrifices were worth it. For example, veterans of the Korean War, Somalia and Afghanistan are often reminded that the war over

there is not over and sometimes are left wondering if the loss of youth, limb and friends will be worth it.

As long as the world maintains its inclination to fight - we will have a need for vets. If you know a vet that has needs, unique to previous service, there are places to go to so that they are addressed and so that they may continue to live out their remaining years, as best they can, in deserved dignity. Lost or stolen medals can be replaced, those veterans that have fallen on brutally hard financial times may still get a dignified funeral, veterans may get reconnected with old comrades and their old unit(s), vets can be afforded the opportunity to share their experiences with the younger generations through schools and service clubs, health needs can get addressed through Veterans Affairs Canada (VAC). Formal recognition is available vis-à-vis Minister of VAC Commendations.

Needs will vary and families need not feel like they are alone. A little research goes a long way. Networking can be very rewarding. Volunteerism pays off big dividends - take a veteran to a Remembrance Day Service and or to the Royal Canadian Legion for a beverage. Search out contacts with the Royal Canadian Legion, Regimental/Air Force/Navy Associations, the Korean Veterans Association, the ANAVETs or even a local Canadian Armed Forces Base or Armoury in order to contact their old regiment or unit. Don't let obstacles wear you down. They pale by comparison to what vets have experienced.

It's our turn to serve them.



Captain Rick Dumas presents a Regimental 90th birthday citation to Normandy and Kapyong veteran, Alex Sim with his wife of over 70 years, Dina.



Captain Rick Dumas and attendee at the Queen's 90th Birthday Tea in Edmonton, Alberta.

Across Alberta

Over the past 9 months we have been actively travelling the province and delivering presentations to many groups. Our participants have been in groups as small as six, and in groups larger than 100 people. This has kept us very active and has given us more of an opportunity to meet our members across the province. We've had some amazing feedback that we are thrilled to share with you today!

[Brenda Joseph's] presentation was ... a success due to the interest that the members showed during the presentation and the many calls of appreciation that have come to the office. We were so impressed with [her] knowledge of the subject but also with the way [she] set everything up and had all [her] equipment ready to go as soon as [she was] introduced. [She] had everything under complete control and... articulated the subjects with a strong voice of which, was much appreciated by our senior group.

I just wanted to take a minute to thank Donna for the wonderful presentation at the Okotoks Seniors' this week. The content was relevant and the presenter's style was perfect.



Hazel Knopp is one of our community outreach volunteers in Region 6.



Let's Talk Dementia presentation in Okotoks on July 12th

Retirement as a Process

By Cathy Burrell, Grad Student of Adult Education and Social Media Instructor

"Adults find motivation to learn within the demands and desires of their lives, in providing for themselves and their families, and in satisfying personal dreams and ambitions." Christina Fisher

Something big is happening in the world. A demographic shift the likes of which has never been seen before. More people are turning 65 than babies are being born in the majority of countries. Here are some numbers from the city of Calgary's Seniors Age-Friendly Strategy document that came out last year:

"Currently, there are approximately 120,000 Calgarians aged 65 and older, accounting for 10% of the population. In 20 years, it is expected that this number will double to 225,000. And by 2042, the number of seniors will grow to more than 280,000, at this point they will comprise 15% of Calgary's total population. The number of Calgarians aged 75 and older will increase at an even faster rate."

Many of these seniors are retired, or are thinking about retiring. Retirement means different things to different people. The people I know who are retired all have different stories. Many people can't wait until the day they no longer have to set the alarm clock, or decide what to wear to work. Some will never regret having to attend another tedious meeting, or interact daily with co-workers. On the other hand, some people work at a job

they have had for more than a quarter of a century and love it! They know work as 'who they are' and their co-workers are 'like family'.

If this scenario describes you, what happens to your social life, and your identity the day after you walk out of your workplace for the last time? Often, your co-workers chorus of 'keep in touch, we'll meet for coffee next week' never materializes, and you're left to wonder, "what's next?"

Defining 'retirement' as a situation that's identical for everyone who reaches retirement age isn't realistic. Taking some time, well before you retire to consider how you'll navigate this new phase of life, is. In fact some people suggest that your retirement years, (in some cases you can be retired longer than you worked!) are a process of 'learning to be'. The freedom to be a grandma, an entrepreneur, a volunteer, or someone who relaxes, reads and naps, can be educational or challenging, or a combination of the two.

Realizing that your neighbour, spouse, or friend may be struggling in a similar situation is your opportunity to lend an ear, share your story, or help solve a problem. Your experience can inspire others. Living a happy, healthy, stress free retirement is the ideal for most people. "Learning to learn" what type of retirement that's right for you is an important part of the process.

Cathy Burrell has recently had her article "Who Will Teach Adults About Digital Literacy?" published on the Huffington Post Blog:

http://www.huffingtonpost.ca/cathy-burrell/digital-literacy-for-adults_b_12252934.html

A Stroll Through the Past

By Moneca Wilson

Recently, Sunnybrook Farm Museum, an Agricultural Interpretive Centre in Red Deer, had a two-day celebration, and everyone was invited. I attended and I took Matthew and Jessica with me, to show them some of the items their pioneer great-great-grandparents used.

The day began with a pancake breakfast. Then we browsed through an interesting and extensive display of farm machinery, some dating back to the turn of the last century, and we reminisced about items common and essential to the farming operation of yesteryear. There were sheds full of artifacts: butter churns, separators, kerosene lamps, medical equipment, and wash boards, to name but a few.

We looked at the long row of ploughs. They ranged from the small hand-guided plough, pulled by two horses, to the larger units. The wheeled sulky, or gang plough, turned two furrows using four to six horses, and the four-bottom plough required ten to twelve horses to pull it. These units had a seat of molded steel for the driver, which we now sometimes find at garage sales. Besides guiding his horses—the wise animals knew their business well and needed little directing—the driver adjusted the depth of the furrow with a lever at his side.

“Where are the big ploughs?” I asked my friend Ted. “Bigger than this?” he asked with a puzzled look.

I felt obligated to tell him then about the twelve-bottom plough, (the mother of all ploughs) my grandparents had long ago. Because of its size, it needed more than horsepower to do its job. It was pulled by the steam engine Granddad had, which was a large, fearsome looking vehicle, and required a raging fire in its belly in order to move. Then it was carefully attended to by a “fireman” as well as the driver.

No doubt it was an awesome sight. That strange looking machine lumbered across the landscape pulling behind it a plough that turned twelve furrows at once, transforming miles of grassland into warm brown earth in a day. The round, even furrows turned up to the warm sun enticed Grandmother to shed her shoes and walk barefoot across the aromatic earth when she took lunch to the crew. Seagulls followed the plodding machine, hovering over the dark soil left in its wake. It moved, at right angles to the road, across the flats and over the gentle hills, creating a new look for the prairies.

When the plough was being pulled, three or four men stood on its broad plank platform to operate the levers which, at the end of each row, were used to raise (and then lower again) all twelve shares so that the plough could be turned around. It was cumbersome in this respect, but otherwise was an admirable piece of machinery, solidly built and designed to fulfill a special purpose at that time in history. It turned many quarters of virgin land for my Granddad and also for many other settlers in the area.

But by about 1915, the steam engine and, with it, the huge ploughs fell into disuse. According to Lyle, who works at the Interpretive Center, the big steam engines, moving at two to three miles per hour, were too slow for other uses. Many years after its heyday, Granddad’s steam engine, rusted and

humbled, was hauled away and sold for scrap.

A less drastic fate befell the mighty twelve-bottom plough. It was left to deteriorate amongst the trees at the bottom of the yard. My brother and I often played on its broken wooden platform, grass and bushes pushing up through cracked boards. The steel frame, minus ploughshares, seemed to sink slowly, year by year, into the soft ground. Perhaps in time it will turn into a fossil, a sort of dinosaur of ploughs.

There were many tractors at the exhibit and I searched in vain for an Emerson, like the one Dad once had. The Emerson was unusual amongst tractors, having one large full-width steel wheel in the front and two regular ones in the back. As long as I can remember, it sat where it had been driven, or dragged, to a spot under the trees in the windbreak, its past glory and usefulness, like that of a steam engine and the plough, obscured in antiquity. One day, Dad sold it to a travelling connoisseur of tractors for seventy-five dollars and, I understand, it now sits, restored and elegant, in some museum.

An afternoon viewing the exhibit at the Museum made for a nostalgic stroll through the past. I recognized most of the implements and gadgets, and recited to Matthew, Jessica, and their Dad, and anyone else within hearing range, the ways our ancestors used them. The settlers were a resourceful bunch, making many of the things they needed, such as cord and ropes made with the rope-weaving machine I spotted in a corner.

The museum is a wonderful tribute to our heritage. I hope that young people—including my grandchildren, share my appreciation for those artifacts and the folks who used them years ago.



Modern tractor ploughing in South Africa. This plough has five non-reversible mouldboards. The fifth, empty furrow on the left may be filled by the first furrow of the next pass.

A Life of Service

By Donna Durand

Three of us were travelling to a conference and after we checked into the hotel we thought we would also look around the breakfast room—we're always planning ahead! It turns out that even though it was nowhere near breakfast the staff member assigned to the room noticed us, welcomed us, and told us what to expect the next morning. And that is where our friendship started.

Laverne Mary Shade seemed to take her job seriously, but in a light-hearted way, making conversation easy.

Born December 15, 1948 in Beaverlodge, Alberta, Laverne was raised at Kelly Lake, BC until she was thirteen, and then she went away to school. Laverne has had a number of professions, including her post-retirement as a hotel server. She started out in a café, first washing dishes and within three weeks she was promoted to waitress. Similarly, she worked at the Beaverlodge hospital in the kitchen, in housekeeping and then began her career as a nursing assistant. In 1970 she graduated as a Licensed Practical Nurse.

A decade later she started working in the schools as she had also taken some secretarial training. Typical to her pattern of striving for excellence,



she started as a secretary and moved into liaison worker, librarian, school bus driver and first aid administrator.

Laverne noted that she could easily identify with the students and their challenges and this would sometimes manifest into arguments with the principal and teachers as she would want to advocate for the child. Soft-spoken, jolly Laverne wanted us to know that she can be outspoken. If she believes in something strongly enough she will speak up. This served her well while working in a transition house. She worked with women who were experiencing abuse.

She also garnered life skills coach training and believed that the more training she would take the more she would understand her own self and life. Although she has experienced feeling like an outsider, she doesn't let that cripple her because

more so she enjoys being a part of everything. And this is the way in which she serves others.

On Retirement...

Laverne tried to retire a couple of years ago and said she just felt plain sick. She joined an exercise group, she did a lot of walking, but found it just wasn't enough. She needed the social interaction. Working at the hotel, she gets both exercise and interaction with others.

On Marriage...

Laverne uses her counselling skills in her marriage. "When you do this... I feel this...". Now, in later life, she has no interest in arguing with anyone. Not even her husband! This is one of the beauties of aging—learning to take a step back, or to walk away. She values her marriage as a partnership and makes sure her husband has good food—not junk food, because he is working hard and she cares about him.

On Ageism...

"Older people are not treated with respect," she told us. "If people are struggling to walk, others need to move aside and not run them over. Attitude is key. Young people need to learn about communicating with older people. Start by listening. Paraphrase and parrot to let people know you understand. It used to be common to see children assisting their elders."

We feel that if our people go to a care facility their life expectancy

is lowered. People need to live in their communities, in their own homes, and have the assistance they need to not be helpless or alone or scared. Mostly people need companionship, not someone with a medical degree."

On Forgiveness...

Think about others in the context of "walk a mile in my moccasins." Learn to forgive. "It's dead and gone."

In Closing...

"A lot of the wisdom and warnings about the environment have come through the first nations people and it has been ignored. I have to keep speaking. I have to keep up my voice."



New plans designed for you

If you're 65 or older, we have new plan options with enhanced benefit and coverage levels—that also complement government-sponsored programs for Alberta seniors.

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Gift Ideas

With the holidays quickly approaching, it can be challenging to think of gift ideas for friends, family, and caregivers. Here are a few ideas to hopefully get you started on your gift list this year!

The Caregiver Rejuvenator Package

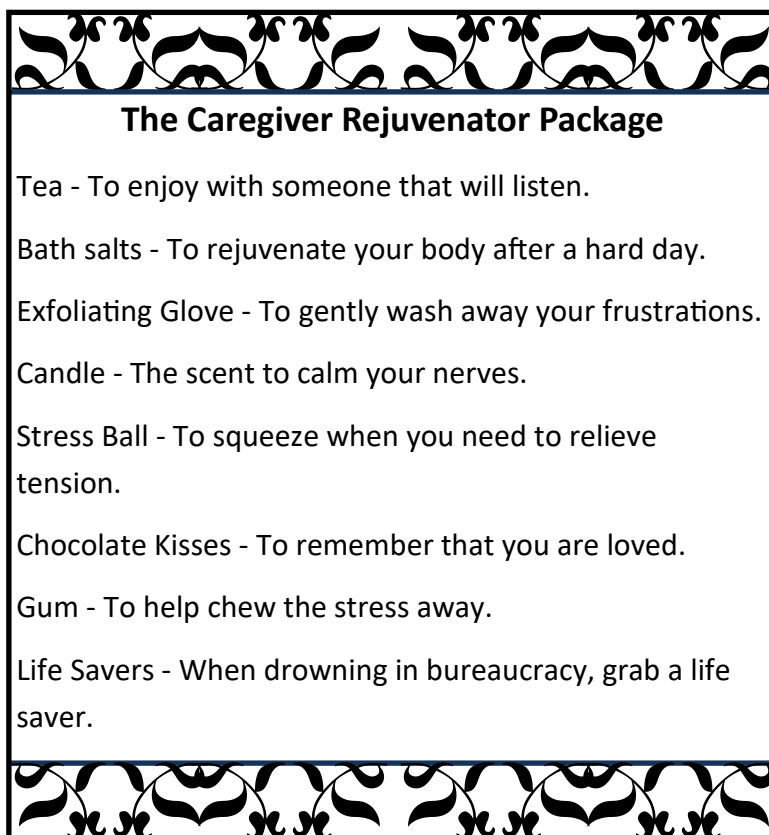
This is a simple package that you can put together in as simple as a brown lunch bag with the card attached, or you can dress it up in a basket with some ribbons.

Simply gather the following ingredients and place them in your package of choice.

Ingredients for the care package:

- Tea
- Bath Salts
- Exfoliating Glove
- Scented Candle
- Stress Ball
- Chocolate Kisses
- Gum
- Life Savers

The card can be cut from this newsletter, photocopied, or you can make your own.



"A cup of tea would restore
my normality."

— Douglas Adams, Author

Membership with Alberta Council on Aging

Share the benefits of a provincial wide network dedicated to improving the quality of life for older persons by gifting a membership. An annual membership is only \$22 per household and makes an excellent gift for those who are recent retirees, avid readers, or passionate about living a high quality of life at any age.

Charitable Donation

Donating in honour of or in memory of a special older person in your life is a great way to show how much you care. You can make a tax deductible donation to Alberta Council on Aging through our Canada Helps page (www.canadahelps.org/en/charities/alberta-council-on-aging/), by mail, or over the phone.

Sparkling Holiday Jam

Ingredients

- 8 ¼ cup strawberries, coarsely chopped
- 1 (12 ounce) package fresh or frozen cranberries, coarsely chopped
- 2 (2 ounce) packages powdered fruit pectin
- 1 teaspoon margarine
- 2 ¼ kg white sugar

Directions:

1. Sterilize jars and lids in boiling water for at least 10 minutes. Let simmer while making jam.
2. In a large saucepan, combine strawberries, cranberries, pectin, and margarine. Bring to a boil. Stir in sugar, and return to a boil. Cook for 1 minute; remove from heat.
3. Quickly fill jars to within 1/2 inch from top. Wipe rims clean, and put on lids. Process in a boiling water bath for 5 minutes.



These jars of jams can make for excellent holiday gifts when you attach a ribbon, a nicely lettered label, and small pottery serving bowl.

A Child's Perspective of the Holocaust

By Colin Pritchard

I was a child at the outbreak of war, and like many other boys found the news about the war something of a game. Even when my home town was bombed, because we were not directly involved or hurt, it just added to the excitement.

I was once involved in a serious air raid when visiting family in Middlesboro, but was startled by the anxiety of the adults, whereas I had the sense of invulnerability that so often is attached to children, and therefore found it 'real' and exciting. Yet there are two incidents which I still marvel at. The first gives me some optimism about human nature and the second still makes me feel uneasy.

The first event happened around 1944. I was playing in our small living room as it was raining outside. It boom, brrreeee, ratatat, ratatat as in my imagination I was shooting up 'Gerries' in my Spitfire.

My father angrily asked, 'What are you making such a noise for?'

'I'm killing Gerries Dad.'

'Hm,' replied my father. 'You must remember that there are good and bad Germans as there are good and bad English. We're not fighting the Germans; we're fighting the Nazis, they are the ones who are evil.'

This still seems an incredibly civilised and humane thing to say, but I believe it was more typical than

the propaganda of the day would suggest - that decent, working class but politically interested men could differentiate between the enemy and the civilian population and still see the Germans as human.

The second, far less sanguine experience was in early 1945.

I was at the cinema, the pictures, and as usual quite enjoyed the Pathé News because it was mainly about soldiers, the navy and our great Spitfires, and I always looked forward to seeing the Royal Air Force.

On this occasion it was the first time the newsreels showed the liberation of the concentration camps. In this case, it was Belsen.

The first thing that amazed us was that we saw naked bodies, piles of them, even their genitals. It is almost impossible to understand in those times how rarely one saw human flesh revealed, let alone full frontal nudity. It was stark, harrowing and was beyond rational description.

But it was not the dead bodies that alarmed the nine-year-old boy, nor the first sight of adult genitalia; it was the reaction of the audience. There I was, sat amongst townspeople who I had known all my life. In a tradition where 'pit talk' was carefully hidden from women and children, now men and women (the latter was even more

extraordinary) stood up and yelled and screamed obscenities.

'Do it to them... bastards... bastards... fxxxx bastards... kill them, kill them!' People screamed and keened with grief and rage, with tears and spittle running down their cheeks.

These were the same people who had sat quietly through news of the sinking of the Hood, of the Blitz, of the horrors of the Burma war, etc.

I was so distressed by the adults' response that I was torn from looking at the screen and sat down and cried with fear at the transformation of decent ordinary people, transformed into raving would-be killers.

As an adult, I have often thought about these two events and learned much from them, and perhaps it would be wrong to add any adult reflections, but when one considers the history of the times, remembering that Britain had an endemic mild anti-Semitism, the horror that those adults saw blotted everything out. All they saw was the brutality perpetrated against fellow human beings and they could not tolerate the thought that it was other human beings who were responsible.

Colin Pritchard

Late of Castleford, Yorkshire, now Southampton

WW2 People's War is an online archive of wartime memories contributed by members of the public and gathered by the BBC. The archive can be found at bbc.co.uk/ww2peopleswar

Save the Date

Alberta Council on Aging 50th Anniversary Luncheon and Program

June 19, 2017
Edmonton

We're turning 50 and we'd love you to
celebrate with us!

Jan Reimer and the GeriActors and Friends
will be our special guests.

Please plan to attend this free event.

Contact us for more information.



From the Regions

Region One (Northwest)

Region 1 had an information meeting on September 28. We had an update on the June director's meeting as well as an executive committee report outlining some short term goals. Our meeting had two guest speakers covering topics regarding senior involvement opportunities for the Children's Festival to be held in May 2017 and a speaker from the Grande Prairie Archives Association. Both speakers were very well received. At our meeting we also discussed ideas regarding a local celebration for ACA's 50th anniversary.

In September the Grey Matters' conference was held in Grande Prairie and we were able to meet and greet many people at the ACA display table.

Region 1 will be looking at senior safety and we hope to visit some of our care facilities to hear residents' voices.

Wishing everyone an awesome autumn,
Jennifer Wrzosek

Region Two (Northeast)

The "summer" quarter of the year is usually very quiet in Region 2... there are so many community events going on that our members are busy be it attending the many community fairs or rodeo's or simply taking the time to cast a line into the waters of their favourite lake and hope to catch their supper. Then along comes August and our seniors make an effort to go to their "secret" site to pick the wild fruits that Mother Nature has provided this year... and what a year for berries this has been. The crops of pin and choke cherries,

wild strawberries, raspberries, saskatoons; high and low bush cranberries and blueberries were exceptional. Those who like the late summer crop of edible mushrooms also were not disappointed.

Region 2 was involved as a sponsor of the annual "Grandparents' Day" in the Town of Elk Point. This year was a great success as the event was well attended and managed to raise \$3,000+ dollars for the seniors of the community who are living in assisted living or long-term care facilities.

Two issues seem to dominate discussions among seniors in this region. The Right to Die legislation and enactment into law needs some careful explanation from both the political and medical practitioner perspectives. And we wouldn't be living in Alberta if we didn't have some real concerns about how the "Carbon Tax" will affect the disposable income of seniors. So much talk about this issue, but so little good information.

I have been working with the board members for Region 2 in planning our program for the year and in what communities we will be holding our meetings or making presentations for our members.

Respectfully submitted,
Paul Boisvert

Region Five (Central)

We held a meeting on September 6 at the Golden Circle: guest speaker was Bruce Thomson, RN, care manager, senior's health, central zone, Alberta Health Services. He explained the levels of Senior's Care available, including homecare, transient care (after hospitalization), and case management. Hospice Care for Homecare clients can be set up, and also Palliative Care with a

nurse, in the home. There were 60 in attendance.

Region 5's annual general meeting was held on October 4 at the Golden Circle. Thank you to everyone who responded to the request for new board members. Congratulations to new directors Eileen Bantjes, Margaret Day, Margaret Marrett, Bev McNab, Helene Paquin, Linda Shephard, Sandra Smyth and Keith Sterling, and returning directors Shirley Thomas, Jane Grenier-Frank, Dolores Ast, Connie Barnaby, Vernie Munroe, Jim Saltvold and Ron Rose.

Guest speakers from the Red Deer Primary Care Network outlined the many services and programs available through the partnership between local family physicians and Alberta Health Services. There were 65 in attendance.

In other Region 5 news:

- A tour of the new Points West Seniors facility in Red Deer is being arranged
- Outreach committee members made presentations in Leslieville, and to a group at the Gaetz Memorial United Church Red Deer. Requests have been received from Sundre and Rocky Mountain House
- Board members attended an elder abuse conference in Red Deer, the Friends of Medicare session "Stop Paid Plasma" in Red Deer, a national senior's day conference in Sylvan Lake, and a strategic planning meeting for the Golden Circle Senior Resource Centre

Respectfully submitted,
Ron Rose

Thank You for Your Donations

- | | | |
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| • Evelyn Fleming | • Laverne Hebner | • Gary Pool |
| • Olive Moore | • Elsie Ellingson and Cliff Rose | • Anonymous donors |
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| • Laurence Younker | • Alexandra Kapicki | |

Region Six (Calgary and Area)

Region 6 is taking another step toward engaging with members and the seniors community in the Calgary region by hosting a chapter meeting.

Alberta Council on Aging
Calgary and Area, Region 6

Fall Luncheon and Education Session

Thursday, November 10
12:00 PM—2:00 PM

Kerby Centre for the 55+
Lounge, 1133-7 Ave SW, Calgary

Understanding Dementia

Guest Speaker Paul Bartel, Alzheimer
Society Calgary

Light lunch will be provided
Region 6 chapter meeting to follow
Free parking in the north lot

RSVP Frank (403) 282-7986

Region Eight (Southeast)

How do we develop policy and programs to ensure older people age with dignity while their income, socialization and health may decline? The goal is that everyone should have a dignified "end". I am very interested in connecting with the senior serving agencies and organizations in order to better advocate for seniors in this region.

Respectfully submitted,
Paul Howe

Scratch Your Travel Itch

Get The Best Bang For Your Canadian Buck

For some people, vacation means midday naps, lounging poolside, and the only obligation is utter relaxation. Others seek heart-pounding adventure and non-stop thrills. Whatever type of holiday you seek, the last thing you want is for an unexpected medical event to derail. But if it does, having travel insurance helps protect you and get you back on your feet.

Travel insurance is a highly personalized product with options that can often be tailored to your unique situation, medical condition, or health issue. Getting the right coverage starts with an accurate application, but many people are unsure how upfront they should be.

The short answer is: completely, be completely forthcoming.

Travel insurance providers will ask you to complete an application form and perhaps a detailed medical questionnaire. Answer honestly and err on the side of giving too much information. Even things that seem trivial to you may be important to your insurer, who wants to make sure you're getting the best protection for your circumstances. Plus, in the event of a claim, the insurance company will review your medical history and if they discover something you neglected to tell them, your claim may be denied. Even if the claim is unrelated to said undisclosed medical condition, you may have been put into a plan for which you were not eligible, and the misrepresentation (intentional or not) may invalidate your policy.

If you're unsure of your answer to any question, get the advice of your doctor.

Get the right plan at the right rate.

Your application determines your eligible plan or plans and the coverage that best fits you. Different plans come with different rates based on your health factors and risks.

Sometimes, health conditions change, and of course you don't want it spoil your travel plans! The best way to make sure you stay well and enjoy your trip is to get the advice of your doctor before you go. They may have suggestions for you based on your situation, where you're going, and anything you ought to do before or while you're there.

You should also contact your insurance provider to update your information and ensure your coverage still offers the appropriate protection. Accurate and up-to-date information about your health will get you the best protection and the best rate—perhaps even better than what you're paying now!

Be clear when you apply and before you travel to ensure that there are no surprises when you need insurance the most: when it comes time to make a claim.

Article courtesy of Johnson Insurance. Johnson is an insurance provider specializing in home, auto and travel insurance, as well as group benefits. More information about Johnson at www.johnson.ca

Alberta Council on Aging **Members Receive:**

- Access to a unique provincial network
- A voice representative of thousands of members and older persons that speaks with government on issues and concerns relevant to seniors
- Voting privileges at the Annual General Meeting
- Subscription to the ACA News—published quarterly
- Meaningful volunteer opportunities
- Eligibility to apply for Johnson Inc. MEDOC travel insurance



Renew Now for 2017

Alberta Council on Aging Membership Form

Membership Type

<input type="checkbox"/> Household (\$22)	<input type="checkbox"/> Life (\$250/person)	_____ Membership Number
<input type="checkbox"/> Organizational (\$60)	<input type="checkbox"/> Corporate (\$200)	\$ _____ Donation
<input type="checkbox"/> If you receive MEDOC Travel Insurance the fee collection will be handled through Johnson Inc.		Tax receipts will be given for donations over \$20.00

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