

SEESA Shares

Our Mission: To empower and enhance the quality of life of people in our community as they age.

March 2021

9350 82 Street NW Edmonton AB T6C 2X8

<https://www.seesa.ca/>

email: info@seesa.ca

If you find Harvey Norstrom at SEESA, he's probably either making something or fixing something - and he has a talent for both!

Making something is certainly an understatement. If you drive around the Holyrood community you'll notice many homes have a wooden bench in their front yards, painted in various colours to complement their houses. Most of these came from SEESA and were made by Harvey and other volunteers, when available.

There's a bench near the front entrance at SEESA where it's great to sit while waiting for a bus or simply enjoying the balmy weather.

But not only Holyrood and SEESA have benefited from the benches. In total 152 benches have been built and can be found all through the province. Most were sold for \$100.00, all made with volunteer labour, with the proceeds donated to SEESA. Sales were generated many times by neighbours inquiring from one another as to where a bench like theirs could be purchased.

When Harvey has help with volunteers they have made as many as nine benches by 1:00 p.m!

Recently SEESA had a request by a longtime member for a bench in memory of her husband. This request was different from others - the bench was to be made entirely of cedar but because of the COVID, cedar was hard to find. But even though cedar mills shut down since July, 2020, Harvey did manage to find enough cedar for the bench.

The all-cedar bench was completed and delivered by Harvey. Another satisfied request. Way to go Harvey!



Thanks to Harvey Norstrom for his work making SEESA's wooden benches. They can be spotted all through the province and especially throughout our neighbourhood.

** Thanks to Lois Gangl for doing the interview and writing.*

From JudyLynn Archer, Acting President

Seesa Re-Opening Plan

The SEESA Board of Directors and staff are working on a re-opening plan. Stay tuned for the date and details!

SEESA's 2020 Annual Report and Audited Financial Statements

SEESA's 2020 Annual Report and Audited Financial Statements are now posted on the website [LINK](#).

For those who have questions or wish to discuss the information contained in the Annual Report and/or Audited Financial Statements please feel free to join one of the following

ZOOM SESSIONS:

March 22 at 10AM

<https://zoom.us/j/97450331024?pwd=dXZQRjhUMjAvTnhrd0hKRXZNYTN4dz09>

March 24 at 1PM

<https://zoom.us/j/96900041361?pwd=SUdPZXFoKzFSZ3Y4aXhvZlJQMk9VUT09>

Letters to the Editor

WOW! Lots of great feedback on last month's *SEESA Shares* newsletter! I really appreciate hearing from you.

We also had some really interesting submissions to include - check out our pets! Remember we're publishing monthly, so keep your stories, poetry, photos, art, etc. coming. We're all about sharing in *SEESA Shares*!

Contact me (Betty) directly at marydean@telus.net.

I'd love to hear from you!

Betty

We've revised our SEESA publication dates:

- *SEESA Shares* newsletter - the 15th of each month via e-mail blasts, the website, FB and Twitter;
- *What's Happening* newsletter - the 2nd and 4th Monday of each month via email blast, the website, FB and Twitter;
- *Message from the Board* - the 1st and 3rd Friday of each month via email blast, the website, FB and Twitter.

Tested Positive for COVID-19 and Need Support?

If you or someone you know has tested positive for COVID-19 and you need information and support in your home language, **please contact the multilingual emergency response centre at 1-833-738-7727 (toll free)**. COVID-19 support and information is now available in 31 languages. Support for food, space for isolating, counselling and other basic needs is available.

Poet's Corner

I Need to Remember

I have lost a little hope of late.

I'm not liking push and shove.

I am not liking the pace.

I am not liking the *pretend*

That seeps into the world

As if it has a right.

I going to remember

Our cars have heaters.

Our homes have light.

Our grandkids call

Across the entire country

For pennies, in minutes

I am going to remember

I live in a democracy.

I get to vote.

If I am ill or need a pill

Tommy Douglas changed my destiny.

I can afford to be well.

I am going to remember

My niece works in mental health.

My students are devoted.

My nephew buries people

With an open heart and

gentle way.

And I am loved.

I am going to remember

The world is different now.

I will stand in that space

And offer weary souls

A place where life is gentle

And nothing is required.

Ronna Jevne

prairiewindwritingcentre.ca

Calling All Poets!

Do you write poetry?

We would like Poet's Corner to be a regular feature in SEESA Shares. But we need your contributions!

Please submit your poetry to Betty at marydean@telus.net.

We're now accepting paid advertising in *SEESA Shares*:

ADVERTISING RATES *per single issue*:

\$25.00	Business card	4"w x 2 1/2"h
\$40.00	1/4 page	4"w x 5"h
\$80.00	1/2 Page	8"w X 5 "h or 4"w X 10"h

- 1500 circulation
- Send submissions to: newsletter@seesa.ca
- A one time set up fee of \$30.00 may apply if your ad is not print ready.
- **Note:** paid advertisements may not reflect the views of SEESA.
- Buyer discretion is advised.
- There will be **NO** advertising in *What's Happening*.

Snow Removal

Hoping we won't need it anymore...but - if you live in the Strathcona/Scona area and require snow removal services:

In collaboration with the Old Scona Academic High Key Club, Strathcona Place Society is offering FREE snow removal services. Please contact the Centre at 780 433 5807 to schedule an appointment.

Last Hi-Rail Trip

At the end of August 1973, the construction company for which I was working at the time, completed an 86-mile railroad extension to Mount Wright, Quebec, and turned it over to the owner, Quebec Cartier Mining Company, the Canadian subsidiary of U.S. Steel. It had been a three-year project, starting with the award of the contract in late 1970 to the Construction Company for which I worked. I joined the project immediately after Christmas of that year.

The project was an extension of an existing 190-mile railroad between Port Cartier and Gagnon*, where QCM was operating an iron ore mine. The mine at Gagnon, though, was nearly exhausted, and had only a few years left. QCM had a new property at Mount Wright further north near the Quebec-Labrador border, adjacent to Labrador City, which it planned to have developed and operating by the time the mine at Gagnon ran out.

Our contract was to build 86 miles of a new continuous-weld heavy-haul railway, branching off at Mile 174 of QCM's existing railroad to the new proposed mine site at Mount Wright. QCM needed the new extension, first of all to haul material

and equipment for the construction of the new mine site, and, of course, thereafter to haul iron ore concentrate to their loading facility at Port Cartier. It was a three-year project, starting with the clearing of the right-of-way, building access roads and construction camps, and then the building of 86 miles of rail grade, four multi-span bridges, a new power line, and the final step of laying the continuous-weld-rail itself. I must say it was interesting for an old ranch hand to see it all come together. I was Cost Engineer, and finally Project Engineer for the project.

That new CW rail was so smooth; not even the usual click-click of the joints, because there were no joints!

Even though construction was not technically complete, we turned the new rail line over to QCM for its use in late August, 1973. Thereafter, QCM special trains flying white "special" flags on the front of the locomotives regularly

traveled the rail, hauling equipment and material for the construction of the new mine and concentrator. Nevertheless, as contractors we still had some on-going work to complete, mostly minor items and clean up, before the final turnover. All our work after the initial turnover, if it involved work near the rail itself, had to be cleared by the QCM dispatcher in Port Cartier.

Not long after we turned it over for QCM's operation, I had an occasion to be in Labrador City with my wife and another couple visiting friends one Sunday. I was driving a hi-rail pickup (a pickup equipped with railroad wheels that could be lowered to allow the pickup to drive on the railroad tracks), and decided for our return trip that night it would be nice to travel on the new railway on our way back to Gagnon, where we lived for the last few months of the project. I still had my hi-rail license that I used through the construction phase. Not only would it be fun, it would be a lot smoother and quicker than driving on the old dirt construction access roads for that 86 miles through Quebec's northern wilderness. I radioed the QCM dispatcher in Port Cartier, and got orders to

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occupy the track for the some two-and-a-half hours it would require for the trip from Mount Wright to Mile 174. Hi-rail pickups are limited to a maximum of 35 mph for safety reasons. So, as it happened, I was the last construction person to travel the new railway the full distance from Mount Wright, to where it joined the main line at Mile 174. The High-rail glided along the rail, eased into the curves and out again on the newly aligned rail, and all I had to do was sit there with my foot on the gas pedal holding 35-mph and let it happen! Didn't even have to touch the steering wheel! There wasn't a bump or a jar for the whole 86 miles. That new CW rail was so smooth; not even the usual click-click of the joints, because there were no joints! We got off at Mile 174, I radioed the dispatcher again to close out my orders, and drove the last few miles back to Gagnon. In a little more than two hours, we had traveled over the railroad that had taken us nearly three years to build. A few weeks after that the final turnover to QCM was officially completed, and we left northern Quebec for other assignments with the construction company.

W.H.B., Mar 2020

*Stories From The Places I've
Been, Northern Quebec*

* In April of 1972, some miles south of Mile 174 on QCM's main line, a QCM train loaded with iron-ore concentrate southbound from Gagnon to Port Cartier was involved in a wreck, and was destroyed. Three diesel engines, one of them brand new, pulling 134 loaded ore cars derailed going around a corner in a cut and on a downgrade; first the lead locomotive derailed and jammed crossways in the narrow cut, followed instantly by the other two, and then the long line of loaded ore cars, most of them anyway, piled on top of the locomotives. Some of the cars actually shot out into the adjacent canyon and came to rest in the river below.

Three people, the engineer, conductor and a hitchhiker, perished. This was a train wreck for the record books, but few ever heard of it because it was on a private rail line, and was never publicized.

The next day, I had an opportunity to fly to the wreck by helicopter, and flew around it taking photos. It was an awesome sight; a massive pile of junk. It took several days for salvage crews to remove enough of the wreckage to find and recover the three bodies. And It took several more days after that to clear a path through the wreckage and to

replace torn up track so that trains could once again travel the rail line to haul iron ore southbound, and northbound to supply our construction effort and the town of Gagnon.

I met a guy at the bank about two years ago. I had never seen him before, not that I could remember, anyway. But, as I was standing at the teller's wicket, he for some reason recognized me, and knew that I had been on that project some forty-six years ago. He knew quite a bit about the railroad, and he said that the cars that shot out into the canyon that day in 1972 are still there, nearly fifty years later! I would have liked to have talked with him longer to compare notes of those days, and try to determine where and under what circumstances we had met before. Sadly, I was about to hurry home to meet our two young grandsons who would be arriving on the school bus momentarily, so I had to rush away.

I wish I had got his phone number so that we could have met later to talk about those days. But, sadly, I didn't. So that part remains a mystery.

*Walt Butler
Current Member of SEESA*

Walt Butler



The author grew up in rural Alberta, much of that time on ranches, including the family ranch owned by his father. He left ranching to become a pilot, and then attended university to become a civil engineer. As an engineer, he worked in the construction industry for 38 years on major construction projects all across Canada from the east coast to the west coast, and even the Arctic coast. He also worked in other countries such as the USA, South America, and China, where he lived for three years. Retiring in 2008, he continues to pursue his interests, including aviation, music, doing projects for his daughters and grandchildren, and, of course, writing. The author, along with his wife of 44 years, lives in Sherwood Park.

Our Pets

For many of us, our pets become extended family members and help us through good times and bad, and sharing photos of our pets is often of interest to others. *Share your pet photos and stories! Send to Betty at marydean@telus.net*

Thanks to Elsa-Marie for getting us started!

JJ is 7 months old and weighs close to 9 lbs. But he was only 2.6 lbs. when he was given to me at 9 weeks old, a special gift from my Grandsons. He is my life: my special friend, my love, my sweetheart, my companion, just everything, and I couldn't imagine my life right now without him. He is my whole world and I love him with all my heart.

So innocent looking isn't he? After this picture was taken Elsa-Marie went to the bathroom to discover he had unrolled all the toilet paper!



Our Pets



From Genie: Meet Chewie who is scared of his own shadow but is loyal beyond words. He is a 6 year old Havanese who discovered he can bark at the age of 4 and would pick a jack rabbit to be his best friend. He loves people and would love to meet you someday.

Drive Happiness

Drive Happiness is an organization that serves many SEESA members.

Drive Happiness offers door-through-door transportation for seniors in Edmonton; it is ideal for lower income seniors with mobility challenges or limited access to transportation.

Contact Drive Happiness at 780-424-5438 or info@drivehappiness.ca.

Calling All Artists!

If you like to dabble in paint, doodle, sketch, sculpt - whether you call yourself an artist or not - we would love to include a photo of your work in **SEESA Shares!**

You can also add a note about your process, theme, or ideas!

Send your submission to Betty at marydean@telus.net.

If you're using your phone to take the picture please send it in as large an attachment as you can.



Drawing by Fred Shrennan; gel pen on black paper.

Update from Canada's Minister of Seniors

COVID-19 has created an environment that is ripe for fraud and cyber criminals are using the pandemic as an opportunity to profit. Canadians, including seniors, rely on the digital marketplace more than ever—using online services for groceries, banking and everyday shopping—and it's important that you have the tools and information you need to protect yourself from fraud.

Protecting yourself from fraud:

- stop and think;
- slow down, scrutinize and stay informed.

If you get emails or text messages asking you to:

- Open attachments
- Follow links to

- unfamiliar websites
- Give sensitive, personal or financial details:

Stop and think: it could be a scam.

- Don't click links or open attachments from unknown senders.
- Don't share personal information with them, like banking or credit card information. ***If you're not sure, ask someone you trust for help.***

If someone you meet or something you come across online seems too good to be true—it probably is!

Stop and think. Resist the pressure to act immediately. Use caution with anyone you meet online. If you're not sure, ask someone you trust

for their opinion.

You can learn more about the types of scams to watch out for [here](#) and [here](#).

Report fraud

If you have been a victim of fraud or cybercrime, contact your local police. If you want to report an instance of a scam, fraud or cybercrime, whether you are a victim or not, use the [Canadian Anti-Fraud Centre's Online Reporting System](#).

When you report a scam, authorities will be able to warn Canadians, which may limit it from spreading.

For the Love of the Game

At the time, it didn't seem likely I could cross two items off my bucket list in one fell swoop, yet, in 2018, still a freshly minted retiree, I managed to do just that.

Among my passions in life, hockey and travelling sit atop the list. Both have been ongoing pursuits for most of my adult life, to the extent that a full time teaching career and the role of a responsible adult would permit. Like most Canadian kids, I grew up playing hockey, from peewee and on up to University level, where I first heard the words "You're cut".

The detours of life took me in new directions when I moved out west from my home in the Maritimes, and the prospect of playing recreational sports seemed to get replaced with growing responsibilities for career and future. That is, until I was about 40 years old and the opportunity to play 'beer league' hockey presented itself. I was soon into the rhythm of one late night game a week, albeit at the cost of early to work the next morning. Barely sustainable, but I was younger then.

I got my hockey fix during the winter and I got my travelling shoes dirty during summer holidays and other school breaks. I was lucky to



have had a fulfilling teaching career and at times was able to marry travelling with work, on teaching assignments in Australia, Uganda and Dominica. But it was not until I was well and truly retired and owning all of my time, that I was able to enjoy the freedom to develop my interests completely on my schedule.

From another retired person, I had heard of the esteemed 'Vintage Hockey' league in Edmonton, an association for guys over 55. This was an active and well-organized group that played a robust schedule of games and tournaments, sponsored charitable events, and offered a range of social activities to its members. I felt I had stumbled upon a well kept secret and made haste to join the roster. I could now play hockey on weekday mornings. What a treat - and beats going to work!

Soon thereafter a unique opportunity arose. A tournament in eastern Europe was being offered by a sports travel company to players in my age group. Playing hockey in foreign countries that I had long wished to visit sounded like the trip of a lifetime. The itinerary looked exciting; 18 days, 6 countries, 10 games, all inclusive. I was sold.

Departure day arrived. It was time to buckle up for the big fantasy ride. We arrived in Munich, Germany, got settled in our hotel and very soon thereafter found ourselves swept up in Oktoberfest, the world famous annual beer gardens festival, a hallmark of German hospitality. Driven by loud Bavarian music, dancing, food and free flowing beer everywhere, getting acquainted with my

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fellow travelers was effortless! Hockey players and beer seem to mix well together, I've learned.

Our first game took us into Innsbruck, Austria, where we got to tour the original arena where the 1964 winter Olympics had taken place. Our game resulted in a win for Canada which put us in fine spirits. Prior to the game, we exchanged tokens of our respective countries with our host opponents, in the spirit of international competition, adding an air of pomp and circumstance to the experience. The level of play and overall skill shown was quite high. We all skated hard and competed to win. All our games were like that, fast-paced, usually close; however we got blown out in a game with the Czechs who were much younger but showed us mercy and loaned us a few of their players to even things out. Every game ended with handshakes and smiles and "good game" from both sides.

The days that followed were packed with activity in some of eastern Europe's most interesting and beautiful cities, towns and countryside. Germany, Austria, Hungary, Slovakia, Slovenia and the Czech Republic offered a banquet of sights and sounds for the

senses; castles, palaces, historical settings and cultural attractions. But most of us were here for the hockey first, scenery second.

Our tour bus, which started out as a quiet group of people who were mostly strangers to one another, had soon become one big happy family of 'Canucks on wheels'. Our group bonded readily and became a source of ongoing entertainment and impromptu performances, as we all took



turns on our excellent tour guide's microphone (at his behest). There were roasts and toasts, jokes and anecdotes, all along the way.

We moved at a steady pace, with short hotel stays and lots of schlepping luggage and smelly hockey equipment (hard to air out),

on and off busses and up and down tight stairways of boutique hotels. Hardships were endured mostly with good cheer. Even with built in 'down time', the pace was, at times, taxing, especially when we had a later game time scheduled.

Various stops in our 18 day itinerary included a day trip across the Austrian border into a small village in Italy and later to the magical castle of mad King Ludwig in Neuschwanstein.

Old town Salzburg included a tour of an Augustine brewery (meeting with everyone's approval) and a memorable walking tour of Vienna which delighted the 'Sound of Music' fans in our entourage. The tour

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continued through Slovenia where we played a game at an arena dedicated to native Jaroslav Pouzar, a former Edmonton Oiler. An evening cruise on the Danube highlighted our stay in Budapest before moving on to the Czech Republic for more hockey and more sightseeing.

Prague was my personal favourite stop on the trip. With its famous castle, old town square, and sidewalk cafes on cobblestone pathways, it exuded a particular European charm. It was there that I found enough time to myself to visit the Museum of Communism and a local art gallery one afternoon. Later that evening everyone met for a medieval dinner and performance where, once again, copious amounts of ale were consumed with true Canadian gusto. (Did I mention the hockey + beer equation?)

Finally the tour was drawing to a close. Our wagon train of hockey playing Canucks had survived its pioneering journey. We were at once exhausted and exhilarated. We played hard and were coming home after completing 10 games with a 4-4-2 record. (2 ties). We had made new friends and garnered lasting memories.



Returning home looked nothing like Canadian Olympians arriving to a heroes welcome. No throngs of flag-waving fans to greet us at the airport, no media surging forward seeking interviews, and certainly no ticker tape parade. Just hugs and 'high fives' from family and friends who were going to hear every detail about our shared adventure, like it or not!

Reality notwithstanding, for a busload of hardcore Canadian old timer hockey players returning from a really long road trip, we still had gold medals to share, in the form of cherished memories and the stories they spawned.

Fred Shreenan

fshreenan@yahoo.ca

Fred (Shreenan) is a retired teacher who enjoys many passions, with creating art, making music, and playing hockey topping the list. In his first 3 years of retirement, Fred has had a wide range of travel experiences to countries including Cuba, Mexico, Australia and New Zealand. A highlight was a 'bucket list' trip to eastern Europe in 2018 with his 'Vintage' hockey team.

A resettled easterner, Fred will always consider the Maritimes his true home. As a relatively new member, Fred is looking forward to making new friends in the welcoming SEESA community.

No Stone Left Alone



Maureen Bianchini Purvis, holding the walking stick made by SEESA Member Roy Bossiert, and other members of the No Stone Left Alone project.

We work with a group called *No Stone Left Alone*. For ten years our members have been going over to their office and sorting poppies in packages to go to schools.

In 2019 we were asked to paint 500 stones to be given to the students who lay the poppies. We recruited volunteers and completed them (photo above).

In 2020 we completed

another 500 stones but the celebration did not happen and we kept them for the next time.

<https://www.nostoneleftalone.ca/about-nsla>

Last month, we were sent the following announcement:

"We are delighted and immensely proud to share that our founder, Maureen Bianchini Purvis, has been awarded the Meritorious



Thanks to Southside Burnco Landscape for providing stones for the No Stone Left Alone project.

Service Medal by the office of the Governor General of Canada."

Maureen would like to thank everyone who has joined her in this mission for the past 10 years. It is only with the incredible support and sense of community that you bring - from across Canada and beyond - that *No Stone Left Alone* has become the movement that it is today.

I hope you'll join us in congratulating Maureen for this very well-deserved honour.

New Program Guide Here!

New Online programs start on March 29, 2021. Registration will start on March 17, 2021.

See the Program Guide [here](#).

Chronic Pain

The longer you suffer with chronic pain, the more it can affect everything about your life. At Alberta Health Services, we offer the virtual workshop "[Better Choices, Better Health® - Chronic Pain Self-Management Program](#)". The goal of this

workshop is to help you learn more about chronic pain, exploring ways to take care of yourself to enjoy a better quality of life!

Check the link for upcoming dates and registration information.

Accidental Drama Club (ADC)



Cast of the Accidental Drama Club

SEESA's Accidental Drama Club (ADC) has been operating successfully for 14 years. The ADC provides an opportunity for like-minded individuals to get involved in drama productions by trying their hand at acting, directing, or helping backstage with costumes and sets. With SEESA's support, the ADC has staged several productions over the years and entertained thousands of SEESA members, and their families and friends. The ADC is now looking at ways to support SEESA during these challenging times.

The ADC is now working on a new production that can be performed online using Zoom. We have been busy searching for appropriate material, and have even been scripting some of our own. Our goal is to bring some joy and laughter to our SEESA friends, while having a few laughs ourselves.

We hope to have a scaled-down production ready in the next couple of months – keep checking your SEESA newsletter for details. In the meantime, here's a small sampling of what we've been working on:

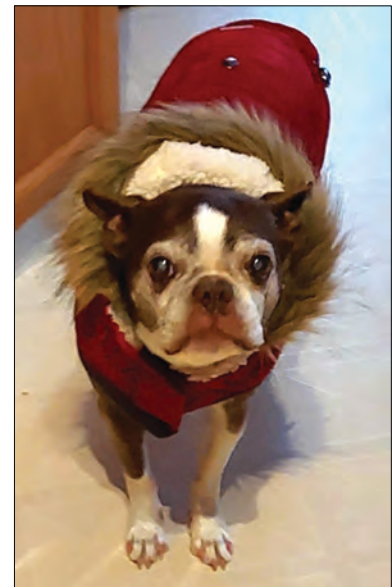
https://drive.google.com/file/d/1_rr0x5pA6XpS8wGXxoL3xvH0bxN-6J3y/view?usp=sharing

Want to Contribute to *SEESA Shares*?

We want *SEESA Shares* to be for you and about you. You can help by sending your photos, art, stories or poetry.

Share how you keep your creative juices flowing! Send to Betty Dean at marydean@telus.net

Our Pets



from Mary Anne: This is Winston. He is a 13 year old Boston Terrier and the one of my best friends. He loves the sunshine and treats.

Seniors Home Supports Program (SHSP)

It's a new year, the days are getting longer and Spring is coming!

My name is Deborah. I am the SHSP coordinator at SEESA and have been with the organization since January 2019. If you are not familiar with the [Seniors Home Supports Program](#) I am here to elucidate and enlighten you.

Although SEESA, SAGE and a few other senior centres had Home Supports programs, it was decided that it might be a good idea to share the model across the city and bring in other seniors centres who didn't have anything formal in place. So this collaborative model was set up between the Edmonton Seniors Coordinating Council and the Executive Directors and Boards of various senior centres in Edmonton.

Eventually, a model was created and established in 6 senior centres throughout the city of Edmonton: North Edmonton Seniors Association, North West Edmonton Seniors Society, Westend Seniors Activity Centre, South West Edmonton Seniors Association, MillWoods Seniors Activity Centre and SEESA-South East Edmonton Seniors Association.

Coordinators work in each of these centres handling requests for services from seniors, their family members and friends, and professionals working with seniors in the community. We have a database of screened and vetted service providers and try to find those who are affordable and senior friendly. This is a paid service.

Categories of services we provide include: Yard and Lawn Maintenance, Snow Removal, Home Repairs and Maintenance (including plumbers, electricians, carpenters and handymen/women), Housekeeping, Personal Services (home care, foot care, shopping, errands, etc), Moving Help (organizing/downsizing also) and a few other tasks to help seniors stay in their home a little longer.

But, you say, I can't afford to hire these people. If you need snow removal, grass cutting, and/or housekeeping, and you are a low income senior, you may qualify for help from the Alberta Seniors program called Special Needs Financial Assistance. Call them at 780-644-9992 and ask if you qualify.

They can reimburse you up to \$1200 a year (total) for

these services. And if you need more expansive repairs i.e. furnace, hot water heater, roof, etc you may qualify for a loan to cover these from the SHARP –Seniors Home Adaptation and Repair Program. These are a low, simple interest loan which you don't need to repay until you sell your house.

So start making your list of things that need to be done around your house and give me a call. We can get you connected with service providers who are eager to help you. They adhere to all COVID protocols for your safety.

Happy Home and Happy Life!!!!

*Deborah Miville, SHSP
Coordinator SEESA
Phone 780-468-1985 Ext
260*

**For help with
your income
tax call 211!**

Time to Celebrate!

We've missed celebrating together, but I hope all of you take time to celebrate the connections in your lives - wishing you a year of health and happiness from your SEESA friends!

Happy Birthday to the following members who are celebrating birthdays between March 15 and April 15:

Dieter Anders	Robert Griffith	Gloria Pigat
Marilynn Anderson	Peggy Hansen	Avril Pike
Doug Anderson	Karen Hansen	Viola Ponton
Olga Aniskowicz	Wayne Haskell	Sandy Pope
Helen Antoniuk	Raymond Hebert	Randilee Proctor
David Antoniuk	Jim Heidecker	Iris Proseilo
JudyLynn Archer	Natalie Hingley	Laurie Reid
John Bannister	Jean Holowaychuk	Olga Reid
Pamela Baner	Viola Holts	Margaret Rossler
Deborah Black	Gladys Honey	Yvonne Scherban
Vicky Blinston St John	Hannelore Hoppe	Walter Schultz
Artha Bluett	Pat Humble	Georgina Schurman
Marianne Bouthillier	Marilyn Isitt	Lorraine Seguin
Joe Bowering	Max Ivanovic	Jeanne Shannon
Wolfgang Brueckl	Kathy Jesson	Susan Sheppard
Ken Burchert	Grace Johnston	Janice Shott
Bob Campbell	Jocelyn Johnston	Larry Shupenia
Ida Carey	Lucy Klein	Terry Simmonds
Darlene Carter	Eleanor Kowalski	Douglas Skinner
Bev Clarke	Elsie Kuyt	Alberta Smith
Sylvia Dickson	Pearl Lauber	Edith Smith
Ann Didluck	Victor Liversidge	Rita Solkowski
Odette Dionne	April Livingston	Allain St Cyr
Gerd Dittman	Helen Lovell	Valerie Stenson
Barbara Dorosh	Marjorie McCormack	Margaret Swytink
Gary Duguay	Rita McGie	Havelock Thompson
Tanis Eaker	Darlene McIntosh	Fran Trovato
Edward Elford	Nelson McRae	Alec Trynchy
Martin Enokson	Joyce Mellor	Debbie Valpy
Thecla Fenton	Dorothy Mitchell	Suhbaatar Vandan
Moira Finley	Colleen Murdoch	Ruth Vander Woude
Jeannine Fournier	Steve Nagy	Gail Wald
Elsa-Marie Frazer	Joanne Neal	David Walden
Ellen Fredrick	Margaret Patricia Netzer	Eileen Walker
Colleen Freese	Terry Nicholson	Natalie Welter
Mary Gangl	Ann Nicolai	Brian Whitson
Harvey Garrison	Jack Northill	Betty-Ann Wilson
Dennis Gartner	Caroline Olynky	Melody Yates
Michelle Genest	Richard Orthner	Marcella Zaluski
Craig Getz	Dianne Osback	Valerie Zaparyniuk
Elizabeth Good	George Pariseau	
Sophia Grewcock	Terry Parsons	