

October 2018 | Seniors United Now

SUNBURST

The Newsletter for Seniors United Now

Sherwood Business Center – Park Centre Hotel
#37 2016 Sherwood Drive, Sherwood Park, AB T8A3X3
Telephone 780-449-1816 Toll Free 1-855-786-8669
www.seniorsunitednow.com
Email unitenow@telus.net

4th Quarter 2018
Issue 45



The Voice of Seniors in Alberta

SUN LEADERSHIP TRAINING PROGRAM

This training program focuses on Leadership and Public Speaking skills.

Were you ever requested to conduct a presentation at a wedding, birthday, funeral or a special event?

Did you feel comfortable and confident?

If you feel you would like to improve your skills, you can register for this **free** course by contacting our SUN office. Seminar dates will be based on SUN member interest.

JOIN US AS WE COVER:

- Public Speaking Overview
- Analyze Your Audience
- The “Basic” Outline
- Speech Topics
- Research your Topic
- Speech Organization
- Language
- Delivery
- Presentation Aids



Contents

President’s Report	2
Executive Director	3

Chapter News

Calgary	7
Edmonton South	7
Edmonton North West	8
St. Albert	8
Edmonton North East	9
Sherwood Park /	
Strathcona County	9

Membership

SUN Leadership Training	1
Casino Volunteers	6
Winter Freeze Cash RAFFLE	11
Renewal / Donation Form	11
Are You Due?	12

Special Interest / Articles

Older Persons Day Proclaimed	2
2018 – 2019 Priorities	3
Senior Winter Fitness	4
Guest Column – Daniel Mulloy - ARTA	
Loneliness	5
Canadian Soldiers Laid to Rest	10

President's Report:

The Board of Directors have had a busy summer. We reviewed our 2017-2019 Strategic Plan and updated it based on feedback from you, the members, and the boards review of existing concerns the board has regarding, governmental changes to seniors' benefits. We also updated our 2018-2019 priorities. This information is on line and included in this issue of sunburst. Both the revised strategic plan and revised list of priorities were adopted at the September 5, 2018 board meeting

The government's announcement of their intention to make significant changes to our current pharmaceutical distribution and cost reimbursement system continues to be of high concern to SUN members. A Pharmacare working group, of which SUN is a member, is working on behalf of seniors to support the implementation of a fair and equitable universal prescription plan by 2020. We will continue to monitor developments and keep members advised of progress.

Stable affordable housing continues to be a priority for our members. The number of low-cost housing units in Alberta continues to be inadequate. The board is currently assessing the government's plan and the progress they are making in building more low-cost accommodations. The board is working on a position paper on this issue. Once it is approved, our first step will be to present it to the Minister for Seniors and Housing.

The board and membership committee continue to work on expanding our membership and to create new chapters. The advocacy committee continues to address individual members concerns as well as provincial wide issues. These committees are encouraged by the support they receive from the membership.

The board continues to work on your behalf as The Voice of Seniors in Alberta. We are committed to representing our members and all seniors in Alberta.

Gordon Voth, President

Sunburst edition 44 – Correction Alberta Pharmacare Working Group (APWG) article June 2018 Page 1

In the Sunburst 44 newsletter we inadvertently printed "two Progressive Conservative MP's". We correct that statement to read "two Conservative Party of Canada MP's " Our apologies to the two members.

Gordon Voth, President

Government of Alberta proclaims October 1st Day of Older Persons in Alberta

October 1st 2018, SUN representatives, Gordon Voth, President, Linda Osborne, Executive Director, Robert Price and Cynthia Lazarenko, South Edmonton Chapter co-chairs will attend a flag raising celebration event and reception at the Federal Building in Edmonton. The Government of Alberta has Proclaimed Oct 1st as the Day of Older Persons in perpetuity. The International Day of Older Persons was established by the United Nations in 1990 and has been celebrated in Canada as National Seniors Day since 2010.

The Alberta proclamation raises awareness about the interests of older Albertans such as, healthy aging, aging in community, elder abuse, social isolation, ageism and the lived experience of specific groups of seniors who identify as Indigenous, immigrant and LGBTQ2S+. The Day of Older Persons in Alberta will provide an opportunity to reflect on Alberta's seniors' contributions and look forward to the rich talent's seniors will contribute to the future of the province.

The Honourable Sarah Hoffman, Deputy Premier, and Lucien Royer, President of the Alberta Federation of Union Retirees, are scheduled to raise the International Day of Older Persons flag. Greetings will be presented from representatives of the Alberta Federation of Union Retirees, Public Interest Alberta - Seniors Task Force, Alberta Council on Aging, and Seniors United Now.

(Please note this event occurred after SUNBURST publication date)

Executive Director's Report:

Welcome back! Hope you all had a wonderful summer.

The Chapters have all started up again with some wonderful guest speakers. I have enjoyed attending a few of the chapters and meeting some of the new members. I am also continuing to support North West Chapter which has a new location and day for their meetings.

The Pharmacare Working Group has been moving forward with momentum to work with the government regarding a new universal Pharmacare program. I have been attending the meetings throughout the summer and appreciate all the hard work the participants have been doing to make this happen. I have also been attending the Public Interest Alberta Task Force meetings. The focus is on continuing care in Alberta.

Seniors United Now will have a display at the Health and Wellness Forum on November 3, 2018 being held at the Central Lions Recreation Centre location in Edmonton. The main purpose of attending these forums is to help seniors become aware of what SUN is all about and how we are the voice of seniors in Alberta.

As we move forward into the fall, I am looking for a Membership/Volunteer Coordinator to assist me with my duties and hope to fill the position soon, so we can take on new endeavors for Seniors United Now.

Respectfully Submitted,
Linda Osborne - Executive Director

SUN 2018 - 2019 Priorities

Major Priorities

PharmaCare

To monitor and respond to an anticipated governmental proposal.

Stable Affordable Housing

To advocate for a provincial program which will address improving senior affordable housing in the Province of Alberta.

Home Care Delivery Plan

To advocate for the existing program to be more adequately resourced, compatible with current needs.

Other Priorities

Public Pensions

To advocate for public pensions to be appropriately funded and provide adequate benefits.

Independent Seniors Advocate

To advocate for a position to be created, reporting to the Legislative Assembly.

Public Transportation

To monitor and advocate for a provincial transportation system that more effectively meets current senior needs.

Long Term Care Facilities

To advocate for an immediate increase in Long Term Care beds/facilities in Alberta.

The Board of Directors and Chapter Representatives met on June 06th, 2018 and spent the day reviewing current strategies and setting priorities for the 2018 and 2019 years. If you have any comments or recommendations regarding these priorities, please forward your comments to: sunexdir@telus.net 780-920-3058

SUN BOARD OF DIRECTORS

2018 - 2019

Gordon Voth
President

Gerald Northam
Vice President

Dennis Magnusson
Treasurer

Wayne Sorenson
Secretary

Alanna Hargan
Director

Cathy Olesen
Director

Violet Lavoie
Director

SUN STAFF

Linda Osborne
Executive Director

Lynn Penner
Office Administration

SENIOR WINTER FITNESS

When snow falls and sidewalks ice over in winter, the idea of getting out to do something as simple as going for a walk becomes a potentially life-threatening activity. With more and more research showing that regular exercise benefits overall health and specifically, brain health, it's not a good idea to give up your fitness routine as the seasons change. Staying strong can also help to lower an older adult's risk for falls.



The key is to find senior-friendly forms of fitness that can be performed indoors on days when snow and ice make exercising outdoors less than desirable.

The good news is that there are a wide variety of fun and interesting fitness activities for older adults to explore. Here are a few that earn high marks from seniors:

Swimming: This popular form of fitness is good for the body, mind, and spirit. In addition to keeping you physically fit, swimming can also help soothe anxiety, improve balance and get your heart rate up, it can also be a way to socialize.

Tai Chi: An ancient form of exercise, tai chi helps build stamina and strength. Its gentle movements are good for older adults who might have mobility issues that make high-intensity forms of physical fitness difficult. Tai chi also teaches participants breathing techniques which can alleviate stress.

Stationary Bike: If you enjoy biking outdoors in summer months, a stationary bike will allow you to continue pedaling. Recumbent bikes are typically a safer style of stationary bike for seniors. You can watch television, read, or listen to music while you work out.

Yoga and Pilates: Both Pilates and yoga help build core strength and overall fitness. And, they can be performed safely in a senior's own living room. Chair yoga is offered at many senior centers, libraries, and community centers for those who like the companionship of group exercise programs.

Keep on walking. Even if you choose to just stay home, do some extra laps up and down the stairs or from room to room. Better yet, call a friend and plan to go to a museum or a mall where you can socialize and look around at things new to you. The health benefits to a vigorous walk include improved balance and coordination, strengthening your bones, maintaining a healthy weight, and more.



Remember that the shorter days and decreased daylight can impact well-being so maintaining energy levels with exercise is beneficial.

As with any new form of exercise, talk with your primary care physician before getting started.

Loneliness

Daniel Mulloy | CEO and Executive Director, ARTA

Guest Column

There is an epidemic sweeping our nation...it's not heart disease, diabetes, or cancer (although those are on the rise across our nation as well)...it's loneliness.

“Remember we’re all in this alone.” —LILY TOMLIN

While not technically a “disease state,” loneliness and social isolation are growing concerns, especially among Canada’s senior population. New research in Canada shows that our elderly population is growing increasingly lonely and isolated. You don’t have to be alone to feel lonely. Loneliness is the perception of being alone and isolated, and having a feeling of disconnectedness. You may know or be, one of the 1.4 million elderly Canadians who report feeling lonely, according to Statistics Canada.

Not only is social connectedness important for the emotional well-being of our senior population, but it can also be beneficial to their physical health.

The Health Risks of Loneliness

A state of loneliness has physical consequences that can be devastating, especially in seniors.

- The lack of social relationships is as much a risk factor for death as smoking or obesity.
- Loneliness can cause high blood pressure, increase the risk of depression, and cause a higher level of the stress hormone cortisol.
- People with few social connections or who feel lonely have 29% higher risk of heart disease, and 32% higher risk of stroke.
- Lonely people have faster cognitive decline than those who have more satisfying social connections.

And, according to a study by Rush Alzheimer’s Disease Center in Chicago, seniors who were highly social had a 70% lower rate of cognitive decline (dementia and Alzheimer’s) than their less social peers.

The Benefits of Staying Connected

If being lonely hurts your quality of life, it stands to reason that being socially connected can improve it. Research backs that up. According to the Global Council on Brain Health, a body of scientific evidence suggests social engagement can help maintain thinking skills and slow cognitive decline. Other studies link an active social life with better cardiovascular outcomes and greater immunity to infectious disease, among other health benefits.

Social activity keeps you connected. When you belong, you find emotional support and you know that you matter to others. That feeling goes a long way toward a more positive and healthier life.

Solving the Senior Loneliness Problem

So, what can you do if you think you or your loved one is struggling with isolation or loneliness? Here are some simple, small steps you can take today to make more meaningful connections with others.

1. **Face-to-Face Time.** Phone calls, emails and even FaceTime or Skype are nice; and when friends or family live far away, they might be your only options. But it’s important to have in-person interactions too. In fact, the mental health benefits of regular face-to-face social interactions, especially among older adults, seem to reduce the risk of depression.

Things you can try:

- Set up a regular coffee or tea date with a friend.
- Invite someone to have lunch or dinner with you at home.
- Take your dog for a walk in a park where there are people you can chat with.

2. **Group Activities.** One Australian study found that an individual’s decline in group involvement seems to lead to a similar decline in quality of life. Even if you don’t like big groups, there are ways to find groups of a comfortable size that will make life better:

- Volunteer with a non-profit organization (like ARTA), a school or a civic group.
- Explore options at your local church or synagogue, such as group studies, choirs, or service projects.
- Have some fun with a regular bridge or poker night, book club, or quilting group.

Continued page 6

Loneliness

continued from page 5

3. Senior Living Communities. Many residents of senior living communities say that having so many ways to meet people has made their lives incredibly rich. Having events, activities, clubs, dining venues, and neighbors their same age, they discover new friends that feel like family. Some couples decide to move to a community as part of planning for the future. If anything should happen to one of them, the other will have support to feel less lonely. Loneliness shouldn't be brushed aside as a normal part of aging. By acknowledging it, you take the first step toward a better—and possibly longer—life.

Daniel Mulloy | CEO and Executive Director, ARTA



SUN CASINO VOLUNTEERS REQUIRED

**When: March 20 & 21, 2019
(Wednesday & Thursday)**

**Where: Century Casino
(Fort Road Edmonton)**



Seniors United Now (SUN) needs you to help us with our volunteer component. There are various levels of volunteers required such as: General Manager, Banker, Cashier, Chip runner and Count Room. There are three shifts to choose from for each day. Hands on supervision and training will be provided to all volunteers to make it a stress-free memorable experience.

The time you commit to work this Casino allows SUN to continue in its efforts to support seniors in our province by advocating for them in many areas where they need support. We are required to submit a list of volunteers to the A.G.L.C. by the first week in February 2019.

If you are willing to help SUN with this essential fundraising activity please go to our Seniors United Now Web site – Home Page – Casino Volunteers, complete and submit the required information.

You may also contact us by email unitenow@telus.net or phone 780-449-1816

Thank you for your continued support.



What is the Seniors' Health & Wellness Forum?

The Seniors' Health & Wellness Forum, presented by Age Friendly Edmonton, is a new, free, one-day event that gives organizations and businesses a forum where seniors, their families and caregivers can obtain information and resources pertaining to health, wellness and social supports vital to aging in place. The Seniors' Health & Wellness Forum will follow the same event format as the annual Seniors' Housing Forum.

Sessions for the Forum have been developed with the Thinking About Your Future: Plan now to Age in Place checklist, produced by the Federal / Provincial / Territorial Ministers Responsible for Seniors, as a framework to identify the most appropriate information and topics for seniors to consider.

Saturday, November 3, 2018

9:00am – 2:30pm

Central Lions Seniors Recreation Centre
11113 113 Street, Edmonton, AB

Participant registration opens October 1

Register by phoning (780) 809-8604

Complimentary on-site lunch and refreshments for participants, speakers and exhibitors.

Muffins, coffee and tea will also be served.

Free parking available on site.

Visit the SUN information table

South Edmonton Chapter Quarterly Activity Summary

The South Edmonton Chapter meets on the second Friday of the month. Meetings are held: Whitemud Crossing Public Library - Program room 4211 – 106 St. Coffee and snacks start at 1:00 pm for early arrivals, followed by a 50-minute presentation, a 10-minute refreshment break, and a 30-minute question period.

What's Happened...

June 08, 2018 Laurie Young, Additions Counsellor and Consultant with AHS in Prevention and Health Promotion, spoke on the topic, MINDFUL AGING (MIND, BODY, AND SPIRIT). About 50 people attended this excellent presentation.

September 14, 2018 Chantal Lacroix, Medical Outreach Educator, Canadian Cannabis Clinics along with two associates, made an excellent presentation on Medical Cannabis. There was a video presentation, followed by a lively discussion. Comments were positive and included individual testimonials. There was some negative feedback, but most was directed at cannabis in general rather than its medical uses. Members were eager to express their viewpoints, and conversation continued after the conclusion of the meeting.

What's Upcoming...

October 12, 2018 Barbara Newell from the Senior Home Support Services for South West Edmonton will speak about home support for Seniors.

November 09, 2018 – Topic and Speaker TBA

We welcome everyone to our meetings, member or non-member. Please join us.

We would like to thank Whitemud Public Library for allowing us to use their facilities. In addition, thanks to, Millwoods McDonald's for the Complimentary coffee and Save On Foods Calgary Trail for the complimentary snacks.

Cynthia Lazarenko & Robert Price
Co-chairs Edmonton South Chapter



save on foods

Calgary Chapter Quarterly Activity Summary

The Calgary Chapter meets regularly in January, April, June and October. We generally meet in various locations of the city so that interested seniors can attend these meetings.

What's Happened...

June 14, 2018 - The regular SUN meeting was held at the Fish Creek Library on Bonaventure Drive S.E. Twenty-five people attended this meeting. Alanna Hargan, Calgary chair talked about the benefits of a SUN membership; the pharmacare lobby and the importance of chapter elections. The election of chapter executives took place with all positions being filled for another term.

The guest speaker was Megan Hincks who is the Older Adult Service Coordinator for "The Way In". The Way In is a free service for older adults living in Calgary connecting these seniors with various organizations including transportation (Access Calgary); the food bank; trustee & guardianship; transitions from independent to assisted living; translation services, etc. In other words, The Way In helps seniors to get the services and supports that are right for them. To contact The Way In call 403-736-4677.

What's Upcoming....

Date: **October 11, 2018 (Thursday)**

Time: 12:30 pm (Registration)

Location: Kerby Seniors Centre
1133 – 7th Avenue S.W.

Topic: Talking with Seniors

Speaker: Honourable Joe Ceci

President of the Treasury Board and
Minister of Finance



Let's work together to be a voice for seniors in Calgary.

Alanna Hargan – Chair Calgary Chapter

**Please come and join us - Everyone is
welcome**

**North West Edmonton Chapter
Quarterly Activity Summary**

The North West Edmonton Chapter has a new meeting place and time for this year. The Chapter meets the second Monday of the month (subject to Statutory holidays), except July, August and December. Join us at the Jasper Place Library 9010 - 156 St Meeting Registration 1:00PM Presentation 1:30PM

Before each meeting attendees enjoy the coffee and snacks that are provided. SUN Board members provide updates on the Boards' activities for the previous month. Linda Osborne, Executive Director and Wayne Sorenson Board Secretary continue to provide support at our Chapter meetings.

What's Happened...

June 13, 2018 Topic: Edmonton "Staycation"
A vacation spent at home and involving day trips to local attractions. Fort Edmonton Park, Valley Zoo, John Janzen Nature Center, other attractions and special events.

Speaker: Alex Santos – Age Friendly Edmonton

September 10, 2018 Topic: Edmonton Public Library - Services & Opportunities for Seniors
Speaker: Meg Deforest - Community Librarian

What's Upcoming...

Due to Thanksgiving on October 8th, we will be holding our meeting on:

Monday October 15, 2018

Topic: Understanding Hearing Loss

Speaker: Julia Vos - Connect Hearing

Confronting the stigma: why needing hearing aids isn't a terrible thing. Forget what you think you know about hearing aids.

Signs of Hearing Loss - Hearing loss can present differently, depending on the individual, their lifestyle, and the situations in which they most often communicate.

The Library will be closed Nov 12th Remembrance Day.

Monday November 19, 2018

Topic & Speaker: To Be Announced

W. Keith Hembroff
Edmonton NW Coordinator



**St. Albert Chapter
Quarterly Activity Summary**

Chapter meetings are held on the 4th Monday of each month at 1:30pm at Cornerstone Hall, 6 Tache Street, St. Albert. We do not meet in July, August or December.

Our steering committee strives to keep our membership informed on local issues which include: property taxes, user fees, utility costs, transportation and affordable housing. Our steering committee also continues to monitor and report on critical issues including: changes to Health Care, seniors' benefits, and other issues of importance to seniors.

What's Happened...

June 25, 2018 Topic: Renters Rights

Speaker: Edmonton Community Legal Centre

September 24, 2018 Topic: 2018 State of the City - condensed version - Mayor Cathy Heron Mayor Heron presented what the City Council of St Albert has achieved in the first year in office and their plans for the coming year including expanding and improving transportation routes in and out of the city as well as negotiations with Sturgeon County on expansion.

What's Upcoming...

Monday **October 22, 2018** Speaker & Topic To be Announced

Monday **November 26, 2018** Speaker & Topic To be Announced

Chapter News...

We would like to thank Ann Gougeon, media and publicity, and Paul Stocker Interim Chair for their contributions to our steering committee over the past years. Also, we would like to thank the phoning team, Fern, Joyce, Jacqueline and Lynda, who will be continuing to update and inform our members of events.

If you wish to offer your support and be actively involved in the St. Albert Chapter

Please contact
Linda Osborne Executive Director –
780-920-3058



“Volunteering is the ultimate exercise in democracy. You vote in elections every few years, but when you volunteer, you vote every day about the kind of community you want to live in.” — Author Unknown

North East Edmonton Chapter Quarterly Activity Summary

NEW MEETING LOCATION effective September 13, 2018. We will hold our meetings at Edmonton Public Library – Londonderry Mall – Main Floor 66th St & 137 Ave. Our chapter meetings will be held on the second **Thursday** of each month at 1:30pm except for July, August and December.

Our chapter reports on current SUN Board activities as well as providing guest speakers to discuss senior related topics, including a question and answer session.

What's Happened...

June 12, 2018 Volunteer Appreciation - This is an annual event, where we recognize our chapter volunteers for their contributions, making every meeting we hold successful. A free lunch and desserts were provided and what a wonderful opportunity for our members to socialize. Ed Hamaliuk received a special recognition memento for his service as a SUN Board member from our Executive Director, Linda Osborne. Wayne Sorenson, Chapter Chairperson also presented Ed with a special Chapter Volunteer Award for his outstanding service to the chapter.

September 13, 2018 After enjoying our summer break, we started our Fall Chapter meeting off with a bang by holding it at our new location, Edmonton Public Library – main floor Londonderry Mall. The 31 members who attended our meeting were very pleased with these new facilities. Our guest speaker Jonelle Lieng, North Edmonton Seniors Association Outreach Coordinator gave an excellent presentation on Services & Opportunities for seniors and concluded with a question and answer session.

What's Upcoming...

October 11, 2018 We are pleased to have a Member of the Alberta Legislative Assembly, Nicole Goehring as our guest speaker. She will bring us up to date on Provincial issues, and her constituency goals and objectives, followed by a question and answer session.

November 8, 2018 – Topic and Speaker TBA

We extend an open invitation to attend our Chapter meeting, enjoy the fellowship and refreshments, listen and learn from our informative guest speakers; try your luck at the 50/50 draw. Admission is free so bring a friend.

Wayne Sorenson
Chairperson, Edmonton North East Chapter

***A special thank you to Londonderry Mall
Save on Foods for donating delicious pastries for
our meetings.***

save on foods

Sherwood Park / Strathcona County Chapter Quarterly Activity Summary

Chapter meetings are held on the 3rd Tuesday of each month except July, August, and December. Meetings commence at 1:30pm and are held at Bethel Lutheran Church located at 298 Bethel Drive, Sherwood Park.

What's Happened...

June 19, 2018 Membership Appreciation

Linda Osborne in Gordon Voths' absence brought greetings from the SUN Board and said a few words of appreciation for our work with the chapter and congratulated us on our many accomplishments throughout the year. To finish off Frieda Reed shared with us her passion on affordable housing by presenting us one of her "eco poems" on Tiny Homes. The executive was also recognized for their hard work on making the meetings happen.

September 19, 2018 Questions about your Utilities?

The Utilities Consumer Advocate (UCA) can help

Agatha Grochowski, Junior Consumer and Education and Engagement Specialist gave an information filled presentation on the threefold role of the Consumer Advocate. Advocacy: to provide access to services at the lowest cost and with a reasonable level of service. Consumer Education and Awareness Program: The Alberta Utilities Commission has information such as a Cost comparison tool. The Consumer Protection Department has a Mediation Team to help resolve disputes with utility providers. She answered many questions from the floor.

What's Upcoming...

Tuesday October 16, 2018 Topic & Speaker - To Be Confirmed

Tuesday November 20, 2018 Topic & Speaker - To Be Confirmed

Submitted by Denis Beaudry Chairperson, SPSC Chapter

Join us! We welcome your wisdom, experience, and enthusiasm!



Some of the wonderful SPSC Chapter Volunteers June 2018



Four Canadian soldiers killed in 1917 were laid to rest in Loos British Cemetery, France.

Four Canadian soldiers whose remains were found nearly a century after their deaths were laid to rest on August 23rd, 2018 in France. All four were part of the military during the First World War and were among the more than 10,000 people killed during the Battle of Hill 70, a Canadian-led offensive against German troops near Lens, France over 10 days in August 1917.

The remains were found between 2010 and 2016 and identified publicly in May 2018 as belonging to Pte. William Del Donegan, Pte. Henry Priddle, Pte. John (Jack) Henry Thomas and Sgt. Archibald Wilson.

A Family's Story

On August 19th, 2018, my husband and I embarked on a journey of a lifetime, along with four cousins. We went to Arras, France to bury the remains of our Great Uncle, Archibald Wilson, whose remains were discovered when a prison was being built in France in 2011. The remains were discovered at the site of the *Battle of Hill 70* from the First World War. The long process of identifying the remains began with the Canadian Directorate of History and Heritage at National Defence, and finally culminated in early 2018. DNA was retrieved from my 100-year-old cousin who lives in Saskatchewan to confirm the identification process. The four soldiers who all died in the same battle were finally put to rest on August 23, 2018 in the Loos British Cemetery in the town of Loos, France.

It was a complete military service attended by approximately 26 living relatives, 100 Military from Victoria British Columbia, a New Brunswick Regiment and approximately 100 townspeople from Loos. After the reception that was held for us in the Town Hall, we visited the Circle of Remembrance where over 800,000 soldiers' names are engraved, including our great uncles, who

served their countries and lost their lives in the war. We finished our day by going back to the cemetery as they had the headstones in place and said our last good-bye. While there we visited the graves of John and Gavin Wilson (brothers to Archibald and my grandfather) who also lost their lives in the war. We went on tours of the Battle of Hill 70, walked thru the trenches, held shrapnel in our hands that is still laying on the ground, visited the Vimy Ridge Monument and walked thru the underground tunnels.

I cannot say enough about our Canadian Government and how serious they take the finding of remains of lost soldiers. As building continues in France, there will be many more soldiers remains discovered, some identified and some not. This was an experience of a lifetime, very emotional and so profound, one that 99% of our population will never experience. It makes one so proud to be a Canadian!

Ann Bilinski – Sherwood Park, Alberta



WINTER FREEZE

CASH RAFFLE

RAFFLE RULES

Name(s): _____

Address: _____

Phone #: _____ For Office USE: _____

Email _____

Individual Tickets: _____ Tickets \$5.00 each \$ _____ (100 available)

5 tickets \$20.00 _____ Sets \$20.00 each \$ _____ (100 sets available)

10 tickets \$30.00 _____ Sets \$30.00 each \$ _____ (50 sets available)

Draw Date December 17, 2018 License #498357

Please make your cheque payable to SUN

- 1) Raffle tickets must not be sold to a person under the age of 18 years.
- 2) The purchase price of each ticket shall be: \$5.00 each OR 5 tickets \$20.00 OR 10 tickets \$30.00
- 3) To be eligible for draws, the ticket order and purchase amount must be received in SUN office by 10:00am, December 17, 2018
- 4) The prize payout shall be as follows:
1st prize 25% of the gross ticket sale revenue
2nd prize 20% of the gross ticket sale revenue
- 5) The draw(s) shall be made at the SUN office: #37 2016 Sherwood Drive, Sherwood Park, AB T8A3X3 prior to 3pm, December 17, 2018
- 6) The winning ticket buyers shall be notified by telephone; their names will be publicized in the next newsletter & on the SUN website. The winning ticket buyers will be awarded the prize via cheque drawn on SUN.
- 7) In the event of any concern or dispute regarding this raffle, please contact Lynn Penner at the SUN administration office. (780) 449-1816
- 8) Raffle tickets are official when payment is received & numbers issued by the sun raffle chairman.
- 9) Your Ticket numbers are available by contacting the SUN office

SUN MEMBERSHIP Renewal / Donation Sept - Dec 2018

Individual: \$25 per year \$50 2 years Lifetime: \$200

Joint: \$40 per year \$80 2 years Lifetime: \$300

Donation in addition to membership dues

\$5 \$10 \$15 \$20 \$25 other \$ _____

Cheque(s) enclosed Chq# _____ Total \$ _____

Please make cheque payable to Seniors United Now

Renewal \$ _____ Donation \$ _____ Raffle \$ _____ Your stamp on our return envelope helps us reduce postage costs

Membership # _____ (see Back Page)

Joint Member (if applicable) Membership # _____

YES - replace my membership card

YES - replace my membership card

(Please attach a stamped self-addressed stamped envelope if you are requesting a replacement card)

Name: _____

Name: _____

Year of Birth: _____ (used for SUN demographics only)

Year of Birth: _____ (used for SUN demographics only)

Address: _____

(If different from mailing label on reverse)

Phone: _____ Email: _____ (send me electronic SUN information)

YES – I'm interested in volunteering, please contact me.

Renewal Incentive

Renew your membership early or within your renewal quarter, and you will automatically be entered in a membership renewal appreciation draw, winner will be announced annually at the AGM.



Renew your membership online!

Visit: www.seniorsunitednow.com

SUN uses the PayPal system, which allows members secure online renewal & donation options.

Return Undeliverable Canadian

Addresses to:

#37 - 2016 Sherwood Drive,
Sherwood Park, Alberta, T8A 3X3

Canadian publication
Agreement No. 40917510

Thank-you for being a
SUN member, your
membership is: