



August 8, 2021
Unveiling Anne Frank Statue in Light Horse Park,



Photos: Keith Smits



EDITORIAL

by Jenny Smits

780-975-7426 - dutchtouchedmonton@gmail.com

The Club is open again! We are looking forward to a brand-new season of socializing after a long COVID break. We hope to see many of our members come out and enjoy our social functions again. We have a seniors social on Thursday afternoon, a Friday night social and a bi-weekly Saturday afternoon social. Besides that there is the Klaverjas Club and the Sewing Club on Tuesdays, the Card makers on Saturdays every other week and the Knitting group on Mondays. We are planning a few more activities throughout the year.



It was wonderful to see so many of our members at the unveiling of the Anne Frank statue on August 8. If you would like to see the ceremony again it is available on YouTube:

<https://www.youtube.com/watch?v=RDsJRRTZwsY&t=27s>

You can also watch the ceremony in Steenberg, and the ringing of the Welberg Bell, which was held at the same time, on YouTube:

<https://www.youtube.com/watch?v=PlaNAtsKWRC&t=3s>

If you enjoyed Rebecca Lappe's song "Anne Frank's Secret Annex", which she wrote specifically for this occasion, and performed with Amelia Chan and Josie Thompson, it is available on Spotify and iTunes and the DCC also has a number of copies on CD.



In Dutch cinemas a new movie will be released on September 9, 2021 called "Mijn beste vriendin Anne Frank"

We hope to see you at the club soon for the start of the new season.

Welcome to our new members!

Our membership dues are per calendar year (January-December) at the following rates:

Family \$70.00 Senior Family \$60.00 Single \$35.00 Senior Single \$30.00 Student \$25.00

Please mail your membership application or renewal with your **name, address, phone number and e-mail address** to:

Dutch Canadian Club
13312—142 Street NW
Edmonton, AB T5L4T3

Or remit via e-transfer or interac transfer to dccedm@gmail.com

BOARD MEMBERS

Frank Stolk

President—780-464-4879—stolkfm@telus.net

Rinske TerHeide

Vice President/President Windmills—780-960-9758—rterheide@shaw.ca

Willie Korendyk

Secretary/Membership coordinator—willie@willkor.ab.ca

Jenny Smits

Treasurer 780-473-0905—jismits45@gmail.com

Ria Bok

Communications Office—780 472-2725

Pauline Commandeur

Vice President Windmills—780-458-2024

Pieter Van Leeuwen

Officer—780-459-5367

Judy Boekholt

Officer—780-470-370

Club phone:

780-452-2861

Attention:

To the person who borrowed a photo album from the Windmills: Please don't forget to return it!

Edith



From the desk of Frank Stolk

For those who like the warm weather you were in luck this year, records were broken that's for sure. For those who don't function well in 30+ weather (like my better half) you must be glad that this scorcher is coming to an end. Whatever it is, we are heading into the Fall and normally it would be the start of another busy season at the DCC. But after we opened in July after a very long hiatus of nearly 16 months of no activities, we decided not to break for the summer and carry on. So many projects had ended abruptly with COVID restrictions and we heard you loud and clear: we needed to stay open and so we did.



I won't write much about the Big August the 8th event of the dedication and unveiling of Anne Frank's statue in Light Horse Park as there are several articles for you to read, but I want to thank all of you who supported John Stobbe and me to get this huge undertaking off the ground. We could not have done it without you. This beautiful gift to the city of Edmonton and the Light Horse Regiment to celebrate the 75th anniversary of our liberation has become a phenomenal success and a lasting gift to the people of Edmonton and Canada. What a great day it was. We couldn't have done it better.



Early this spring and COVID still spreading like wildfire we were discussing if it was worth to plant flowers again, after all who would get to enjoy them, but we decided to still go ahead with this annual event of planting our garden and flowerpots. I'm so glad that Rinske volunteered to do it again. We hired a landscaping contractor to do a thorough cleaning of all the flowerbeds, trees and shrubs, and to do the power raking and aerating the lawn. 60 contractor bags and the contents of our large garbage bins were removed from the site. So, Rinske could start with a new canvas to create a beautiful array of color. And you all know from your own flower baskets at home that they needed a lot of water with temperatures of +30°C that she had to make countless trips from Spruce Grove to keep them looking beautiful. And we had so many compliments from so many people. I happened to be at the club one time when someone on a bicycle stopped by and asked me if it was okay to eat his lunch by the windmill because it was such a great place to sit. It reminded him of when he was a little boy in Holland. No regrets that's for sure, Thanks Rinske for a job well done. Yvonne Smits replaced a few boards on the Windmill railings and a fresh coat of paint and the place looks fantastic.

Well my friends stay safe and be on guard. Even though you are double vaccinated, wear your mask especially in large crowds, like public transport, stores and even in the club if you feel you need to do so. It's your health and your choice, after all you can still get another bout of COVID. Our youngest son Andrew got infected with the Delta variant even after he was double vaccinated and on top of that he also ended up with strep throat and he is a very healthy 6'6" young man otherwise. Let's hope we don't need to isolate again, and for the ones who don't believe in the vaccinating, you need to wear a mask especially among the members of our club, it is that simple.

**THE BOARD OF THE DUTCH CANADIAN CLUB ISSUED A NEW POLICY:
UNTIL FURTHER NOTICE THOSE WHO FOR MEDICAL REASONS CAN NOT BE
VACCINATED OR ARE NON-BELIEVERS OF THE COVID VACCINE MUST WEAR A
FACE MASK AT ALL TIMES WHEN THEY ARE AT THE DCC.
NO EXCEPTIONS**

A little bit of this and that to the Windmills

Rinske

Hello Windmills!



The club has been open throughout the summer ever since the easing of the COVID restrictions. Although I have seen many of you every Thursday, I still would like to officially welcome you back at the start of a new season at the club.

We had some good times celebrating anniversaries and birthdays. And as you can see in our Windmills News we have a few things lined up to get things started on September 9th. So come on out, even if it's just to get you out of the house and see some different faces and scenery. Enjoy the rest of your summer and I hope to see you all at the club.



WINDMILLS

Wilma Thys – 780 406 9674 wtys@shaw.ca

I has been a while since I wrote an article for the Windmills. COVID has not made our lives easier, but hopefully we will be able to meet again on a regular basis. It is amazing how time flies by even in difficult times. It was so nice to see quite a few members come out on the 19th of August.



The official opening for the Windmills will be on September 9, 2021 at 1:00 p.m.

To celebrate the opening, the Windmills will be treated to a Dutch Pancake Extravaganza and there will also be a prize donated by the sewing club. So come out for a beautiful afternoon. It is great to be able to see everyone again.

The AGM for the Windmills will be held in conjunction with the AGM for the DCC.

The meeting will be held on **Sunday September 19, 2021 starting at 1:00 p.m.** followed by a B.B.Q. Make sure your club membership is paid..

A Happy Birthday goes out to everyone celebrating a birthday in September. wish you a great year ahead, with good health. We hope that you will be able to celebrate with family and/or friends.

Our thoughts are as always with the sick and shut-ins.

Covid-19 permitting we will be meeting again on a regular basis.



On a sad note, I got the news that Elizabeth Dettling passed away on August the 6th just shy of her 99th birthday, A few of us were on our way to her house on May 5th to bring a flower basket and to play a few melodies on the Street Organ like we had done at the Kipnes Centre for Veterans and the Emmanuel Home. But then I got a call from her daughter Diane that her mom had slipped and was on the way to the hospital, She knew we were coming and needed to quickly arrange something yet before we came, But she fell and broke her hip and things went downhill from that point on. Our condolences to George and the whole family.

Frank M Stolk

Card Makers

By Ria Bok - 780-472-2725



We hope you had a nice summer. Here are our dates for the fall: September 18, October 2, October 16, October 30, November 13, November 27 and December 13, which will be our Christmas luncheon.

We sure have had a long time without our fellowship and I sure hope we can do these dates and that COVID stays under control. So we hope you see you all there on September 18. If you have a friend who would like to join us, bring her along.

Saturday Afternoon Social

The Clubroom will be open from 1:00—5:00 pm on the Saturday afternoons when the card makers meet: September 18, October 2, October 16, October 30, November 13, November 27 and December 13. We will have some snacks available. You can come for coffee or drinks and just socialize or enjoy a variety of games. We might play some nice videos from time to time, like the YouTube video of the Anne Frank unveiling. Everyone welcome!

Klaverjas Club

Pieter Van Leeuwen - 780-459-5367 - phvanl@hotmail.com

We meet every Tuesday from 11:00 am until about 3:00 pm. We play three games and we invite everyone who likes to play Klaverjas for fun to come and check us out. We welcome new players.

**FOR ALL YOUR REAL ESTATE NEEDS.
CALL AN AWARD WINNING, PROFESSIONAL, FULL-TIME
REALTOR® / MAKELAAR**



Frank Vanderbleek

780-431-5600

frank@royallepage.ca

franklythebest.ca

"Serving You Since 1992!"

Top 5% of Edmonton Realtors 2007-2020





John D. Stobbe
Platinum Property
Group
8724 - 91 St. NW
B: 780.988.1100
F: 780.439.8766
C: 780.716.3053



Are you looking to Buy, Sell or Rent?
Send me a note and I will be happy
to help with all your Real Estate
needs.

Bedankt!

john@platinumpropertygroup.ca

Sewing & Craft Circle

By Jenny Smits

Our group has been getting together for several weeks already and we have started many new projects. We would like to thank Henk Sierink for dropping off a lot of Hillie's fabric and notions which we can put to good use. Hillie was a member of our group for a long time and we miss her.

If you would like to join our group we would love to have you. We meet on Tuesdays from 10:30 until about 3. Bring your own lunch.



Zumba

By Renie Perreault

I have been approached by several ladies if "Sit and Be Fit" would be a go again. It sure can! But if you also have other ideas, come see me on Thursdays. We could do different things, like chair Yoga, Line dancing, etc. Starting date will be September 23 at a time that would be convenient for most.

VOLUNTEERING & VOLUNTEERS

FROM LEIDA & HANS
TO FRANK & RIEK
THESE VOLUNTEERS TAKE VOLUNTEERING TO A PEAK.

THERE IS NEVER ANY HESITATION
FOR THEIR DEDICATION
THEY HAVE DONE THIS NOW FOR QUITE A WHILE
AND WHEN THEY SEE IT
THEN THEY JUST DO IT
WITH A SMILE.

THE TRICK OF VOLUNTEERING IS :
“ DON'T WAIT UNTILL YOU'R ASKED ”
FOR THEN IT IS NOT “VOLUNTEERING” ANY MORE
IT JUST BECAME A TASK
AND IF THE TASK NEEDED
IS IN LINE WITH YOUR TRADE.
THEN DON'T HESITATE
TO STEP UP TO THE PLATE.

TRUE VOLUNTEERS
ARE A DIFFERENT BREED.
FOR WHAT EVER NEEDS TO BE DONE
THEY STEP UP TO THE DEED

THERE ALWAYS SEEM TO BE.
OPPERTUNITIES GALORE
SO WHY THEN DO YOU AND I NOT
JUST DO A LITTLE BIT MORE ?

THE CLUB WILL BE SO SHINY
FROM BEGINNING TO END.
WHEN WE ALL TAKE THS MESSAGE
TO HEART MY DEAR FRIEND .

AND YOU ALSO
MIGHT GET THE DRIFT
THAT VOLUNTEERING
CAN BE CONSIDERED
A GIFT

H. ALBARDA

12 08 '21

Birthdays

We would like to take the time to
wish Happy and Belated Birthdays to
all. Special mention those who have
reached a milestone birthday

2020 and 2021

90th:

Johanna Kuipers
Simon Postma
Arie Wolfert
Bill Vriens
Henk Albarada



80th

Alice deRegt
Pieter Putters
Ed Granoien
Lucie Strangman
Anna Rodger
Rob Rietveld
Piet Van Leeuwen
Nels Anderson
Anna Fuchs

Sadly we lost a few members
in 2020 and 2021
Our condolences go to the families.

Wilma Jacobs
Jeanette Derksema
Joe Breunesse
Hillie Sierink
Tiny van der Werf
Elly van de Brande
Marten de Vries
Jonn Verkerk
Ann Zwigelaar
Elizabeth Dettling



Congratulations to
Martin & Doris
Wouterse



*Who celebrated their
60th anniversary on
July 13.*

ANNUAL GENERAL MEETING

Sunday September 19, 2021 1:00 PM

**We invite all our members to attend and
be part of the decision making for the
future of the Dutch Canadian Club.**

**After the meeting please stay for our
Steak Barbecue**



A school bus was available at the club on August 8 and took 37 people to Light Horse Park to attend the unveiling of the Anne Frank statue. After the ceremony they were taken back to the club where some delicious pastries were laid out, which we enjoyed with a cup of coffee while we reminisced over the afternoon events.

Photos by Rinske TerHeide



Stitch 'N Rip Knitting Club

By Edith Van Leeuwen



..... Here we are again !! It's been a long time, 17 months since we last met together. I hope everyone is OK and it will be so nice to see everyone again.

I finished a lot of my unfinished projects and am still working on some more of them. It's amazing how many things you collect over the years

As always we will meet again on Mondays, starting September 13 from 12:00-3:00 pm. Bring your own lunch and we provide the coffee and tea.





Frank Stolk, Roel TerHeide, John Stobbe and Jerry Bouma were at Light Horse Park when the site was prepared to place the Anne Frank Statue.

John, Roel and Frank joined the military representatives after the ceremony on August 8, 2021



Photos: Rinske TerHeide

EDMONTON WELCOMES ANNE FRANK STATUE

On Sunday August 8th, 2021, the long awaited unveiling of the bronze statue of Anne Frank took place at Edmonton's Light Horse Park in Old Strathcona.

For those who were responsible in getting this statue from the Netherlands to Canada it was an emotional but very happy day to see the result of all their hard work. It turned out to be a perfect summer day enjoyed by the 300 attendees present and another 300 watching via YouTube from across Canada, USA and the Netherlands.

Before the program got underway a happy atmosphere was created with the music from the 100 year old authentic, hand cranked, Dutch street organ, t' Hummeltje.

Taking part in the program were several dignitaries: premier of Alberta Jason Kenney, Steve Shafir, president of the Jewish Federation of Edmonton, City councillors Ben Henderson and Jon Dziadyk, Heather McPherson, MP Strathcona and Jerry Bouma, Honorary Dutch Consul Edmonton. The official program started at 1:00 pm with the raising of the Dutch, the Canadian and the South Alberta Light Horse (SALH) regimental flags and the singing of the National anthems of the Netherlands and Canada..

John Stobbe, a member of the Dutch Canadian Club of Edmonton (DCC), who was the driving force and who was so instrumental in bringing the statue from the Netherlands, took on the role of Emcee and welcomed everyone.

He spoke about when he had seen the statue on display in Utrecht while vacationing in the Netherlands and where he met the son of Pieter d'Hont, the Dutch artist and creator/sculptor of the statue. How they eventually came to an agreement to have another cast made of the statue especially for the Dutch Canadian Club to present to the City of Edmonton in honour of the Canadian troops' role in Liberating the Netherlands during WWII.

The next speaker, Frank Stolk, president of the Dutch Canadian Club Edmonton, elaborated a bit more about how the club was looking for a lasting meaningful way to celebrate the 75th anniversary of the Liberation of the Netherlands. When John Stobbe brought up the idea of bringing the Anne Frank sculpture to Edmonton and to present it as a gift, Frank along with the club members were immediately on board. Everything was quickly set in motion. Fund raising efforts were on the way and everything fell into place although, as is always the case, not without facing some obstacles here and there, especially with the onset of Covid-19 in early 2020. Despite this, the fundraising goal of \$75,000 was achieved thanks to support from near and a far.

As is now tradition for special military SALH ceremonies, the Welberg Bell was brought to the park and was rung for 2 minutes at 1:30 simultaneously with the bell located in Steenberg, the Netherlands, where also a crowd had gathered to follow the proceedings in Edmonton.

The Welberg Bell was presented in 2016 by the grateful people of Steenberg to the regiment whose predecessors fought in the battle of the Scheldt. In this 5-day battle 57 Canadians died. The bell represents the gratitude of the Dutch people to the Canadian forces. 7600 Canadians lost their lives in the liberation of the Netherlands.

As part of the program, between the speeches of the dignitaries a poem was recited written by Garth Paul Ukrainetz titled "Princess Anne". The poem was read by a boy the same age as Anne Frank, Whistler Oosterveld.

The audience loved the performance of singer-song writer Rebecca Lappa, performing her composition titled “Anne Frank’s Secret Annex” with backup singers Amelia Chan and Josie Thompson.

The dignitaries held everyone captive with their speeches and many had a personal anecdote about the way they had been touched by the Anne Frank story.

It was also mentioned that by coincidence this very day in 1944, August 8, happened to be the date Anne Frank and the others hidden in the annex were taken by the Gestapo and sent to the German death camps. How tragic, with freedom drawing near with the allied forces having landed in Normandy on June 6th.1944. However The Netherlands would not be fully liberated until May 5th 1945 and Amsterdam had yet to suffer through the “hunger winter” when the Germans cut off all supplies to the West and people were starving through that long winter with no food and no fuel to warm their homes.

The common theme among the speeches was a warning to be on guard that these atrocities committed by a regime without regard for human lives and human dignity, can never happen again. Anne Frank is the symbol for what the Canadian soldiers fought and gave their lives for and for which the people of the Netherlands are forever grateful.

At the conclusion of the speeches Rev. Danielle Key from Holy Trinity Anglican Church and Pastor Erin Thomas from Trinity Lutheran Church were called upon to give a blessing.

The 2 story boards by the statue were unveiled by Jenny Smits and Rinske TerHeide representing the members of the Dutch Canadian club.

Then the all important moment came for the official unveiling, the culmination of all the hard work in bringing this statue to this location. The Anne Frank statue was unveiled by Hon. Col. Troy Steele SALH and RSM (LF) and Stephen “Sticks” Gallard CD.

Finishing off the program, as is tradition in the Netherlands, the people present were giving the opportunity to lay one of the 200 tulips, especially flown in for this occasion, at the foot of the statue. Tulip bulbs will be planted later this fall by the statue for a springtime display.

Also some remnants remained of the Flanders field poppies that were planted earlier this summer and hopefully will bloom again in the coming years.

Light Horse Park is still under renovation and will have an official reopening on October 2 just before the November 11 Remembrance Day ceremony.

Light Horse Park is conveniently located just blocks from a trendy area around Whyte Ave with shops, popular bars and sidewalk cafes. It is also 2 blocks away from the end of the rail line of the historic streetcar that runs from downtown Edmonton over the Saskatchewan River, across the High Level Bridge.



The Dutch Canadian Club Edmonton would like to thank all supporters of this project. It was truly amazing to see the support for this project come from near and far. Bedankt.



HALL RENTALS

For weddings, Anniversaries,
Company parties, Reunions,
Dances, Business Meetings etc.

International Hall
Nordic Room
Board Room

Frank Stolk—780-984-4569
Club members and ESCA members
receive a discount on the rental fee

Dutch Touch articles

We would love to hear from our members if you have stories to share or items of interest to the Dutch community.



It could be travel, memories from the Netherlands, recipes, pictures etc.

Please send your submissions to:
dutchtouchedmonton@gmail.com



Sylvan Star Cheese Ltd
From Pasture to Plate. Quality Cheese.

Award Winning Gouda from the Heart of Alberta!

Voted the best Gouda in Canada by the Canadian Cheese Grand Prix

Medium Gouda | Old Grizzly | Smoked Gouda Aged Gouda | Herbs & Garlic | Grizzly Klondyk (formerly Gruyere)

Available at the Bountiful Market (Friday, Saturday & Sunday), Old Strathcona Farmers' Market (Saturdays), Edmonton Downtown Farmers Market (Saturday & Sunday) Also available at all Italian Centre shops throughout the city Free shipping in Canada on orders of 4kg or more.

Order by phone, fax, online or visit our own store located off Highway 11A between Sylvan Lake and Red Deer Mon.-Sat. 9:00 am - 5:00 pm

39008 Range Road 10, Red Deer County, AB T4E 0G4
Phone: 403 340-1560 Fax: 403 342 6831
email: info@sylvanstarcheesefarm.ca
www.sylvanstarcheesefarm.ca



Ben's Meats & Deli

15726 Stony Plain Road
Edmonton, AB T5P 3Z5
(780) 489-1424
www.bensmeats.com

Family owned and operated since 1953...

Come visit us for a large assortment of Dutch items, sliced deli meats and fresh meat products. In addition, we carry a large assortment of Gluten Free items, including Gluten Free Mini Donuts!

We are the proud supplier for the Dutch Canadian Club's famous Croquettes!

Celebrating 67 years!

email: bensmeats@gmail.com

On June 13 Henk Albarda celebrated his 90th birthday with a street organ drive-by enjoyed by family, friends and neighbors



On July 20 the street organ made another road trip to play for Cor Van Amsterdam who celebrated his 95th birthday with his family.



On May 31st, we celebrated our 60th Wedding Anniversary. It's tough to have something to celebrate, but due to COVID we couldn't plan anything. With our son in Ontario, and our daughter in British Columbia, the only thing that we felt we were able to do was Zoom.

My youngest brother Peter, his wife Melinda, our oldest son Anthony, and his wife Giovanna had come over the day before and decorated the house. Melinda and Giovanna slaved in their kitchens to make us a wonderful and delicious meal, which we shared together.

The morning of our big day, four handsome men, and one very attractive young lady came to our house, with a street organ. They set the organ up in front of our house, and our neighbourhood came alive with music. It was such a surprise for me and Henry. I didn't have time to put shoes on, as I rushed out with Henry to witness what was going on. We both were so taken in by this.

I quickly made a pot of coffee, and luckily I had a cake in the house. I even threw in a couple of beers. That the Dutch Club did this for us makes us feel so lucky to be a part of a group that goes out of their way to make us feel so special.

A huge **THANK YOU** to all of you!
Henry & Willie Klein



On the occasion of her 49th birthday last year the Dutch Royal House posted Queen Máxima's recipe on their official Facebook page. "At this time I celebrate my birthday at home with a typical Argentinian delicacy: Alfajores with Dulce de Leche. I grew up with Alfajores, they are my favourite biscuits! I bake them according to my mother's recipe, which I like to share with you."

How to make Queen Maxima of the Netherlands' Argentine Alfajores

INGREDIENTS

Biscuits:

300g cornstarch
200g flour
200g butter (at room temperature)
150g sugar
4 egg yolks
1 teaspoon of sodium bicarbonate
2 level teaspoons of baking powder
Small vanilla pod or a pinch of vanilla powder
1 lemon (grated)
1 teaspoon of cognac

FILLING

Dulce de leche (homemade with condensed milk and sugar)
Grated coconut

METHOD

Preheat the oven to 160°C. In a bowl, mix all dry ingredients with the soft butter. Add the egg yolks and the cognac and knead by hand until firm.

Form a ball and let it rest for about an hour. If the dough doesn't appear to be sticking together, then add 2 spoons of lemon juice.

Roll out the dough into a 5mm to 7mm shape and cut out circles (with a glass) of about 4cm in diameter. Then place the cookie dough pieces on a baking tray lined with baking paper, about 2cm apart.

Bake the cookies for 10-12 minutes at 160°C. The cookies should discolor a little, but not too much otherwise they will become too dry and break.

Take them out of the oven and let them cool before sticking two cookies together with a layer of dulce de leche. Spread the dulce de leche to the edge and roll in the grated coconut.



DULCHE DE LECHE - yield 1¼ - 1½ cups

4 cups milk
1¼ cups sugar
¼ tsp baking soda
1 tsp vanilla

Stir together milk, sugar and baking soda in heavy saucepan. Bring to a boil, then reduce heat and simmer uncovered, stirring occasionally, until caramelized and thickened, about 1½ to 1¾ hours (after about one hour, stir more often as milk caramelizes, to avoid burning). Stir in vanilla. Transfer to a bowl to cool. Makes about 1½ cups.

STROKE IDENTIFICATION

STROKE: Remember the First Three Letters... S.T.R.

Bloodclots/Stroke—they now have a Fourth indicator: the Tongue

During a BBQ, a woman stumbled and took a little fall. She assured everyone that she was fine (they offered to call paramedics) . . . she said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening. Jane's husband called later telling everyone that his wife had been taken to the hospital – (at 6:00 PM Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps – **STR**.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

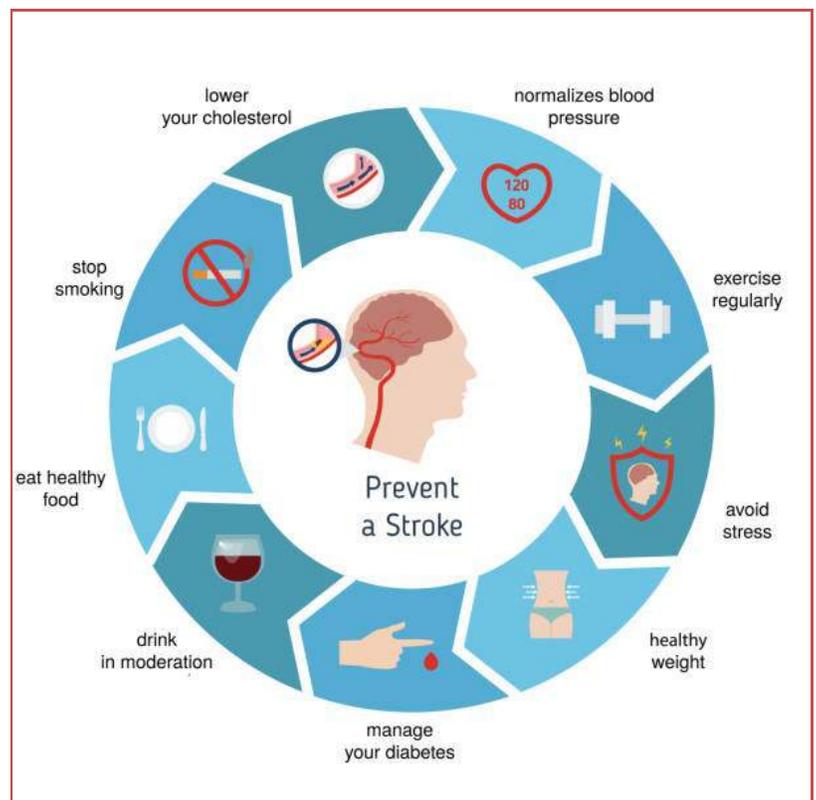
Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S *Ask the individual to **SMILE**.
- T *Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE** coherently) (i.e. chicken soup).
- R *Ask him or her to **RAISE BOTH ARMS**. If he or she has trouble with **ANY ONE** of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke:

Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.





Formerly BUTTE TRAVEL

11739 94 Street NW, Edmonton, AB

Phone: 780.477.3561 or Toll free

1.800.661.3830

sales@gctravel.ca



Your experts for travel to The Netherlands and the rest of Europe. We would love to help you with your travel plans: multi-family trips, cruises, adventure and sun!

We do it all!

Office visits are by appointment only and hours of operation are Monday to Friday, 9 AM to 3 PM. Phone and email are preferred.

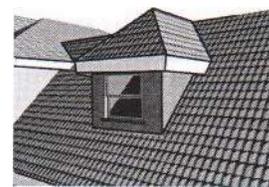
Phone: 780.477.3561 or toll free 1.800.661.3830



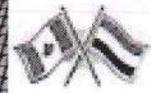
hdroofing.biz



Commercial



Residential



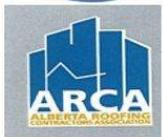
NEED A NEW ROOF?

Don't look any further — LARGE or SMALL (Commercial & Residential)

Ensuring the roof over your head is built to last!

We have been serving Alberta Customers for 60 years

(IKO, BP, Malarkey, Soprema, Decra, Metro, Standing Seam, A.R.C.A. Warranty)



Mel Bruglemans JR.

780-453-2381