

the Dutch Touch



DUTCH CANADIAN CLUB (EDMONTON)

13312 142 Street NW, Edmonton, AB T5L 4T1
Phone: 780 452 2861

November 2013

Dear Membership

Riek and I have been back from our trip to the Netherlands for a month already and where did the time go. Do you have that too? You look forward to your holidays and it seems to take forever before you finally go, and then, boom, it is over. It's just not fair. It always takes me about a week to relax a little from the rat race, and I usually get sick for a few days, but this time Riek ended up in bed. But we are back with a vengeance.

It looks like the Dutch Canadian Centre is going to be booked solid again next year. The windmill looks great again, thanks to some guys who just won't quit. Way to go retiree's, (I don't dare to call them seniors, they will beat me up). You are an inspiration to all of us, that's for sure.

Again we have lost one of our members. Dr. Theo Gerding. For most of you his name does not ring a bell, but for the Friday night regulars he was something special. Theo had a PhD in Amino Acid Analysis and was a professor at the University of Amsterdam. He was someone special, and I quote his daughter Reineke (who taught Dutch language classes for a few years) "Theo was one of the most unusual and odd, nonconformist, outlandish people you will ever know." And that he was. He will be missed on Friday's.

Well that is it for now take care of those around you who need an encouraging word or just an ear that will listen, it gives them courage to carry on.

Frank Stolk - 780-464-4879 - stolkm@telus.net

Upcoming Events

CARD MAKING
November 2, 16 and 30

KLAVERJAS TOURNAMENT
November 17, 2013

MAGNUS MARTENSSON
November 2, 2013

SCANDINAVIAN
CHRISTMAS MARKET
November 10, 2013

CHILDREN'S SINTERKLAAS
PARTY
December 1, 2013

NEW YEAR'S EVE PARTY
December 31, 2013

DCC BAZAAR
March 30, 2014

WINDMILLS BUSTRIP
May 27, 28, 29 2014





The Dutch Touch is a publication for the Dutch Canadian Club (Edmonton) 13312 - 142 St. NW, Edmonton, AB T5L 4T3 Clubroom phone: 780-452-2861

Ten monthly issues are published (from September to June)

Please submit your articles and news by the 20th of the month if you want them to appear in the next issue. Drop them off at the Club or mail them to the above address.

You may also contact Jenny Smits - 780-473-0905 jismits@telus.net Lisa Putters - 780-466-5756 lisajp28@telus.net

Visit our website at: <http://www.dutchcanadiancentre.com> and "Like" us on Facebook for some of the latest news.



The Dutch Touch is also available online on our website.

Go to www.dutchcanadiancentre.com and click on DCC Activities, then on Current Events.

You can have The Dutch Touch delivered to your email address in PDF format by contacting Lisa Putters with the email address you want it sent to.

LETTERS TO THE EDITOR

We welcome letters from our members regarding **Club matters and concerns.**

Letters will be edited for grammatical errors and will be forwarded for comments to the appropriate departments.

Anonymous letters will not be considered for publication.

Please send them to the above address or to Jenny Smits: jismits@telus.net



MEMBERSHIP DUES

Our membership fees are per calendar year: January - December at the following rates:

Family (with children under 18)	\$70.00
Senior Family	\$60.00
Single	\$40.00
Senior Single	\$35.00
Student	\$25.00

Please send your membership application or renewal with your name, address, phone number and email address to:

Dutch Canadian Centre
attn: Membership
13312 - 142 St NW
Edmonton, AB T5L 4T3

ADVERTISING

For any changes and additions or deletions in your monthly ads, please contact

Lisa Putters - 780-466-5756
email: lisajp28@telus.net

ADVERTISING RATES (per issue)

1/8 page	- \$8.75 + GST
1/4 page	- \$17.50 + GST
1/2 page	- \$35.00 + GST
1 full page	- \$70.00 + GST

MEMBERS PAGE INFORMATION

Members of the Dutch Canadian Club can place their personal announcements and classified ads on the Members' Page free of charge. We need your ad by the 20th of the month if you want your ad published in the next issue. If you have something for sale or are trying to find something or someone or if you have something to celebrate or share with our members you may use the Members' Page to advertise at no cost to you.

Contact:

Jenny Smits - 780-473-0905 - jismits@telus.net
Lisa Putters - 780-466-5756 - lisajp28@telus.net

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EDITORIAL

November 2013

Dear readers:

Well, the civic election is behind us and we have a brand new Mayor in Edmonton. Don Iveson was elected by a landslide and he is ready to “move forward” and tackle all the issues that came up during the campaigning.

Also “moving forward”, we are well into the fall season at the Dutch Canadian Centre and it is good to see so many people participate in the various activities. It is always great to socialize with friends.

The days are getting shorter again and a bit cooler as well, especially overnight. We are well on our way to the Christmas season with some special events happening for our members: Sinterklaas parties, Christmas dinners and tournaments and getting together with family and friends. Some of our members are getting ready for their annual “snowbirding” and we wish them safe travels. You can keep in touch with us via our website where we upload our monthly Dutch Touch.

We have another quilting workshop coming up, more of a quilting bee really, where we will be making a quilt to donate to the Stollery Children’s Hospital. Everyone is welcome to come and help us out.



The Windmills bustrip is planned for next May. This is open to all seniors, members or non-members and we need to know by December 31 if we have enough participants to fill the bus. So, if you are thinking of coming with us, please let us know as soon as possible. The destination is Waterton National Park. More details on page 8.

In the meantime, keep warm and enjoy fall and winter activities.

Jenny Smits - 780-473-0905 - jismits@telus.net

NEWS FROM THE BOARD

No news from the board this month. Some board members will be retiring after their term is up. Please consider joining the board. It takes dedicated members with a vision for our club to keep both day-to-day operations and special events going. We have many experienced and talented members who could get involved. Give it some thought.....

NEWS FROM THE CLUBS

CARD MAKING CLUB

Hello Card makers!

Our November dates are: November 2 and 16. And on November 30 we will have our Christmas party, which we will plan for the next time we get together.

Please keep Lisa and Linda in your thoughts. These Girls are having a hard time in their lives. Luv you girls.



Ria Bok -780-472-2725 - ria_bert@shaw.ca

DCC AUXILIARY



Hosted by the DCC Auxiliary the
Annual Children's St. Nick Party
will be held on
Sunday, December 1st, 2013
from 2:00 to 4:00 pm.



For registration of children ages 0 to 10 please contact
Erica van Leeuwen (780) 459-5367.

Deadline for registration November 14th 2013 (NO LATE REGISTRATIONS ACCEPTED).

Fees per child.
\$15.00 for members.
\$20.00 for non-members

Truus de Visser - 780-434-4133 - jtvisser@telusplanet.net

KLAVERJAS CLUB & KLAVERJAS TOURNAMENT



The winners of the October Klaverjas tournament were:

1st - Riek Stolk
tied for 2nd and 3rd - Bert Bok and Frits Van der Kley.

Congratulations.

Our next tournament will be held on sunday, November 17, 2013 at 1:30 pm.
Everyone welcome!

Pieter Van Leeuwen - 780-453-5367 - phvan@hotmail.com

STITCH 'N RIP CLUB

Here we are again.
The girls are busy making knitted toys, and they look great.
We are also making baby blankets, because they are always needed and we have a lot of yarn.
Thank you all for making them and so to help a people in need.
If you like to join us, we are at the club on Mondays, from 12 till 3:00 pm. Please bring your own lunch, coffee and tea will be served.



Edith Van Leeuwen - 780-489-8404



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THE WINDMILLS

Have you all noticed how great the windmill looks? We all extend a huge thank you to Joe Brand, Ted Hoekstra, Bert Bok, Dick Moulyn, Jack Toering and whoever else worked on the windmill that I missed. It sure needed a facelift and looks 100% better. Thanks again fellows.

We had a great turn out for our September Annual meeting and fish fry. Special thanks to Jack Toering and his crew for a wonderful fish fry and to the kabob fryers for their good job as well, and of course, as always our bartender John Devos.

Remember to change the batteries in your smoke detectors. Daylight Savings Time ends November 3rd, so it's a good idea to make it a habit to replace batteries in the smoke detectors, etc., while changing your clocks.

November temperatures in the Netherlands are not really extreme. November is the last month of autumn before winter sets in. The average temperature drops from 10c to around 5c. Night time lows at the end of the month can get close to freezing, so if visiting, bring warm clothing and an umbrella and you are ready to enjoy the fresh cool weather. A cup of hot chocolate and warm Dutch apple pie never taste better than after being outside on a November day. Example: awaiting the arrival of Sinterklaas when he arrives on his steamboat from Spain, with his helpers.

Don't forget some of our upcoming activities:

December 5, 2013 Sinterklaas will visit us, we hope, although that is his busiest day!

December 19, 2013 Annual Christmas dinner

January 9, 2014 winter season starts

February 13, 2014 Valentine's Day

March 13, 2014 St. Patrick's Day

April 17, 2014 Easter Lunch

May 1, 2014 Orange Day

May 22, 2014 Windup BBQ

May 27, 28 & 29, 2014 Bus trip to Waterton Lakes National Park

To all our friends who are under the weather, we are sending a little sunshine to sprinkle in your day, reminding you that you're thought of, in a warm and special way!

To those of you celebrating your Birthday this month, there is always a lot to be thankful for, if you take the time to look. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt.



A hug is a great gift – one size fits all, and it's easy to exchange so here's a big hug to all our volunteers this month. Please feel free to pass it on.

Life is short, break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that made you smile.



Judy Boekholt – 780-467-3701 – jboekholt@shaw.ca

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NEWS FROM THE CLUBS

SEWING AND CRAFT CIRCLE

Scandinavian Christmas Market

We will be at the Christmas Market on November 10 with a lot of gift items for sale. Drop by if you need some unique gifts or decorations.

Quilting Workshop

On Tuesday and Wednesday November 19 & 20 we are having another 2-day quilting workshop and this time we will be working together on a friendship quilt under the expert guidance of Trudy Moullyn, to be donated to the Stollery Children's Hospital. We will provide the quilting fabric and we have a few extra sewing machines in case you need one. We'll go from 10 am until 4 pm on both days (bring your own lunch) and we can leave all our equipment and supplies overnight. Everyone welcome. Please let me know if you are planning to come and join us for this. If you can't make it for both days you are welcome to come for just one.



Jenny Smits - 780-473-0905 - jismits@telus.net

BUSTRIP 2014 - WATERTON LAKES NATIONAL PARK

Dates: May 27, 28 & 29, 2014 (Tuesday-Thursday)

Destination: Waterton Lakes National Park

Cost: \$260.00

Itinerary:

Day 1 - Leave DCC at 8:00 am; Lunch in Calgary at 11:30; Arrive in Waterton Lakes National Park at 5:00 pm. Accommodation for 2 nights at the Bayshore Inn Resort & Spa, the only hotel located on the shores of Waterton Lake; supper 6:30 pm in one of the hotel's restaurants.

Day 2 - Breakfast at the Bayshore Inn restaurant; 10:00 am: Cruise from Canada to the USA with Waterton Cruise Co.; 12:30 return - lunch in one of the Waterton restaurants of your choice; 2:00 pm - optional bus tour to either Red Rock Canyon or Cameron Lake; supper 6:00 pm.



Day 3 - Breakfast from 7:00 - 8:30; leave Waterton Lakes National Park at 9:00 am; arrive at Bar U Ranch National Historic Site of Canada at 11:00 where we will enjoy a tour and lunch; leave Bar U Ranch at 1:30 pm; arrive at Sylvan Lake at 5:00 pm - supper at Pier 7 Restaurant. Return to DCC around 9:00 pm.

Included in your price are: 2 nights accommodation (based on double occupancy); 2 breakfasts; lake cruise; Bar U fee and tour; one dinner in Waterton and tip for busdriver.

Not included: 1st day breakfast and lunch, 2nd day lunch and supper, 3rd day lunch and supper.

To reserve your seat on the bus we need a deposit of \$50.00. Non-members are welcome too, so please spread the word.

Pieter Putters, 780-466-5756 Pieter Putters - 780-466-5756



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members page

BEDSPREAD RAFFLE

Tickets for our Bedspread Raffle will be available until December 5, 2013. Draw will take place at the Windmills Sinterklaas Party on December 5, 2013

Tickets are \$2.00 each

Proceeds are for the Children's St. Nicholas Party on December 1, 2013.

If you still have books of tickets please return them before the draw.



De Tijd

Al doet men niets, de tijd verstrijkt.
Of men verarmt of zich verrijkt,
Zich uitslooft of de zeilen strijkt.
Al doet men kwaad, al doet men goed
't Zij waakt of slaapt en niets vermoedt,
Ja, waar men zich ook van ontdoet,
Niet van de tijd, de tijd verstrijkt.

Antonie Donker

VOLUNTEER OPPORTUNITIES

This month we are looking for the following volunteers:

Every Thursday Afternoon - Windmills

Volunteers are needed to help prepare and serve lunches. You can sign up for the week of your choice.



Autumn Car Trip

The Jones family car is loaded up now
With games and books and a stuffed animal cow

Leaving from New York City in a hurry
Trying to catch the leaves in a flurry

North to New England the family drives
Two kids are fighting, third barely alive

The parents are arguing, Mom says they're lost
Dad is complaining about gas and its cost

The junk food is piled in a three foot stack
The video games show a Viking attack

Then suddenly the car stops, no more rush
All they can hear are their thoughts and a hush

They step outside to see leaves of fall
And now they know it was worth it all

The greens and reds and fiery gold
This is a trip that never gets old.

From the rental coordinator:

As the rental coordinator for the Dutch Canadian Centre I sometimes have to make concessions with the rental party in order to provide the best services and keep everyone happy. Last month we had an authentic traditional Sri Lankan wedding in our hall and the traditional dress for the bride takes three hours to get into, so the wedding party requested the use of the boardroom as a dressing room, to which I agreed. Unfortunately sometime around noon one of our members told them to get out of the boardroom, because they had no business being in there. I would like to ask our members to be respectful and sensitive to the needs of those who rent our facilities. We book a lot of rentals through referrals and if we are all good ambassadors for our club the bookings will continue to come in, allowing us to pay our bills and enjoy our own facilities. Also, when the hall is rented out we ask you to use the washrooms in the Nordic Room, leaving the other washrooms for our rental party. If you have any concerns about our guests, please don't take matters into your own hands, but give me a call.

Thank you for your cooperation in this matter.

Frank Stolk – 780-984-4569

Jan Leeghwater

Leeghwater was born as Jan Adriaanszoon. Only later did he adopt the name Leeghwater, from laag water or low water. It is not clear exactly how the prevalent spelling of Leeghwater's name came about. Leeghwater himself spelt his name alternatively as Leegwater, Leegh-water, Leeghwater and Leechwater. Official documents of the time also mention Laechwater and Laachwater. Leeghwater, as a hydraulic engineer, was pivotal to land reclamation programs along the flooded coast of the Netherlands. He was involved in the reclamation of the Beemster polder, the first polder in the world created from a lake by draining the water using windmills. The reclamation of the Beemster was started in 1607 and Leeghwater supervised the milling. Between 1607 and 1635, the polders Purmer, Schermer and Heerhugowaard were also created under his supervision.

Leeghwater was among the first to advocate reclamation of the Haarlemmermeer, a lake whose growth presented a danger to the surrounding towns (several villages were swallowed and even Amsterdam and Leiden were eventually threatened). When this was finally accomplished in 1852, it was with three large steam-driven pumping installations; one at Lijnden, Kaag, and Cruquius. The installation at Kaag, the nl.Gemaal De Leeghwater, built with a steam engine in 1845 to pump water into the Kaag lake, was named after him. The other two men honored in this way were Frans Godard baron van Lynden van Hemmen, who wrote the 1821 book 'Verhandeling over de droogmaking van het Haarlemmermeer' with the 3-way steam pump reclamation plan, and Nicolaas Kruik, who wrote an early "water defence" plan in 1737 using windmills.





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**NEDERLANDSTALIGE
 TOP 10
 OCTOBER 12, 2013**



Gordon

1	Gordon	Kom eens dichterbij
2	Gordon	Liefde overwint alles
3	Henk Bernard	Hou me nog een keertje vast
4	Joey Hartkamp	Geen nacht meer zonder jou
5	Kinderen voor Kinderen	Klaar voor de start
6	Doe nou niet	Frans Bauer
7	Blof & Nielson	Mannenharten
8	Frans Duits	Huil niet om mij
9	Henk Dissel	Rood fruit
10	Jan Smit	Leeg om je heen

Gordon heeft een nummer 1-hit te pakken. Zijn single 'Kom Eens Dichterbij' stond op de eerste plaats in de Single Top 100 van GfK Dutch Charts. Het is de tweede solo-nummer 1-hit in zijn carrière. Zijn eerste scoorde Gordon 22 jaar geleden met 'Kon Ik Maar Even Bij Je Zijn'. Gordon zag de nummer 1-hit al aankomen. 'Ik vind dit wel erg gaaf op mn oude dag!! Zo dankbaar! Ben helemaal nerveus, want dit zou zomaar eens een nummer 1-hit kunnen worden!', schreef hij op Twitter. Gordon bracht op 12 september drie nieuwe singles uit en deze staan allemaal in de top 20 van de lijst.

Influenza immunization - Fall into the routine

It's that time of year again – time for your annual flu shot! Influenza immunization is available as of October 21, 2013, free of charge, to all Albertans six months of age and older, through dedicated Influenza Immunization Clinics across the province. When you make influenza immunization (also referred to as a flu shot or nasal spray) an annual event, you protect yourself, your family, and our communities from infection & illness.

What is influenza?

Influenza, commonly called the flu, is a respiratory disease that affects the nose, throat and lungs. It is caused by a virus that is easily passed from person to person. Seasonal influenza is the annual influenza that affects people in Canada during the winter, between November and April. Various strains of influenza virus circulate throughout the world each year. Influenza viruses change slightly from year to year. Most healthy people are able to recover from influenza without severe complications. As with other viral illnesses, antibiotics do not work against an influenza virus. Antiviral medications may be used for treatment or prevention of influenza.

Influenza lowers the body's ability to fight other infections. It can lead to bacterial infections, such as pneumonia, and even death especially in the elderly and people with chronic medical conditions. One of the best ways to prevent influenza is through immunization. It is important to be immunized every year because the influenza virus is always changing and influenza vaccine is different every year.

Check the Alberta Health Services website for a flu shot clinic near you.

Skandia 549, Vasa Order of America hosts Magnus Martensson.



MUSIC, LAUGHTER AND WINE EVENING Saturday, Nov. 2, 2013

Swedish born conductor Magnus Martensson turned into a comedian/pianist during a concert at Victor Borge Hall in New York City. Critics have called his act both "hilarious" and "clever."

Cocktails at 7:00

Performance at 7:30

Open-faced sandwiches, desserts, coffee at intermission

Dutch Canadian Center 13312 142 Street

All Scandinavians and friends are invited to this fun event!

Adult \$30.00

Youth 8-14 \$15.00

Children under 8 free.

For tickets call

Ruth 780-237-6730

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Reserved seating for tables of 8.

\$5.00 for drinks, \$2.00 for pop.

Hope you can join the party.



The birth and growth of Utrecht

A Roman army camp, Trajectum ad Rhenum, founded 50 B.C., formed the first occupation of Utrecht. In November 2002 the excavations at De Meern were crowned with the traces of a very early Roman watch tower and a well preserved ship - a second ship has been spotted in June 2003 -, showing the Old Rhine river near Utrecht as a part of the limes, the Roman frontier system. In November 2004 a Roman house has been excavated. Relatively little is known from the post-Roman period until the 9th century.

In the Frankish period Utrecht became an episcopal see, but fearing the Vikings the bishops lived for decades at Deventer. Dorestad on the Rhine was more important. At Utrecht apart from the two cathedral chapters ("Doppelkathedraal"), St. Martin's and Salvator, three other chapters developed in the 11th century: St. Mary's, St. John's and St. Peter's.



The 12th century brought rapid growth for the town. The bishop was also a secular ruler, not only in the present province of Utrecht but also in parts of Guelders and Overijssel. The Utrecht merchants won important rights of him in 1122. Four parish churches were founded: Maria Minor (Buurkerk), St. James', St. Nicholas' and St. Gertrude's. Thus Utrecht was both an ecclesiastical and a commercial centre. In the early 14th century the guilds gained for a short period power in the city. In this century one started to build the gothic cathedral (Dom) and its mighty tower. Dozens of convents peopled the city. The Centraal Museum, the main municipal museum, is housed in the former St. Agnes' convent. The Catharijneconvent houses now a well known museum for religious art. The bishop of Utrecht quarreled often with the counts of Holland and Guelders. Burgundy gained influence over Utrecht in the 15th century. In 1528 the city lost its independence, and the bishop was not any longer a secular prince, too.

From 1566 the Reformation won slowly the field, especially after the death of the last archbishop in 1580. Since 1559 on Utrecht had been an archdiocese. From the largest town in the Northern Low Countries Utrecht dwindled into a regional centre. The Union of Utrecht on religious tolerance was signed in 1579 in the cathedral chapter hall. The foundation of a university in 1634 brought new life to the city. In 1713 the Peace of Utrecht was signed to end the Spanish war of succession. A conflict on doctrine and hierarchy within the Dutch Catholic mission led in 1723 to the Utrecht Schism. Eventually this became the starting point for the Old Catholic Church.



In 1853 Utrecht became again the see of the archbishop with the reintroduction of the Roman-Catholic hierarchy. Only late in the 19th century industry gained momentum in and around Utrecht. The coming of the railways, the new canal (Merwedekanaal) of 1892, the Trade Fair [Jaarbeurs] from 1916 on, the many central offices, for instance of the Dutch Railroads, of banks and insurance companies, and the vastly expanded university made Utrecht into a centre of business services and exchange of knowledge. The construction of the large shopping centre Hoog Catharijne (1970) opened eyes for the preservation of many monuments in the inner city. The extraordinary Roman tower, road, bridge, ship sand harbour will be preserved in an archaeological park in the heart of the new suburb Leidsche Rijn.

The Tower of the St. Martin's Cathedral (Domtoren) in Utrecht is - with its height of 112,32 meter - the highest church tower in the Netherlands and the tallest building in Utrecht. Climbing the Dom tower provides an opportunity, to see the city of Utrecht in a different way. 465 steps are leading to the top of the tower. While climbing towards the top there is the Tower Museum, with the history of the Tower and the St. Martins Cathedral. In the bells attic are the bells with a total weight of 32,000 kg. From the tower at a 95 meters height one has a view over the urban structure of the city of Utrecht and over the province of Utrecht.

Koningin Beatrix (source: Oranje Boven)

Koningin Beatrix is de oudste regerende vorst van Nederland sinds de stichting van de monarchie met Oranjes aan het hoofd. En met 33 ambtsjaren zaten alleen koningin Wilhelmina (50 Jaar) en koning Willem III (41 Jaar) langer op de troon. Maar nu vindt onze vorstin het welletjes geweest.

Als kleine meisjes spelen, doen zij zich 9 van de 10 keer voor als prinses. Maar wie echt als prinses wordt geboren, heeft het lang niet altijd gemakkelijk. Zeker niet als je het letterlijk in de wieg gelegd bent om koningin te worden. Koningin Beatrix zei hierover: 'Die erfelijkheid zie ik als een continue uitdaging. Het is bepaald niet zodat als je in een bepaalde wieg hebt gelegen, daarmee je bedje gespreid is. Integendeel, je moet het elke keer opnieuw voor jezelf verwerven, het waarmaken.'



Rookbommen en rellen

Beatrix is de oudste dochter van koningin Juliana en prins Bernhard, en de grote zus van de prinsessen Irene, Margriet en Christina. Een deel van haar jeugd brengt ze door in Canada, waar ze samen met hun moeder en Irene woont tijdens de Tweede Wereldoorlog. In de zomer van 1945 verhuizen zij naar paleis Soestdijk, waar ze de rest van haar jeugd jaren doorbrengt. Als ze 18 is, vertrekt Beatrix naar Leiden om te studeren (Rechten, Sociologie en geschiedenis). In 1963 neemt de prinses haar intrek in kasteel Drakensteyn. In de tuin van dit kasteel ontdekt ze dat kroonprinses zich nooit onbespied kan wanen: ze wordt hier gefotografeerd terwijl ze hand-in-hand loopt met de toen nog onbekende Claus von Amsberg. Deze ogenschijnlijke onschuldige wandeling doet veel stof opwaaien als blijkt dat Claus niet alleen Duitser is, maar ook nog eens lid is geweest van de Hitlerjugend. Uit onderzoek blijkt echter dat het oorlogsverleden van de aanstaande man van Beatrix niet belastend is; iedere Duitse jongen was in de oorlog verplicht om lid te worden van de Hitlerjugend. Deze verklaring kan niet voorkomen dat er ongeregeldeheden ontstaan op de huwelijksdag van Beatrix en Claus. Tijdens de rijtoer met de Gouden Koets op 10 maart 1966 wordt een rookbom tot ontploffing gebracht. En dat is de enige keer dat Beatrix het ongenoegen van haar volk over zich heen krijgt. Rondom haar inhuldiging als koningin op 30 April 1980 heerst er grote maatschappelijke onrust in Nederland. Vooral de woningnood treft veel mensen en de Amsterdamse kraakbeweging roept 30 April uit tot landelijke actiedag. Onder het motto 'Geen woning geen kroning' breken er gigantische rellen uit. Treurig genoeg is een van Beatrix eerste officiële optredens als koningin dan ook een bezoek aan de gewonde ME'ers in het ziekenhuis.

Werk en Prive

Beatrix en Claus krijgen samen drie zoons; Willem-Alexander (1967), Johan Friso (1968) en Constantijn (1969). Zij voeden hun kinderen zo beschermd mogelijk op op Kasteel Drakensteyn. In een interview met Hella Haasse in 1988 zegt Beatrix daarover: Wat wij proberen te doen, is inderdaad ons priveleven met ons gezin heel erg te beschermen. Misschien, sommige mensen zeggen wel eens, een beetje te zeer. Het kan ook misschien in de ogen van buitenstaanders wel eens wat krampachtig overkomen, maar het is een kostbaar goed en wij zijn daar zeer op gesteld, en we houden het erg graag voor onszelf. Toch kan Beatrix niet voorkomen dat haar bijzondere ambt invloed heeft op haar gezinsleven. In 1980 zegt ze: 'Ik hoop dat het mij zal lukken in mijn werk om een halve dag per week voor de kinderen te behouden. Dat is mij in de laatste jaren lang niet altijd gelukt. Dat is niet goed.'

Eigen wil

Haar zoon staat een zware taak te wachten als koning. In een interview ter gelegenheid van haar zilveren jubileum in 2005 vertelt Beatrix over het koningschap: 'als je er dan ineens voor staat en het begint echt reeel te worden, dan blijkt het toch heel anders te zijn dan je je hebt voorgesteld. Vooral denk ik dat je je verkijkt op hoe eenzaam het is.' Onze vorstin heeft zich in de loop der jaren een sterke vrouw getoond, met een sterke eigen wil. Zo gebruikte ze haar kerstrede van 1988 om tegen de troonrede uit dat zelfde jaar in te gaan. In de troonrede moest ze zeggen dat Nederland schoner was geworden. In de kerstrede zij ze: 'Onze wereld lijdt onder vervuiling en vergiftiging van lucht, bodem en aarde. Langzaam sterft de aarde.' Ook trok ze zich niets aan van een boycot van de Europese Unie aan Oostenrijk vanwege het aantreden van een ultrarechtse regering; ze liet haar wintersportreis naar Lech gewoon doorgaan. En toen er in Nederland hevige discussie woedde over het oorlogsverleden van de Japanse Keizer Hirohito, nodigde (toen nog prinses) Beatrix kroonprins Akihito uit voor een prive bezoek aan ons land.

Pensioen

Nu Willem-Alexander de zware taak van Beatrix overneemt, heeft ze eindelijk meer tijd om aan haar hobby's te besteden. Grote kans dat ze zich vaker zal terugtrekken in haar atelier om te beeldhouwen. Ook kan ze nu frequenter gaan paardrijden of tochten maken met haar geliefde schip, de Groene Draeck. maar bovenal zal ze zich vol overgave storten op een heel belandrijke andere functie; oma zijn van Eloise, Amalia, Claus-Casimir, Luana, Alexia, Leonore, Zaria en Ariane.

Wij wensen onze vorstin een fantastisch pensioen toe.

EDMONTON SCANDINAVIAN CENTRE ASSOCIATION



SCANDINAVIAN CHRISTMAS MARKET

SUNDAY, NOVEMBER 10, 2013 11:00 a.m. - 4:00 p.m.

DUTCH CANADIAN CENTRE

HOME OF THE SCANDINAVIANS

13312 - 142 Street

South of 137 Ave. & East of St. Albert Trail

Driving north - turn at the Co-op Gas Bar

FREE PARKING

ETHNIC BAKING, CHRISTMAS & CRAFTS

Shop early for Christmas! the Edmonton Scandinavian Centre Association and its five Scandinavian societies, Danish Canadian Society (DANIA), the Finnish Society of Edmonton, The Icelandic Canadian Club of Edmonton, Sons of Norway Solglyt Lodge 4-143 and Vasa Order of America, Scandia Lodge #549, annually bring Christmas to Edmonton in November. Collectively we promote Scandinavian culture and once again extend an invitation to you to attend our Scandinavian Christmas Market. For more information on the Scandinavian societies, visit www.shse.ca.

The Christmas Market is one of a kind in Alberta. It has been held annually since 2005 with the concept originating with the Scandinavian Trade and Cultural Society. What began as an arts and crafts fair has grown to include food and music, as a celebration of the Scandinavian arts. Approximately 30 vendors from across Alberta sell their wares at this market.

In the International Hall, booths and tables are set up with traditional arts and crafts such as jewellery, knitting, weaving and other handcrafted items, ornaments and Scandinavian cookbooks. Unique crafts and products are offered by talented artisans and vendors at this sale - enough to fill your family's Christmas stockings.

In the Nordic hall you can experience a taste of Scandinavia by enjoying a variety of open-faced sandwiches and specialty baking.

See you on November 10 from 11:00 am to 4:00 pm.

Admission is free and free parking is available.

For more information contact Brenda Carlstad, director at 780-628-5005 or brendacarlstad@gmail.com

Cinnamon

Enjoy the health benefits of this wonder spice.

Cinnamon is the oldest spice and has been used by several cultural practices for centuries. In addition to its culinary uses, cinnamon possesses a rising popularity due to many stated health benefits. The inner bark of a tropical evergreen tree, harvested during the rainy season when pliable and then dried into curls sold as sticks or ground into a powder. With its warm, sweet flavor, cinnamon is one of the biggest workhorses on the spice shelf. Cooks often use it to flavor baked goods and drinks, but cinnamon also works wonders in stews and sauces. The best cinnamon is Ceylon cinnamon (Sri Lanka cinnamon). Indonesian cinnamon has a similar taste, but larger quills.



How old is that jar of cinnamon in your kitchen cabinet? Now that you know, we hope you have a stronger sense of urgency to actually use more of it. Our usual use of cinnamon is a dash here or a cinnamon stick there, but you might want to up the ante on your cinnamon consumption. Not only will this spice provide a source of warmth and relief for those long, cold winter days, but its' strong, sweet flavor can add health benefits you would never have guessed. Think of how you can infuse more cinnamon into your regular diet.

Cinnamon's Nutritional Value

The medicinal properties in cinnamon are present in the varieties you'd find in most grocery stores. It comes in powder, stick, oil and extract form. While you may look to fruits and vegetables for your daily dose of fiber, adding just two teaspoons of cinnamon offers up 2.5 grams of fiber. Consider adding a small amount to meals to boost your fiber quotient. While the amount varies greatly, a blood-thinning compound, coumarin, is also found in cinnamon. Vitamins and minerals in cinnamon includes a significant amount of calcium, manganese, vitamins A and K, as well as iron.

Cinnamon and Weight Loss

A recent report speaks to the health benefits of cinnamon as a miracle spice that has anti-inflammatory, antimicrobial, and antioxidant, as well as cancer-fighting and cholesterol-lowering effects. However, the amount of clinically controlled trials to corroborate cinnamon's effect on humans is scant. One such study of Type 2 diabetes patients showed profound effects on the levels of fasting blood glucose and an added weight loss perk to boot. The double blind, randomized trial assigned participants to a three-grams-per-day cinnamon supplement for eight weeks. Though there were no significant differences in baseline characteristics, dietary intake and physical activity between groups, when compared to placebo, those who took the supplements saw a reduction in weight, BMI and body fat mass which all decreased significantly compared to baseline. Other study findings include:

- A ½ teaspoon of cinnamon a day can help lower LDL, your "bad" cholesterol.
- Cinnamon can be used as a natural preservative, inhibiting bacterial growth and food spoilage.
- Cinnamon is a natural cure for headaches and migraines, and may lower fever.
- The smell of cinnamon alone can boost your cognitive function and memory.



How to Use Cinnamon

Now that you know how much is enough, use it in a variety of recipes, from savory stews and sweet desserts to hot drinks. Add a dash to your morning oatmeal or coffee, tea or warmed apple cider. Sprinkle some over homemade cookies or pies. You can also use whole sticks in stews, soups, or other dishes that use boiling.

Source: Calorie Count Blog

EDMONTON SENIORS ACTIVITY CENTRE proudly presents ...

from the Netherlands:

SGT. WILSON'S ARMY SHOW

featuring the great music from the 40s and 50s:

Glenn Miller, Andrew Sisters, Doris Day, Frankie Lane, Rosemary Clooney



Tuesday, November 12, 2013

1:30 pm

Auditorium Edmonton General Site

11112 Jasper Avenue

Tickets: \$18.00 in advance or \$23.00 at the door.

Edmonton Seniors Activity Centre - 3Y, 11111 Jasper Avenue
(Edmonton General South Entrance) Phone: 780-342-8625

No Stone Left Alone Memorial Foundation (NSLA) Remembrance Event

November 8, 2013, 10:30 - 11:30 am

On November 8, NSLA will hold its 3rd annual remembrance event where junior high school students, soldiers and the community at large unite in a remembrance experience by remembering Canada's fallen military in a ceremony that involves students placing poppies on each and every soldier's headstone in the Fields of Honour throughout the City of Edmonton and area. Over 10,000 poppies will be placed on the headstones of our military to commemorate the lives and sacrifices of our brave soldiers.

Main Event - Beechmount Cemetery, with simultaneous smaller ceremonies at satellite sites
12420 - 104 Street, Edmonton, Alberta



2012: Students place poppies next to a headstone as part of Remembrance Day ceremonies held at the Beechmount Cemetery Cenotaph where students from Edmonton schools were marking military headstones with poppies as part of the No Stone Left Alone initiative in Edmonton, November 9, 2012.

Photograph by: Ed Kaiser, Edmonton Journal

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lisajp28@telus.net**NEWS FROM THE NETHERLANDS**www.dutchnews.nl**Greenhouse growers urged to develop innovative vegetables.***Monday 21 October 2013*

Junior economic affairs minister Sharon Dijksma has set aside €1m to encourage greenhouse growers to develop new, innovative products to succeed the snack bell-pepper and 'honey tomato'. Developing new plants and seeds will allow the sector to grow further and to focus more on countries outside Europe, Dijksma said in a briefing on Monday. 'In addition, the Dutch market garden sector can make an important contribution to the growth in agrarian production in developing countries and help solve world food shortages,' the minister said. Energy The Netherlands exports some €20bn worth of bulbs, plants, flowers and seeds a year. But efforts have to be made to keep ahead in the face of 'trade disruption' and import bans, the minister said in a briefing. The budget for stimulating energy-saving measures in greenhouse production is being doubled to at least €5m. The aim is to ensure greenhouses are energy neutral by 2020. Geothermal heat represents a relatively cheap but sustainable source of energy with perspective, the briefing said.

Zwarte Piet is a throwback to slavery, says UN working party chief

The head of the UN's human rights committee said in an interview with television show EenVandaag that she would object to the character of Zwarte Piet if she lived in the Netherlands. Verene Shepherd, who is Jamaican, said in the interview that the UN working group cannot understand why 'people in the Netherlands do not see this is a throwback to slavery and that in the 21st century this practice should stop.' Last week it emerged the committee is looking into the Sinterklaas celebrations and the role of Zwarte Piet (Black Pete) following complaints that it is racist. 'As a black person, if I were living in the Netherlands I would object to it. As a member of the working group, I am obliged to do further investigation,' Shepherd said. 'If we find out our information is wrong, we will change our position. But the information we have at the moment from the people of the Netherlands is that it is racist, a throwback to slavery and it should not happen.' Meanwhile, research by opinion pollster Maurice de Hond shows 92% of the Dutch do not associate Zwarte Piet with slavery and 91% oppose any efforts to change his appearance. In Amsterdam, however, 65% oppose efforts to make Zwarte Piet less of a stereotype.

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Dutch Canadian Centre

Activities and events

Regular Weekly Club Schedule

Fall & Winter months

Board Meeting

2nd Monday of the month
7:00 pm

Committee Meetings

Immediately before the board meetings every other month
6:30 pm

Monday:

Stitch & Rip Club

12:00 - 3:00 pm

Tuesday:

Sewing Circle

10:00 am - 3:00 pm

Klaverjas Club

12:30 - 4:00 pm

Wednesday:

Seniors Drop-In Nordic Room

1:00 - 4:00 pm

Billiard Club

7:00 pm

Thursday:

Windmills Seniors

1:00 pm

Concordia Band

8:00 pm

Friday

Flying Dutchman Club Room

Social

7:30 pm

Saturday:

Card Making

10:00 - 5:00 twice a month
(check dates on calendar)

NOVEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Music, Laughter & Wine Card making
3	4	5	6	7	8	9
10 Scandinavian Christmas Market	11 Remembrance Day	12	13	14	15	16 Card making
17 Klaverjas Tournament	18	19 Quilting workshop	20	21	22	23
24	25	26	27	28	29	30 Card making

DECEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1 St. Nick	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas	26 Boxing Day	27	28
29	30	31 New Years Eve				

