

### ALBERTA in a Snapshot

It was September 1, 1905 when the Government of Canada adopted the *Saskatchewan Act* and the *Alberta Act* and 2 new provinces joined the Canadian Confederation. In the late 18th century Alberta was occupied by Aboriginal peoples. The Hudson's Bay Company and the North West Company began their expansion into the west to trade weapons and metal tools for furs with the various Aboriginal groups.

Anthony Henday, an employee of the Hudson's Bay Company, was the first known European to reach present day Alberta. Anthony Henday was followed by Peter Pond, an employee of the North West Company, who established the first fur trading post in the area. In 1788 Fort Chipewyan was founded. It was from here in 1789 that Alexander Mackenzie began his historic trip down the Mackenzie River and up the Peace River, to travel through the Rocky Mountains to eventually reach the Pacific Ocean in 1793.

The Hudson's Bay Company sent Peter Fidler and David Thompson to explore and map the Athabasca and North Saskatchewan Rivers from the 1790s to the early 1800s. The 2 competing Companies each built forts throughout the northern and central areas until 1821 when they merged operations. There was very little exploration of the southern half of the area during this time by either of these companies. It was the Americans who began penetrating into the southern part of the territory, but it was not weapons and metal tools that were used for trade, but rather a crude form of whiskey.

By the middle of the 18th century Christian missionaries began to penetrate the territory: Robert Rundle; Albert Lacombe and John McDougall.

In 1870 the Hudson Bay Company's license was terminated. The Canadian government envisioned that the area would be primarily agricultural, but first it was necessary to obtain the land from the Hudson's Bay Company. On June 23, 1870 the Canadian government took possession of all the land which would later become Alberta. The next year all the land from the new Province of Manitoba to the Rocky Mountains became the Northwest Territories of Canada. The centre of this new Territory was at first Winnipeg, then moved to Battleford and eventually to Regina. In 1872 the *Dominion Lands Policy* began the process of settling the area.

By 1883 the Canadian Pacific Railway had reached Calgary. Beginning about 1896 to the beginning of WWI in 1914 the Canadian Prairies experienced a mass influx of settlers. The creation of the Province of Alberta in 1905 was the logical result of this mass immigration.



Alberta was named for Queen Vitoria's 4th daughter: Princess Louise Caroline Alberta. The Princess was the wife of the Governor General of Canada when in 1882 the *District of Alberta* was created as part of the Northwest Territories. In 1905 when all the various districts were merged, the Alberta was retained.



The emblems and symbols of Alberta reflect the Province's history, people and diverse landscapes. In 1907, King Edward VII granted the original Coat of Arms to Alberta. In 1980 it was augmented by a Royal Warrant signed by Queen Elizabeth II. The upper portion of the shield in the middle displays the Cross of Saint George. The Shield represents the natural resources and beauty of the Alberta landscape: the Rocky Mountains; the foothills, the grass, the prairies and the cultivated wheat fields. Above the shield is a royal helmet, crowned with a red and silver wreath, on top of which sits a beaver (official animal of Canada). Resting on the beaver is St. Edward's Crown. White and red are the official national colors of Canada. The base of the shield is a grassy mound with wild roses. The golden lion on the left represents power and the pronghorn represents Alberta's natural resources. The Alberta motto: "*Fortis et Liber*" means strong and free.



June 1, 1968 the Provincial Shield from the Coat of Arms was incorporated into the Flag of Alberta. Other symbols of Alberta are:

- ◇ **Colors:** Blue and Gold
- ◇ **Tree:** Lodgepole Pine. The Pine was used in the early 1900s for the production of railway ties and symbolizes the Provinces forestry industry.
- ◇ **Flower:** Wild Rose. The Wild Rose grows in almost every region of the Province.
- ◇ **Grass:** Rough Fescue—Alberta has the largest area of rough fescue in the world. It is a symbol of Alberta's prairie heritage.
- ◇ **Stone:** Petrified Wood
- ◇ **Mammal:** Big Horn Sheep found primarily in the Rockies.
- ◇ **Fish:** Bull Trout—an at-risk specie and protected
- ◇ **Bird:** Great Horned Owl—is a year round resident and found throughout Alberta in the forests and grasslands.
- ◇ **Anthem:** "Alberta" written by Mary Kieftenbeld.
- ◇ **Tartan:** Green, gold, blue, pink and black—symbolizes forests, wheat fields, skies and lakes, the wild rose and coal and petroleum.



# "EVENTS in Leduc"



## May NOTICES



### Disaster Personal Preparedness

Do you know how to prepare yourself for a disaster? Join Red Cross staff and the City of Leduc Fire Services as they help prepare for a disaster you don't want or expect.

When: May 8th—1:30 pm to 2:30 pm, at Telford House  
To register call FCSS at: 780-980-7109



### LEDUC FARMER'S MARKET

Thursdays May 18th to Sept. 28th  
Saturdays July 1st to Sept. 30th  
Hours: 10:00 am - 1:30 pm

LOCATION - LRC Parking Lot

## June NOTICES

### Arbour Day 2017

We will be planting trees to celebrate Canada's 150th anniversary of Confederation. We encourage everyone to join us!



Date: Saturday May 13th

Time: 11:00 am - 3:00 pm

Where: Caledonia Park, west of Coady

Boulevard

If you can please bring your own shovel, but if not, please just bring yourself and your enthusiasm.



### Leduc Black Gold Pro Rodeo

Dust off your cowboy hats and boots & join in the fun.

Where: Leduc Recreation Centre

When: June 1st - June 4th

Visit: [Black Gold Pro Rodeo](#) for schedule

### 2017 City of Leduc Black Gold Days Parade

Rodeo

Saturday June 3rd Starts 10:00 am

The parade makes it's way along 50 Street, from 65 Avenue to Black Gold Drive.

**THE OFFICE of the PUBLIC GUARDIAN**—What can the Public Guardian do for you? Do you know what services they provide? If you would like to learn more plan to come to this informative talk given by Kim Lundell, Public Guardian Representative. Learn about Guardianship, Trusteeship, Personal Directives and Enduring Power of Attorney.

Where: Leduc Public Library

When: Thursday, May 25th

Time: 1:30 pm to 3:30 pm

Space is LIMITED! To register call Lucrecia at 780-989-7115.

## Seniors' Week 2017 — June 5th -11th

Seniors' Week is once again upon us. This is a time for Leduc residents of all ages to join together and celebrate the valuable contributions of older adults to our Community.

Each and every day seniors make a difference - whether it is in the arts, culture, sports or the Community. Seniors support and care for family members and friends, volunteer their time and expertise to many different organizations and events. Their contributions are many and varied, but each and every member of our society benefits in one way or another. Because of their time, their talent and their life experiences, seniors' contributions are at the very heart of many community programs and charitable organizations. Leduc values each and every senior member of our Community.

In Leduc during this week there will be many events happening to help celebrate the contributions seniors have made to the Community. These activities are designed to be lots of fun while we celebrate our older adult residents. This special week

encourages all of us to come together to recognize the importance of seniors to our community.



### Events at Telford House

◆ Tuesday June 6th

#### MUSIC JAM ENTERTAINMENT

Seniors are invited to bring their musical instruments and talents to spend some time together singing, dancing and having fun.

Admission: \$3.00/event

1:30 to 4:00 pm & 7:00 pm to 10:00 pm

◆ Wednesday June 7th

#### SENIORS STRAWBERRY TEA

Admission: \$5.00

1:30 am to 3:30 pm



◆ Thursday June 8th

#### "DAYS GONE BYE"

Old Fashioned Lunch; Art & Knitting Displays; Entertainment; Baking Auction—bring some baking or buy some baking!  
9:00 am to 3:00 pm



◆ Friday June 9th **FREE PANCAKE BREAKFAST**

Sponsored by FCSS, City of Leduc  
Always lots of FUN and good food!  
11:00 am to 12:30 pm



June 15th is World Elder Abuse Day. This is a day set aside around the world to bring awareness that elder abuse exists; to provide resources that those who are experiencing abuse can go to for help. Elder abuse is much more than physical abuse; it can be financial, psychological or emotional abuse as well. It is estimated that over 8% of older adults in Canada are likely to experience abuse.

For more information go to: [Alberta Elder Abuse Awareness Network](#) or [Alberta Seniors Elder Abuse Awareness](#) for further information.

Purple is the colour of World Elder Abuse Awareness Day. Everyone can help us recognize the day by wearing purple and talking to friends and neighbours about this important community issue.

**LEARN THE SIGNS  
BREAK THE SILENCE**

*If you or someone you know is impacted by elder abuse, there is help available.*

For more information and resources:

- » Family Violence Information Line  
310-1818
- » [www.seniors.alberta.ca](http://www.seniors.alberta.ca)

**World Elder Abuse Awareness Day** » June 15

Alberta

### Good Neighbour Awards—Looking for Nominees

Good Neighbours are individuals, couples or families who make neighbourhoods great. Through their selfless efforts, they help create friendly, safe and connected communities. Good Neighbours:

- Model community spirit
- Help in times of need
- Improve feelings of safety and security
- Encourage time for neighbours to get together and connect.

To nominate that special neighbour please visit: [Good Neighbour Program](#) or pick up a nomination form at the Civic Centre. Nominations begin May 1, 2017 and are accepted until October 2, 2017. Sponsored by: Coldwell Banker Haida Realty.

#### Submissions to Panorama

If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: June 16, 2017 by 4:30 pm. Mailing Date for the July/August 2017 edition: June 29, 2017.

**We welcome your Views and Input!** Call Lucrecia at: 780-980-7115

The views expressed in the pages of "Panorama" do not necessarily reflect the views of the editor or City Hall. The contents of this publication cannot be reprinted without prior expressed permission.

When your Spouse Dies- then what?  
Carrying on Alone

"I've been told by many- don't make any major changes before one year is past. This is very good advice. My brain didn't work well for months. After a year, I felt more able to carry on.

I packed up my husband's clothes and gave them to a charity. I made memento boxes for my children and grandchildren, including jewelry.

As the time went by I began to put my belongings where his had been. I kept one drawer to look in when I missed him. This contained his favourite sweater, hat, belt and wallet. Just touching these items was somehow comforting.

It isn't easy to follow the suggestions I'm about to give, but it was my way to handle each day in order to make a new life for me, in spite of my loss.

- Don't live in a museum of the past. Get up at your usual time; eat a nourishing breakfast because you need to keep well. Remember, you are in charge.
- Wash, dress, and be well-groomed to face the day. Dragging around until noon does not help at all - we will just feel more depressed.
- Do the daily things you always did such feeding the birds, going for coffee, walking, and most importantly activities with other people. Keep walking the dog because you need to exercise and get fresh air.

I did feel odd at first resuming my activities, especially those things my husband and I had done together. At dinner parties your partner is not there. At church you sit alone. But when others see that you're not staying shut up in your house, they include you in events. As time goes by ask your friends to go out for coffee or lunch. I started taking myself to a concert or two here in Leduc at the Maclab Centre. Yes, I felt strange on my own but I've kept it up because I must.

I've enjoyed an exercise class at Telford House and tried my hand at many activities there. They have paint classes, exercise, cards, floor curling, darts, and many other things. Take the first step, stop in at Telford House and see Diane who is the coordinator there. She will be glad to give you a monthly calendar of events.

I found many people in the classes who are also widowed. So, we are certainly not alone; we just need to be very brave and start stepping forward." .....Anonymous



Do you or someone you know have Parkinson disease?  
Do you want to meet others who live with Parkinson's?  
Join us!

**Leduc Parkinson Disease Support Group Night**  
 4<sup>th</sup> Tuesday of Every Month  
 6:30 – 8:30 pm  
 Leduc Seniors Center (Telford House)  
 4907 – 46 Street  
 Leduc, AB  
 Sponsored By Leduc & District Senior Centre

- Learn up-to-date information regarding Parkinson disease
- Find out about resources available in your area
- Ask questions in a safe environment

*Please bring some indoor shoes or slippers.*

**To register or for more information contact:**

**Parkinson Alberta**

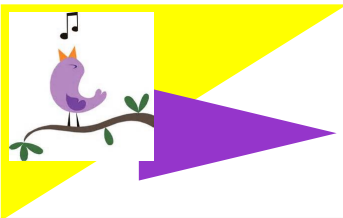
**Tel: 780-425-6400**

**Toll Free: 1-800-561-1911**

**Email: [info@parkinsonalberta.ca](mailto:info@parkinsonalberta.ca)**



**Drop-ins welcomed!**






















# May 2017 EVENTS



<p><b>1</b></p> <p>10:00 Exercises (TH) 1:00 Floor Curling (TH) 7:00 - Square Dancing (TH) 7:00 Guitar (TH)</p> 	<p><b>2</b></p> <p>9:00 Dup. Bridge (TH) 10:00 <b>Sight Seekers</b> (TH) 1:00 Crib (TH) 7:00 Music Jam (TH) 7:00 <b>Stroke Recovery</b> (TH)</p> 	<p><b>3</b></p> <p>9:00 Oil Painting (TH) 10:00 Qigong TH 12:30 Fun Art (TH) 1:00 Floor Curling (TH) 2:00 Guitar (TH)</p> 	<p><b>4</b></p> <p>9:00 Coffee &amp; Lunch (TH) 9:30 Knitting (TH) 12:30 <b>LDSC Board Mtg.</b> 7:00 Crib (TH)</p> 	<p><b>5</b></p> <p>1:00 Fun Bridge (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) <b>DANCE NIGHT</b> 6:00 FREE Dance Lesson 7:00 Dance</p>
<p><b>8</b></p> <p>10:00 Exercises (TH) 10:00 <b>Alzheimer's Support</b> (PL) 1:00 Floor Curling (TH) 7:00 Guitar (TH)</p> 	<p><b>9</b></p> <p>9:00 Dup. Bridge (TH) 1:00 Crib (TH)</p> 	<p><b>10</b></p> <p>9:00 Oil Painting (TH) 10:00 Qigong TH 12:30 Fun Art (TH) 1:00 Floor Curling (TH) 2:00 Guitar (TH) 7:00 Old Time Dancing (TH)</p> 	<p><b>11</b></p> <p>9:00 Coffee &amp; Lunch (TH) 9:30 Knitting (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)</p> 	<p><b>12</b></p> <p>10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)</p> 
<p><b>15</b></p> <p>10:00 Exercises (TH) 1:00 Floor Curling (TH) 7:00 Guitar (TH)</p> 	<p><b>16</b></p> <p>9:00 Dup. Bridge (TH) 1:00 Crib (TH) 7:00 Music Jam (TH)</p> 	<p><b>17</b></p> <p>10:00 Qigong TH 1:00 Floor Curling (TH) 2:00 Guitar (TH) 7:00 Karaoke (TH)</p> 	<p><b>18</b></p> <p>9:00 Coffee &amp; Lunch (TH) 9:30 Knitting (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH) 7:00 Horticultural Club (TH)</p> 	<p><b>19</b></p> <p>1:00 Euchre (TH) 1:00 Guitar (TH)</p> 
<p><b>22</b></p> <p><b>VICTORIA DAY</b></p>  <p>7:00 <b>Guitar (TH)</b></p>	<p><b>23</b></p> <p>9:00 Dup. Bridge (TH) 1:00 Crib (TH) 7:00 <b>Parkinson Mtg</b> (TH)</p> 	<p><b>24</b></p> <p>10:00 Qigong TH 1:00 Floor Curling (TH) 2:00 Guitar (TH)</p> 	<p><b>25</b></p> <p>9:00 Coffee &amp; Lunch (TH) 9:30 Knitting (TH) 1:00 Fun Bridge (TH)</p> 	<p><b>26</b></p> <p>10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)</p> 
<p><b>29</b></p> <p>10:00 Exercises (TH) 1:00 Floor Curling (TH) 7:00 Guitar (TH)</p> 	<p><b>30</b></p> <p>9:00 Dup. Bridge (TH) 1:00 Crib (TH)</p>	<p><b>31</b></p> <p>10:00 Qigong TH 1:00 Floor Curling (TH) 2:00 Guitar (TH)</p> 	<p><b>TH Telford House</b> <b>AP Alexander Place</b> <b>FCSS - Civic Centre</b> <b>PL Peace Lutheran Church</b> <b>LRC Leduc Recreation Centre</b> <b>MS Main Street</b> <b>RCL Royal Canadian Legion</b> <b>UC St. David's United Church</b></p>	

# June 2017 EVENTS

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	<p><b>TH Telford House</b>  <b>AP Alexander Park</b>  <b>PL Peace Lutheran Church</b>  <b>LRC Leduc Recreation Centre</b>  <b>MS Main Street</b>  <b>RCL Royal Canadian Legion</b>  <b>UC St. David's United Church</b></p>		<p><b>1</b></p> <p>9:00 Coffee &amp; Lunch (TH)            9:30 Knitting (TH)            12:30 <b>LDSC General Mtg.</b>            7:00 Crib (TH)</p> 	<p><b>2</b></p> <p>10:00 Exercises (TH)            1:00 Euchre (TH)            1:00 Guitar (TH)            1:00 Fun Bridge (TH)            7:00 Darts (TH)</p> 
<p><b>5</b></p> <p>10:00 Exercises (TH)            7:00 Guitar (TH)</p> 	<p><b>6</b></p> <p>9:00 Dup. Bridge (TH)            10:00 <b>Sight Seekers</b> (TH)            1:00 Crib (TH)            7:00 <b>Stroke Recovery</b> (TH)  <u>Seniors Week Celebration</u>            Music Jams (TH)            1:30-4:00 Music Jam            7:00-10:00 Music Jam</p>	<p><b>7</b></p> <p>10:00 Qigong (TH)            2:00 Guitar (TH)</p> <p><u>Seniors Week Celebration</u>  <b>Strawberry Tea</b>            1:30 to 3:30</p> 	<p><b>8</b></p> <p>1:00 Fun Bridge (TH)            7:00 Crib (TH)</p> <p><u>Seniors Week Celebration</u>  <b>"Days Gone Bye"</b>            12:30 Baking Auction</p>	<p><b>9</b></p> <p>1:00 Euchre (TH)            1:00 Guitar (TH)            7:00 Darts (TH)</p> <p><u>Seniors Week Celebration</u>  <b>FREE Pancake Breakfast</b> (TH)            11:30 to 12:30</p>
<p><b>Senior's Week in Alberta June 5th - 11th</b></p>				
<p><b>12</b></p> <p>10:00 <b>Alzheimer Support</b> (PL)            10:00 Exercises (TH)            7:00 Guitar (TH)</p> 	<p><b>13</b></p> <p>9:00 Dup. Bridge (TH)            1:00 Crib (TH)</p> 	<p><b>14</b></p> <p>10:00 Qigong (TH)            2:00 Guitar (TH)            7:00 Old Time Dancing (TH)</p> 	<p><b>15</b></p> <p>9:00 Coffee &amp; Lunch (TH)            9:30 Knitting (TH)            1:00 Fun Bridge (TH)            7:00 Crib (TH)</p> 	<p><b>16</b></p> <p>10:00 Exercises (TH)            1:00 Euchre (TH)            1:00 Guitar (TH)            7:00 Darts (TH)</p> 
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