



# ST. ALBERT AND AREA RETIRED TEACHERS 'ASSOCIATION BULLETIN

October 17, 2021

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Mid-October sees the trees rapidly divesting themselves of their colourful leaves and taking on the graceful lines of their basic structure. The landscape shifts from vibrant hues to a muted landscape of earth tones and greys, a harbinger of the winter to come.



Migrating birds begin their long flights south. There are more hours of darkness than daylight. The Scandinavians sometimes refer to this as, “going into the tunnel.” Let’s hope that the light at the end of this tunnel finds us free from the dangers of COVID.

## *Highlights of this month*

**October 16:** World Food Day: This day is observed by over 150 countries. Approximately 40% of the world’s population cannot afford or do not have access to healthy food. Between 1/4 and 1/3 of the world’s population is considered obese while one out of nine people on earth experience hunger on a regular basis. Poverty has a direct impact on the availability of high-quality nutritious food and this can result in both hunger and/or obesity. The day’s focus is on ending hunger and supporting food security. Suggestions to celebrate include donating to the food bank, supporting smaller local farms, eating mindfully and working to reduce wasted food. This year’s theme is, “Grow, nourish, sustain. Together. Our actions are our future.”

**October 18:** Persons Day Canada: This marks the day in 1929 when a court decision stated that women in Canada were included in the legal definition of “persons”.

**October 20:** World Osteoporosis Day: Understand your risk; a bone density test can reveal your status. Once again, exercise and a healthy diet can help prevent osteoporosis. If your bones become too “brittle” something as seemingly benign as a sneeze could result in breakage.

**October 29:** World Stroke Day: Worldwide approximately 13.5 million people have a stroke each year and about 5.5 million will die as a result. If you spot the signs of a stroke call an ambulance immediately. This website explains the symptoms of stroke.

<https://www.webmd.com/stroke/guide/default.htm>

**October 31:** Hallowe'en

### ***November: Fall Prevention Month***

McMaster University and other reliable sources suggest the following to help with fall prevention:

- 1) Maintain/build body strength through the use of resistance training. This could be weights, elastic exercise bands, body weight exercise or exercising in a pool.
- 2) Hone your balance through the use of Pilates, Yoga, Tai Chi, or other exercises such as toe and heel raises, half squats and stepping in different directions.
- 3) Check your medications by reviewing them with your doctor or a pharmacist to look for problems that might impact your balance.
- 4) Consider seeing a podiatrist. Foot problems can play a role in falls.
- 5) Exercise, exercise, exercise. Growing inactive in order to prevent falling actually increases your risk of falling.
- 6) Try dancing. The mind body connection in this activity can reduce your chance of falling.

7) Conduct a risk assessment of your environment to look for and remove tripping and slipping hazards.

8) Check both your lighting and your vision. Being able to see clearly helps you avoid a hazard.

9) Be mindful of your diet to protect bone health. Some falls occur when bones, weakened by osteoporosis, break.

10) Get enough quality sleep.

11) Use eyeglasses, hearing aids and walking assistance devices if needed.

12) Install hand rails along stairways and grab bars in bathrooms.

13) Use non slip mats or rugs.

14) Keep items you regularly use within comfortable reach.

15) Make sure your shoes fit well, are in good repair, and are safe for the activities you engage in. If your shoes have laces make sure they are securely tied.

16) Stay appropriately hydrated.

Assess your risk of falling with the following website

<https://findingbalancealberta.ca/am-I-at-risk>

Tai Chi helps with fall prevention. It's other benefits include increased flexibility and strength. It is a mind body practice and many Tai Chi sessions include a warm-up, the actual Tai Chi forms and breath work. The following video is short, easy and a very light introduction to Tai Chi. It is part of a series of five videos on Tai Chi. There are many other videos available online for Tai Chi. Once COVID has abated a Tai Chi class might help with social connections and the benefits of moving and breathing in synchronization with others.

<https://krispsmaffiliate.com/5-minutes-tai-chi-for-beginners-and-over-50s/>

Here is a much more intensive balance workout.

<https://www.mindbodygreen.com/articles/stability-balance-workout>

How to get up from a fall: If you do fall and struggle to get up this physio therapist has some ideas for ways you might get yourself up or get yourself to a place where you can summon help.

<https://youtu.be/4ETgQD8QhZs>

**November 1:** All Saints' Day

**November 2:** All Souls' Day

**November 5:** Guy Fawkes Day

**November 6:** International Day for Preventing the Exploitation of the Environment in War and Armed Conflict: A day for considering the negative impact of armed conflict on the environment and to consider how action on the environment may help to prevent future conflict. Edith Anderson Monture, a nurse from Canada, noted the impact of the war on the environment in WW1.

**November 10:** World Pneumonia Day: This year's theme, "Every breath counts. Stop pneumonia now." If you are over 65 and have not been vaccinated against pneumonia make inquiries right away. You may be able to get the vaccination against the flu and the vaccination against pneumonia at the same visit.

**November 11:** Remembrance Day "The living owe it to those who no longer can speak to tell their story for them." Czesław Miłosz,

**November 13:** World Kindness Day: This day promotes being kind to yourself and kind to others. If one act of kindness was done by every person in Canada it would be a wondrous thing. In a world that seems increasingly angry and polarized, acts of kindness can help improve relationships. It is also astounding how performing an act of kindness can positively boost your mood.

**November 14:** World Diabetes Day: World wide nearly 500 million people have diabetes. The theme this year is, "Access to care, if not now, when?". Diabetes is a serious disease; it is a complicating risk factor when patients encounter other health problems including COVID 19. Access to quality care improves outcomes for diabetics.

***Opportunities for interested members***

Please note that during this time span the St. Albert Public Library has a number of on-line events that may be of interest including book clubs, author talks, an Indigenous Learning Circle and StarFest activities.

**Coffee Zoom and Chat on October First:** A group of 15 or 16 STARTA members convened on Zoom and briefly talked about how much we miss meeting in person. The planting of flowers such as daffodils, crocuses and tulips in the autumn was discussed. COVID 19 was also an issue and its effect on St. Albert schools was brought to our attention. Individuals described visiting parks and other locations to take advantage of the extended period of lovely weather and the glorious fall colours. STARTA members have visited the following places, Chickakoo Lake, Beaver Hills, Pembina River, Elk Island, and a wolf/dog sanctuary. Mary O'Neill and her faithful dog, Woody, have visited each park in St. Albert and are now visiting parks in Edmonton. She specifically mentioned Hudson Park in Edmonton as being a new park she had not previously visited that was quite lovely.

One referendum question in the upcoming election is on the issue of equalization payments. An attendee reminded us of the nascence of these payments in a report from the 1930s. He further brought to our attention that Diefenbaker's government initiated equalization payments. These payments were enshrined in the constitution in 1982 and then payments to recipients were further enhanced during the Harper government under the guidance of Jason Kenney.

It was lovely to see STARTA members again. It seemed like it had been a long time since our picnic in July.



A Neat Place to visit in Alberta is **Yamnuska  
Wolfdog Sanctuary**

by *Emil and Rita Guzik*

Experience the majestic and wild nature of wolfdogs! This non-profit organization offers a variety of tours with the purpose of increasing awareness and educating the public on raising wolfdogs. Yamnuska Wolfdog Sanctuary is about a 10 min. drive from Cochrane, just north of Calgary, and currently houses 35 permanent wolfdogs.

We reserved an interactive tour for 12:00 pm at the Sanctuary. It is very popular and probably NOT worth going if you are not on an interactive tour. On the way back, we stopped at Pasu Farms for a meal. Excellent homemade food at a reasonable price. If you are a scone fanatic, you hit the jackpot, as they make excellent scones. We really enjoyed

our day trip. (phone # 1-587-890-9653) Website:  
<https://www.yamnuskawolfdogsanctuary.com/>

Here are a couple of suggestions to make your visit successful:

- 1) Be sure you have a reservation for the interactive tour of the facility. Do not be late!
- 2) I recommend two drivers but I drove all the way there and back.
- 3) You should have a liking for big dogs.
- 4) Finally, if your GPS does not register Yamnuska Wolfdog Sanctuary, put it on Cochrane.
- 5) If you stop at Pasu Farms, (highly recommended) be sure you check their open times.
- 6) For further information, check it out at

### **The Famous5 Foundation**

Recently we've been receiving invitations in our STARTA email from the *Famous5 Foundation* to attend their virtual pink teas. The Foundation is centered in Calgary, but have moved to a virtual meeting format while meeting in person is not possible.

“The Foundation’s mission is to empower women and girls to courageously lead change that contributes to a society without boundaries for women, in the spirit of the Famous Five.” (a quote from their website)

You will remember the famous five: Emily Murphy, Nellie McClung, Henrietta Muir Edwards, Louise McKinney and Irene Parlby who worked together on the famous “Persons’ Case” in the late 1920’s and were leaders in causes related to women and children. To read more, go to the Famous 5 Website <https://www.famous5.ca/> You can read biographies of the Famous 5, their work, and the origin of the “pink tea”. I found it fascinating reading.

Here is the information about the next virtual pink tea. One is also planned for December 3, 2021.



FAMOUS 5 FOUNDATION  
VIRTUAL PINK TEA CONVERSATIONS

Come be inspired by these  
courageous leaders!

**BGen. Krista Brodie**  
VP, Logistics & Operations  
Public Health Agency of Canada

and our VIP Host

**Dr. Jean Slick**  
Program Head & Associate Professor,  
Disaster and Emergency Management,  
Royal Roads University



Brigadier-General Krista Brodie



Dr. Jean Slick

## Danger & Leadership

PRESENTED BY



Friday, November 5, 2021 - 12 pm MDT / 2 pm EDT / 3:30 NT

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famou5  
FOUNDATION

**Flu Shots:** Don't forget to be vaccinated against influenza. One study has shown that regularly availing yourself of the flu vaccine reduces your risk of dementia by 14%. That is just one more reason to get your flu vaccine. Flu vaccines for the general population in Alberta are available after October 18th.

Here is a link for more information about this year's flu vaccines.

<https://www.albertahealthservices.ca/influenza/influenza.aspx>

### Get your COVID Vaccine Record:

You can get a record of your vaccine at the following site.

<https://www.alberta.ca/covid19-vaccine.aspx>

You will need your health care number, your birthdate and the month and year of one of your COVID shots. You can download the record onto your health app on your iPhone (it is a red heart icon). You can also get a water marked paper copy for free at any Alberta registries site.

**The COVID 19 Booster Shot:** If you are over 75, and you had your second COVID shot 6 months ago, you are now eligible for a booster shot. If you have a serious health condition you should also check to see if you are currently eligible

for the booster. This article explains the difference between a booster shot and the double vaccine dosage. The writer posits that booster shots may not be needed by everyone, but the article was written in August and further information about how the vaccine's effectiveness wanes over time has become available. It increasingly appears that we will need booster shots and when the government indicates you are eligible, please get the booster to protect your health.

<https://lifehacker.com/whats-the-difference-between-a-third-dose-and-a-covid-b-1847563298>

### **More COVID Information:**

Here is a link to the group of doctors who are regularly reporting on COVID in order to enhance the health and safety of Albertans.

<https://www.youtube.com/channel/UCXWblAge6ZMLkLFDjTtRwwQ>

**Coming soon:** A website that is focused entirely on ARTA benefits.

### **New Choices in the Retiree Benefit Plan:**

For more information go to:

<https://arta.net/2021plansummary>

### **A Reminder to Activate Your Boom Card for savings.**

This is another benefit of being a member of ARTA

If you are renewing your account visit:

[https://resources.boomgroup.com/en-ca/arta\\_renew21](https://resources.boomgroup.com/en-ca/arta_renew21)

If you are opening a new account use the following steps

- 1) Go to <https://boomgroup.com>
- 2) Click on Member Login button (green button, upper right)
- 3) Click on sign up
- 4) Enter your five-digit ARTA membership number (found on ARTA member card)
- 5) Enter the activation code: teach21
- 6) Activate and start saving.

**Advocacy:** At the ARTA AGM on October sixth there was a presentation by the ATA. It was recommended that we carefully consider the stance of candidates for school trustees on two issues in particular. Carefully consider the



nominee's position on COVID and COVID safety measures and their position on the UCP curriculum for Kindergarten to Grade 6. They indicated that we should continue to write our MLAs and the education minister regarding the curriculum. They made the point that government politicians may choose to not respond or to make a minimal response for controversial issues in the hope that the concerned parties will either give up or forget the issue. Remind them that you are still wanting them to "do better".

**Remembrance Day:** Over one hundred years separate us from the first Remembrance Day. The importance and relevance of the act of Remembrance has not diminished. The strife may have been international but the cost was born by individuals, their families, friends and local communities. Lives were lost and the trajectory of many other lives changed, sometimes in an action that only took a split second. There were deaths that inflicted the wounds of grief in loved ones. There were countless others who returned but whose lives were forever altered by wounds and injuries both visible and invisible. While the travails of war often lead to scientific advancements its cost to society has a by far greater impact and is accounted for in those things we cannot measure. It is accounted for in hearts and souls and the loss of talents, energy, and skills. These sacrifices were made for the higher calling of freedom and the protection and defence of fundamental human rights. Peace is something humans almost universally long to either maintain or attain. We want to live and more importantly we want to live in harmony with family, friends, and community. Yet even this longing must sometimes be subjugated by a resolve to stand up for our beliefs and for basic human rights. Canadian Veterans went into service with the hopes, dreams, and fears that we all understand. They had strengths and weaknesses just as we have strength and weaknesses, but this only makes them more relatable to us. They believed in a purpose greater than themselves, they believed in and relied on their comrades, they believed in a better world and as a result they changed the world. These are just some of the things we contemplate in silence on Remembrance Day.

**The Khaki University:** One aspect of serving in war is the waiting for deployment. Sometimes these time periods stretched out and one can only imagine the anxiety and the patience required to endure the wait. At the beginning of WW1, Chaplains and others began informal lessons for those who

lacked education as a way to make good use of the time spent waiting. Many members of the military saw that there was an opportunity for greater success post war if they availed themselves of educational enhancement. Eventually more structure was added to these efforts with the result that the “Khaki University” was developed. This University gave classes across the educational spectrum including courses with university accreditation. Classes continued after the declaration of peace as once again members of the military waited, this time for transport home. The Khaki University was re-established during WW2.

**Hill 70:** The capture of Hill 70, in August 1917, was a major achievement by a Canadian Force. It was the first time a Canadian Commander (Lieutenant General Arthur Currie) had led a Canadian force during a major action. Hill 70 was a treeless elevated area overlooking the occupied and devastated City of Lens. Currie believed the hill’s capture would draw the Germans out of their positions allowing the Canadians to attack them. The ultimate goal was for the allied forces to take Lens. At the end of this battle’s first day the Canadians had suffered 1056 dead, 2432 wounded and 39 prisoners had been taken. It is unknown how many German casualties there were. Eventually Hill 70 was taken by the Canadians. Six Victoria Crosses were won by Canadians as a result of their actions in this conflict. Their names are Private Michael O’Rourke (stretcher bearer), Major Okill Massey Learmonth (he climbed atop a parapet and threw grenades on the German soldiers below), Sergeant Major Tolbert Hill Hanna (he charged a machine gun installation and took it), Sergeant Frederick Hobson (after in his trench were killed he manned the gun until it jammed whereupon he grabbed a rifle and advanced on the enemy to hold them off until the gun was repaired), Corporal Felip Konowal (he twice engaged a number of the enemy single handedly, he was severely wounded in the second of these ventures), Private Harry Brown (he endured a severe barrage that shattered his arm but continued to run to deliver a message of major importance). Learmonth, Hobson and Brown were awarded their Victoria Crosses posthumously.

## **The National War Memorial**

The National War Memorial, made of granite and bronze, is called “The Response” and is located in Ottawa. It was designed by Vernon Marsh and dedicated by King George VI in 1939. At this dedication King George said,

“The memorial speaks to her world of Canada's heart. Its symbolism has been beautifully adapted to this great end. It has been well named "The Response." One sees at a glance the answer made by Canada when the world's peace was broken, and freedom threatened in the fateful years of the Great War. It depicts the zeal with which this country entered the conflict.”

The memorial was originally built in Remembrance of veterans of WW1 but was rededicated in 1982 and yet again in 2014 to include the dead from WW2, Korea, the second Boer War and Afghanistan as well as all past and future Canadian veterans of conflict. It is the site of the National Remembrance Day Observances on November 11<sup>th</sup>, attended by veterans, the Governor General, The Prime Minister, the Silver Cross Mother as well as representatives of the Armed Forces, RCMP, youth and the diplomatic corps. If a member of the Royal family is in Canada, they will also attend the Memorial on Remembrance Day.

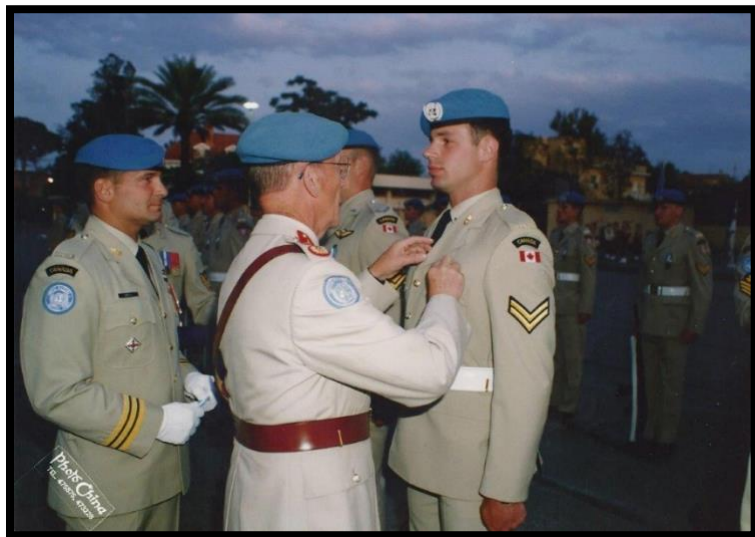
Vernon March of Kent, England was assisted in creating this memorial by his six brothers and sisters. His siblings continued the work on the Memorial after Vernon March's death in 1930. The monument is comprised of 22 bronze figures that include depictions of infantrymen, a mounted cavalry man, a mounted artillery man, an aviator, a sailor, a sapper, a forester, a stretcher bearer, and a nurse. These figures appear to travel beneath an arch.

*Last month, we asked our membership to send us pictures and a paragraph or two about any family members who served to protect our country. The following items are from our members:*

**Corporal Craig Keane**

These are photos of our son who served with the United Nations Peace Keeping Corps in Cyprus in 1994-1995 as part of the Royal Canadian Artillery Regiment. He was very proud of his work with the Peace Keeping Corps. Sadly, our son passed away from brain cancer in 2014.

*by Emilie Keane*

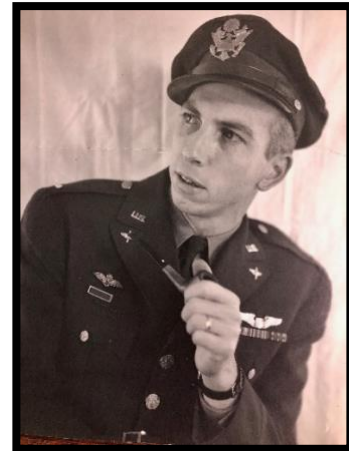


### **Bob Kiriakides Sr.**

Bob Kiriakides Sr. was unique in that he flew with the RCAF, RAF and then, after America entered the war and ordered its citizens to return to serve with the American Forces, as a pilot with the American Army. He had become a pilot in the 1930s and at the

very beginning of the war flew planes from the manufacturer to just south of the Alberta/ Montana border. The planes were then pushed across the border so that the United States as a non-combatant at the time would not be in violation of International Law. After that he came to Canada and joined the RCAF. He met my husband's mother when he was stationed at Blatchford Field. He was checked out to fly over 6 different military planes and flew numerous bombing missions. Towards the end of the war he was an Army photographer and took pictures both from the air and on the ground. He survived the war and flew with Miami airlines. He was returning to Miami as a passenger when the plane went down killing all aboard. This crash occurred six weeks before my husband's birth. These pictures show him in his three different uniforms, a plane he piloted inscribed with my mother-in-law's nickname and a picture of him with his Hasselblad camera.

*by Janet Kiriakides*



### Truth and Reconciliation

*We recognize, acknowledge, and honour the ancestral, traditional First Nations territories on which we live and the contributions of all Indigenous People to our community and to our nation.*

## **The First Nations and Canadian Military Operations.**

Over 12 000 Indigenous individuals have participated in Canadian military operations since the start of the twentieth century.

Approximately 4000 (about 1 in 3) Indigenous men served in the First World War, sometimes overcoming language barriers to serve. Skills such as stealth, patience, and good marksmanship that had been acquired in their communities were valuable to their war contributions. Several were noted snipers, others served as reconnaissance scouts.

At least 3000 Indigenous Canadians are recorded as having served in World War 2. This number does not include Métis and Inuit members of the forces. In the Second World War Indigenous Canadians once again served as scouts and marksmen. You may have read of Navaho code talkers but in the Canadian forces the code talkers were Cree. Using Cree to preserve military secrets was an important First Nations' contribution. Most Indigenous military service was with the army, but some served with the navy or air force. Indigenous communities across Canada assisted with the war effort by donating money, food, and other necessary items. Portions of reserves were opened up, for use by the military. The First Nations people of British Columbia, Ontario and Manitoba contributed so much that they were awarded the British Empire Medal.

During the Korean conflict several hundred Canadian Indigenous people served, many were already veterans of WW2.

Since the Korean conflict, Indigenous members of Canada's military have served on NATO missions and participated in Afghanistan. Others have served as Rangers in Canada's Far North protecting Canada's border and national interests.

The contributions of Canada's Indigenous people to our country have been recognized in several ways. Their heritage is evident in the naming of three HMCS ships, the Cayuga, Huron, and Iroquois. November 8th is Indigenous Veterans Day and an observance is held at the National Aboriginal Veterans' Monument in Ottawa.

### **The National Aboriginal Veterans' Monument**

This monument features the elk, bison, bear and wolf; animals recognized by their specific characteristics as spiritual guides by First Nations' people. The values represented by these animals encompass, tenacity (the bison), wariness (the elk), family values (the wolf) and healing powers (the bear). It has four men and women from different Canadian Indigenous groups. The monument has utilized four animals and four people as this number has spiritual importance. Balance is featured and so the sculpture has two women and two men, two predators and two prey, two weapons and two objects representative of peace, the eagle feather fan and the peace pipe. The artist felt it important to include two women not only for their service in the forces but also their role in keeping the family going while the men served. There is a lengthy inscription. The final sentences of this inscription read, "We who would follow in their path are humbled by the magnitude of their sacrifice and inspired by the depths of their resolve. We owe them a debt of gratitude we cannot soon hope to repay". At the top of this monument is a bronze eagle to represent triumph, the Great Creator and communication between man and the Great Creator. This monument was unveiled on June 21, 2001, by the Governor General at the time, Adrienne Clarkson. It resulted from the concerted efforts of the Aboriginal Veterans Association, the Congress of Aboriginal Peoples, and Senator Nick Taylor. The monument is the work of artist Lloyd Pinay.

Lloyd Pinay, an artist, and sculptor from Saskatchewan, designed the monument to honour the varied heritage of the Indigenous Veterans of Canada. Pinay has a mixed heritage of Plains Cree, Plains Ojibway, and

Sioux. His father was a veteran of WW2 who was seriously wounded near the end of the war.

### **Some Indigenous Veterans**

Cpl. Francis Pegahmagabow, an Ojibwa from the Parry Island Band in Ontario, was decorated three times for his service as a marksman and scout in Belgium. He was wounded in the leg at Passchendaele. He recovered and continued to serve. In April 1919 he was wounded again and this time returned to Canada after having served almost the entirety of WW1. He later became Chief in his community.

Sgt. Frank Jérôme, a MicMac from Quebec, was also decorated three times. He saw action in France and Belgium including Passchendaele, Hill 70, Vimy Ridge and Canada's 100 days. He was wounded and served three years during WW1. Upon return to Canada, he contracted influenza and took months to recover from it.

Henri Louis Norwest, Métis, born in Fort Saskatchewan, Alberta, was an outstanding sniper and deemed an inspiration to his fellow soldiers. He spent large amounts of time in "No man's land" and sometimes went behind enemy lines. He was at Vimy Ridge and the Battle of Amiens. He was killed instantly by an enemy sniper on August 18th, 1919.

Private George MacLean, who was a veteran of the Boer War, served in WW1. He was a member of the Head of the Lake Band in the Okanagan. Single handedly and in spite of a wound by a sniper he captured 19 prisoners. As a result of his wound he was returned to Canada.

Sam Glode, RCE, a Micmac from Nova Scotia was responsible for tunnelling, road work and other engineering projects. After peace was declared the engineers became responsible for dismantling mines and other explosives as part of an occupation force. On the 19th and 20th of



November 1919 he personally dealt with 450 charges without regard for his personal safety and with devotion to duty.

Thomas Charles Longboat, an Onondaga from the Six Nations Grand Reserve was a World Champion long distance runner. He had won thousands of dollars in his sports career when he enlisted. He was wounded twice and returned home in 1919. He is a member of the Canadian Sports Hall of Fame and the Indian Hall of Fame.

Edith Anderson Monture, from the Six Nations Grand Reserve, served as a nurse overseas. She served with the American Medical Corps. She returned from the war and continued to work as a nurse on a casual basis until 1955.

Flying Officer Willard John Bolduc, an Ojibwa from Ontario, earned, as a result of his work as an air gunner during bombing raids in 1943, the Distinguished Flying Cross (DFC)

Sgt. Thomas George Prince, an Ojibwa- Saulteaux of the Brokenhead Band in Manitoba was awarded two gallantry medals in WW2 for his work as a paratrooper. He served as part of the "Devil's Brigade" (as they were called by the Germans) a combined Canadian and American group. The group went behind enemy lines and engaged in sabotage. He once repaired a communications line in full view of the enemy by donning a farmer's clothing and pretending to work the field.

Brigadier Oliver Milton Martin was a Mohawk from the Six Nations Grand Reserve. In civilian life he was a teacher, principal, and a magistrate. He reached the highest rank achieved by an Indigenous Canadian. He served in both World Wars.

Lt. David Georges Greyeyes, from the Muskeg Lake Cree Band in Saskatchewan, was honoured for a variety of roles. He was superb in the use of the machine gun, the rifle and in drill instruction. Later he served as

a platoon leader on a number of battle fields. He was awarded the Greek Military Cross for his work in support of the Greek Mountain Brigade. After the war he resumed farming and married fellow veteran, Flora Jeanne. Later he was a Chief of the Muskeg Lake Band. He also worked at Indian Affairs eventually becoming Regional Director of Indian Affairs.

Flora Jeanne was one of the first Indigenous women to join the RCAF.

CPO George Edward Jamieson, a member of the Six Nations Cayuga band served on the following HMCS ships, the Stadacona, the Drummondville, the Cornwallis, and the Stadacona. He also served as an instructor teaching specifically about anti-submarine torpedoes. He served in both WW2 and Korea. He ended his service in 1960 and worked as a corrections officer and then as a councillor at a drug and alcohol treatment centre.

**Next STARTA Event Zoom Coffee & Chat: November 5 at 10:30 am.**

Decisions about STARTA events will be made on a month-by-month basis. Although we had hoped to go back to our regular 'first Friday of the month' breakfast meetings, we are now concerned about the continuing concerns about Covid cases, general hospital admissions and ICU admissions. So, on the first Friday in November, because we cannot have an in-person meeting, you are invited to join us by Zoom for a '*Coffee & Chat*' session.

**Time: Nov 5, 2021 10:30 AM Mountain Time (US and Canada)**

**Join Zoom Meeting**

<https://us06web.zoom.us/j/88028631232?pwd=UytmQXJOZlYyZjhtQVZFUVdnTm5DQT09>

**Meeting ID: 880 2863 1232**

**Passcode: 623224**

**Phone access: 1-587-328-1099 (May mean long distance charges.)**

**To have the telephone access information, contact [mroberg@telusplanet.net](mailto:mroberg@telusplanet.net)**

Watch the News Bulletin in mid-November for information about our  
'first Friday' in December event.

*Thank you to everyone who contributed to this News Bulletin!*