

PEI Seniors' News

PEI Seniors' Secretariat

October 2012

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Celebrating National Seniors Day



October 1 is Canada's National Seniors Day. This special day is a time to recognize the contribution older adults make in our communities, families and workplaces.

As Minister Responsible for Seniors, it is my pleasure to participate with the Seniors' Secretariat on October 1 in the annual PEI *Senior Islanders of the Year* celebration. This year's recipients care for their fellow citizens through dedicated community service. Whether through fund-raising, mentoring children and youth, nature conservation, community leadership or culture promotion, this year's recipients are wonderful examples of the benefits of participating in your community.

October 1 also marks the beginning of Intergeneration Week. During this week I encourage Islanders to reach out to people of different generations to learn what makes us all unique. For ideas on ways to celebrate Intergeneration Week go to: www.gov.pe.ca/seniors.

*Kindest regards,
Minister Valerie E. Docherty*

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Role of the PEI Seniors' Secretariat:

- To provide policy and program advice to government and community groups.
- Increase public awareness on topics of importance to older adults.
- Research and information

PEI Celebrates Intergeneration Week 2012

Intergeneration Week, October 1 – 6, 2012 is an internationally recognized week that encourages individuals, families, organizations and communities to gather and bond generations through communication, celebration and education. This year the Seniors' Secretariat is pleased to sponsor a story telling contest to promote age-friendly communities.

This contest inspired many wonderful entries from talented Islanders of all ages who highlighted the important connection between generations. Contest winners were:

First prize story: Four Generations of Bread Making by Donna Gallant

First prize poem: Leave a Little Bit of You Behind by Evelina Gregory

First prize song: Many Years Ago by Jock Beck

Second prize: My Son, The Superhero by Faith Dockendorff

Third prize: Their Past, My Future by Mary-Katherine Mossey

Honourable mentions:

An Old Country Lane by Connie Martin

The Year Without Skating by P. Susan Buchanan

Four Generations of Bread Making

By Donna Gallant

Knead, Knead, Turn..... Knead, Knead Turn.

It is getting close to Christmas.

The snow is gently falling and Roger Whittaker is singing "Tidings of Comfort and Joy" on the stereo. My Christmas cards are taped helter skelter on the door frames around the kitchen. The cheery Christmassy smiles of my children, grandchildren and loved ones surround me. I glance at them often as I mix and knead my Christmas raisin bread. Soon the intoxicating scent of newly baked bread will fill my kitchen...

Knead, Knead, Turn..... Knead, Knead Turn

My mother's first baking task was making a sponge at eight years of age under her mother's supervision.

In the 1930's bread was a staple of every household and not available in grocery stores. To make the sponge, Royal Yeast was dissolved and three teacups of flour and a teaspoon of salt were added to make a thick batter. This batter was the basis for the daily bread mixture.

Her mother, my grandmother, would set the bread nightly, cover it with coats and blankets, and leave it by the wood stove to rise over night. When the stove was lit in the morning, and the oven hot enough, the bread was shaped into loaves, and put into pans. Just before entering the oven, her mother would carve the sign of the cross into each loaf, as she prayed, "Thy will be done." Then they were baked in time for breakfast. Imagine waking up to that aroma every morning!

Knead, Knead, Turn..... Knead, Knead, Turn

This is not my first time making bread.

Growing up the eldest of nine children, I was often ready to take on other responsibilities from baby sitting to clothes washing to baking. I was fascinated by the rhythm of the

kneading and the folding of the bread dough as I watched my mother pound and turn the dough so rapidly. And then the finger poke to see if there was enough elasticity for the dough to rise quickly.

During her sixth pregnancy, my mother had severe back pain. One day she asked if I could help with the bread making. I was delighted. My little ten year old arms were not near as strong as hers, but standing on the kitchen chair, I got more height and was able to duplicate her motions.

From that day on I made bread quite regularly for the family.

Knead, Knead, Turn..... Knead, Knead, Turn

White bread, 60% whole wheat bread, 100% whole wheat bread, pumpernickel bread, multi grain bread, rye bread, and the list goes on. We only knew white bread in our youth, although our father made a yearly trip to Coleman to have his wheat ground into different kinds of flour. Most of it was wasted. My mother preferred CO-OP Enriched All Purpose White Flour. She still prefers it.

Knead, Knead, Turn..... Knead, Knead, Turn

My son Michael spent a year in Mali, one of the poorest countries of Africa. When he returned for a six month hiatus, one of his goals was to learn how to make bread. We started with the recipe I grew up with, Mother's white bread. When he grasped the basics of mixing and kneading, Michael experimented on a healthier bread recipe. For five months we were treated to many batches of his bread. Truthfully we have found nothing to match it in the grocery stores. So as I knead and turn the dough of Michael's bread recipe, I thank him again for those months spent with us. And I look forward to spending Christmas with him.

Michael's Bread Recipe

Mix together in small bowl:

1 ½ tbsp honey

2 cups lukewarm water

2 packages Fleischmann™ Traditional active dry yeast

Let rise.

In larger pot or bowl, mix

4 cups hotter than lukewarm water

1-3 tbsp honey

1 tbsp salt

2 tbsp oil

1/3 cup molasses

2 cups oatmeal

Raisins (optional)

When yeast has risen, add to above.

Then add:

4 cups whole wheat flour

7-8 cups white flour

Mix and knead until spongy and elastic to touch. Let rise about 2 hrs.

Cut and shape into balls for loaf pans.

Makes about 5 loaves, depending upon size of pans. Let rise again.

Bake at 400 degrees, for 15-20 minutes until loaves are browned and sound hollow when knocked.

Are you inspired?

There are many ways to celebrate Intergeneration Week.

You can:

- Visit an older or younger neighbor to discuss the Ageless Self (see below);
- Host a *Wit and Wisdom* pot luck and invite guests to share their favourite Island “sayings” they have heard;
- Visit Founders’ Hall and step back in time to learn more about Confederation.
- Connect with a family member of a different generation by telephone, letter, email or Skype;
- Learn about past generations by researching your family tree.



Make a “My Best Memory of You” certificate

Share your favourite memory of time spent with a relative, friend or neighbour by creating a certificate for presentation to someone special. You can find a certificate at www.somethingtoremembermeby.org

The Ageless Self

Age is more than a number. A person’s age has many meanings and the gradual passage of time surprises many of us because we feel essentially the same inside. The transition to seeing oneself as old doesn’t occur for many people until their 80s and is often linked to significant life events. Invite an older friend to tea to talk about this by sharing three things that they feel have not changed about themselves from the time they were younger until today.

Dream: A Tale of Wonder, Wisdom & Wishes



Have you heard about “Dream”?

Dream: A Tale of Wonder, Wisdom & Wishes is an award winning and inspiring story of the importance of dreams throughout life. This beautifully illustrated book can be enjoyed by people of all ages. In honour of Intergeneration Week the PEI Seniors’ Secretariat has made copies of this book available at library branches across PEI.

Minister of Tourism and Culture Robert Henderson
and PEI Seniors’ Secretariat Chairperson Mary Hughes

2012 Senior Islanders of the Year

The Seniors' Secretariat is pleased to announce the 2012 recipients of the PEI Senior Islanders of the Year Award. This award was created to promote positive images of aging and recognize and celebrate the many contributions of Island seniors. The award recognizes achievements in many areas, including; volunteer, artistic, fund-raising, community activities, education, professional, fitness/recreation, and other activities.

This year the Secretariat is pleased to recognize:



Community Services and Seniors Minister Valerie E. Docherty (center) and the 2012 Senior Islanders of the Year Award recipients (L-R) Doreen Wooder, George Olscamp, Joye MacKenzie, Garnet Buell and Antoine Richard.

Garnet Buell - this resident of Murray River is a long-time community volunteer, fundraiser, songwriter, and conservationist. An accomplished acoustic guitarist, fiddle, mandolin and bass guitar player for over 60 years, Mr. Buell has produced four CDs. Mr. Buell is a member of the Community Council in Murray River and has played an active role in supporting the restoration of the Grist Mill. He also helps to organize community recognition of Remembrance Day and special holidays. Known as the “Ceilidh’s King”, Mr. Buell gives generously of his time and talent at benefits and fund raisers for causes such as the QEH Equipment Drive, raising \$270,000 in his community in 2011; the Macphail Homestead and the Northumberland Fisheries Festival. He is also well known for his efforts to protect wildlife and fowl through the creation of 17 ponds that foster an appreciation for nature in all who visit. As a legacy gift for the benefit of current and future generations, Mr. Buell has donated 100 acres to the Island Nature Trust.

Joye MacKenzie – this Charlottetown resident describes her volunteer school as “my second home.” Joye MacKenzie has volunteered at Glen Stewart school every morning of every school day for the past 19 years. She works with small groups or individual

students who need support. She is the coordinator of the school's breakfast program, arriving each morning to ensure students begin their day with a healthy breakfast. As well as helping to prepare, serve and clean up after, she recruits and maintains volunteers, secures monetary and in-kind donations for the program and collects food donations. Joye celebrated her 10th anniversary as a volunteer with the literacy support program, Project Love in 2003. Noted as "a friend, mentor and guide for countless students," Joye has a special gift of being able to recognize, offer a special word of cheer and encouragement to students who need it the most. Nominators cite Joye as an individual who has touched the lives of many people in a positive way. "Students love to have their turn to read or work with Joye."

George Olscamp - this resident of Summerside has defined a legacy of community volunteerism. He is engaged as a fulltime volunteer with a variety of charities including the Kinsmen Club, Saint Paul's Church, Knights of Columbus, Canadian Cancer Society, and Meals on Wheels. A naval veteran of World War II, Mr. Olscamp offered leadership within the Royal Canadian Legion as the President of Provincial Command and President of the Summerside branch for two years. As part of this leadership, he was instrumental in forming a bursary fund to assist members' dependents with their education costs. He was appointed as a member of the District Client Advisory Committee of Veterans where he served for nine years. He has received the Meritorious Service Medal and Palm Leaf, the Royal Canadian Legion's highest honour. Mr. Olscamp was honoured as Legionnaire of the Year in 1985, 1992 and received a Veterans Affairs Commendation in 2010 and was named Summerside's Citizen of the Year in 1995.

Antoine Richard - this resident of Wellington, has had an accomplished career as an administrator, business man, civil servant and office manager for Employment and Immigration Canada, and president and director of the Acadian Pioneer Village. In addition to his career accomplishments, Mr. Richard has demonstrated his support of continuing education through his involvement as President of Unit 5 School Board, President of the PEI School Board Association, member of the Holland College Board of Governors and the Holland College Finance Committee. Antoine is also a keen supporter of culture and heritage and has been a member of the Board of Directors of the Acadian Museum, Evangeline Acadian Committee, co-founder of the Tisou cultural camp and organizer of Canada Day Celebrations for Acadians of PEI, Festival Acadien, and vice president of Acadian Games. Antoine understands the importance of health services and has participated in a number of health related committees including the Summerside Hospital Foundation, PEI Health Policy Committee, member of the Evangeline Area Health Pilot Project Committee and as former president of Prince County Hospital. Antoine Richard has previously been recognized as Acadian of the Year.

Doreen Wooder - this resident of Ellerslie supports both her fellow parishioners in church life and her fellow community members. In 1999 when the Stewart Memorial Hospital Auxiliary welcomed its newest member, an energetic Doreen met the challenge by announcing, "I'm new to the area and I'm ready to become involved." Becoming involved is one of Doreen's gifts. She is described as being "ready to lend a hand as she rallies others for action." As a founder of Tyne Valley Meals on Wheels, Pastoral Care Committee, founder of the West Prince Angel Network and former coordinator of Kuddles for Kids (a group which makes teddy bears for children in developing countries) Doreen has touched the lives of many. In her parish, Doreen supports church life as a greeter, secretary of the Church Council, in leadership matters, care of the church property and

in her support of fund-raising benefits. Over the years Doreen has proven to be a dedicated and tireless worker who remains engaged as a member of the Stewart Memorial Hospital Auxiliary and active with the PEI Association of Healthcare Auxiliaries. As described in her nomination, “Doreen Wooder is a dedicated lady with a passion for helping others through her work ethic and remarkable task focus. Where the aim is for the betterment of resident physical and spiritual well being, no obstacles are formidable, no chores too mundane. Simply put, her spirit and will to make a positive difference is indomitable.”

Congratulations to this year’s recipients!

Coming Events!

October

October 1 PEI Senior Islanders of the Year announced
International Day of Older Persons

October 1-6 Intergeneration Week

Do you have your copy of the 2012 PEI Seniors’ Guide?

Call 1-866-770-0588 for your copy today!

Seniors’
Secretariat
— of Prince Edward Island —

We are on the web:

www.gov.pe.ca/seniors