

FREE
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SENIORS OWN ECHO

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ALSO
 Was that you in today's obituaries?
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Adopt-a-Gran aids the elderly

"We are so blessed to live in a country like this," comments Lucy Graf. The Kamloops woman has spent the last three years promoting the adopt-a-gran program in our fair city. Almost 70 years old herself, she has adopted four grans and has been hard at work convincing others that they should too.

"It's a very heartbreaking and demoralizing project I am on," tells Lucy "People don't want to be bothered, I don't know how to motivate them."

The adopt-a-gran program is an international program in which is solely dedicated to helping seniors in developing countries. It first emerged in Canada in 1975 and has been spreading across the country since then. The program is designed to help destitute elderly citizens in poor countries survive and have access to the basic necessities of life,

Organizer and promotor for the Adopt-A-Gran program in Kamloops, Lucy Graf, hopes that through her work others will be inspired to help seniors in developing countries. She states, "The elderly are discarded people in some poor countries. They are just left on their own to die."

food, shelter, and medicine.

"The elderly are discarded people in some poor countries," continues Lucy "They are just left on their own to die. This is very difficult to get through to people. You could change an elderly persons life."

The program is much like a child sponsorship program but it sponsors grandparents instead of children. Much like orphans and poor children in developing countries, elderly people also face the same challenges and hurdles. Many are found abandoned on the street by local organizations, and some referred by community members. For \$25

a month or 83 cents a day, an elderly person in the Dominican, Grenada,

Haiti, India, Jamaica, parts of

Africa, or Sri Lanka gets sponsorship. They receive

food, clothing, shelter, and medical attention when

required. Some of the grans are found accommodation in

their communities, while others must be placed in care

facilities. You can choose a gran to sponsor, you receive

a letter, picture, and history of your adopted gran and

are encouraged to write letters and correspond.

900 sponsors have adopted currently over 1000 grans. Lucy

herself has adopted four grans in various countries and estimates

about a dozen more people in Kamloops have also

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REMEMBRANCE DAY BABY



In keeping with a 14-year tradition, the Ladies Auxiliary 290 and unit members presented a gift to the first baby in Kamloops born on November 11 after the 11th hour. A baby layette was given to Myles and Jacque Tuba and baby girl, Kayle Michelle. Kayle was born at 11:32am, weighing seven pounds, eight ounces.

Pictured here from left to right in the back row is Cathy Dickson, executive; Christine Watier, president; Nadine Kammerer, past president; In the front row are Mom, Jacque Tuba and Baby Kayle.

Program aids the elderly in developing countries

—Continued from page 1

adopted their own gran. She just recently could be found at Sahali Centre Mall in a booth designed by her to promote her cause and you can find information posters around town.

"It rewards your heart," furthers Lucy "There is no plaque for this kind of work, no ceremony to reward my adoptions, just my heart."

More than just a sponsor, Lucy has taken this cause into her heart and made it a major part of her life. She started, had a few articles written, and now hosts a booth and makes presentations to create awareness in the community. She knows that she doesn't have the power to help all the people in the world, but that with some love, compassion, and understanding, we can help one person at a time. Returning humanity to just one person makes it all worthwhile to her.

"At one time I thought I couldn't

help anyone in other countries," ends Lucy begins at home and we all have our special charities that we donate to, this is true, but I submit to you that we can do just a little bit more, we can help the destitute elderly in poor developing countries. One of my grans has a wheelchair because of my support, where as before she had to wiggle herself around because she has been crippled since a child, one a Tsunami victim who was found in a camp and placed in a care facility due to debilitating arthritis, one who now has a small room to call home and is extremely grateful for shelter, and one now through sponsorship can eat daily where as they weren't before."

Lucy and others like her are changing the world for one person at a time, for more information about her and her work you can visit helptheaged.ca or reach her at 371-4966

War Brides recognized with special pin

War Brides recognized all across Canada

In 2006 it will be 60 years since the majority of the 44,000 War Brides who came to this country journeyed across the Atlantic. The war ended in May 1945 and for the balance of that year (and into January 1946) all available shipping carried Canadian soldiers, sailors and airmen back to their homes. Some of the men had been away since December 1939. February 5 1946 saw the Mauretania leaving Liverpool, for the first time carrying all-warbride passengers. It was a really rough crossing and many of the children aboard were quite ill. They docked in Halifax on February 9, and many who were settling in Eastern Canada disembarked. Those going to the West had to wait one more day. By the end of 1946 45,320 War Brides had made the journey.

Month after month, and province by province, we have seen the Year of the War Bride recognized in Canada.

New Brunswick became the first province in Canada to declare 2006 Year of the War Bride. The first recognition of The Year of the War Bride was the ceremony at Pier 21 on February 9, marking the arrival sixty years previously of the first all-war bride sailing of the Mauretania. Many war bride groups sent representatives,

February 9, 2006 - Manitoba declared

2006 Year of the War Bride. March 30, 2006 - PEI declared Year of the War Bride. April 3, 2006 - BC declared 2006 Year of the War Bride and June 13, 2006 Ontario declared Year of the War Bride!

War Brides pins and memorabilia

Beautiful metal War Bride pins can be purchased from the University of Saskatchewan's Diefenbaker Center. Call 306-966-8382 or email Terresa A. DeMong, tad720@mail.usask.ca for more info.

Exclusive to the very information website CanadianWarBrides.com are custom made family history commemorative certificates. Each certificate is lovingly crafted and printed on heavy bond stock. No two certificates are the same because they contain the original personal wedding photographs, archival documents and images of the individual war bride and her husband as well as genealogical details of their family. For more information contact Melynda Jarratt at Melynda@CanadianWarBrides.com

Canadian Government says a big NO to the Year of the War Bride!

On November 1, 2006, Heritage Minister Bev Oda denied the request for 2006 to be labeled the Canadian Year of the War Bride:

Dear R.H. Addington,



Thank you for your correspondence of October 6, 2006, regarding the 60th Anniversary of the arrival in Canada of the War Brides. I appreciate your advising me of your views and have carefully noted your comments on this matter. While the Government of Canada acknowledges the vital role that War Brides played in building our nation, it does not plan to proclaim 2006 as the Year of the War Bride. I regret that my reply could not be more favourable. Please accept my best wishes. Yours sincerely,

Bev Oda, P.C., M.P.