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September 2017 — VOL. 15 NO. 9

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CIRC. 3,250

Above, Canada Geese watch the neighbours having fun across the pond. during the last days of summer

## CARIBOU PLANS

- Caribou Range plans threaten economy, Get Involved - p. 10
- Rise in shingles disease and what you can do about it - p. 5
- Downtown Fall Festival and Revitalization - p. 4 & 8



**FALL  
INTO CASH**

**SEE PAGE 6**

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*See page 7*

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## From Sagitiwa to Whitecourt A Salute to the Pioneers - Part 5

By Jerry Graham. Thank you to John Dahl and the late Vic Young for their help in obtaining original manuscript.

Continuing, we come to the homestead of one, Challoner J. Stiles, (now Roy Merrifield's place) quite an active politician, and the party who attended to the making and maintaining of roads, although neither task involved much in the way of

*(Continued on page 14)*



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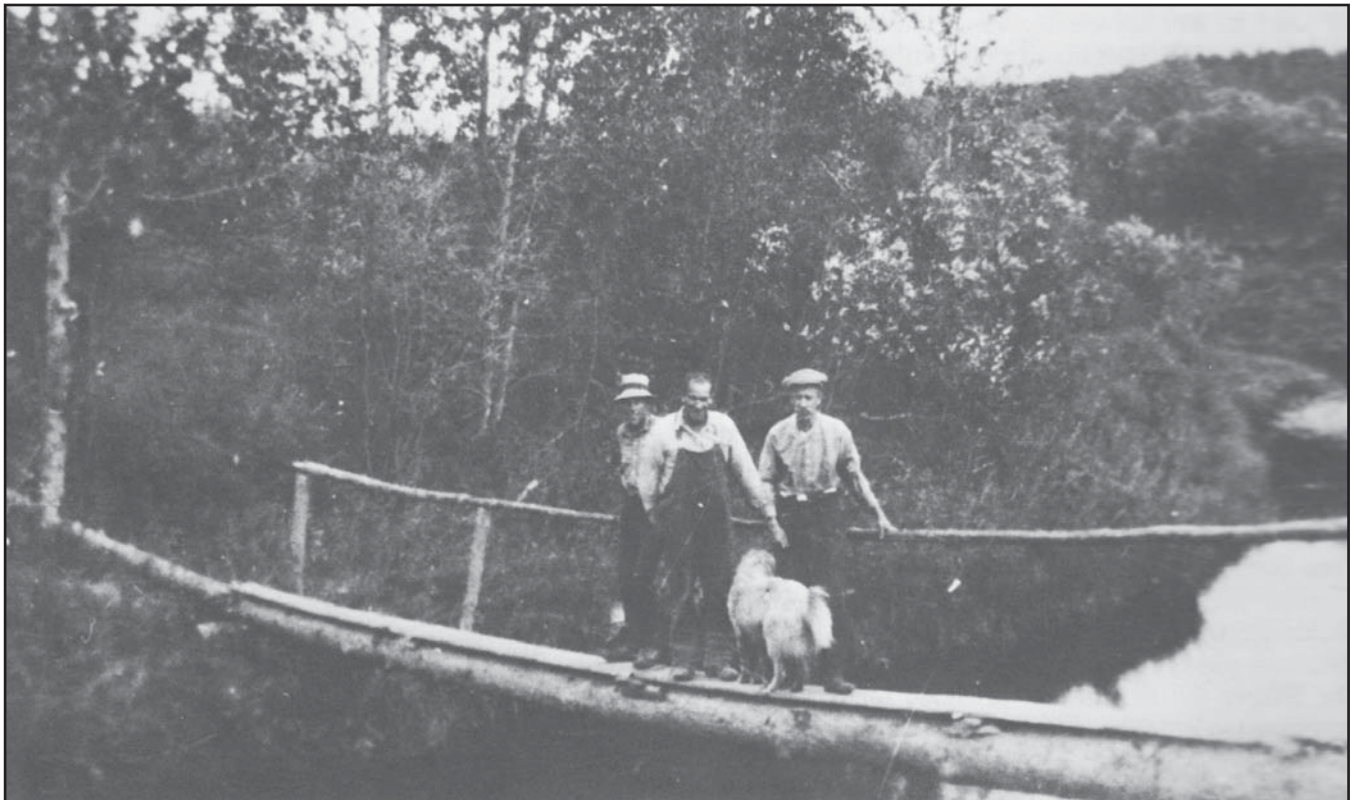
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*First bridge over the Beaver River on the Baxter homestead. L to R., Leo Baxter, Jim Hammond and Syd Smith*

## What's Up in Whitecourt

### Caribou, Forestry & You

#### Public Awareness Panel

Thursday September 7th, 6:30 – 9:00 PM

St. Joseph Parish Hall

### Fall Festival 2017

September 16, 11 am - 4 pm

The Downtown Business Association presents this outdoor event featuring local retailers and sidewalk sales. Enjoy the outdoor market, buskers, local musicians, food truck frenzy, face painting and kids activities.

### Big Bang Mud Run

September 16

The 3rd Annual big Bang Mud Run features a 7 and 12 km course combining terrain, obstacles, inclines and mud to challenge your physical strength, determination and strength. Located at the Whitecourt Meteorite site, 10 kms southeast of Whitecourt. Space is limited to 350 runners.

### Nomination Day for the 2017 Municipal Election

September 18, 10 am - 12 noon

The Returning Officer will be accepting nomination forms for the Office of Mayor and Councilor at the Whitecourt Town Office.

### Night Out in Whitecourt (NOW) Event

September 22, 7 - 9 pm

Get together with new friends and neighbours for Dodgeball Night, in the Fieldhouse of the Allan & Jean Millar Centre.

### Blue Ridge Logging Days

September 22-24

Alberta's only Logging Festival hosted in the Logging Capital of Canada. Featuring Alberta Northern Regional Axe Throwing Competition, and Northern Alberta Wood Carvers Association.

### Fall Fest

September 30, 2 - 5 pm

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## **Downtown Revitalization Webinar**

The Whitecourt and District Chamber of Commerce invited people to a free webinar last month, held by downtown revitalization guru Roger Brooks. The series is entitled *The Resurgence of Downtowns: The Step-By-Step Process*. As a sidenote, Brooks was hired at a substantial cost by the Town, and compiled an excellent report, some years ago. This and other Town studies on downtown revitalization were not followed up as well as they could have been.

The first webinar offered some pointers on why a lack of progress can occur. Key to overcoming the inertia is getting a high profile, well connected champion, who has the time to devote significant effort to downtown revitalization. The idea would be along the lines of the significant accomplishments in preserving our town history. Without the efforts of past mayor and influential business person John Dahl, it is highly unlikely the historical record of the Town would be anything near what it is today. The same type of champion is needed for downtown revitalization.

The first presentation in *Resurgence of Downtowns* series, demonstrated why downtowns are back and more important than ever. Brooks then went into details on nine key points besides the idea of putting a committed leader in place.

The discussion centered around 9 key points:

*(Continued on page 7)*



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"Between 1999 and 2003, the chickenpox vaccination rate among children 19-35 months of age increased from 66% to 89%. Cases of shingles in all age groups (including the elderly) increased by 90%, a highly significant trend. Cases of shingles in the 25-44 year age group significantly increased by 161%"

## Shingles disease on rise

*With excerpts from the Internet*

First the basics. Shingles is a painful skin rash. It is caused by the varicella zoster virus, which is the same virus that causes varicella disease, better known as chickenpox. After a person recovers from chickenpox, the virus stays dormant in the nerve system and can reactivate many years later, causing shingles.

Shingles in adults is becoming increasingly commonplace. Dr. Craig Hales, a physician and epidemiologist at the U.S. Centers for Disease Control and Prevention (CDC) states that shingles rates have increased by 39% from 1992 to 2010 among adults older than 65 years of age in that country. Other studies have shown that between 1999 and 2003, cases of shingles in all age groups (including the elderly) increased by 90%. Cases of shingles in

*(Continued on page 21)*



## COMMUNITY *Advisor*

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"The liberty of the press is the palladium of all the civil, political, and religious rights." - Junius

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## First Day of School Rules

A wise old teacher waited until her class got settled for the first day of school. She went through the attendance.

Housekeeping looked after, she then asked the class to turn in their homework assignments.

There was an indignant chorus that there was no homework, as it was the first day of school.

The teacher surveyed the class for a moment before announcing it was okay not to hand in homework. Then added "and that's the last excuse I am going to take this year."



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(Continued from page 7)

- Get your elected officials supporting a downtown focus
- Bring people downtown consistently, so merchants will come back
- Deal with empty buildings, turning lemons into lemonade
- Find your focus: What your downtown should be about
- Engage your property owners and what to do if they won't lift a finger
- Choose the block – or building – where you start the effort
- Recruit the business mix you need to win
- Find and promote your "anchor tenant" and what that encompasses
- Fund beautification and who should be charged with making it happen

The one-hour presentation provided the tools and strategies to get our downtown moving in the right direction. It's time to make it all happen! For more on this, you can google "Resurgence of Downtowns Roger Brooks"

# Fall Festival 2017

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Saturday Sept 16  
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## Computer Mouse Tips

### Shift key and mouse click

Many text editors and programs allow you to highlight all or portions of text using the Shift key and the mouse. Holding down the Alt key while dragging and highlighting text in a text editor allows you to selectively highlight text. Highlighting text this way is useful if the paragraph or other text is in a column.

### Take full advantage of the scroll wheel

Today, everyone is familiar with a mouse wheels ability to scroll up and down on a page. However, this wheel can also do so much more, below are just a few examples.

The mouse wheel is not just a wheel. It can also be used as a button. Pressing down on the wheel will acts like a third mouse button. The wheel button can be used to open a web page in a tab by clicking the wheel on any link and can also be used to close a tab by clicking the wheel on any open tab.

Zoom in and Out on a web page, word document, excel spreadsheet, etc. by holding down the Ctrl key and scrolling up to zoom in and down to zoom out.

Hold down the Shift key and scroll down in most Internet browsers to go back to the previous web page.

### Select with double and triple click

Any word can be selected by double-clicking the word. If you want to highlight the whole paragraph or sentence, click the mouse button three times on any word.

### Use the right-click

Take full advantage of the right-click any time you highlight text or want to view the properties of an object. For example, if you highlight a file or text, you can right-click that highlighted item, copy it, and then right-click anywhere else to paste it. If you highlight or select any file or text and then click and drag while holding the right mouse button, when you let go an option to move or copy that file is shown.

### MONTHLY QUIZ SPELLING

- 1) Rock that splits into thin plates; "shist" 2) Compound vowel sound; "dif thawng"
- 3) The additional promotion of someone's interests; "fur the rens"

### VOCABULARY

- 1) **Faience**: sequin decoration, glazed porcelain, gold leaf applique, OR jewelry
- 2) **Fakir**: unguenuine, religious beggar, spiritual guru, OR monk
- 3) **Farrier**: blacksmith, farmer, worldwide traveler, OR faro dealer

### WORD JUMBLE

- 1) C O J K
- 2) S C E P S
- 3) N O K Y E M
- 4) M O T A N O T

See page 23 for answers

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## Little Smoky and A La Pêche Caribou Ranges

*Caribou, Forestry & You — Public Information  
Awareness Panel, Thursday September 7th, 2017,  
St. Joseph Parish Hall, 6:30 – 9:00 PM*

*Excerpts from Caribou Fact Sheet*

*Editor's Note: The Whitecourt and District  
Chamber of Commerce is promoting an  
understanding of the economic ramifications for  
our area, should there be a careless implementation  
by the federal government of protecting caribou  
ranges. With the carbon tax and other moves at  
the provincial and federal level, occurring at the  
same time as lower oil prices, Alberta is in danger  
of being driven back to a have-not province.*

### Understanding Species at Risk Act (SARA)

This federal legislation came into force in 2003 to prevent wildlife species from becoming extinct or being extirpated and to support their recovery. The Act legislates requirements for the assessment, protection and recovery of species at risk in Canada. Once a species is listed as threatened the federal and provincial governments must develop plans to stop the decline of caribou and ensure the sustainability of the herds. Through SARA the federal government has the ability to stop additional disturbance within caribou ranges by resource users such as forestry and energy. The federal government has not invoked these safety net provisions to date for Woodland Caribou.

Through the provisions of SARA, the federal government has determined that caribou ranges need to maintain 65% undisturbed habitat to give the herd a 60% probability of surviving. The Little Smoky Caribou Range has a 95% disturbance level which is considered to be highly disturbed and well in excess of the 65% threshold.

The Alberta government is developing range plans, that over long periods of time, must reduce the range disturbance to the 65% level. The implications of this are profound. Natural resource users like forestry and energy will be limited in access to the range. Currently these range areas are required by local forest companies that have timber rights. These areas are also rich in oil and gas reserves (Duvernay) that are important for energy production. Our local economy is critically dependent on the viability of these industries.

### Forestry and Caribou

Alberta has a world class internationally recognized forest management planning standard. Unfortunately, the Alberta government is ignoring it for the caribou range planning process. Science dictates that we look at the forest ecosystem in its totality. This means that proper sustainable forest management requires forest managers to look upon and assess all forest values, big and small, to understand the forest environment.

As the Alberta government contemplates how to address managing caribou on 13 million hectares of Alberta's forest, decisions must go

*(Continued on page 11)*



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December 15th, 2017**

(Continued from page 10)

beyond just what's good for caribou. There are many other important indicators of forest health and sustainability that must be factored in. Using the current forest legislation and policy will go along way to addressing caribou conservation in the context of proper forest stewardship.

### It's All About Balance

Albertans can have caribou and forestry in the same forests. Contrary to what you might be hearing, caribou ranges can be disturbed and caribou will still thrive. Caribou conservation and resource development are not mutually exclusive.

The challenge is meeting the threshold set by the federal government - 65% undistributed forest. It is unattainable, ever. The federal threshold isn't scientifically defensible nor can it ensure that caribou will survive. It is largely a theory or a concept — untested or tried, and certainly not something to bet your wellbeing on.

We know that there are a thousand forestry jobs on the line in Whitecourt. There are lots more energy jobs that will be sacrificed too. As residents of Whitecourt, the implications of a restrictive caribou plan will depreciate home prices, drive up residential taxation and reduce the demand on tertiary retail goods and services.

We've communicated the best we can to our politicians - repeatedly. We've emphasized that we want a balanced approach to caribou conservation in the Whitecourt region and throughout Alberta.

We've expressed the desperation to keep our forests as "working" forests.

What can you do? You need to be heard. You need to be counted. Call or email MLA Oniel Carlier and let him know that your livelihood and standard of living cannot be sacrificed by a restrictive and ineffective caribou conservation strategy. 1-800-786-7136 (Mayerthorpe Office) or 1-780-427-2137 (Legislative Office) or email him at [whitecourt.steanne@assembly.ab.ca](mailto:whitecourt.steanne@assembly.ab.ca)

Visit the Alberta Forest Alliance website at [www.albertaforestalliance.ca](http://www.albertaforestalliance.ca) for more information.



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## On the Welcome Mat

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She asks, "Can I stay here for a few days?"

The man says, "Sure you can." And he closes the door.

## Mothman

A man goes to see his doctor. The doctor asks what is wrong and the man says,

"Doctor, I think I'm a moth."

The doctor responds, "You think you're a moth? Well I don't think you need a doctor. Sounds like what you need is a therapist."

"Yeah I know," replies the patient. "I was on my way, but I came in here because I saw your light was on."

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*Frank Wagoner Family. Back Row, L to R: Clarence, Grace (Kallbom), Ethel (Baxter), Bertha, Myrtle (Baxter), Raymond. Front Row, L. to R.: Mrs Annie Wagoner with Arthur in front, Mr. Frank Wagoner, Ruby and Marie*

*(Continued from page 2)*

spending or effort. At this stage of growth, no one spoke of roads to any extent, and the road which we are now travelling was simply known as "The Mink Creek Trail". The installing or replacing a culvert here or there, (wooden culverts by the way), took care of all the money allotted to roads for maintenance and repairs in Whitecourt and district.


Moving on, and on the same north side of the road, we come to the homestead of one, Vrol Vrolson, a hardy Scandinavian with a penchant for neatness, the numerous birch trees surrounding his log house and well kept grounds, still stand as

evidence of his tidy habits, even after the lapse of so many years.

Moving on, and on the same north side of the road, and passing through what was a most beautiful lane of birch trees before Calgary Power sacrificed beauty for utility, and as usual on the north side, we come to the abandoned farm which Frank Wagoner purchased from one, Sam Haines, at an early date in Whitecourt's history. It was always open house at Wagoner's, a favorite gathering place. Frank was a most progressive farmer, while no one ever attended to the household and other chores any more completely or willingly than Mrs. Wagoner. The Wagoners raised a large family here including Grace (Mrs. Kallbom), Myrtle (Mrs. Leo Baxter), Raymond, Clarence, Ethel (Mrs. Harold Baxter), Marie (Mrs. Clarence McIlwaine), Bertha, Ruby (Mrs. Jack Braithwaite) and Arthur.

Immediately opposite is the homestead of Oscar Kallbom and adjoining that of Fred Karlzen. In the days of which we write, when any reference was made to Oscar, Fred and Erik, it was understood the subjects were the aforementioned pair

*(Continued on page 15)*



## Lawyer

**Dennis B. Denis, Q.C.**

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(Continued from page 14)

and also one, Erik Hedin. The three of them had been boys together in Sweden and had arrived in Canada together. While no one ever referred to them as The Three Musketeers, that is just exactly what they were. They had grown together, had worked together all their lives, and after a friendship that endured through possibly fifty years or more, all passed away here.

Fred Karlzen and Oscar Kallbom married here but Erik remained a bachelor to the end.

Mrs. Karlzen and some members of the Karlzen family still live in Whitecourt and District, while Mrs. Grace Kallbom as well as Lawrence and Donald, her sons, are residents.

Next, and on the north side of the road, comes the homestead of one, Dave Wartman, a highly capable millwright or mechanic, who operated a sawmill about this time. No one really understood Dave, if actually there was any such possibility, his views on almost any subject being sure to be decidedly different, and accompanied as a rule by adjectives not altogether acceptable in polite society. However for the most part, no one paid much attention to him, which emboldened him on occasion to express his opinion of someone right in that person's presence with disastrous results. Rounding the bend in the road here, and to the north side of the road still, was the homestead of Wm. Ury who still went south of the border on occasion to toil for some U.S. railroad.

Next, and on the same side, the homestead of I.S. Hunt, another railroader, who continued in the employ of Canadian Northern Railway at Winnipeg. Commuting between here and Winnipeg as he did, would have been an expensive item had he not enjoyed the privilege of a pass from the railroad. Opposite and on the south side of the road was the homestead of Andrew Prestlien, a man possessed of all the true characteristics of a Scandinavian, other than that of being somewhat shy and retiring. Andy, a good solid citizen, was inclined to be noisy.

Nels Sonmor, another Scandinavian, joined

Prestlien to the east, while Bill Hinkelman still farms where he did 'way back when.

The Ward family, Ben and his wife, who everyone called "Ma", and girls Lucy, Sarah, Verlie, Tessa, boys Dave, Wes, Orval and Bob resided somewhat to the east. Chris Prestlien and family, (every member thereof, drowned in the disastrous flood that swept that area in 1926). Wes Ward with his wife and family also resided in that area, Mrs. Ward having been a teacher in Whitecourt just a few years previously.

In the area generally referred to as "the bottom of the flat", we had the farms of Don Underwood and Dave Anderson. Don, who at the time to which we refer, was operating a pool hall in a tent for the benefit and amusement of construction workers on the railroad grade. Dave Anderson, or "Squeeze Organ Dave" as he was called was always good for a number or two at the dances, and his facial contortions while rendering "The Big Lake Waltz" rivaled anything the wind might blow up said 'Big Lake'.

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## Blue Ridge Axehole Challenge

Once again Blue Ridge is gearing up for an axe throwing contest as part of its popular Blue Ridge Logging Days, which takes place September 22nd to 24th inclusive.

This is the second year for the axe throwing competition and fourth year for the event. Axe throwing has attracted contestants from as far as Chetwynd, BC and Carstairs. Each category can have up to 60 participants and you can register up to the Saturday morning of the competition (September 23) if spots are still available in your category.

## Trend: Axe-Throwing Leagues On The Rise

*From the Internet...*

Move over darts, axe throwing is on the rise. It might seem primitive, but new clubs allow hatchet hucking in a social setting.

The recipe is simple, and the trend is catching on. All you need are axes, wood targets, and a safe place to throw.

Inside axe-throwing destinations, the decor is akin to a warehouse or, in one location, an old boxing gym. High ceilings give space for hurling

axes. Heavy walls serve as backdrops around caged areas that contain the flying blades and keep passers-by out of harm's way.

While relatively new in the U.S., Backyard Axe Throwing League has been around in Canada since 2006 with multiple locations. There are more than 30 similar axe-throwing spots across Canada.

### How To Throw An Axe

Disclaimer: Axe throwing is dangerous outside proper facilities. Read complete safety information. If you throw axes, do so at your own risk. Be safe.

Contrary to the common one-handed axe throwing seen in movies, most locations encourage

*(Continued on page 17)*

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(Continued from page 16)  
a two-handed grip.

To throw properly, grip the handle like a baseball bat, bring the axe behind your head, and pitch forward similar to the motion when throwing a soccer ball. Release the axe when your arms are parallel to the ground and be sure to follow through with your arms.

Backyard Axe Throwing League uses The National Axe Throwing Federation (NATF) rules, which include a three-round match where five axes are thrown per round. The first player to win two of three rounds wins. Scoring is determined by where you strike your axe into the target.

The targets under NATF have a black bullseye ring, followed by a red ring, and then a blue ring. The scoring is 5, 3, and 1 point respectively. Additionally, there are green dots in the corner, known as "Clutch," and must be called in advance (worth 7 points). Point designation is based on where the majority of the blade lands and sticks.

For complete rules and regulations, see the NATF website. Who knew axe throwing could be so technical?

### Axe-Throwing Safety

Of course, safety is one of the most frequent concerns by people interested in axe throwing. Thankfully, the locations above all proudly state there haven't been any major accidents.

They also all possess some hefty insurance. One location's waiver accepts the risk of "serious injury, scarring, loss of an important bodily function, permanent disability, and death."

Darts are out, axe throwing is way cooler. Be on the lookout for an axe-throwing league in your town soon.

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## Chainsaw Massacre

Evergreen Mobile Park is losing its trademark evergreen trees. Apparently there are concerns from an insurance viewpoint about the hazard or liability posed by these trees. Generally liability only occurs in Canada and the U.S. if a tree is unhealthy. Healthy trees that fall and cause damage or injury are considered "Acts of God". Canadian companies use different terminology but take the same view.



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- You own the assets of a multi-million dollar cooperative.
- You have democratic member control of your REA.
- You benefit from economic participation.
- REAs are a benchmark for electricity costs for all Albertans.
- You contribute to rural economic sustainability.

### How can I get involved with my REA?

- Call your REA—the number will be on your monthly bill.
- Find the contact information for the Director who represents you.
- Talk to your Director about why the REA is a viable and valuable cooperative.
- Attend your REA meetings and take time to learn more about the organization.
- Volunteer your expertise and skills to support your REA.
- Tell your friends, family, and neighbours why you think the REA is valuable and worth protecting.
- Call your MLA and tell them why the REA is valuable to Alberta.

If you are passionate about your community and are interested in finding out more, talk to your REA. *Have you got time to spare?* Ask your Board of Directors how you can be part of the REA future. Cooperative sustainability depends on the involvement of passionate members who recognize the value of their co-op and see the continued contribution the REA makes to the rural community where they live. Your support helps perpetuate the success of a vibrant rural Alberta. Talk to your REA Board – working together really does work!

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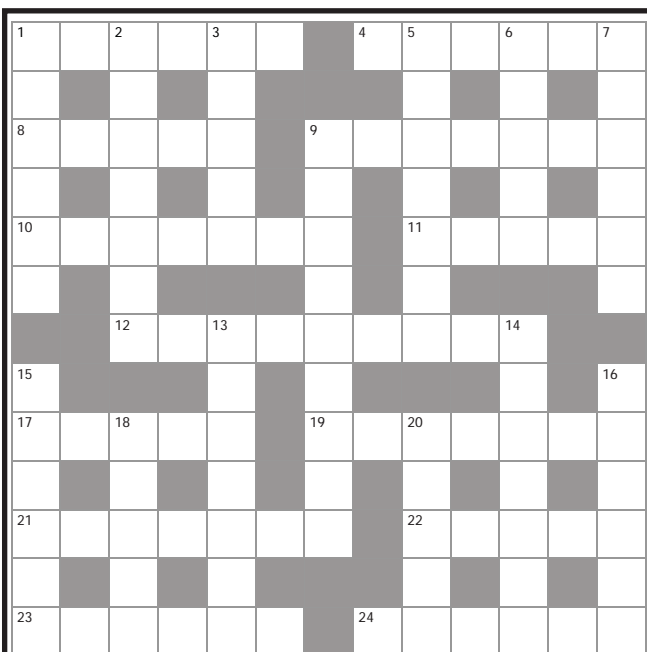




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### Across

- 1 Trouble (6)
- 4 Channel port (6)
- 8 Smart (5)
- 9 Exact copy (7)
- 10 Nuts from a horse chestnut tree (7)
- 11 Turn aside (5)
- 12 Think back (9)
- 17 Of the town (5)
- 19 In name only (7)
- 21 Situated (7)
- 22 Protective garment (5)
- 23 Various (6)
- 24 Each one (6)

### Down

- 1 Rudiments (6)
- 2 Paint solvent (7)
- 3 Large bird of prey (5)
- 5 Seems (7)
- 6 Get up (5)
- 7 Sailors' song (6)
- 9 Reverberated (9)
- 13 Watch carefully (7)
- 14 Magnify (7)
- 15 Constructs (6)
- 16 Alloy of copper and tin (6)
- 18 Meat from a pig (5)
- 20 Vagrant (5)

## WORLD GEOGRAPHY QUIZ

*Get out your Atlas or Google Maps*

1. Beirut is either the capital city or the country/state/province of that capital. What is EITHER the missing capital OR missing country/state/province?
2. What is the closest body of water (river, bay, sea, or ocean) to Sicily?
3. Traveling south from the Sea of Azov will lead you to: Sea of Okhotsk; Bering Sea; Lena River; OR Black Sea?

## SUDOKU PUZZLE

		2					9	
8		5	1					
	3						2	
	1				6			
				9	2		6	
5					4			7
						5	7	2
4								
	8		3	7				

## WORD SEARCH

### Autumn - Word Search

Find the words hidden in the grid of letters.

Y Z T T Q P M O C T O B E R F Y A  
A T Z E Q U I N O X Z N S R E N S  
C H W K M N I K P M U P O K H O P  
H A B I Z L N Q E W P S R V V S O  
I N C N N R O C H M T U C Z W A R  
L K P E H D E O A A T C O L D E C  
L S V E O M Y B H N R B L U B S N  
Y G W W W F X A M C N V H M N W F  
I I D O A E Y P R E S I E I S T A  
O V D L H S A U Q S T V N S B T R  
U I L L T D U F W S O P Z G T I M  
H N G A I I V F A N U W E K M P I  
E G C H O D Z E K A R N D S M M N  
H K L E P E F Z C Z I X X M Y I G

CANNING  
CHILLY  
COLD  
CROPS  
EQUINOX  
FALL  
FARMING  
FEAST  
FROST  
HALLOWEEN  
HARVEST  
HAYSTACK  
NOVEMBER  
OCTOBER  
PUMPKIN  
RAKE  
SCHOOL  
SEASON  
SEPTEMBER  
SQUASH  
THANKSGIVING  
TURKEY  
WINDY



(Continued from page 5)

the 25-44 year age group increased by 161%

This writer has been unable to find more recent studies showing the increase. They could be out there, but the 2010 study is the most recent that comes up on google.

Currently, the CDC estimates more than one third of Americans will get shingles in their lifetime. The estimate is the same for Canada and the U.K.

Many cases of shingles could be prevented by the zoster vaccine. CDC recommends that adults aged 60 years or older receive 1 dose of zoster vaccine to help prevent the disease and its potentially debilitating complications, including post-herpetic neuralgia (PHN). Dr. Hales relates PHN is extreme, consistent nerve pain that continues even after shingles illness has passed. The pain can last for years and even a lifetime — and according to the CDC is so debilitating that it disrupts your life.

Dr. John W. Nelson, MD studied the phenomenon and wrote:

Shingles on the face can lead to serious complications from loss of hearing and taste to facial paralysis and blindness. Acute shingles and post-herpetic neuralgia (PHN) continues to be one of the most painful, acute and chronic conditions to afflict mankind. Post-herpetic neuralgia is the most common cause of suicide in patients with chronic pain over the age of 70 in the United States and Western Europe.

The Mayo Clinic lists chronic pain, fatigue, lack of appetite, difficulty concentrating and depression as PHN side effects. Others say hold the Mayo on the last one, because it isn't the PHN that causes depression, it is of course the chronic pain and so on.

Most research indicates complications can be minimized by getting on the correct medication as

soon as possible. This writer was misdiagnosed, with the result that I was on the wrong prescription for nine days, by which time the correct drug could do little. However, upon reviewing some PHN support groups, I consider myself one of the luckier ones, with some describing terrible pain.

The big pharma solution includes opioid painkillers, steroid injections, anti-depressants, skin patches, and something known as gabapentin, which has been likened by one taker to being bit by a zombie. The most common side effects listed are jerky movements and continuous, uncontrolled rolling eye movements. Gabapentin was originally an anti-epileptic drug, but its market is being greatly expanded through the rise in PHN, obviously because it does help some people. The other drugs, particularly opioids, have undesirable side effects. The general medical recommendation online is that a combination of the above is best, with no guarantees of relief. To be candid, after researching the drugs, and weighing the pros and cons, I am going with mother nature's solution of more beer and tequila.

Again, the most important way to treat PHN is from a preventative angle. The shingles vaccine has been associated with reduced risk of developing an attack of acute herpes zoster, and significantly reducing the severity of an attack if it should occur. A recent study of almost 76,000 vaccinated people and 227,283 unvaccinated people matched for age showed that herpes zoster vaccine administration was associated with a 55% reduction in incidence of an attack of herpes zoster across all age groups leading the authors to postulate that:

Our results support recommendations to offer herpes zoster vaccine to eligible patients of all ages including the oldest population. Not only might these patients experience a reduction in their relative risk of herpes zoster, but for the oldest group, this could translate into a very large absolute

(Continued on page 22)

“*The herpes zoster vaccine has been associated with reduced risk of developing an attack of acute herpes zoster, and significantly reducing the severity of an attack if it should occur.*”

(Continued from page 21)

reduction in disease because they bear the greatest burden of herpes zoster and post-herpetic neuralgia and are also especially vulnerable to these disabling conditions.

To date, herpes zoster vaccine uptake has been poor due to weaknesses in the adult vaccine infrastructure and also due to serious barriers to the vaccine among clinicians and patients. Only 1 in 5 adults aged 60 years or older has received the zoster vaccine. Many opportunities for adult vaccination are being missed. Healthcare professionals can help by strongly recommending zoster vaccine to patients aged 60 years or older and either providing the vaccine or referring patients to providers in the area who can vaccinate.

In view of this, it is surprising that Ontario is so far the only province to cover the \$200 cost of the vaccine, with a seniors rep Gale Detta from B.C. saying this is a serious hardship for some seniors on fixed incomes. It seems strange there is so much publicity and funding for such things as flu shots as compared to the zoster vaccine, given the potentially serious effects of PHN.

Scientists have proposed various hypotheses to explain the increase in the disease. A common hypothesis is that the increase in shingles is associated with the widespread vaccination of children against chickenpox. This program was started in the mid 1990s in both the U.S. and Canada. The idea is

that exposure to chickenpox disease may boost a person's immunity to shingles and reduce the risk for the virus reactivation as shingles.

There have been subsequent studies purporting that there is no linkage between the chickenpox vaccination program and the increase in shingles, with the real cause being unknown. However, a fairly recent study, related in August 2015 stated that re-exposure to the chickenpox virus boosts immunity in shingles, but only for two years rather than the 20 years previously thought.

The summary goes on to state:

In a study to be published in the journal eLife, scientists from the Universities of Antwerp and Hasselt (Belgium) have predicted that the temporary effect of a rise in shingles cases dominates in 31 to 40-year-olds. So although the chickenpox vaccination program increases shingles cases in 31-40 year olds, in the longer term the benefits outweigh the risks, scientists conclude.

Some scientists disagree that the benefits outweigh the costs. Many countries in the world are adopting a wait and see attitude regarding the widespread implementation of vaccinating children against chickenpox. The potential increase in shingles is the reason for not following the lead in North America. Well known vaccine studies expert Neil Z. Miller related that between 1999 and

(Continued on page 23)

“Ontario now funds shingles vaccinations. Seniors representatives in other provinces have stated that the \$200 for the vaccine is a serious hardship for some.”

# CROSSWORD ANSWER

1	B	O	T	H	E	R		4	C	A	L	A	I	S	
	A		H		A				P		R			H	
8	S	T	I	N	G			9	R	E	P	L	I	C	A
	I		N		L				E		E		S		N
10	C	O	N	K	E	R	S		11	A	V	E	R	T	
	S		E						O		R				Y
15	B					O			A				N		16
17	U	R	B	A	N			19	T	I	T	U	L	A	R
	I		A		I				E		R		A		O
21	L	O	C	A	T	E	D		22	A	P	R	O	N	
	D		O		O					M		G		Z	
23	S	U	N	D	R	Y			24	A	P	I	E	C	E



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(Continued from page 22)

2003, the chickenpox vaccination rate among children 19-35 months of age increased from 66% to 89%, which tied in with a 90% increase in shingles amongst all ages.

He goes on to say:

On a personal note, a good friend of mine has worked in child care for many years. There is a large reference manual that daycares keep handy that list childhood illnesses. When she first began working in daycare, shingles was not in the manual, and she never saw shingles in little children. But as the years went by after introduction of the chickenpox vaccine, she started to see occasional cases of shingles in the daycare children, and the reference manuals were updated to include shingles as a childhood illness.

On a final note, those in favour of continuing the chicken pox vaccination program point out that the bubble in shingles cases is temporary, as

vaccinated children enter adulthood without the chicken pox virus dormant in their system. However, these experts are contradicting each other about the link between the chicken pox vaccination program and the increase in shingles. They also now say they were off by a magnitude of 10 regarding the length of time adults were protected from shingles by being exposed to children with chickenpox. So it is a given they lack some understanding about this virus.

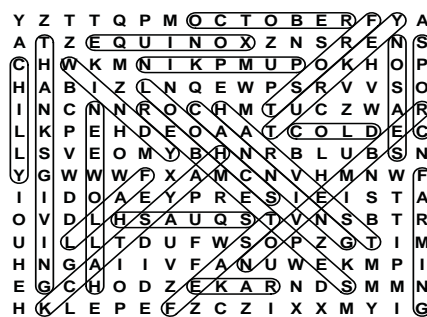
Both chickenpox and shingles can be fatal, at about the same low rates of about 100 per year in North America. What is not disputable is that shingles is by far the more serious disease amongst the living, both during and after the disease. As it stands, there is some controversy whether the unintended consequences of the children chickenpox vaccination program outweigh the benefits. Regardless, our healthcare system should be publicizing the increase of the shingles disease and the estimate that fully one third of the population is at risk. Furthermore, the shingles vaccine should be funded in all provinces.

### SUDOKU ANSWER

7	4	2	6	8	5	1	9	3
8	9	5	1	2	3	7	4	6
6	3	1	4	7	9	8	2	5
9	1	4	7	3	6	2	5	8
3	7	8	5	9	2	4	6	1
5	2	6	8	1	4	9	3	7
1	6	3	9	4	8	5	7	2
4	5	7	2	6	1	3	8	9
2	8	9	3	5	7	6	1	4

### WORD SEARCH ANSWER

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### SPELLING QUIZ

- 1) schist
- 2) diphthong
- 3) furtherance

### VOCABULARY

- 1) Glazed Porcelain
- 2) Religious Beggar
- 3) Blacksmith

### WORD JUMBLE

- 1) JOCK
- 2) SPECS
- 3) MONKEY
- 4) OTTOMAN

### WORLD GEOGRAPHY

- 1) Lebanon
- 2) Mediterranean Sea
- 3) Black Sea

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**Rag Top**  
1990 Chev Corvette



**Mint**  
2012 Can-Am 1000



**4x4 V6 Auto**  
2003 GMC Jimmy



**Intrigue**  
2000 Olds



**MegaCab 4x4**  
2006 Dodge 1500 HD



**4x4, Leather**  
2005 GMC Yukon



**w/ Trailer**  
1998 Tiger Shark



**Sahara**  
2008 Jeep Wrangler



**Sahara**  
2012 Wrangler



**92000 Km**  
1994 F-150 2x4



**Wide Glide**  
2002 Harley Davidson



**4x4**  
2007 Ford F-150



**Leather, 4x4**  
1997 Chev Tahoe Full Load



**1991 Cadillac Hearse**



**2008 Customweld Storm**



**6 speed**  
2009 Ultra Classic 103



**Mint**  
2008 Dyna Low Rider



**Full Load Leather**  
2010 Chev Equinox



**4x4**  
2014 Dodge 1500



**4x4, Mint**  
2005 Honda



**V6, Auto**  
1996 Ford Mustang



**Duramax 4x4**  
2005 GMC 2500



**2000 Ford Excursion**



**4x4 HD 157K**  
2003 Chev 2500



**Grand Caravan**  
2010 Dodge



**125R**  
2011 Honda



**Duramax**  
2013 GMC 2500 HD



**4x4**  
2004 Honda 350



**Divide, Auto**  
2002 Ford V8 Cargo Van



**4x4 Longhorn**  
2015 Dodge 2500



**Duramax**  
2007 Topkick 550 Picker



**ML 350**  
2008 Benz



**4x4**  
1999 Honda 300



**Mint**  
2000 Cadillac Escalade



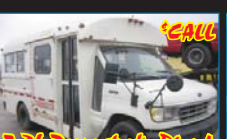
**4 Stroke**  
2011 Honda 450F



**16 Ft Garage**  
2015 Fuzion 42 Ft.



**Backhoe**  
2004 Trailer Gooseneck



**7.3L Powerstroke Diesel**  
1993 Ford Bus



**Toy Hauler**  
1998 Cardinal Truck Camper



**Check it Out**  
1999 Golden Falcon



**4x4**  
2010 Chev Silverado



**Like New, Banks**  
2015 Sprinter



**2002 25 Ft Wilderness**



**Mint**  
1992 Ford Travelaire



**With Slideout**  
1998 Dutchman



**1600cc**  
1999 Yamaha



**Full Load Leather**  
2010 GMC Yukon

◇ **Interesting Trades Welcome! Cars, Trucks, Sleds, Quads, RVs, ETC.** ◇