

Abbeyfield House ~ High River

Abbeyfield House Society of High River.
 Box 12, 708-2ND Street SE., High River, Alberta. T1V 0C6
 Charitable Registration # 89119 9028 RR0001



Dates to Remember

Labour Day — Monday, Sept 5

Old Tyme Threshing Event — Saturday Sept 10 at Sheppard Family Park from 1:00 - 4:00 PM. Admission is \$5 which includes lunch

Carpet Bowling — High River Seniors Friendship Centre Fridays at 1:00 PM

Historic Murals

The eleventh mural is on the corner of 3rd Ave. and Macleod Trail and you will find them on the east, south and west sides of the building.

Mural 10. Aviation History in High River (Doug Dreidiger, 1992-94)

The east facing mural features squadron leader 'Ack Ack Leithch' one of Canada's outstanding aviators and a long-time resident of High River (HR). He was awarded both the Military Cross and the Distinguished Flying Cross. He was stationed in HR at the Air Station and was later promoted to Officer Commanding. The parachutists are Flight Lieutenant Carter, M.M., seen making the first

FLYING SCHOOL



local jump at the HR Air Station in 1926, and stunt man Roy Lomheim demonstrating his free-fall dive to students from the No. 5 Elementary Flying Training School in the 1940s.

The south facing mural shows an inspection at the No. 5 E.F.T.S which operated on the former HR Air Station site from 1941 to 1944.

The west facing mural depicts an aerial fire patrol carried out by members of the Canadian Air Force who manned the HR Air Station, which opened in 1921. Carrier pigeons were used until ground to air communications were established.

**A great living choice for seniors
 in High River**

Abbeyfield Resident

Mavis and Lloyd



Happy days are here again.
 Let us sing a song of cheer again.

The general mood had improved in Canada by the late 40s and 50s. Work was available "the boys" were home and people were optimistic after a war and a depression.

Lloyd Arthur Walker and Mavis Irene Elliott were married in 1949 with high hopes and big dreams, like a great many young couples.

Mavis was born and grew up in Iroquois Fall, Ontario, with three brothers. Growing up in a "company town" was good preparation for life and graduation from High School did the rest. She worked in the Royal Bank and for several years for the local dentist.



Lloyd was born in Moose Jaw, Sask., and grew up on the home wheat farm with four brothers and two sisters. There Scottish parents set high standards for the family and they all went on to productive lives. Lloyd attended the University of Alberta and graduated in Civil Engineering in 1945.

The bride and groom motored to Moose Jaw to meet Lloyd's family and friends. Another highlight of the trip for Mavis was seeing the Canadian Rockies for the first time and driving on the treacherous mountain roads. Their first home was a tiny attic apartment in Sault Ste Marie where they shared the one dollar they had left until the end of the month! Two years later they moved to Montreal where their first child was born and then a few years later the second and third in Brockville Ontario and the fourth in Kingston.

Their family was quite typical of that time, Mavis stayed at home to care for the children and Lloyd worked and support them. The Walkers bought their first house in 1953. It was a brick bungalow about 900 sq. ft. and cost less than \$10,000.

In 1987 they found their dream retirement town and home in High River and after 24 yrs moved into Abbeyfield House.

Written by Mavis
 Approved by Lloyd

Abbeyfield House

Garden herbs for your skin



Advice—Fresh garden herbs are a bonus in recipes and salads, but aromatic plant from our gardens can also be a skin care regiment's best friend.

As we discovered by visiting organicauthority.com/delicious-beauty/5-garden-herbs-for-skin-care.html, there are a number of ways our skin can benefit from the power of herbs.

Mint: Makes an awesome toner. Its anti-pruritic properties means mint can soothe and calm skin that's itchy or infected.

Basil: Great for acne and blemishes of all kinds. It's anti-bacterial, anti-spasmodic and anti-inflammatory.

Rosemary: Antiseptic, toning and vitalizing rosemary improves blood circulation in the capillaries.

Thyme: A strong anti-bacterial herb, thyme is an effective agent against acne or infected eczema.

Chamomile: Antifungal, soothing and cleansing, this is your best bet to beat inflammation and get your skin to calm down.

Here's how to treat your skin to herbs.

1. Dry your fresh, organic herbs.
2. Add a chopped heaping teaspoon of your selected herb to 1 cup of boiling water in a cup or bowl.
3. Let the herbs infuse their magic into the water for 10 minutes, after which you can strain the herbs out and allow the liquid to cool.
4. Soak a cloth in the cooled infusion, and then lay it over your face for a herb treatment. Apply as a toner using organic cotton balls, or spritz on and allow it to dry on the skin.

Freeze any leftovers in an ice cube tray. The cubes will make a lovely herbal cool-down on warm summer days. Simply rub the cube all over your skin and enjoy.

Those Forgotten Words.

'Here's a word I miss, 'percolator.' That was a word that was fun to say. And what was it replaced with? 'Coffeemaker.' How dull. Mr. Coffee, I blame you for this.

I miss those made-up marketing words that were meant to sound so modern and now sound so retro. Words such as 'DynaFlow' and 'ElectraLux.' 'Introducing the 1963 Admiral TV, now with SpectraVision!'

Food for thought: Was there a telethon that wiped out lumbago? Nobody complains of that anymore. Maybe that's what castor oil cured, because we never hear mothers threatening their kids with castor oil anymore, either.

I know of another word that has changed meaning just in the last few years. Thongs used to mean shoes that are now called flip-flops. Guess what thong means now!

Some words aren't gone, but are definitely on the endangered list. The one that grieves me most, 'supper.' Save a great word. Invite someone to supper. Discuss fender skirts.

I am going to add one more here. Happened the other day a meteor came through the atmosphere above the Pacific Northwest. The news reports said it was the size of a 'computer monitor'. Struck me funny as in our day it would have been the size of a 'bread box.' Now people don't know what a bread box is. Are we getting old?



Chuckle Corner

A photographer for a national magazine was assigned to take pictures of a great forest fire. He was advised that a small plane would be waiting to fly him over the fire.

The photographer arrived at the airstrip an hour before sundown. Sure enough, a small Cessna airplane was waiting. He jumped in with his equipment and shouted, "Let's go!" The tense man sitting in the pilot's seat swung the plane into the wind and soon they were in the air, though flying erratically.

"Fly over the north side of the fire," said the photographer, and make several low-level passes."

"Why?" asked the nervous pilot.

"Because I'm going to take pictures!" yelled the photographer. "I'm a photographer, and we take pictures

After a long pause the "pilot replied: "You mean, you're not my instructor?"

