



Heimdal Avis

Newsletter of Heimdal Lodge 141, Sons of Norway
Kamloops, B.C. Vol. XXIV, No. 5, September 2011

Remembering Paul Zuk June 3 1943 – August 29 2011

I first met Paul in the mid-1980s at “Leisuretime Scandinavian Style”, a public cultural offering to the people of Kamloops presented by Leif Erikson Lodge of which I was a member at the time. Paul had heard of Ski For Light and, being totally blind, he was eager to learn more about it. Len Thoen, a member on the Ski For Light Board, described the program to him and then button-holed me as he knew I was a cross country skier, albeit a relative novice. Introductions made, we began to talk and within minutes I was ready to “buy” into the program as was my wife Liv plus two other lodge members, Lloyd and Agnes Coltman, who are currently members of Hardanger Lodge in Kelowna.

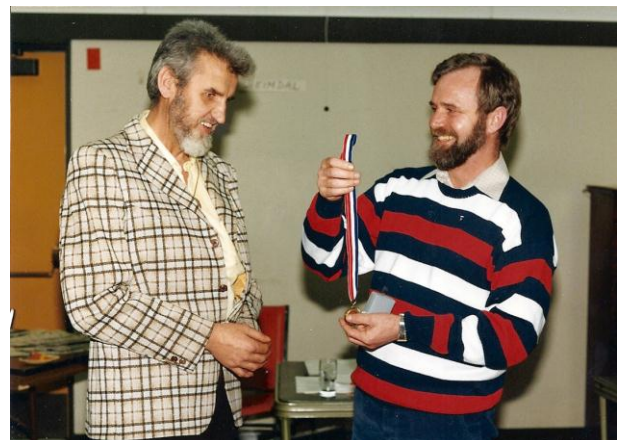
Our beginnings were small, making use of flat areas of unbroken snow near the city but Paul soon had the group’s size growing through his many contacts in the visually impaired community having earlier been instrumental in forming the Kamloops Club of the Blind, a non-profit club with the goal of providing a variety of social and recreational activities for the visually impaired. To firmly connect with the Ski For Light program, Paul and wife Sue immediately joined Sons of Norway. Paul and I soon got to know one another as did my wife, Liv, with his wife, Sue. With the need to practise skiing plus meetings of the Club of the Blind, we soon found that we were together once or twice a week through most of the winter months prepping for the annual competition.

Coaching Paul was an inspiring and emotional undertaking. We were both the same age to within 19 days but while I was physically fit and full sighted, Paul was not. A motor vehicle accident at age 23 that almost took his life had left him not only totally blind but as well had broken many bones leaving him with a painful hip condition that would plague him for the rest of his life. Taking a fall on the trail was a real fear for him, and they did happen, but Paul’s determination to succeed pushed him on, regularly doing 5+ kilometers every time we went for training runs at Stake Lake. Watching him cross the finish line at the Ski For Light competitions invariably put my heart in my throat, the emotions raised by his success bringing me near to tears. In most events he attained a bronze medal and was clearly pleased to have gotten some “hardware” as he put it.

Paul’s enthusiasm for things to do didn’t stop at cross country skiing. He bowled. Not only did he bowl using a rail to orient him to the alley but he beat my own scores in doing so. Then there was the attempt at archery. I enlisted the aid of a friend who hunted by archery and he tried to obtain audio technology to assist the blind in aiming at the target. Unfortunately this activity didn’t work out as the technology was really not there. Paul usually walked to his job at the CNIB kiosk in the Seymour Street liquor store as an opportunity for more exercise. In fact, his large German Shepherd guide dog was especially matched to him so that it would set an aggressive pace when they were out and about.

After some nine years of skiing with Paul our activities came to an end when he accepted a transfer to Nanaimo to open a kiosk in the new Harbour Center liquor store. We did manage a few casual contacts over succeeding years through his visits to Kamloops to see his mother Olga Zuk and Gerry Connelly. Liv and I were very saddened to hear of his passing; while I had lost my skiing buddy, Olga had lost her son.

David Sallows, Publicity Director, Heimdal 141.



Above: In our earlier, more youthful years Paul (left) presents me (David) with a “Thank You” medal.

REMINDER: October is Foundation month. Please bring your stamps and donations for the Foundation! ☺

PRESIDENT'S MESSAGE:

(Kim Jensen 376-2371)

Welcome back everyone! I hope that you and yours all had a safe, happy, and relaxing summer, such as it was. Like most summers, it went by way too quickly but I think this year it was even more noticeable because the summer weather was slow in coming and then when it came, it came with a vengeance! I'm looking forward to having less extreme temperatures and hopefully we'll have a nice, easy fall with plenty of time to get ready for the winter.

We had a great Lodge meeting this month. It was good to see so many members turn out for the first meeting after the summer break. I hope many of you were able to help out with the Flea Market last weekend. I'm afraid both Bernie and I completely forgot about it. Our sincere apologies to all of you and especially Liv as we had said we would help out but with family and health concerns to deal with last week, I'm afraid it just completely got missed. My memory is really slipping these days! I'd like to thank Liv for all that she does to organize our participation in these flea markets as they are a nice, easy, and not very time consuming or labour intensive way for our club to raise some funds for our Lodge activities. Thank you too to all of the many regular volunteers who help our club with this fundraiser. I certainly enjoy getting a bit of a break on our Christmas dinner and celebrations and I know that they TRU students that we are able to support with our Lodge bursaries and scholarships, most definitely appreciate the help we are able to give them! Take care of yourselves and I hope to see you again soon!

All the best, Kim

BIRTHDAYS WE MISSED...

July: 4 Amy Jensen
10 Astrid Morris
21 Nancy Anderson
21 Adin Scott
27 Lillian Dunbar

August: 2 Kim Jensen
5 Cheryl Martin
13 Annette Bittner
17 Brenda Nadeau-Sorensen
18 Irene Anderson
18 Rihov Hove
20 Haakon Arntzen
25 Pamela Shack

September: 4 Jacquie Richlack
10 Lesra Martin
15 Clara Ritcey
15 Mary Granger
17 Liz Gorrill
20 Becky McGregor
22 Jean Omelchuk

UPCOMING BIRTHDAYS...

October: 13 Jonathan Heath
17 Gerry Connolly
18 Maxine McDonald
19 Dorothy Thoen
24 Jean Skjerpen
26 William Shack
29 Benjamin Weikum
30 Allan Skjerpen

NEXT MEETING

- General meeting – Wednesday, October 5, 2011, 7:00 pm at Heritage House in Riverside Park. There will be a potluck dinner starting at 6:00 pm – please remember to bring your own dishes and cutlery.

CODE VENNER REPORT

(Marianne MacDonald 372-0804)

- Alexis Madland was in hospital for 2+ weeks recently. A card was delivered.
- Dorothy Thoen is now a resident of Ridgeview Lodge on Desmond Street.
- Olga Zuk's son Paul passed away August 29. A card was given.
- Clarence and Nancy Anderson are travelling to Ottawa.

KALENDER

- "Knit Pickers" has resumed for the fall, it is held every Monday at 10:30am at Alexis Madland's home, 652 Seymour St. Bring your own lunch; coffee \$1.00.

UP-COMING EVENTS

- The Kamloops Symphony is presenting 'Nordic Sojourn' on Saturday, October 1, 2011 at 7:30 pm at the Sagebrush Theatre. For more information go to www.kamloopssymphony.com or call 250-372-5000. Tickets can be bought through Kamloops Live! Box Office.

SOCIAL/CULTURAL DIRECTOR'S REPORT

(Liv Sallows 828-1889)

Hei, alle sammen!

Welcome back everyone. Here's hoping everyone had an enjoyable summer. We saw it fly by as usual. I wonder when in our retirement we are going to slow down. We started the July 1st weekend with the cool weather and the mosquitoes in the Cariboo at our cottage. Following this we had good weather trailering with Brooklyn and Maxwell at Caravans West at the Shuswap. In between, it was down to the River Rock

Casino/Hotel to celebrate my Tante Ida Sorensen's 80th birthday. What great memories our Norwegian family has had over all the years since we immigrated to Canada in 1951. First my uncle, Sandrup Abrahamsen arrived in 1950 and then Laura and Trygve Eilertsen, my mom and dad, along with my sister Nora (8) and baby Venche (1) and my Tante Hjordis came.

My parents bought our home at 28th and Rupert Street in Vancouver after spending our first year in Surrey. Next, Tante Marie Haagenen, one of my mom's six sisters came from her job in Sweden and spent a year at our home. Last, my wonderful young Tante Ida (22) lived with us also for about a year. Marie and Ida are the last of my family that I can speak Norwegian with so the family summer gathering at Delta was wonderful.

After this it was back to the Cariboo with our boys, Brad and Kevin, to reroof one of the little cabins at our place. So that was more or less July taken care of. August was more of the same with hot sunny weather finally arriving while we were in town tending the garden and then up to the Cariboo again to reroof yet another cabin. I just hope when the family arrives there for Thanksgiving that we find all water tight and good to go for the extreme winter wind that Beaverdam Lake is famous for. Now that Fall is here and the canning is finished, (David did up 38 jars of Salsa and I did 14 quarts of tomatoes, 8 pints of sauce and 16 jars of crabapple jelly) I hope to get back to our regular routine of Heimdal Lodge and garden club meetings and quiet Sunday mornings at church.

It was great to see such a large turnout of friends at the first meeting of the season in September and to enjoy all the great food that you all contribute to the pot luck dinner. We look forward to a year of fellowship shared with much of the same.

Thank you, to the team who showed up on Sunday, September 18th, for the Northhills Shopping Center Flea Market. Especially, Tusen takk to Alan Williams for counting and rolling all the coins. In spite of the cool and very windy weather, I understand we made about \$376.00. So, along with the approximate \$600.00 we made in June we are set for another great year.

Happy Autumn to all from Liv Sallows, Social/Cultural Director.

THIS & THAT

(Lori and Jessielyn Barsi 377-3765)

STROKE: Remember the 1st Three Letters... **S. T. R.**

STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to

call paramedics)she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)
(i.e. It is sunny out today.)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

---Submitted by David Sallows