



# SOUTHERN ALBERTA PIONEERS

## AND THEIR DESCENDANTS NEWSLETTER

Southern Alberta Pioneers and Their Descendants • 3625 - 4th Street S.W. • Calgary, Alberta T2S 1Y3 • Phone 403-243-3580

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May 2018

### Making Mother's Day Official

Honouring mothers has been part of many cultures and different religions throughout the world for centuries but there was no official day set aside until the United States set the first Mother's Day in 1908. Anna Jarvis started the movement when she wrote a letter to a Philadelphia newspaper on the anniversary of her mother's death, advocating for a day to pay tribute to all mothers living and deceased, with white carnations. It was so successful, Canada adopted the same practice shortly after, as chronicled in "The Didsbury Pioneer", May 4, 1910 article called "Mother's Day". "How many of our readers know what Mother's Day really is, where it originated and why? It was also mentioned from the pulpit, but there are still hundreds in the city and thousands in Western Canada who have never heard of this splendid movement but who undoubtedly would gladly participate in it."

Not everyone. Some wanted to maintain the traditional celebration revering motherhood. *The Globe*, April 1, 1916, article "Mothering Sunday" was written in April because the writer wanted to respect and honour Mothering Sunday. "To know just what day really is Mothers' Day is somewhat of a puzzle. Three or four years ago the idea of wearing a white carnation on the second Sunday in May, and of paying special tribute to mothers on that occasion, was widely heralded." He believed that the old tradition dating back to the 16th century was a truer celebration and comes on the fourth day of Lent. It was especially set apart "to do honour to one's mother with a special feast" with all her favourite foods, gifts, and boisterous conversation – "in fact, it was a dear, old fashion family gathering."

Ten short years later on May 6, 1926 the *Cardston News* article, "Mother's Day", lamented against the conventionalization of the day and that mothers should be honoured year round. "Our modern disregard for the Home Night, for the family duties each to each, and all to Mother, is making our homes too often mere boarding houses, places where the family gets ready to go elsewhere. The observance of Mother's Day primarily is to honor our Mothers. But, to be entirely successful, it must not become a yearly or spasmodic attempt to keep alive the spirit of the home. This honoring of Mother and of Motherhood is the essence of all successful family life. The outward observance of it must be preceded and followed by heartfelt devotion, by the father and by every inmate of it, to the Mother of that home whose unselfish sacrifices have made possible the establishment of the home."



*The Rosary Flower and Seed Co. grows carnations, Medicine Hat, Alberta 1912  
Glenbow Archives NA-4061-57*

Over a hundred years later Mother's Day has become extremely commercialized and is a retailers and restaurants economic juggernaut. As a holiday, it is near the top of the list for consumer spending at over 20 billion US dollars a year. A recent survey, however has found over sixty percent of mothers would rather a day with their families, "quality time", than gifts. I am sure the "heartfelt devotion" year round would also be appreciated.



# STAMPEDE DISPLAY 2018

This year the Southern Alberta Pioneer's photo display is featuring the Calgary Stampeders and Rouleville, known today as the Mission district. We also will be displaying images of other sports that played an intrinsic role in early settlers lives.

When the Calgary Stampeders joined the CFL in 1948 they capped off a perfect season by winning the Grey Cup. Before that time, the Grey Cup had been an important football game, but the Calgary Stampeders and their fans and supporters made it into the festival and celebration that we know today. Having no small experience hosting world class events, the Calgary fans brought a whole new party atmosphere to the Grey Cup and a taste of Calgary all the way east for their first (and winning!) Grey Cup appearance. This included the Grey Cup train, a weekend of parties and celebrations, and of course a pancake breakfast. No one really knows if a horse was ridden into the Royal York Hotel in Toronto for that first Grey Cup appearance, but riding a horse into the fanciest hotel in town remains a Calgary Stampeders Grey Cup tradition to this day. The Calgary Stampeders won 12-7 over the Ottawa Rough Riders in Ottawa, Ontario on November 27, 1948. Their "Victory Special" Grey Cup train pulled into Calgary at noon on December 1, which had been declared a holiday. A parade included the Grey Cup being strapped into a jeep that had been especially outfitted with a saddle. 30,000 people in a city of 104,000 turned out to welcome their Grey Cup Champions.



Calgarians celebrating Calgary Stampeders first Grey Cup win 1948, Calgary Glenbow Archives PA-2453-379



St. Mary's Rectory and Church, Sacred Heart Convent, 1886 Rouleauville, Calgary – Glenbow Archives NA-1753-1

The fourth site for the Notre Dame de la Paix Mission, was built in 1882, consisted of a two storey frame building which served as both a chapel and a rectory, the priest's residence. When CPR came in 1883 Father Lacombe secured the title for the land. After the North West Rebellion in 1885, the mission became a convent when the Sisters of the Society of the Faithful Companions of Jesus were displaced from their home in St. Laurent in what is now Saskatchewan and came to Calgary. They subsequently renamed the mission Sacred Heart Convent after their former home, and opened the first separate school in Southern Alberta.

**Annual Stampede BBQ**  
**Saturday, July 7, 2018**  
 at the  
**Memorial Building**  
**Cocktails: 5:30 pm Dinner: 6:30 pm**

Adults: \$35  
 Children 6-12: \$15 Under 6: free  
 Open to members and guests of all ages  
**Tickets: Gwen Hanna at 403-279-5621**

Deadline for purchase is July 4th  
 Tickets must be purchased in advance. No refunds.

Please make cheques payable  
 to Southern Alberta Pioneers and mail to:  
 Gwen Hanna, 7048 – 22A Street SE, Calgary, T2C 0X2

Tickets can be mailed to you or held for pickup at the door.

# Historical Committee

The Historical Committee has been very active since the last newsletter report. The Historical Book and Speaker Series has been well received. We have had three talks by authors and other speakers: February 14, March 14 and April 11. Plans are underway for a continuation in the fall. The new sound and video system will enhance the events.

The Calgary Stampede is fast approaching which means more photos to prepare and volunteer scheduling to take place. This year we are featuring sports and sports facilities in Calgary and Southern Alberta in the early 1900's. Do you remember the Crystal Pool and Skating Rink? How about the Calgary Tigers Football Team preceding the Calgary Stampeders and playing in Riley Park and Mewata Stadium? The photos from the Glenbow Archives will answer these questions. The Stampede Historical Committee will, again, be adding photos to the display and helping with manning the booth. They will be featuring the 50th Anniversary of the Young Canadians.

Shelly McElroy is now our Librarian with the former Librarian, Iona Shaw, assisting with the duties. Shelly is still active with the photo operation for, at least, this year and onward. Susan has been busy preparing text for the new photos as well as editing this newsletter. Joan has been filling the volunteer schedule as in past years. Francie has entertained several school groups with history and historical artifacts. Ask her about Calgary's French Canadian community called Rouleauville.

Are you involved with another organization? If so, would they like to see some of our historical photos? We are prepared to take the tri-folds with approximately 140 photos as well as larger photos out to your organization or, invite them to the Memorial Building. Maybe something could be arranged for the fall of 2018. Volunteers are always welcome to assist.

Dave Wake, Historian & Chair Historical Photo Display

## Silent Auction

### Invitation to Provide Silent Auction Items

Please come to the Annual BBQ and if you have goods or services to contribute to the auction contact **Pamela Hilton at 403-934-2637**.

The revenue provided by this auction assists in the delivery of programs designed to educate both the membership and public at large about "where we came from". Our website will help you understand the initiatives your financial assistance will support.  
<http://www.pioneersalberta.org/initiatives.html>

The revenue from this and similar events goes a long way in supporting the history and heritage of the Pioneers who settled Southern Alberta prior to December 31, 1890. It is only through the ongoing efforts of the descendants of these pioneers that the SAPD continues to thrive.

The Southern Alberta Pioneers and Their Descendants (SAPD) is dedicated to rescuing from oblivion the memory of the early pioneers of Southern Alberta and to obtain and preserve narratives of their exploits, perils and adventures.

Please consider supporting us at our upcoming Annual Stampede BBQ and Silent Auction. Activities for children will be arranged.

**Buy your tickets now!**

## Open House Tuesdays

- Coffee & scones, music and conversation. Come share a little Southern Alberta history.
- See if you can identify some pioneer artifacts.
- Enjoy our grounds and the extraordinary view over looking the Elbow.
- Amble down to the Calgary pathway and enjoy a walk along the river.

Heartfelt thanks to Steve Goodchild and Chris Halpin for donating their time in making the first public Open House Tuesday a great event. Chris catered a wonderful brunch, cooking different recipes from our cookbook along with his own creations. The scones were delicious and the carrot cake with crabapple icing was to die for. Steve generously played his acoustic guitar and sang a wonderful mix of soft rock and folk music for three hours. If you are planning a special event and need a caterer and a musician, keep them in mind.



Steve Goodchild - Singer, Songwriter

Steve is passionate about his music and enjoys performing and sharing it with all who care to stop to listen.

[sjgincalgary@gmail.com](mailto:sjgincalgary@gmail.com)

H: 403 460-6264

C: 403 860-3691



Chris Halpin owner of Manna Catering

Chris has enjoyed catering many special events at the Pioneer Building since the mid 1990's.

[mannacatering@shaw.ca](mailto:mannacatering@shaw.ca)

403 616-8008



# SAPD Speaker and Book Club Series

The inaugural season of the SAPD Speaker and Book Club Series was a great success - thanks to all of you who spoke, attended and contributed.

On February 14, we launched the series on a Valentine's night with the theme Pioneer Women. Susan Priel (SAPD) gave us an overview of the early history of pioneer women in Southern Alberta. Next the featured author Rachel Herbert braved a storm to join us and share research and stories from her book on the history of *Ranching Women in Southern Alberta*. The great-granddaughter of pioneer ranchers, Herbert raises and markets old-fashioned grass-fed beef at historic Trail's End Ranch near Nanton, AB. We were also joined by special guest and new SAPD member, Joe Loughheed, great-grandson of Sir James and Lady Isabella Loughheed, who told us some of his family history and told us about the astonishing, well-researched new book, *Metis Pioneers: Marie Rose Delorme Smith and Isabella Clark Hardisty Loughheed* by Doris Jeanne MacKinnon.

March 14, John Gilpin came to tell stories of the early entrepreneurs, influencers, city builders and planners as Calgary grew from a NWMP Fort along the Elbow River to a metropolis of over a million people. His book, *The Elbow: A River in the Life of the City*, points out that Calgary has always had a complicated relationship with the Elbow as both a benefactor and a threat. A Calgary based historian and writer, John Gilpin has a BA and an MA in history from the University of Alberta and a PhD in economic history from the University of Leicester, England. We were also delighted to be joined by Chief Lee Crowchild of the Tsuut'ina Nation who contributed his thoughts about the Elbow River, the growth of Calgary and future growth of Tsuut'ina Nation.

April 11, audiences warmed to Anne Gafiuk, who told wartime stories from the prairies featuring her book, *She Made Them Family: A Scrapbook from the Prairies*. It is a collection of letters, book covers, photos, anecdotes, magazine and newspaper clippings - that are a treasure-trove of relationships from The Second World War compiled by Mrs. Alice Spackman, Okotoks, Alberta. SAPD Librarian Shelly McElroy introduced Anne at the event, and here she is interviewing Anne on her new podcast. <https://player.pippa.io/people-who-know-stuff/episodes/anne-knows-about-aviation>

## Save the dates for our soon-to-be-announced Fall

**season:** September 12, October 10, November 14, 2018. We plan to live-stream the fall events, so sign up for news even if you are not in the city.

Watch for more information at [pioneersalberta.org](http://pioneersalberta.org).

Check out Shelly McElroy's "People Who Know Stuff" at <http://www.milehiradio.com/people-who-know-stuff.html>

We'd like to thank CKUA radio and Alberta Views magazine for co-sponsoring our series.



Speaker is John Gilpin author of *The Elbow: A River in the Life of the City*

## Stampede BBQ Volunteer Request



Volunteer opportunities are available for this year's Stampede BBQ to be held Saturday, July 8th. Staging this family event would not be possible without the assistance of our members. Here's a chance to snag your preferred spot on the volunteer roster!

Positions available include morning set-up crew (minimum 6-8), afternoon set-up crew (minimum 4), beverage ticket sellers (4 total on 2 shifts), bartenders (4 total on 2 shifts), water & pop (4 on 2 shifts - ideal for a youth working with a parent or grandparent), meal ticket collectors (2), and bar runner (1-2). We also depend on a few folks to help with teardown and cleanup at the conclusion of the BBQ.

Please contact BBQ Convenor Eileen McElroy, preferably by email at [mcelroy@telus.net](mailto:mcelroy@telus.net). Or call 403-272-9841 or 403- 808-9841 (messages).

## MEMBER NAME TAGS

Cost: \$13.25 (including GST)

Pick up at Memorial Building - Mailing extra, when required

**PLEASE PRINT CLEARLY**

Your Name: \_\_\_\_\_

Your Pioneer Family Name: \_\_\_\_\_

LAST NAME ONLY

Address: \_\_\_\_\_

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Please send the required information, along with your cheque for \$13.25 payable to:

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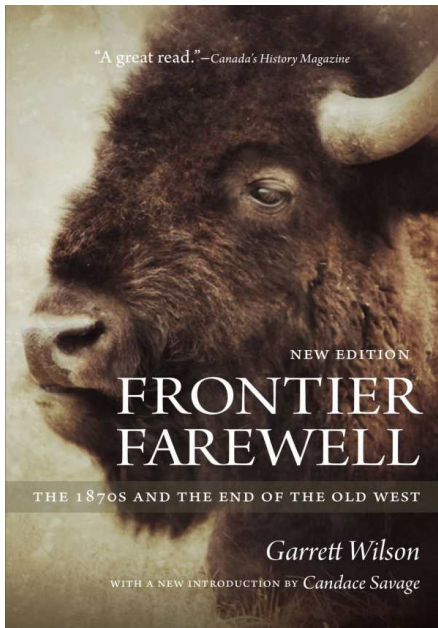
c/o Lana Jones

3203 Riel Place SE, Calgary, AB T2A 1Z1

**Southern Alberta Pioneers**  
**FIRST & LAST NAME**  
Pioneer Family - LAST NAME

Badges are 1" x 3" Gold with black print and Magnetic Backing

# A Good Read Recommended By Our Librarian



*Frontier Farewell: The 1870s and the End of the Old West*

By Garrett Wilson

In 1870, the Great Plains were inhabited by European fur traders, Metis settlements, Plains First Nations people and millions of buffalo. By 1880, the landscape was unrecognizable – the First Nations people were settled on reserves, settlers were beginning to stream into Western Canada, and the planning and construction of the great spine of the railroad was underway. The North West Mounted Police had the American whiskey traders on the run and were dealing with the delicate matter of American refugees. Perhaps most significantly of all, the buffalo were gone. This triggered the biggest ecological and humanitarian crisis that you've never heard of, but the landscape was open for the settlers that the Canadian government were depending on to make good on its investment in buying the North West Territories from the Hudson's Bay Company.

This is a great read and is vital knowledge for any Canadian in understanding Canada's confederation. I had no idea that smallpox had played such a huge role in the shaping of Western Canada. Did you know that the law in Canada often applied very differently in the eastern part of the country? Garrett Wilson breaks down the contracts the Canadian government signed with its Indigenous people, exploring differences between the individual treaties and the needs and motivations of the people signing them. The book reveals that the important decisions made by a removed and detached government in Ottawa were to have a profound effect on the relationship that Canada has today with Metis and First Nations people. And what really happened to the buffalo?

Thrilling, engaging, frustrating, with many moments of clarity along the way, of finally getting it – why things are the way they are. That was my experience of reading this book. It clocks in at 527 pages so let your friends know that you love them and bid them a fond farewell. Stock up on all the groceries you could possibly need for the next two weeks and tell your family not to interrupt you unless the house is on fire. Then climb into your time machine (I sat in a patio chair on my back porch with an iced coffee) and prepare to disappear into the magnificent world of Western Canada in the 1870s, a journey not so much through space as through time.

Shelly McElroy – Librarian



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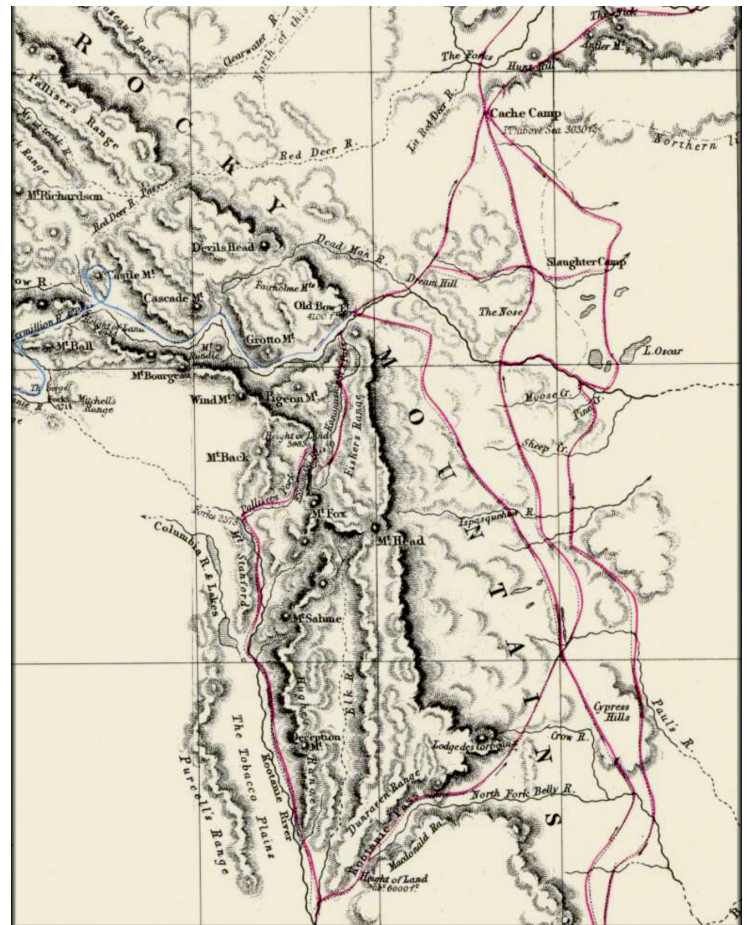


# Southern Alberta's Challenging Climate

The urban gardeners and farmers can attest to the challenges of growing gardens and crops with the ever-changing weather conditions of Southern Alberta. The striking differences between the last two growing seasons are a clear example of the vagaries of the climate. The winter of 2017 saw three consecutive months without precipitation and record warm temperatures allowing many farmers to seed in late March and early April as they contended with extreme drought conditions. The spring of 2018 has finally kicked in and we have emerged from a long cold winter marked by record high precipitation, overland snow pack at a 1 – 50 year high, leaving the land saturated and the soil too cool for seed planting resulting in an even shorter growing season.

These unpredictable growing conditions have perplexed governing bodies for over 400 years! Beginning with the fur trading Hudson Bay Company in the 1600's, who many thought perpetuated a self-serving myth that the prairie land conditions were too drought stricken to be viable for agriculture and therefore not suitable for mass settlement. Recent scientific research on the history of droughts in Southern Alberta over the last thousand years have found that drought conditions in the sixteen hundreds and even later were more entrenched and longer lasting than they are today. In fact these droughts could last as long as twenty years as stated in an article by Carolyn King, "Prairie Drought – Past, Future." "We've found droughts that were much more severe and much more prolonged than anything we've seen on the Prairies in the last 120 years, including the 1930s.

The period in time when the explorer John Palliser's expedition spent three years from 1857 to 1860 exploring the region on behalf of the British Government was during a prolonged drought from 1842 to 1877. His extensive exploration was for agricultural research to study the region to establish European settlements and what he found was an extremely dry region with many sand dunes. No wonder he deemed the region semi-desert and not viable for agriculture. The close up of Palliser's map of 1860 depicts Southern Alberta. You can determine that the extreme far right route travels from the Cypress Hills straight north to what is known today as Hanna, in the "Special Areas". This region suffered the worst during the 1930 droughts.



Captain Palliser's, British North American Exploring Expedition Enlargement shows the explored routes during the summer of 1858.

The famous Canadian botanist, John Macoun also spent a considerable period of time in the late 1870's in Southern Alberta cataloging the flora and fauna of the region and he determined that agriculture was viable and sustainable for settlers. Unlike Palliser's expedition, Macoun's five research missions to Southern Alberta were during a long wet period. In addition the long treks by Palliser's Expedition, covered great distances studying the different terrains, spending less time in one area. Whereas, Macoun's research would concentrate on the different microclimates throughout the region finding many areas suitable for farming.

Not only was the weather different during the late 1870's, but great social changes affected the region with the demise of the buffalo. The NWMP arrived and without the buffalo the nomadic First Nations peoples began to starve, further decimating the prairie parkland elk population and passenger pigeons were hunted to extinction. Without the buffalo to graze and trample the prairie grass, Macoun saw extraordinary lush prairies with tall grass and endless possibilities for agriculture development. He felt so strongly that the prairies were sustainable for new settlements for European settlers that he was able through public lectures and various reports to successfully change the "opinions" of the government fostered by Palliser's expedition. His arguments were so persuasive that he was able to shift the proposed rail line from going through the north and instead travel along the US border.

Prior to the building and completion of the CPR Railway a concerted effort was in place to develop crops for the prairies and it intensified after the 1880s when the Canadian government established the first experimental farm in Ottawa. Research and development continued in Southern Alberta when CPR built experimental gardens and demonstration farms the first of many agricultural research programs established that helped recognize varied geographically diverse regions within Southern Alberta. As the region was settled, the drought vulnerabilities of developing an agricultural base economy in Southern Alberta became evident. By the end of the 1920s agriculture schools, like the one Claresholm developed bumper crops but other regions in the eastern half from Suffield to Hanna saw mass exodus of settlers because the 160 acres allotted we're not sustainable for traditional farming practices in the drought stricken regions. In fact many of the early farming practices caused the drought to

## Southern Alberta's Challenging Climate *continued*

be more devastating than they should have been. The knowledge garnered over the last hundred years has been invaluable to scientists in understanding the development of sustainable agricultural based industry in a region that is prone to long-term droughts.



Rye field, School of Agriculture, Claresholm 1927  
Canada Archives PA-040526



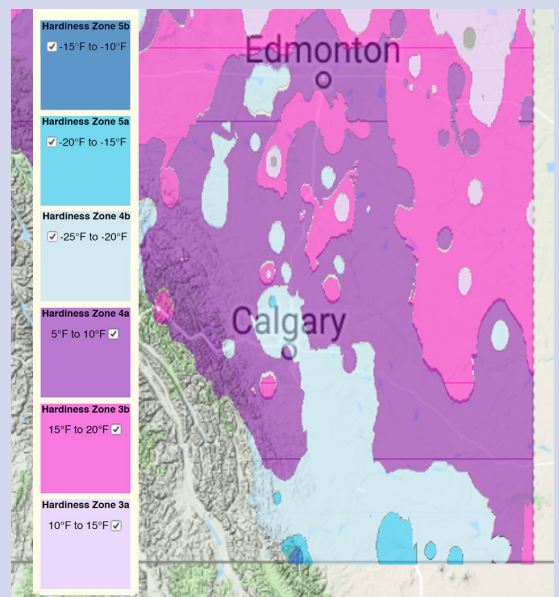
Great Depression, badly drifted field, Hanna, Alberta ca 1930  
Glenbow Archives NA-4179-15

The climate in Southern Alberta has become distinctly warmer over the last fifty years, creating weather patterns that have become more extreme between wet and dry seasons. The plus side of the warmer temperature is the atmosphere's ability to hold more moisture increasing the precipitation into the region especially during the winter months, as we recently experienced. In addition we have more frost free days. This trend has the climatologists from the Prairie Climate Center predicting the region around Medicine Hat to have the same climate as Amarillo, Texas by the year 2050. In the future they are saying Southern Alberta and the area called Palliser Triangle "will not be conducive to viable agriculture". History has proven Southern Alberta has a challenging climate for determining the viability for sustainable agriculture but history has also shown us that science and research can help in determining water management programs, developing and adapting to advanced farming practices, and diversifying crops to adapt to the challenges caused by the changing climate in the region.

## Southern Alberta Hardiness Zones

As gardeners anxiously wait for the last frost to put in their gardens they can now choose plants that are viable in hardiness zones 4a or 4b, which covers much of Southern Alberta. Climate change has made the previous hardiness zones outdated, since it was based on data from Agriculture Canada from 1930 to 1960. These zones were updated in 2015 by Natural Resources Canada with data from 1981 to 2010. There are seven variables that they look at to determine the influences on plant survival and growth: the mean minimum temperature of the coldest month and mean maximum of the warmest month, frost-free periods, precipitation from June to November and in January, maximum snow depth and finally maximum wind gusts. These conditions have changed dramatically in Western Canada over the last 30 years, resulting in significant changes in plant hardiness zones, some regions by as much as 3 zones. Not only is the temperature warming, there are more frost-free days and average precipitation has increased. In addition the hardiness zones are much larger, increasing by over 200 percent.

This is great for Southern Alberta gardeners because it allows more plant choices when designing the garden. They still have to be careful, however, because the plant hardiness zones are just a guide and when interpreting it there are three points to keep in mind when using the zone map. First these zones are based on "average" conditions but every year you can have unique circumstances and climate change has affected some places more widely than others. Secondly, today plants purchased in garden centers are not tested locally and might have the U.S. version which is slightly different. Thirdly the climate continues to evolve and growers and the gardeners should adjust and alter their plant selection as needed.





# Chinook County Historical Society

Tuesday, May 22, 7:30 pm

Free Program  
Fort Calgary, Officers' Mess  
750 - 9 Avenue SE

**Thomas Wellington Chalmers: NWMP Inspector,  
Surveyor, and Boer War Hero**

**Barbara Brydges**  
Local Historian and Librarian

Thomas Chalmers is one of the three NWMP Officers shown at Fort Macleod in 1886, in a large photograph hanging in the Officers' Mess in Fort Calgary. After leaving the Mounties he went on to lay out the "Chalmers Trail", which gave eager prospectors access to the Klondike via Edmonton. He later died a hero's death in the Boer War, leaving behind his story and a tantalizing mystery, as told by his great-niece, the librarian and local historian Barbara Brydges.

## Historic Calgary Week 2018

Chinook Country Historical Society is pleased to present the 28th annual Historic Calgary Week from July 27 through August 6.

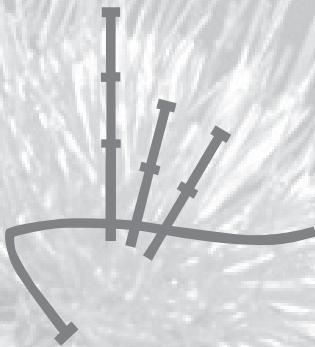
Celebrate the rich history of Calgary and region as we present over 70 events with the opening ceremonies to be held at the SAPD Memorial Building at 9:45 am on July 27. Come to talks, walks, concerts, family events, museum and community visits.

Enquiries for Historic Calgary Week should be directed to  
[hcw@chinookcountry.org](mailto:hcw@chinookcountry.org)

## Pioneer Families of Southern Alberta

Reprint of Pioneer Families of Southern Alberta and the Addendum of 96 pages of over Pioneer Families: \$20.00  
Addendum: \$10.00

Dave Wake 403-288-5545



**Stephanie McSween  
Piper**

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*Pipes for All Occasions*



## Alberta History Badge



Rob Lennard - History Wrangler, Guy Cochrane SAPD President, and Girl Guides

The Southern Alberta Pioneers have a wonderful relationship with a fellow known as The History Wrangler! Rob Lennard is an enthusiastic local history buff, who also happens to be musical. We have partnered with him to help Girl Guides and Brownies earn their Alberta History Badge. Some of the programs take place at our beautiful facility while others are at the outdoor art garden at The Bow Valley Ranch in Fish Creek Park. His music and entertainment keeps the young people enthralled as they learn about early pioneers and the history of Alberta. His most recent programs featured a song he wrote about Princess Alberta Louise, for whom our province is named. We are so lucky to work with him!!

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# PRESIDENT'S MESSAGE

Spring has arrived, finally. Often the very idea of spring brings fresh ideas and new beginnings. It's time to clear the clutter. Not just from our homes and garages, but from our minds as well. Spring is the season of change and renewal. It motivates us to break through, to let go of old patterns, to start something new.

Thanks to all of you who helped with the annual spring cleanup at the Memorial Building. If you haven't seen the building or the grounds since then, come by and see how it all shines.

We had a productive retreat for the board members led by Amber Stewart of the City of Calgary. We are looking at strategic planning for the future and we would love to have your input.

I'm pleased to report that Gabrielle has dramatically increased the number of rentals to a level never seen at our building. And, with the brand new installation of a state-of-the-art audio visual system, each event, whether it is our historical group or a beautiful summer wedding or a business retreat, will be greatly enhanced. Susan Priel worked very hard on researching our best options and we agreed on one that suits our needs, opening doors for even greater possibilities for the Association and the Foundation. And, when we rent our lodge, we will be able to charge a premium for the use of this equipment. I am optimistic that we will see a healthy return on our investment, and yes, I am confident it will pay for itself over time. Hopefully a short time.

We've had many guests already this year. We had visitors from the Whyte Museum in Banff come to talk about ways to work together and we are planning a return visit to see them in Banff soon.

On January 24th Don Smith, Nancy Townsend, Jack Dunn and Susan Koopmans generously donated their time (as part of an SAPD fundraiser) to come to the pioneer Memorial Building to tell stories of Colonel Macleod and his times, including a fireside reading of some rather racy love letters to his wife.

We've had girl guides come by with the History Wrangler to earn their Alberta History badges. We had students come for our schools program in which they are challenged to recognize pioneer artifacts and learn about our history. And we've had groups of seniors signing up to come on daytrips to the building.

Our speaker series kicked off with three very successful events. Three more speaker meetings are planned for the fall. Mark your calendars for September 12, October 10 and November 14. The next event on September 12 will be about hunting for historical information.

In order to promote the series, we are advertising on the province-wide CKUA radio and in Alberta Views magazine. To promote Open House Tuesday, Susan Priel was interviewed for the CTV Noon News and News Talk 770's Calgary Today with Angela Kokott. Now a lot more people know who we are and what we are trying to do. We have been placed on the map, so to speak. Hopefully more people who are eligible will hear about us and join.

My wife and I had the privilege of visiting the Old Timers Cabin run by the Northern Alberta Pioneers & Descendants organization in Edmonton. They have a great building and it recently went through a major overhaul.

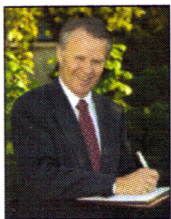
There is a lot going on and we would love to have you join us. There are a lot of members I have not yet met. Come by on a Monday or a Tuesday to talk about history, look through the library, or just to hang out. Get involved with the Stampede events, the historical committee, the newsletter, event promotion, social media. Whatever your interests and skillset, we can find a place for you. We have a lot of fun together uncovering history and figuring out where and how to tell the stories.

Remember we are still very active during Stampede Week. We have the annual Stampede Barbeque on Saturday, July 7, the Rotary Tea on Tuesday July 10 and the Pancake Breakfast on Saturday July 14 from 9 A.M to 11 A.M.

Remember, please think about Round Up 2020, and please think about a party in the Crystal Ball Room. We need you.

Guy Cochrane – President

## *Cochrane Law*



**Guy R. Cochrane, B.Comm., LL.B.**  
Barrister, Solicitor, Notary Public & Mediator

311 - 7620 Elbow Drive S.W.  
Calgary, Alberta T2V 1K2

*By Appointment Only*

Tel: (403) 243-9905  
Fax: (403) 214-3658

Email: [guy@cochranelaw.com](mailto:guy@cochranelaw.com)  
[www.cochranelaw.com](http://www.cochranelaw.com)

*Wills, Enduring Power of Attorney, Personal Directive, Probate*

## Volunteer Hours

SAPD is tracking the hours worked by all our volunteers.

This information will help the Association understand our volunteer needs for the future, aid us in applying for funding, and celebrating the dedication of our volunteers.

Volunteer Hour forms are available in the Memorial Building office, on the website, or by emailing Steve Foote at [steve.foote@tieronetravel.com](mailto:steve.foote@tieronetravel.com)

Steve Foote

# INTERNATIONAL WINE & FOOD EVENT

It was a beautiful 2-degree day for our food and wine tasting. This year marked the 24th annual Int'l Wine & Food Event. There was a jovial atmosphere as 67 people enjoyed getting out from under our cold and snowy winter. Pioneer Gent, David Ballard and Lady, Bev Snell greeted guests at the door. Countries visited this year were South Africa, France and U.S. (California).

Guests were served the latest out of France. Veuve de Vernay was sipped along with a snack of salted popcorn and almond macaroons. Who knew that dipping the macaroon into the bubbly would create even more effervescence? Food and wine pairings were exceptional with many mouth-watering bites from the three countries. We continued to hear that "this was the best wine event yet" and for some it is their favourite. Food preparation was done by the current board as well as other volunteers from the organization. We have some awesome cooks!

Special thanks go out to Gwen Hanna for phoning members and selling tickets; set up crew, Robin Arthurs, Kathleen Rogers, Joan Hampaul, Rhonda and John Hutchings, Jeff and Maureen Hill; Guy Cochrane, Lyn Cadence, John and Rhonda Hutchings, Karen and Rhonda Clark, Sharon Hoiland, Megan Ballard, Kathi Pointen, Susan Priel, Kathleen and Brian Rogers, Jeff and Maureen Hill for making the incredible food; Kathi Pointen and Joan Hampaul for their endless energy in keeping the kitchen clean; and finally to those who helped at the end with the take down of the event. Your help is needed and appreciated.

Aprons, totes, and t-shirts with the SAPD logo are sold at these events, at a reasonable price, with great quality and super advertising. Sales provide a source of revenue for our organization to assist with some of our many costs. Thank you to those who support us in this manner by purchasing items from our "SAPD Boutique".

Maureen Hill – Committee Chair

## STAMPEDE PANCAKE BREAKFAST



**Saturday, July 14th, 2018**

**at the  
MEMORIAL BUILDING**

**9:00 am to noon**



***Outdoors, Rain or Shine!***



Colleen Lewis, Rhonda Hutchings, and Kathi Pointen

## Social Commitee

Thank you to those who have stepped forward to act as convenors and co-convenors this year. Your commitment and time is most definitely appreciated. For those of you who have stepped forward in other ways your time is also welcome and appreciated. Your work makes it possible for us to socialize together and enjoy a variety of activities. If you wish to help in any capacity a phone call would be welcome. You could call me, Maureen Hill, at 403-225-2397 or any board member listed in the newsletter.

Some of you may have noticed that we no longer have our Social and Pot Luck Sundays this year. Unfortunately it was waning in popularity and thus cancelled. It is unfortunate as those who did attend enjoyed the outing and socializing. Any thoughts of revitalizing this event in some way are welcome. Please come to a meeting on the first Tuesday of every month, except July and August or put in a call to a board member. Your ideas and help are always welcome.



## Upcoming Social Events

Friday, July 6, 6:30 am  
Pre-Parade Breakfast (participants only)  
Rotary House  
Kerri Fipke, 403-271-9581

Saturday, July 7, 5:30 pm  
Stampede BBQ  
Eileen McElroy 403-272-9841

Monday, July 9, 12:30 pm  
Sandwich Making  
Sharon Hoiland 403-282-8082  
Megan Ballard 403-862-1756

Tuesday, July 10, 2:00 – 4:00 pm  
Rotary House Tea  
Pamela Hilton 403-934-2637

Saturday, July 14, 9:00 – 12:00 am  
Annual Pancake Breakfast  
Steve Foote

Friday, July 27, 9:00 am – 3:00 pm  
Historic Calgary Week Kickoff  
Kerri Fipke, 403-271-9581

## Pioneer Logo



You may give a lasting tribute to your descendant of a pioneer family by inserting the Southern Alberta Pioneers and Their Descendants Society's logo into

your loved one's obituary.

The logo is a copyrighted feature of the Pioneers Society.

Our logo is available at the *Calgary Herald* and the *Sun* newspapers.

The cost to insert our logo is included in the column inch charge for your loved one's obituary.

Bill Murphy  
murph230@shaw.ca, 403-252-6565

## Attention

**Membership fees for 2018 are overdue.**

Members age 18 to 79 – \$30/year  
Gold Card Members – 80+ Free

**We now accept credit cards**

Call Maureen Peckham  
403-271-5483

or

Drop by the Memorial Building  
on Mondays & Tuesday 10:00 am  
to 2:00 pm

or

Send cheque to:  
Attention Membership  
Southern Alberta Pioneers & their  
Descendants

3625 – 4th Street SW Calgary, AB  
T2S 1Y3

**Please note:**

If you have not paid your dues for  
2017, there will be a red notice with  
this newsletter.

## Membership

This newsletter can be read & printed  
at [www.pioneersalberta.org/newsletter](http://www.pioneersalberta.org/newsletter)

If you would like to discontinue receiving  
the paper copy of the newsletter, please  
send a notice to Maureen Peckham  
membership@pioneersalberta.org.

### IN MEMORIAM

Murray Jacques, William McCambly,  
Lloyd Hamilton, Helen Mackie, John  
Harvie & Raymond Chudey, Florence  
Anderson

### NEW GOLD CARD MEMBERS

Noreen Baker-Hall & Delina James

### WELCOME TO NEW MEMBERS

Donald (Dan) McKinnon, Descendant  
of Lachlin McKinnon Calgary, March  
10 1882

Joseph Lougheed, Descendant of  
Isabella Lougheed, Medicine Hat, 1882

**Thank you for notifying me of any  
changes, address, phone numbers or  
e-mail addresses.**

E-mail membership@pioneersalberta.org  
or phone 403-271-5483.

Maureen Peckham, Membership

## The Southern Alberta Pioneers and their Descendants

requests the pleasure of your company at our annual

### ROTARY HOUSE TEA

Rotary House at Stampede Park – 1704 Big Four Trail SE

Tuesday, July 10th, 2018, 2:00 – 4:00 pm

The Rotary House Tea celebrates the entrepreneurial spirit of the  
pioneers who built this province and highlights the importance of  
the preservation of our history

**RSVP:**

Sharon Hoiland (sharonh@greycatsoftware.com)

Megan Ballard (megan@devilspaw.com)

**Steve Foote**

Independent Travel Consultant  
Administrator

**TIERONE**  
travel

**direct** (403) 543-8844  
**toll free** (866) 543-8844

steve.foote@TierOnetravel.com

210, 8835 Macleod Trail SW Calgary AB Canada T2H 0M2

## Rideau Pharmacy



**TIM HEATON**  
B.Sc. Pharm. M.Sc.

1711 - 4th STREET S.W.  
CALGARY, ALBERTA T2S 1V8

PHONE: (403) 228-5067

OR 228-7065

FAX: (403) 228-5068

# The Road to Health in 1926

The following is an excerpt from article in the *Cardston News* published in 1926. "The Road to Health" was written specially for the news by Katherine Grover, D.C. Nearly a hundred years later and it is still just as applicable if not more so considering the amount of process food eaten today. You might notice the lack of protein (not a good idea) and how similar the recommendations are to a popular lifestyle choice of eating just raw foods, "that simply promotes eating more real foods in their natural state".

"Today is the day to start on the road to health. Let us begin the day right on arising by taking a few vigorous exercises accompanied by deep breathing, followed by a short, brisk cold shower or sponge bath. Finish this up with a vigorous towel or hand rub and you will feel refreshed in mind and body. A glass or so of cold water and a breakfast of oranges, grapefruit or any other fruit in season, will not only have a cleansing and healing effect but you will soon notice a decided improvement in health. Never again will you care to go back to your heavy breakfast of bacon and eggs, cereal, hot biscuits and coffee. In making this change to a natural diet, you may at first experience some physical discomfort and false hunger, but this will soon wear off. At noon try making your meal of entire wheat bread and a salad of raw vegetables. The raw vegetables are live foods and furnish us with energy. Let us learn to live more and more on natural foods, foods which are raw and pure and which are necessary to supply the body with vigor and health. The more we cook our foods the less good we get from it."

"A great many people have proven through personal experience that their health has been considerably benefitted by omitting one of the three daily meals. With most people there is a tendency to eat more than the body can assimilate, which means just that much poison to be eliminated, as food taken in excess of the body's need is just so much waste to be gotten rid of by the excretory organs. When one eats only in response to a natural hunger, he enjoys more the natural flavor of simple foods and has no need of the excessive use of salt and condiments so commonly in use. The persistent use of raw vegetables or raw fruit salads, together with steamed fresh vegetables and whole wheat bread and the banishment of all white flour products, meat, eggs, sugar, and condiments will be found both nourishing and cleansing to the system, leaving the blood in an alkaline condition and will prove to be the greatest factor in the maintenance of health."

## 2018 Board of Directors and Committee Chairpersons

### OFFICERS

#### President

Guy Cochrane .....403-243-6438

#### Vice-President

Sandy Pedlar .....403-278-1334

#### Past President

Ron Moore .....403-533-3737

#### Secretary

Patricia Chesterman.....403-251-0654

#### Treasurer

Janet Blair.....403-669-1094

#### Membership

Maureen Peckham.....403-271-5483

#### Directors: Two-Year Term

Jeff Hill .....403-225-2397

Megan Ballard.....403-862-1756

Steve Foote .....403-938-6350

Sharon Hoiland.....403-282-8082

#### Directors: One-Year Term

John Hutchings.....403-252-2428

Dexter Nelson.....403-934-2903

Francie Hagedorn .....403-243-3861

Susan Priel .....403-289-6372

### COMMITTEES

#### Building

Joan Hampaul.....403-282-8515

#### Casino

Steve Foote .....403-938-6350

Kerri Fipke.....403-271-9581

#### Cookbooks

Fern Dorsch .....403-278-2793

#### Historical

Dave Wake .....403-288-5545

### IT

John Rauchert.....403-283-6067

### Library

Shelly McElroy .....403-554-9855

### Newsletter

Susan Priel.....403-289-6372

### Newsletter Advertising

Beryl Sibbald .....403-932-5584

### Records Management

**Volunteer needed** .....

### Sick & Visiting

Peggy Barr.....403-246-2843

### Social

Maureen Hill .....403-225-2397

### Stampede Display

Dave Wake .....403-288-5545

### Stampede Parade

Linda Chudey .....403-225-0698

### Telephone

Joan Christianson.....403-641-2242

### Pioneer Lady

Bev Snell.....403-243-0563

### Pioneer Gent

David Ballard.....403-282-3716

### Memorial Bldg.

**SAP Office**.....403-243-3580

**SAP Fax**.....403-287-2485

### Hall Rental Agent

Gabrielle Leah .....403-807-0550

### Memorial Building

3625-4 Street SW, Calgary, AB T2S 1Y3

## THE NOTICE BOARD

### Memorial Building

Planning to rent the hall? Call early to ensure your date is available. For bookings call Gabrielle Leah at 403-807-0550.

<http://www.pioneersalberta.org>  
sap.office@pioneersalberta.org

### Newsletter

The newsletter is printed in January, May and September. Interested in submitting a story or photos for the newsletter? Call Susan Priel at 403-289-6372 or email [spriel@shaw.ca](mailto:spriel@shaw.ca).

### Historical Committee Meeting

Regular weekly meetings are on Mondays, 10:00 am to 2:00 pm. On the rare occasion a meeting may be cancelled if the hall is booked for another function. Please call Dave Wake at 403-288-5545.

### Sick and Visiting

Please notify Peggy Barr at 403-246-2843, of any illness or death in your family, or if anyone has need of a hospital visit.

### Board Meetings

1st Tuesday of the month at 6:30 pm (except July & August). All members are welcome.

### Historical Records Committee

Submit family histories to  
Francie Hagedorn, 403-243-3861  
Joan Hampaul, 403-282-8515