

# MY LIFE

Ken Holliday

PREAMBLE -some of this is organized by year -most is just rambling. The index tries to highlight areas of where topics are found.

## RULES I LIVE

Borrowing – I am always eager to lend tools and or help. It is very important to me to return PROMPTLY anything borrowed and in better condition than when I received it.

Lending- I am always happy to lend tools, and equipment, returning them as stated. I have tried keeping a register of what lent to whom – but the good intention is seldom followed by many!!

My word is my bond!! – I place great value on my word- I feel a person’s word should better than any signature – unfortunately – we do find many people have no hesitation in lying. If I promise something I wish to move heaven and earth to ensure that promise is kept!!

### 1943-44-45

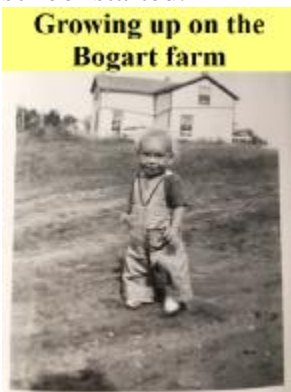
Born in Regina General hospital July 7-1943, parents Harvey & Naomi Holliday. I have no remembrances of this event but am told that in their first years of marriage they lived in Regina and dad worked at Burn’s Meats on the killing floor. 1951(I am not sure of the year but it was before Faye was born -1952) they moved to a farm 1.5 miles east of Edgeley – we called it “The Bogart Place” as it belonged to that family. Dad rented from the owners, the parents of Jean Hooper (nee Bogart). Jean and Morley eventually lived about 3 miles south of that farm.

These were growing years and tidbits are all I recall. The farmhouse was a 2-story wood frame. There was a barn and outbuildings in the farmyard. A big garden in the house yard.

There was also an artesian well which had a flow directed to a standpipe high enough for farmers to drive a wagon under it. They would have a tank on the wagon and direct an old inner tube to the tank to fill it, Excess water was directed to a water trough made from a boiler of some kind. Cream (cream is a product of daily milking of 3 or 4 cows. It is separated from the skim milk, saved and when a shipping can was full approximately 5 gallons- it was sold Co-op Creamery- Regina) was kept in the water trough in cans as that water was very cold. Excess from the trough went to a slough and that slough always had water – a place we did not play as it was very marsh like. It was fun to make water damns and drink as water came to the trough from ~~the~~ overhead pipes. There was also a hose attached somehow that went to the kitchen in the house and water always flowed into the sink and out into the garden – winter and summer.

### 1946 Age 3-4.

I have seen pictures of family events and me in some of them. I have some memories of some events before school started.



Then and now!!



*Life on the Bogart Farm to 1951*

## 1947- 48 Age 4-5

I slept on the 2<sup>nd</sup> floor in a bedroom with brother Barry who was 2 years older than me. – Mom & Dad had a bedroom, as did my sister Barbara who was born June 3, 1947 Barb and Barry were both born June 3 but years apart, Barry 1941. There was heat from wood fired furnace and sometimes coal as well. There was also fuel oil in a space heater, the stove pipes went through our bedroom and gave off some heat but not much!

There was no bathroom inside but, in the winter, dad put a toilet in the basement – just a 5 gallon pail under a seat – it was dark and cool down there but better than freezing outside. In summer we used an outdoor pit toilet. We bathed in a galvanized tub once a week – in the kitchen. Water was heated on the wood burning stove in the kitchen and in the reservoir on the side of the stove. The same 2-3 inches of water in that tub was used for all the family- as heating water was a slow process.

The memories of events of the farm include:

**A horse falling into the cistern by the house** – they collected the rainwater into a cistern, a hand pump at the sink gave mom access to that nice soft water as the well water. Hard water, from the well, was not as nice for baths, hair washing etc. That horse was a Clydesdale colt. It survived and was used for many years even after we moved to the homestead farm.

**Riding out to the pasture on a horse to get the cows for milking.** – This was a daily choir – milking was done twice daily.

**A threshing machine and the crew and watching the straw stack grow.** I was too young (age 7-8)?to be of much help but was water boy, and **even got to ride the rack and pitch sheaves into the thresher.** I bet it was only under duress that kids were allowed near all that equipment, exposed belts, gears etc.

**Relatives gathered at our farm** – from Regina on weekends, as well as neighbors and I am sure the extra mouths were always a chore to feed but many hands made light work – the tradition of bringing food when visiting was followed as the deep freezers did not exist- only ice box coolers.

**The icehouse** - a shed with a deep pit in the ground. Blocks of ice, 2-foot cubes (2x2x2) were cut in the winter from a nearby dam, pulled from the water with giant “ice tongs”, loaded onto a rack or low platformed sleigh called a “stone boat”, and back at the farm, lowered into the pit layered with dry sawdust between layers. This ice was used in the icebox fridge. Sometimes a special treat with company was **homemade ice cream.** Turning the crank was a job for kids until the mixture started to freeze then it became a man’s job due to how hard it was to turn.

1949 – **I started school in the two-room school at Edgeley at age 6.** Some of the prior memories were of mix of various years and I have no real way of separating the years other than by guessing as some events I recall I had to be school age.

## *School memories age 6-9 while at the Bogart Place*

### **Accidents at the farm**

To get to school Barry and I were given horses to ride or to pull a 2-wheel cart (sulky). **Barry got hurt on the way home once.** I was riding a horse that used to be a jumper. Barry was driving the sulky. We were to stop at our neighbor's, the "Craig's, on the way home pick up a canner. A canner is a metal tub with lid. The canner is used to hold jars for canning fruit and vegetables. Barry tied the canner to the underside of the sulky. I rode on without waiting for him. Because of the noise of the canner lid banging on the tub, Barry's horse bolted and stampeded (ran uncontrolled). It was dangerous and Barry jumped from the sulky. **His feet caught in the reins, and he was dragged along the dirt road.** There was a gate he had to open about ½ mile after Craig's. That gate is where his horse stopped. My horse was a "Jumper" and cleared the gate, made with 3 strands of barbed wire, total height 3-4 feet. Mom asked me where Barry was and as he was not arriving, I was sent back to find him. I had to return home and say he needed help. He could have been killed but was only bruised and no broken bones. **Barry had another incident when he jumped from the barn loft door with cape around his neck saying he was going to fly like superman.** It is a good thing kids heal fast- I do not know what all he broke but I do recall that in that incidence he had a cast on one arm.

Note -"Jumper horse:" grandfather, William S.(Bill) loved horses, bought and traded horses. A jumper horse would have been one trained for "jumping" competition. It was probably retired from jumping due to not being a consistent winner but would have been a "good buy" for our grandfather." He also bet the horses and liked the "Claimer" race where if the horse placed as he bet he could and did buy it – Thus there were "spare" horses – This "failing" as Gramma Beatrice Holliday referred to it was sometimes hidden from her by placing the horse somewhere other than their farm – somewhere included the Bogart farm

### **My Father's (Harvey) near-death battery explosion**

We had a 32-volt wind charged battery pack electricity system in the house. There were many glass batteries, hooked in series, in the basement. These generate volatile gas when charging. Dad went to the basement to check something – must have created a spark- and **the batteries exploded, spraying him with acid and cut glass!** He spent many days in hospital recovering. I only recall everyone being very serious and concerned

I recall many accidents:

**Cutting an orange with a big butcher knife and a sprained ankles from jumping off the roof of the icehouse in winter.** These resulted in some heroic cooperation of neighbors to get me to a doctor and hospital care.

The cut finger - being about 5 year old, I was determined to cut an orange in half for myself. The screams of parents to stop me went unheeded. I cut it deep, to the bone and into the bone. The bleeding was not stoppable. It was winter, roads were closed to vehicles in our area. Dad called the doctor, who told them it was necessary they take me to Qu'Appelle to the doctor and hospital and to rush before I bled to death.

**This involved a joint trip by a few neighbors along the way, each using their own teams of fast horses and a cutter (Sleigh)** Dad took me and mom across fields about 1.5 miles, as far as a neighbor (Stan Howdens). Stan, took mom & I (using his own horses and cutter). to meet Harold Morrell (2 miles) who relayed them (using his own horses and cutter) to the junction of 35 highway ( ? 2 miles) where someone met them with a car and took them on into Qu'Appelle. They had kept my finger in snow and tied tight all the way! I did not bleed to death which was the concern.

I guess I played wherever I could and one time I jumped off the roof of the icehouse into a snowbank twisting my ankle badly. Mom & Dad thought it may be broken and took me to the hospital in Qu'Appelle for exam – it was a sprain only. I was a slow learner maybe as I did the **same thing later that winter again** and sprained it again. Buried in the snow were a set of disc packers that caught and twisted my leg as it went down between the blades.

**1952**

We moved in 1952 to the Holliday homestead 1 mile north of Edgeley. Faye was born in April of this year. This was the year the Bogart family ended the lease of the farm because their daughter, Jean, was getting married to Morley Hooper and they wanted them to have the farm my parents were renting. It is said Mom and Dad looked at farmland at Imperial, but that our Grandparents decided to move to Regina. Grandpa, Bill, became an employee of Mid-West Motors as a mechanic and they built a house at 2710 Atkinson Street which was then a very new “subdivision” of the city of Regina. Our grandmother lived there until 1976 when her memory began to fail and she could no longer live on her own. **Grandfather Bill Holliday died of carbon monoxide poisoning.** He was working in his own garage, at home, with his brand new 1960 Pontiac running. He was installing a frost shield. The wind blew the garage door shut. He did not notice it in time and was found lying on the garage floor by the closed door.

Luther years – 1959-61 Grades 11 and 12

I went to Luther College in Regina and lived in the men’s dorm for 2 years, while attending grades 11 and 12. The Edgeley school only taught to grade 10. I met new friends and even made some girlfriends there. Grade 10 – I was steady with Lois Prior who hailed from Indian Head area. She never returned to school the next year – I had no girlfriend for prom. My then roommate was Keith Mang – he arranged for me to take a cousin- (forget her name) One girl in a classroom who sat in front of me, asked me why I did not ask her- I was too shy, scared this good looking popular girl would laugh at me. I apologized and said I would like to spend the grad weekend with her. I would take her home to meet my relatives and she could go horseback riding with a neighborhood girl. This classmate was Donna Hemingson. She came from Uranium City, Sask. I eventually went there for the summer holidays and to visit her. We did date for a couple years after that. Other roommates at Luther were Jim Symons and later his brother Kent Symons. They came from Malaric Quebec. I went by train at xmas with them to spend xmas with their family. My grandfather holliday bought my train ticket.

### ***OUR “HOLLIDAY FAMILY COAT OF ARMS”***

This was found in a heraldry record in England while Cecile and I vacationed there as part of a reward for being a top agent of Canada life - year?



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# Homestead Document

**Statement of Andrew Gray of Sec. 6**  
 Twp. 20 Rge. 14 of 2<sup>nd</sup> Meridian, in reference to the  
 application of William Holliday for N<sup>o</sup>. Patent  
 for North East 1/4 of Sec. 34 Twp. 19 Rge. 15  
 of 2<sup>nd</sup> Meridian. 219033

Homestead N.E. 1/4 Pre-emption S.E. 1/4

1. What is your occupation? Farmer

2. How long have you known William T. Holliday the applicant in this case, and where have you resided since he perfected his entry to above homestead? SW 1/4 20-14 in neighborhood

3. Was the applicant's entry for this quarter section? Yes

4. When did he build his house thereon? Hence July 1882. Present one summer 1885

5. When did he perfect his entry to this homestead by taking in his own person possession of the land and beginning continuous residence thereon and cultivation thereof? June 1882

6. What portion of each year does that date has he resided thereon? From June 1882 to Oct 1882  
1st July 1882 to 1st May 1883  
1 July 1883 to present time

7. When absent from his homestead where has he resided, and what has been his occupation? Upon transport May June 1882  
Wife and 3 children

8. Of whom does he usually borrow; when did they first commence residence upon this homestead, and for what portion of each year since that date were they residing upon it? 1st July 1882 to present time  
Wife and 3 children

9. How much breaking has he done upon his homestead in each year since he obtained title, and how many acres has he cultivated each year?

1882	15	9
1883	10	20
1884	6	30
1885	25	30
1886	20	30
1887	20	30
1888	20	30
1889	20	30
1890	20	30

10. How many horses, cattle, hogs, sheep, and pigs has applicant had upon his homestead each year since date of perfecting his entry? When he's been all the time  
has more 12 cattle 12 horses 1 pig

11. What is the size of his house, and what is its present cash value? Frame House 16x20 Value \$300

12. What steps of fencing has he made, and what is the present cash value thereof? None

13. What other buildings has he erected? What other improvements has he made, and what is the cash value of the same? Log stable 10x100 Log granary 14x18  
Log granary 10x12 2 sheds Value of the  
no. more valuable for  
Aggricultural purposes

14. Are there any pretensions of minerals or quarries on his homestead? If so, state nature of same, and whether it is more valuable for agricultural than any other purpose? no.

15. Has he had any other homestead entry? If so, when and where and what business of it? no

16. Has he assigned or transferred or agreed, to make or transfer his homestead or pre-emption right or any part thereof? If so, when and to whom? not to my knowledge

17. Have you any interest, direct or indirect, in this application? no

18. Do you believe the applicant has acted in good faith in obtaining his entry, and in his application for patent? yes

Division District of  
 Eastern Assiniboia

To wit:  
 1 Andrew Gray of S.W. 1/4 20 14 2<sup>nd</sup> Meridian

make oath and say that the answers to the foregoing questions are true and correct in every particular.

Sworn before me at Leominster 19 Aug 1892 this 19th day of September 1892

John Rogers Local Agent of Dominion Lands for N.S.  
Andrew Gray Director

# ACCIDENTS

## Mishaps with the cast

. 4-H is an association for kids to learn about some activities. Barry & I were in the Edgeley 4-H beef club. We raised and trained and showed beef calves. Achievement day was at our farm, there were 12-15 children leading these yearly animals in a circle to show spectators and judges. **The calf in front of me** and my calf **kicked back with both feet and smacked me in the chest**. There was a very loud sound as it connected with my chest. I was knocked down. Everyone thought I would be hurt but the cast saved me! It was now mush from the waist to near my neck. I did need and got a cast repair but that was all. Lady luck was with me.

Another accident was when I was **riding my bike down the Mackie hill**, (an entrance to the Qu'Appelle valley). very steep, gravel, tight curves, and no side rails. The steering column of my bike broke and I had to kick the front wheel to steer it. I directed it to the side hill, hit it with some speed and flew over the handlebars. There was a flashlight bracket mounted on the middle of the column. It was steel, 2 inches tall, flat. That steel dug into the cast and ripped the plaster- but not my body. I do not recall who all was riding with me, but they went to the bottom where the parents were cleaning and preparing the building for the United Church camp. Those parents steamed out and up the hill to find all I needed was a cast repair and a new front wheel and steering column. Lady luck was riding with me.

I went hunting, fishing, milked cows, cut firewood, and did almost everything everyone else did while wearing that cast. The weight of it rode on my hips and I developed large calluses there from it.

**Split heads** - My Gramma Holliday had a tradition of having a lot of friends and relatives visit at one time- she I called it her Christmas. One year when I was about 8-9 we had an accident. Reg Alspach and I are the same age. He and I were both running (hide and seek or tag or?). We both ran around a lilac bush from opposite directions **-and we hit head on**. We split our heads open!! Here was a lot of bleeding and not much bruising as the split released the area that should have been just bruised. There was no permanent damage.

## A list of other accidents

Cut finger – page 3 ; Horse falling into cistern – page 2 ; repeated twisting of ankle -page 3 ;  
Roll a car - page 7 ;broken ribs – page 7 ;dislocate knee hunting - page 7 ;Lynx attacks me – page 7

## 1966 ROLLING A CAR -

I had a reputation for speed driving. It almost cost me my life I guess lady luck rides with me. I was working at Farm Credit Corp. in Regina and had come home for the weekend because my folks were hosting another of our Grandma Holliday Christmas in July suppers.

The charging system on the car, a 1959 Chev–2 door hardtop, was not working right, and my dad tried to adjust it. He burnt the wiring harness. I made a trip to Regina and back to get parts and was attempting the repair, but time was short. I was late for a date in Fort Qu'Appelle with Julie Spence. Dad said to take the family 1954 Pontiac. Dad also had inherited his father's car- a 1960 Pontiac.

It was 8:00 p.m. when I left the farm. I was to be there by 8:20 and to meet with friend, Joe Olson and Archie Craig, on the way. They would be driving their cars. I caught them before Fort Qu'Appelle on the old highway hill road and we were racing. I had a blow out on a curve. The car flipped several times, came to rest on its roof, facing the opposite direction to what I had been driving. I took the keys, (so no one could steal it?); and I kicked out the speedometer (so no one would know I was speeding?). Joe came on the scene and told me I was wobbly to go sit down. I did, on the back seat of the car which was now on the center strip of the highway. I was in a daze. I just sat there watching the windshield from the car spin and spin! Archie went to the first pay phone and called my father with the news. There was no one else in the car, no one else involved and I was lucky. Dad came for me, and I was told he made the 35-minute trip in 15 minutes. He called a tow truck and had the car towed to Fort Qu'Appelle. He made me sit behind the collapsed steering wheel while it was being towed. He thought I had to get behind the wheel right away or I would be afraid to drive forever after. The only injury I had besides being shaken up was a small glass prick on my arm from crawling through the

windshield hole. It made a pink spot on my white shirt. Dad and I went to my date's home to tell her what happened. We had coffee there and I went home with him- no date that night!

1977?

### BROKEN RIBS

I was home from FCC, helping at the farm for the weekend. I was married and Cecile was there at the farm with me, also Karl and Chad who was a wee baby. The job was gathering hay bales and stacking them in the corral. My job was to unload the bales from a hay rack and throw them to others making the stack. I was throwing a bale and stepped on another at the edge. that bales twine broke, and I slipped off the rack onto the corral rails. It was a fall of about 3 feet but with the force of the throw my impact was increased. I fell further and landed under the rack, completely winded. I was taken to a hospital for an examination and found to have broken a couple ribs but no other damage. Lady-Luck road with me.

1972?

### HUNTING

Ron Cojocar and I were hunting ducks. I was using a rock pile for cover. The ducks flew over and I rose to shoot turning as I was aiming. My leg was caught in the rocks, and **I dislocated my knee** – No problem as I was able to snap it back. Lady-luck was with me.

Another time I was doing farm chores for a neighbor and hunting rabbits as I walked to his farm. I had set snares for rabbits. I heard a rabbit squeal as it was caught and hurried to put it out of its misery. I reached down in the brush for it and **I was hit by a Lynx!** It had sprung from a tree also going for the squealing rabbit. I received a **long scratch on my arm and a good scare**. I kept the rabbit. The lynx was more surprised and scared than I was. It rapidly disappeared – my guess is that it was intent on the rabbit and missed me coming. Lady-luck was with me.

## PICTURES

There are family pictures of events at the farm – someone has them – One of Aunt Muriel on a kid's tricycle. one of me crawling out of the chicken house with an egg in my hand – but out of the hole chickens used. I imagine it was far from the cleanest place!! Winter 1949 the train was stuck in snowbanks by Craig's – there is a picture of me on mom's lap as we sit on a telephone pole top cross arm –watching men dig a deep tunnel- this was to allow the train to become unstuck. The bank was higher than the top of the smokestack on the steam locomotive.!!

There are pictures somewhere of the horses, old cars and family gatherings - if i find them I might scan and add here.



The growing family  
Karl  
Cecile  
Keith  
Ken  
Chad



The wedding  
Oct 8- 1966



1956  
3 years after polio.  
School at General Hospital



Supper in the field- was a tradition – this year 2008 Barbara invited all family to attend while the combining was being done. Bob Howden and George McPherson were helping combine Don & Barb's crop on their land east of the farm

## Embarrassed!! YES!!

**Nov 15-2022 -I was at Keith's unloading the scooter from the back of the suburban and I fell\_ I sent the following info as I usually do to let everyone know where we are and that all is ok “**

*We are at Keith's in Magnolia Tx!!! The drive started at 8 am, +7c, sunny. There was some breeze and the day stayed well. We arrived at Keith's about 4. Keith was not home. We let ourselves in and began the unpacking job. I fell and could not get up, no injury- just not able to get up. Cecile tried to help but just is not a heavy weightlifter. She went in the house, found Alicia was home and both tried and tried to help, Cecile backed the suburban up because I wanted to use the scooter lift to help. We were joined by Owen, (Alicia's son 18 yr. old weight lifts 300 pounds!) The suburban was backed up to me – careful not to run over me, and we tried using the scooter lift crane to hoist me one side at a time, placing firewood sticks under the raised side, and just could not succeed. Repeat and no luck! I am too weak and too heavy for the ladies to lift me, Owen tried too but still I lay on the driveway. getting very tired from trying and getting cold. I eventually tied a spare hoist strap around me under my arms and tied the loop to the scooter lift crane. I held on for dear life and the hoist raised me enough to allow the ladies to slide a wooden deck chair under my bum, Success! Exhaustion! More hoist with that hoist and the scooter was driven to me. The 3 of them helped me on to the scooter- nothing broke but i am sore and tired. I know i will be sore tomorrow! Garrit arrived just as i was sitting in the scooter seat, The 4 of them helped clean up the stuff brought to put under me as I attempted lifts before, WHAT AN EMBARRASSMENT! Cecile is exhausted and ready to disown me! This email message was sent to many including cousin Bob Alspach who is a gifted artist!! His interpretation is duplicated here! Thanks BOB*





## Special Memories

### Getting an Indian Name. about age 6

I have an Indian name “Wapasti” There was a time I could run. – sometimes after school I would go to my grandparents’ home rather than my home as my parents would be working at grampa’s. Mrs. Robillard was a member of the Indian nation. She worked for my Gramma Holliday on the farm, 1 mile north of Edgeley. I had asked her if she could give me an Indian name. They said I was seen running to the farm, through the field south of the house. I was barely visible above the grass or crop, my white hair was what they saw bouncing above the grass, like a rabbit’s white rump. Mrs. Robillard saw me from Gramma Holliday’s kitchen window and said my bouncing white head was like a rabbit - hence my Indian name she gave me Wapasti. It kind of translates to “White rabbit rump. That view is what she recalled when telling the chief of her tribe my desire for an Indian name. I think the subject was being discussed between her and Gramma when I asked. She wanted to get proper permission from the band to bestow an Indian name on me. Mrs. Robillard went to the chief and council of the band who gave her permission to give me an Indian name “Wapasti. It was about 1947. I am sure she said it was “Cree”, although we now know from her family that she was by birth a member of the Saulteaux First Nation.

### Blondie!! My mother’s hired help

Barbara, my sister, was born 1947 and I imagine this was the cause of my mother having hired help. “Blondie” She was a teenage girl whose real name was Gladys Geddes, a daughter of Mrs. Robillard, who worked for my grandmother. Gladys was a First Nations girl with long black hair. Harry Craig, our neighbor and friend gave her the nickname.” Blondie.” One S

unday we all went for a car drive to pay the rent on the farm. We were going to Hooper’s where Jean Hooper (nee Bogart) lived. We drove by a place where there was a small dam for water and some prairie and bush. Dad pointed out to all in the car that there were Indians camped there and said “LOOK! there are some Indians camped there with horses and tents.” I snuggled up to Blondie and said “help me! I am scared of Indians!” A big laugh followed; I did not know why!

Blondie will show up again in my life much later – once as a nurse to my Gramma Holliday as gramma lay on her deathbed at the hospital in Fort Qu’Appelle. Blondie (Gladys) was very caring and ever loving to my Gramma!

The next time I recall seeing Gladys “Blondie” was when I was a life insurance agent. I had sold a benefits package to a drug treatment center called “New Dawn” at Fort Qu’Appelle. It was owned and controlled by the 1<sup>st</sup> nations with funding from the federal government. Gladys was an elder for her tribe by then and as such also a director of the New Dawn. She had grown very large as she aged. It was Christmas season. I was invited to attend a Christmas celebration at the center and brought a Canada Life Head office representative from Toronto with me. Upon arrival we were shown to a big meeting room where the directors were gathered to meet invited guests. I was being introduced formally, when this huge native lady jumped from her chair, sprang across the room, and screamed “Wapasti!!” The poor fellow from Toronto was scared out of his mind as he had no idea what she was saying or doing – only that he was about to be run over by this screaming big lady. There was great laughter when all was explained to everyone present. It was sure good to see my old nanny and visit with her. It also helped to cement my business relation with New Dawn!!

*2<sup>nd</sup> version of getting the Indian Name “Wapasti” as provided by Faye Cameron my sister. (Feb 20-2024) Faye went to high school in Fort Qu’Appelle, where she was schoolmates with Mrs. Robillard’s grandchildren. Faye writes {Actually did some initial contacts on figuring out the correct word, spelling of the name you received from Mrs. Robillard. Talked to her granddaughter, Joyce Desjarlais that Ken (Cameron- her husband) & I went to school with. I also asked my friend Lorna Standingready who she might know who might be willing to help us be accurate. I’ll do a longer update via email - hopefully later this week. Seems it is unlikely it is Cree and more likely it is Saulteaux language. It’s been interesting research.*

## School memory

I would be 6 years old in 1949 and thus started school – do I recall anything from early school? I have to think not much! I do recall a few items, a classroom with 5-6 rows of desks, a piano, a water cooler with a dipper where we all drank water from. Some school Christmas concert stuff when the school put on a program of songs, skits, plays at the town hall (which is now gone). Noon hour and recess where usually play times outside, baseball, marbles in the spring, swings, and tag, dodgeball, prisoner's base and other wide games were common.

1951 - I may have the years mixed up as to exact time and thus record the memory in this writing as in another year but happened in these years. I have a memory of gramma and Mrs. Robillard taking me to the hospital in Qu'Appelle and fighting with them as I did not want to go. I suppose it was for a needle of some kind such as vaccination for whooping cough or mumps. They were dragging me and the 2 of them were very angry at me for resisting. Mrs. Robillard threatened to Scalp this kid if he did not settle down! |

1952 – an eventful year – We moved to the homestead place 1 mile north of Edgeley. My sister Faye was born in April. I recall nothing of the move other than an accident which made mom mad. Uncle Grant Alspach (her brother) was helping move furniture and due to not enough care in packing the top to an oak dining room table fell off and some breakage occurred. Pieces of that table were used to build other items over the years to come – such as shelves, small tables and?

This farm was homesteaded by my father's grandfather Truman Holliday in 1882 according to the application for land title a copy of which is included in this history The house we moved to was originally built by my great grandfather Truman and the childhood home of my grandfather, William (Bill) and his brothers. It was a Ontario style, one and a half style with additions and remodification made over 3 generations. Many of the updates occurred when my parents and siblings lived there. My grandparents, Bill and Bea moved to Regina to a home they built in a new suburb of the city, just up the street from where the old power plant used to be and what is currently The Science Centre.

1952 – (getting my first guns)

I was very active in sports, hockey, baseball mostly. There were sports days at school with running, jumping hop skip and jump, shot put, spear throwing etc. I played with friends Archie Craig, Joe Olson, Bob Howden, Larry Boxall, and many others. I was given (at age 8 or 9) a BB gun to shoot sparrows, a 22 rifle which was to shoot rabbits for dog and cat food. I still have and use the 22 rifles. The 22, I remember, was bought at "Wilson's General Store" in Qu'Appelle. It was a really big event for me when dad bought it for me. I proudly painted my initials on the stock.

My first deer – age 14?

One day 2 friends, Archie Craig, and Joe Olson, and I decided to hunt deer. I borrowed a "30-30" from a neighbor. Joe and Archie either had or borrowed one from someone. We were hunting in a bluff of poplar and willow ½ way between my home and the town of Edgeley. We were spread out. I passed by an old junk pile with a large old grain wagon box upside down. It had trees all around it and tall grass. A deer jumped up and out of that box. I was a few feet from it, and I shot it as it went past me. I knew it was a hit! The other guys were saying I was crazy, and we could find no blood trail. We looked hard all through the bluff and willows and could not find it. We were walking back to the farmyard when we found the deer dead, 100 yards out in the field. It was a heart shot. That deer had a big set of horns. I was too inexperienced to know the trophy I had. I cut off the brow tines which I though added nothing. I mounted the horn skull cap and still have it (2024). I cuss myself for cutting off those extra brow tines – each was a good 7 inches long! And that is no exaggeration. I was allowed to take the truck out to the field and retrieve the carcass, I brought it to the barn and with dad instructing we dressed and divided it. It was wild tasting. I now know that is to be expected when you shoot an older buck in rut! And YES, I was wearing the body cast.

# Randon memories

## Snare rabbits - mom refused to cook bird

At the homestead- the first few years – I was into hunting etc. One incident recalled by Faye and Barb has to do with snaring rabbits and hunting – I used to snare rabbits (age 7-8-9) in winter. This was for food for the dogs and cats. It was also to stop the rabbits from eating the hay and shrubs around the yard. I would trudge through the snow to bluffs (stands of native prairie trees), set snares and come back next day to pick up the catch. I also went hunting with my single shot 22 rifle that dad bought for me in the general or hardware store in Qu`Appelle. I had hunting partners often – Archie Craig and Joe Olson and I were a team! I also recall Archie and I shot a pigeon or a partridge. **My mother refused to cook it.** Helen Craig (Archie’s mom) baked it for us in a tiny Pyrex dish. (It was not much bigger than a pound of butter).

## Polio and school memory

I recall that when I returned to school after the polio “Recovery”. The kids did some things to accommodate me. This was when I was wearing the body cast. One of these accommodations was in baseball, I was often given the position of catcher at home base (less running), and they usually ran the bases for me , I could bat but not run. I recall some not so good treatment of “the cripple” as I was known, but these are best left unsaid and forgotten. The kids who were abusive would be most embarrassed to have that repeated. They happened but were quickly forgotten.

## Fighting a grass fire

North of our farm about 1.5 miles, is the border to the Indian Reservation. Grass and bush was allowed to grow unattended. This fall was very dry, and any fire could be a disaster if it got into farmland adjacent. A fire did break out in the reservation and was threatening to spread to the farmland beside the reservation. All neighbors were called to fight the fire. My uncle Ross Cairns, was, at that time, the fuel delivery truck driver for Edgeley Co-op. He had emptied the fuel truck and filled the tanks with water. He took me with him, and we went to fight the fire. He put me on the top of the tank, belted secure. He gave me the hose with nozzle. I was to direct the water spray along a fence to ensure the fire could not cross there. Imagine the scare we gave those volunteer fire fighters as they saw approaching in a gasoline fuel delivery truck. It was pumping liquid onto the area where fire could be expected any minute. They had yet to learn the liquid was water!!! We did stop the fire!!

## Hunting partners, accidents & incidents of note

Memories galore- this activity was a favorite hobby and through the years I had many partners and many incidents and accidents.

**Partners** (in no particular order)

(**neighbors in Uplands**) Lionel Wilson, Harvey Shiels, Brian Prigotzki and Kerrie Hearn (students I taught hunter safety to, and neighbors in Uplands), John Gonz, was a refugee from Hungary and the janitor at M J Coldwell elementary school where Karl, Chad and Keith attended school until the Catholic Elementary school was built in Uplands.

**Relatives and close friends** - Ross Cairns (uncle live on Jacobson farm south of Shaunavon, (see hunting memory of him), Karl Holliday (our oldest son), Ron Cojocar – life insurance client first later best friend and owner of a fly-in fishing camp in Northern Saskatchewan, Chad Holliday (our middle son also hunted a few years but was never addicted to it as Karl, Ron, Uncle Ross and I were) Joe Olson (also my best man at my wedding) Carl Jacobson (uncle farmed south of Shaunavon Sask).

**From Farm Credit Corporation (FCC)** - Ray Boyle, Dwight Entner (also boated circumference of LongLake with me in the plywood hull boat), Mason Simmon.

**Ross Cairns shoots padlock** – a mild mannered gentleman who hunted mule deer and antelope with us when we were lucky enough to get picked in the draw for license. One year we planned to hunt along a coulee on land he farmed. When we arrived at the gate to the property it was closed, chained, and padlocked! Ross went to the gate, stood there looking for minute and realized there was padlock, he had not closed the gate nor locked it. That was the work of a neighbor who was known for poaching deer. Ross returned to the vehicle, got his 30-30 & walked calmly back to the gate where he proceeded to blast the lock and chain!!! He had more than a few choice words about the neighbor. I had never seen Ross get mad before.

Ross, one morning with him driving along a pathway in a field Ross owned, on a route he used to haul hay bales from the grass slough to the farmyard, the front wheel of the suburban just dropped into a big hole. We discovered the hole was an old hand dug well that had been filled in. Ross did not even know there had ever been a well there. The drop did **break a leaf of the front spring**, but we did not know that and after jacking up the suburban, shoveling in dirt and stones we were able to drive away.

**Chad Holliday gets antelope hunting lesson** – You must know that while Chad had hunted whitetail deer this was on his first antelope hunt. There was a herd of antelope running alongside us as drove and it was evident they intended to cross in front of us and into an adjoining field. There was a well-built barb wire fence the antelope would have to cross. We told Chad to jump out and shoot when the antelope crossed the fence. He ran to the fence, used a post to steady his shooting and aimed along the fence – looking through the rifle telescope. The antelope all crossed the fence and he never shot! He was looking along the top of the fence. Antelope do not jump! They all crossed at a spot where the clearance under the bottom wire was just a few inches more than the rest of the fence. Like water flowing they never even slow down to make their sliding pass under. We had quite a laugh explaining his mistake. Chad was not an avid hunter as I was or as Karl was.

**Hunting in a blizzard** – It is winter, whitetail season is open, and we MUST go. Ron, Lionel and I with Ron's truck, my car, a utility trailer and 2 snow machines. Snowbanks were over the barb wire fences and we were hunting. It was -30-40 C. I recall we crossed a 3-wire barbed fence by Ron's uncle's place into his tree hedge around the house yard. They did not occupy the farmyard in the winter. We did shoot 2 deer in the hedge; field dressed them and then hauled them by snow machine to where vehicles were parked a few miles away on a highway approach. We could have frozen to death.

**Rolled the 1979 Suburban** -again it is winter, snow on roads.

We, (Brian P, Kerry H, Karl, John G, and myself) were slowly cruising along a grid road. I knew there was a police car following us a few miles back so was being rather cautious. We crested a hill and see very close

ahead a curve in the road. There was no warning sign of curve. It turned out that some Halloween prankster had cut off many warning signs on roads around here). The road is very slippery. I knew I could not make the curve and was sliding down the curve with the intention to drive into the frozen slough bottom. With the 4x4, I had been in and out of many ditches and was not troubled by having to go into another.

On exiting the road, I was surprised to find a huge field stone, (about the size of an office desk, laying halfway down the very steep embankment. That stone hit the front corner of the suburban, causing it to turn sideways a bit and with the steep curve we rolled.

No one was really hurt but the roof of the suburban was caved in. We rolled so the wheels were back on the ground. We were checking ourselves for injury, vehicle running, getting ready to engage 4x4 and drive out. The RCMP car came over the hill and slid into the slough bottom also. He did not roll as I had managed to knock the rock out of his path. Lacking traction, he could not drive out. I was able to chain his car to my suburban and with my suburban in 4x4, pull the RCMP car back up on the road. The officer then took my passengers from the suburban, into his car and followed me to Ron's uncle's farm where we parked the suburban in its damaged state. He then drove us all to the town of Avonlea & left us in the hotel. We phoned Kerry's dad to come get us with his van. We later called John's stepson (? Kaytor), who owned and drove a tow truck. He also came and pulled the suburban back to Regina. We had stored our deer shot that day in a grain bin on the farm where the suburban was parked. He brought the deer back also, just laid them on the bed of the tow truck.

It is worth noting that the curve sign had been sawed off at ground level – we think the previous night which was Halloween. The RCMP, not being too familiar with the roads, drove across the paved highway without stopping. The stop sign was also sawed off. Later I was approached by the RM (Rural Municipality) asking if I was suing them for not having replaced the road sign. I never did and never planned to

**Drop wheels in badger hole – Ron** was driving his truck along the grass, on the edge of a field, when the front end crashed through the roof of badger den. We went to vacant yard site near, gathered lumber, brought back to place under vehicle which then allow us to continue- lost ½ day hunting time.

**Tire fell off** - Sneaking along aa grid road in morning as we wait for official starting time. There was a loud bang. The vehicle dropped as if it had sunk into a hole. We looked out the side window and saw a tire roll by! Wheel nuts had pulled through tire rim. It was unfixable, we called a tow truck. There was no hunting that day.

**Oil cooler leak – unexpected vehicle stalled** – Hunting about noon one day, it was raining, and we were on a muddy road 1 mile from pavement. I was able to start and restart the suburban, but it kept quitting right away. We thought maybe the fuel pump was faulty. I was able to beg a tow from a passing fellow hunter who towed us to the pavement. We called a tow truck. It was found that oil leaked out of pin hole in transmission cooler line. It was fixed in a few days which were lost hunting days.

**Crankshaft broke while driving** –MooseJaw on #1 highway, the engine just quit! I called a tow truck, eventually bought a used truck and had Shaun Farrell switch motor from used truck to suburban. This meant several days of lost hunting.

**Flip while just sightseeing checking hunting spots on a Sunday afternoon**, - Karl & I were just out for a drive one Sunday, checking hunting sites. We were driving along a trail in a field where we often hunt. We crested a rise and drove over what we thought was just a snow cover. The suburban rolled half over in deep excavation of the road on this knoll. - We called a tow truck from Milestone, gave him directions, a few times before he found us. The owner of the property was called by a passing vehicle. The owner came with tractor and was quite mad to see someone had been digging and hauling away gravel from this hill without his knowledge. He would not have given permission. There was no truck damage.

*It seems that on top of hunting skill and knowledge it is a good thing to be mechanically inclined, understand automotive workings and know good tow-truck operators if you are a hunter. (comment by editor \_ Faye Cameron)*

**I was left to Freeze in trees** – I was recovering from colon surgery – but went hunting with Ron & Karl and Ron’s son Leigh. They knew I was unable to walk or stand for any length of time. They placed me in a hedge of trees, sitting on a picnic cooler and advised they would try and scare deer towards me, I had to just wait for them to come back. It was dang cold, a bit windy but I was happy to be hunting – eventually I was aware of their vehicle moving back and forth along the wind break hedges a mile west of me. Eventually deer did come through a hedge 300 hundred yards west of me. I was able to shoot 2 deer, which they dressed for me while I sat in the vehicle to warm up.

## My Dogs

There were always farm dogs – and we had our share

Mostly I recall “Wick”, a collie – a cattle dog mostly. It was a gift when I was recuperating from polio. There had been a similar collie dog on our farm also called “Wick” because they had white tips to their tails like the wicks of candles. I guess Wick #1 was getting old and a new farm dog was in order. Dad made arrangements with very good friends, Bernice and Eunice MacPherson, for a pup from them. Eunice was also training it for us – as a cattle dog. Wick, the 2<sup>nd</sup>, would go hunting with me and was not bothered by the rifle shooting. He would track but never retrieve. Wick saved me from freezing once.

It was winter, I was hunting rabbits in a bush ½ mile from the house. The snow was banked into the willows completely covering them – 8-12 feet deep. I broke through the bank and was pinned within the tree branches and could not get out. Wick stood there a long time and whined at me – he knew something was wrong. I finally told him to go home to get dad. He went to the yard and barked until dad checked to find why all the barking. Wick ran away and barked, until dad followed- to me. Dad lifted me out.

Wick followed the tractor around the field as it worked the land. He would chase rabbits and catch few. He loved to ride in the truck at harvest time with whoever was driving grain truck, (usually Harry Craig). Wick thought he owned the spot by the window and if someone else wanted to ride with Harry, Wick rode on the window side. You could ride in the middle or have him on your lap.

I also hunted with “Tinker” – he would retrieve, but not track. He was not good with cattle being scared to get close. We had a series of German shepherd dogs and I recall one that was really a cattle herder. Dad had purchased a Charolais bull, and we were herding the cattle from the farmyard to a nearby field. The bull did not drive as he did not like being herded by dogs. He attacked the dog! The dog was trained to not bite but when he was told to attack that bull “Sickem” he did. The bull came at him, head down, the dog grabbed the bull by the nose, shook it and leapt away. Two or three such nips and the bull was afraid of that dog. He still made one mad charge and the dog made a flying attack grabbing the hose and holding. The impact caught that bull of balance and threw him on the ground. That was the end of his reluctance to be driven by a dog.!

# POLIO

1953 – Polio. That fall, my brother Barry and myself were both stricken with polio “The disease peaked in 1953 with nearly 9,000 cases and 500 deaths — the most serious national epidemic since the 1918 influenza pandemic’ QUOTE FROM <http://www.cpha.ca/en/programs/history/achievements/02-id/polio.aspx>.

I was more muscle affected than Barry who suffered nerve damage more.

I recall, the morning after a sports day where I had been in several events and had won some. Our father called both Barry and I to get up to do chores. I told him I was not able to move, and he did not believe me. He was thinking I was just being lazy. After a second call, I and some discussion he realized I was not joking. Mom & Dad placed a call to the doctor in Qu’Appelle and was told to bring me in. I was placed in isolation, diagnosed with polio. I had horrible cramps in my legs, all they could do was put hot compresses on them – so hot they burned my legs some. I recall a 2-burner stove with a boiler on it. A boiler is a large oblong tub, sometimes copper, sometimes tin, and usually about 12-5” inches deep and 24” long used to heat water. Nurses with tongs removed the flannel towels from the boiling water, pressed the water out and wrapped my legs. There were others with polio in the hospital. The few I remember; a neighbor of similar age to me, Robert Williams, was also in my room for a while. The minister’s wife – Irene Quigley was in another room. After some time, I was sent to the Red Cross wing of the Regina General Hospital where more treatment was available for the paralysis I was experiencing and as I had more complications showing up. I lost the ability to have a bowel movement. The treatment was almost barbaric – lie on my stomach and a nurse with long slender fingers literally dug the dung from my bum hole. (Oh, I bet she hated it as much as I did. I lost the ability to urinate, and a catheter was put in and drained my bladder every other day. I had great trouble breathing and I was in an iron lung a few times for a few hours each time. I stayed in that hospital for months and months, undergoing physiotherapy, in a pool, and in the physio room – both of which were in the basement of the hospital. Total stay there over 2 years counting come and go treatments.

There were many kids in that ward and several in my big, multibed room. I recall the times when a kid died and was wheeled out of the room in their bed. It would be very gloomy in our ward for a day or so but there were always more kids to fill the beds. I have seen some of those kids later. To list a few (not all but some who became closer friends) Albert Wagner whose home was Balgonie Sask. Albert had his own accounting business and used leg braces to his last day. Dolores St. Germaine, who used a wheelchair, was reception at the Wascana Hospital last time I saw her, she has since passed away. Jenny & Gordon Foster, both in wheelchairs, had very deformed legs- I lost track of them. One who I saw later was in a wheelchair and worked in an office which was across the hall from my business, H&A Financial Services on 13<sup>th</sup> Ave in Regina. Robert Williams, whose polio affected him much like it did me. He did not have spinal surgery. He lived with a badly curved spine. He lived a full and active life and died Nov 2011.

# POLIO PROGRESSION

I had many muscles affected. I was in a wheelchair, and during one physio session with my orthopedic surgeon, Dr. Bachinski and my parents, I have a vivid memory of him telling mom & dad “He will never walk again”. He made me so mad! I therefore tried harder, and I did walk – I am now sure he said it to make me mad and make my adrenalin flow to give me the extra push that was needed. I had a muscle transplant in my right foot. They removed the muscle from the joint of my big toe which would have the effect of freezing the join forever with a steel pin. The pin was removed after a few weeks. The muscle was implanted in the top of that foot to try correcting my foot from dropping when I walked. It was not 100% effective but helped a lot. My right leg is about ¾ inch shorter than my left, the muscles on the left leg are noticeably smaller. My right foot turns out as I walk, and I limp. I had severe muscle loss in my back muscles and left arm. That arm is smaller than my right and I have never been able to lift it over my head like the right arm.

## I Get The Cast

My back was developing a spinal curvature and causing my lungs to cramp. The treatment to halt the curvature as I grew, was to be placed in a full upper body cast that went from the base of the skull just below my hip bones. This was done while I was stretched out – stretched by straps around the hips and under arms and neck. Think of those movies where someone is being tortured on a “rack”. I was in some pain while the stretching was done. The pain went away shortly after the stretch straps were removed. The cast was allowed to dry and harden for a few hours before the straps were removed. I would then go home for 3 months and return for a bath and new cast and more stretches. This went on for 3 years.

## And Corrective Surgery

I eventually (about age 13-14) had a spinal fusion operation where the top 13-14 vertebrae were fused into one long column. The discs between the vertebra were replaced with bone from a bone bank.

There was a metal rod inserted to hold the position. That rod, over the years been eaten away and is now replaced by bone – I think. I used to beep when I went through metal detectors at airports and the last few times it no longer made the metal detector beep.

The years when I wore the cast I went to school at Edgeley. I was age 12-15  
There were many mishaps when I had those casts. I will detail them later. I hope to get Barbara and Faye to write their memories of those drives to school with me.

I went hunting, fishing, milked cows, cut firewood, and did almost everything everyone else did while wearing that cast. The weight of it rode on my hips and I developed large calluses there from it. I was subject to some bullying, “the cripple can’t do that”, but also lots of support such as playing baseball everyone wanted to run for me. I was usually too pig headed and ran myself, at least to 1<sup>st</sup> base .

## School at General Hospital

I was age 10 when I got polio, I never missed a grade in school, thanks to the excellent teacher at the Red Cross wing school – a Mrs. Davis who taught us kids and accommodated the therapy sessions we all had. Kids who would not do their exercises did not regain as much as those who did the exercises and more – I did mine and recovered more than some who did not try and had less disability than I. I now feel sorry for them. I do wonder if they will have less Post Polio Syndrome.

*I thank the friends and neighbors who help me doing the things I am unable to do on my own. They fix things, fetch and carry, make repairs, change plans to include me, accommodate me. I feel like I am an imposition on them and I would be much disadvantaged without them. I am indeed fortunate in that regard. My wife is a constant support without whom I would be institutionalized.*



### Fun at the hospital - sort of

Albert Wagner & I were sharing a room. Harry Craig came to visit us and was teasing Albert. Albert got mad and **threw his pee bottle at Harry** giving him an unwelcome but deserved shower.

### Stuck in elevator

We kids that were a bit mobile in wheelchairs or on crutches were sometimes allowed to go the canteen. We sometimes did when we were not supposed to. One morning 2 of us went to the canteen at about 9 am and the elevator stuck between floors. Maybe we did something that caused it – but we were stuck there for hours! It was 3 in the afternoon before we got out- scared and hungry and sure we would get some punishment. I do not recall what that was!!

### Making bows and arrows

One child there was George Morin, a native from northern Sask. His parents never came to see him, Dad had taken him home one weekend with me. George and I became friends. He was teaching me to make a bow and arrows from Caragana which grew around the hospital. We sneaked out and cut some branches. He had a way to make arrows straight form bent sticks. We were shooting birds in the hedge. The staff caught us, and that fun quickly ended.

### Camp Easter Seal

As a handicapped polio victim at the age of? 14-15 approx. I started attending this special camp on a yearly basis. I met girls there who became my girlfriend of the year. Some I cannot recall others I have a slight memory of. One such girlfriend came from Saskatoon Margaret. She had a wooden leg. She was part of the camp's swim team as I was. I often wonder what became of her.

One year I travelled there with another disabled in his own car (Billy?) That year was the year my brother Bill was born. 1956. 1959 the kids from the camp were bused to Hanley Sask. to meet the train carrying Queen Elizabeth. & Duke of Edinburgh. I did get to see them but not to talk or shake hands.

### Exhibition gift to Faye

The Shriners took some of us kids to the fall exhibition, I won a huge panda bear and when next I went home, I gave it to my baby sister Faye. When Faye got married the bear remained at the farm. When Barbara and Don moved to the farm, Panda got adopted by Shaun who still has that bear. I am told he is called Stanfield.

# POLIO COMES BACK

Beginning at about age 40, I think it was, I started to notice my limp getting worse, I would fall, as if I tripped on something or slipped. I put it down to being out of shape, not getting enough exercise. Little did I know that my polio was coming back- it has now made me almost a paraplegic and is impacting my arm and shoulder mobility as well. suburban My arms are getting very weak, I can no longer lift them past my shoulder. I cannot carry anything and walk with the canes. – it is very VERY disheartening.

By 2021, I was using 2 canes to walk and now, 2024, I cannot walk uphill even a few steps, nor can I walk on the level without 2 canes and more support. I use a 4-wheel mobility scooter outside and have an electric wheelchair and walker that I can use inside. I also have a bariatric hospital bed that allows for height adjustments so that I can get in and out of bed independently, and a tilt and lift armchair for the same reason.

I am fortunate to have an electric mobility driver's seat in my 2013 suburban that lifts and pivots me into the driver's seat. Without it I am unable to get into the driver's seat. My scooter is loaded into the suburban with a 12-volt winch crane in the back of the! (see my personal cartoon, page 8)

I have joined a support group "Polio Regina" and I am now aware that I, like many other polio victims, have had this disease return with full force. It is labelled "Post Polio Syndrome" Not all, but many who had polio are now inflicted with the return, often far worse crippling than we first had the disease. I have needed to rely on the kindness of friends and relatives to assist in the care of me and our home, and cottage. We hire lawn care and snow removal at the house,

**I have tried physio with bad results**, due to lack of knowledge by the therapist. I recently had cortisone shot in my good knee and am using acupuncture and VERY little physio. This physiotherapist is a fibromyalgia sufferer and is very good, making every effort to learn about PPS. I recommend her "Karen Toffan BSCPT,CAFCI" she is at Regina General Hospital – Medical office wing, Health Works. 306-525-0007

I encourage you to read the book "Polio Paradox" by Dr Bruno and check out this link <https://www.papolionetwork.org/bruno-bytes.html>

# Family Gatherings

A group family picture- at the farm - 2022 – a favorite place to meet – best host and hostess anywhere.

Left to right,

Back row: Marshall Holliday, Don Farrell, Calvin Farrell, Douglas Stroud with big hat), Graysen's boyfriend, Brett?), Shaun Farrell, Craig Cameron, (? With glasses might be Stephen Schury?), Darlene Holliday, Ken Cameron

Middle Row: Tara Farrell, Owen Schury, Owen's girlfriend, Kassidy (?), Barbara Farrell, Noah dos Santos, Shannon Schury, Arla Cameron, Cecile Holliday, Marion Holliday

Front – Ken Holliday, Paige Sebastian (Calvin's partner), Helena Stroud, Avelina Stroud, Lily Cameron, Graysen Schury, Faye Cameron, Sarah Cameron, Filipe dos Santos





# Rehabilitation News

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EASTER SEAL ISSUE

MARCH, 1956

## TREATMENT IS VALUABLE



Treatment services for children and adults offered by General Policy is only one of many services financed by Easter Seal funds but it is a vital service.

## PROPOSED BUDGET 1956 EASTER SEALS

Treatment (children etc.)	\$17,500.00
Bus Transportation (to children)	14,300.00
Buses & special appliances	1,400.00
Equipment & medical care	5,600.00
Camp Easter Seal	93,000.00
Camp development program	7,500.00
Easter Seal Library & educational services	1,500.00
National Program services	3,000.00
Provincial Program Adults	4,500.00
<b>TOTAL</b>	<b>\$75,000.00</b>

## SWIMMING CLASS



A group of handicapped youngsters receiving swimming instruction during one of the sessions of a special class in Saskatoon. Similar classes are being conducted in Regina and Moose Jaw.

## Famous Saskatchewan Summer Resort To Be Camp Easter Seal Site

### Permanent Summer Camp for Handicapped

The modern facilities and equipment of the Lake Manitow Lodge, near Watrous, Saskatchewan, will greet handicapped children and adults attending the 1956 Camp Easter Seal.

A long-term lease between the Council for Crippled Children and Adults and the provincial parks and natural resources departments will give the camp program a permanent home.

#### Dream come true

The permanent camp site will be a dream come true — and will at last make possible the provision of adequate facilities for a camping program to include the severely involved.

Camp officials anticipate accommodating up to 250 handicapped children and adults in a summer season. The first camp this year will likely open around July 1st.

The Camp Easter Seal program is now entering its third season. The nine camps held during the first two summers have proved excellent existing facilities equipped to suit the variety of handicapping conditions.

The need for a permanent campsite has been evident from the beginning, but the real impetus has been the major factor in adopting a rental policy.

Anyone knowing of a handicapped child or adult who could attend Camp Easter Seal should contact the Council for Crippled Children, of 110 Park Road in Saskatoon.

### Easter Seals at Work

In 1956, Easter Seal funds will be carrying on another big job — that of helping Saskatchewan children and adults afflicted by General Policy or some other crippling condition.

In the past year — contributions to the Easter Seal appeal have helped finance the following programs:

Operation of three special "Bunny Buses" — transporting more than 26,000 handicapped passengers over 37,000 miles.

Summer camps — Camp Easter Seal — for more than 100 children and adults at Qu'Appelle, Lakelse, and Crystal Lake.

Equipment pools in major centres — now showing inventories of wheelchairs and other equipment valued at more than \$5,000.00.

Mobile treatment services for General Policy victims follow in Prince Albert, North Battleford, Melville, Tisdale, Yorkton, Moose Jaw, Weyburn, and Estevan.

Also educational services, special projects and financial assistance for equipment and braces, social services, and surgery.

### CAMP SITE

One of the top grade buildings of the new Camp Easter Seal permanent site. A number of smaller cottages are also on the grounds of the new camp at the Manitow Provincial Park, near Watrous.



## '56 Easter Seal Appeal Opens March 5 Teachers and School Pupils Assist — Pink Envelope in some areas:

Saskatchewan's school teachers, students, and the members of 17 Rotary Clubs are once again joining in the annual Easter Seal sale and appeal for funds to help crippled children.

An all-out effort is under way this year to raise a total of \$75,000.00 to help finance the program services of the Saskatchewan Council for Crippled Children and Adults.

### Chairman Appeals

The provincial campaign chairman, Paul Simpson of Saskatoon — has appealed for all-out support from every citizen of the province to help meet the campaign objectives.

Mr. Simpson points out that there is a need this year for more services for those afflicted with General Policy and other crippling conditions.

He warns that unless ample funds are available, present program services may have to be curtailed. (For story on Easter Seal campaign — see article page 1.)

### Pink Envelopes

The new "pink envelope" is to be used in several centres in the province this year. It will be mailed out, and the school children will be asked to pick up returns in the pink envelopes.

Centres using the pink envelope

system include Saskatoon, Prince Albert and Melville.

In other large and small centres throughout the province, school teachers and their pupils will be conducting door-to-door sales of the seals.

### REHABILITATION COURSE WELL ATTENDED:

A brief concentrated course, dealing with rehabilitation of the handicapped, was held at the University Hospital, January 24-25th. Some 200 persons attended a two week course in the field from New Jersey, Ontario and professional staff from Saskatchewan programs.

### NEW EASTER SEAL FILM

A new Camp Easter Seal film is now available from the Easter Seal office. It is an informative 15 min. short, color film. Last year's film, "Brickling their Lives", is also available.

# Philosophy

Basically the entire proposed camping program is aimed at making crippled children realize their abilities. It is ability that counts, not disability.

Camping gives the handicapped youngster the chance to be outdoors in the fresh air—to live, work and play with other children on a similar competitive level. Such situations encourage a desire in participants, thus helping the child in his development and adjustment of his condition and social outlook on life.

Confidence in oneself is the secret of success. Camp Easter Seal will attempt to give the handicapped children of Saskatchewan that confidence.

# Camp Site



CAMP EASTER SEAL is located in Manitou Park, on Little Moreau Lake near Weyburn. The property which is well wooded and private includes a newly score main building and large living room, individual cabins for camper groups, complete plumbing and modern kitchen facilities.



## CAMPING IS FUN

- It is much more:
- Joy of Companionship
- Thrill of Adventure
- Satisfaction of Achievement
- Physical Education
- Therapy

# Activities

The day begins with the bell sounding loudly for rise and shine, followed by flag raising, breakfast and cabin chores. Medical care and physiotherapy are part of the total program.



SUN BATHING, SWIMMING, WATER THERAPY is under the direction of qualified instructors.



Games for all are possible by modifying them to meet each group's ability and includes: archery, volleyball, ping pong, golf, etc. After this is free time for exploring and writing letters.

It's noon which means a good meal, singing announcements followed by rest, relaxation and reading.



Crafts include woodwork, plastic and leather work.



Group hikes, cook-outs, program planning or swimming in the afternoon. By now healthy athletes can't do a big supper. The day ends with vigils, creative programs, singing, slurs, snacks, then taps, a bedtime story, then tuck and lights out.

## Camp Easter Seal

THE CRYSTAL LAKE OBSERVER

Vol. Nos. 1 and 2

1955

July 1st-14th and 15th-25th

### WHAT'S UP DOC?

A shimmering, crystal-clear lake, beautiful trees, and a wonderful group of campers and counsellors -- how much more could Camp Easter Seal ask for in their 1955 Camp? This active group of campers demonstrated and developed their skills in many fields - including, swimming, games, crafts and singing.

Every camper and counsellor has put every bit of themselves into each task of the day, and therefore, has gained much from camp - in friendships, new skills learned, and just the real enjoyment of camping together.

The many intermittent showers failed to daunt the spirit of our Camp Easter Sealers and now, as the closing ceremonies draw our first 1955 Camp to a close and we bid farewell to each one as they leave, I know, and hope that you will remember our happy experiences together, and we will say in song -

"So long, we'll see you again,  
See you again some day...."

And that will be in 1956 at Camp Easter Seal.

Miss M. L. "Doc" McColl.

### MESSAGE FROM THE EDITOR

Now, while everyone is taking last minute pictures and getting autograph books signed, I would like to take a moment to say, on behalf of my fellow campers, that we have been very happy and have enjoyed every minute of the past two weeks at Camp Easter Seal.

As each new day dawned, we knew that something different and exciting would happen before that evening's sunset.

I'm sure no one wants to go home, but we must. Instead of saying "Goodbye," we'll just say "Chaerio" til next summer when we hope to see all the campers and counsellors, again.

(Continued on Page 4)

### SOCIAL HAPPENINGS

On Dominion Day, Friday, July 1st, campers from all parts of northern Saskatchewan met at the Saskatoon station at 11 o'clock to go to Camp Easter Seal.

We rode in a modern passenger car with rotating chairs. We talked, sang and the chef took those who wanted to go, on a tour of his tiny kitchen. He let us do dishes and showed us how to make sandwiches. At 5 o'clock we had milk and sandwiches on the train, and we finally arrived at Canora at 8:30 P.M., travelling from there to the campsite. After we had a short snack and unpacked our bedding, we headed for our beds.

Monday afternoon, the fourth of July, the camp was invited to the Sturgis Sports Day. After a hectic time getting ready, we piled into the Sunny Bus and cars, and headed for Sturgis. Upon arriving at the fairgrounds, Birdie said to the policeman at the gate - "We want to follow the Sunny." After a pause, and a questioning look, he said - "straight ahead."

(Continued on Page 4)

### SWIMMING REPORT

The swimming program was very successful in that everyone took an active interest and part in it. By the end of camp, everyone was able to swim on his or her back or stomach which is unusual for any swimming group.

Special congratulations go to Cathy Hyneman, Edwin Grasdahl, Larry Olson and Gordon Moffat, who successfully passed their Red Cross Beginner Swimming Tests. Next year we expect to be able to pass many more swimmers at the rate the program went this camp.

I want you all to know how much I enjoyed working with you and the counsellors and wish you the best of everything .....

--- Gary "GUMP" Gallickson.

## *Boats*

*My 1<sup>st</sup>* one was a cedar strip 14 ft with a 5 hp Johnson motor. Dad bought them for me from a man in Edgeley. There was no trailer and we transported in the back of the 1-ton truck. I made arrangements with Bill Boxall (Larry's dad) to build a trailer. I had to find the steel and axle and tires. I found model-T front wheels and spindles; Angle iron was gathered by stripping the cutter bars from old binders. Neighbors parked those old unused machines in their bushes and allowed me to take what I needed. Mr. Boxall did the welding and design. I was taught to use a hack saw. "Take full strokes, use all the teeth, not just a few in the center of the blade". I towed that boat to Asham's beach many times and fished there. This was after the cast (on my back) was off. Asham's beach is on the Indian Reserve north of our farm, and it is a very nice sand beach. I believe it is no longer allowed for us "whities" to go there.

2<sup>nd</sup> *Joe* Olson and I bought a 25 Ft plywood boat with a 25-horsepower motor. It was used almost every weekend as we went to Asham's, water skiing, fishing, campfires with hot dogs. Joe was able to learn to water ski with just one leg, shedding his wooden leg before getting in the water.

It was common for everyone from Edgeley to go there sundays, we caught jack and pickerel fish every time we went fishing. I recall Lindenbach's, Maders, Alspachs, Cairns, Craigs, MacPhersons, and others being there. If my memory serves me right, John Boxall also purchased an interest in this boat at one time, as we changed priorities such as when I was getting married.

A long lake excursion in this boat-A fellow employee from Farm Credit Corp. (FCC), friend, sometime hunting partner made a trip with his boat. Complete troll the entire circumference of Last Mountain Lake. We docked at Regina Beach. We equipped for this 2-3-day trip with extra gas in a 20-gallon barrel. We had installed a gas tank from a car - 20 gallons. Stock included drinking water, camping gear, food, fishing gear, water skis, rifles, tent. The plan was to troll the entire length, fish, water ski, hunt ducks, rabbits for lunch (we would look for docking on farmland with bushes close). We pulled onto shore in the evenings, docking where we could tie the boat facing out into the lake and thus reduce the chance of waves filling boat in evenings while we slept. We chose vacant farmland. We ran low on gas after a few days, so we parked at Rowane's ravine campground. Dwight said there was a gas station there. (It was a mile walk for him to get there while I stayed with the boat. He persuaded them to bring us gas and refill our tank and barrel. We fished some, water shied some, hunted some. Suppers- fish, duck, hot dogs. We were on the lake for 4-5 days.

3-4-5, *Boats* -were a succession of small to bigger boats we had at our cottage on Long Lake. First was one borrowed (from Ron Cojocar) an aluminum 10 footer with an my old 5 horse Johnson motor that refused to run . IT was replaced with a 7hp used motor Keith bought with his own money-age 10 Chad and friend took the boat to try it one afternoon and the motor slipped off into the lake, never to be seen again. My contents insurance paid for replacement with a 10-hp mercury near new motor, 2nd a mahogany boat with steering wheel and 25 horse motor, 3rd a 18 foot tri hull Johnson fiber glass with a 225 horse Johnson motor.

That motor was replaced with a new 125 hp merc mariner motor. Keith our son made good use of the boats at the cottage, and so did Chad & Karl but Keith more as he was around longer being the youngest. Chad was at university and Karl had his full-time job and stock car building hobby.

Canoes - I went to Banff Alta. My future brother-in-law- Alvin Schafer had a small fiber glass canoe. We were to canoe downstream on the Bow River from a few miles upstream of Banff to the town site of Banff. It was late in the fall. Banff canoe conditions, as winter approaches the rate of snow and glacier melt decreases. (DUUUHHHH) . We first night camped, near a picnic camp site well upstream and near a park ranger station. It was well after dark. We set up a tent near a cook shelter and promptly went sound asleep as we were dead tired from a long day's drive. Morning came and we slept in to 9-10 a.m. We had to report to the ranger and give him details of our planned trip> After we packed the camp we proceeded to the ranger station. He was very friendly asking us if were sleeping near the cook shelter. We said "Yes, why?" His reply - would you like to see what I took away from there this morning.? - He then showed us to 2 traps. 4 foot or 5-foot culvert on wheels. And said look but don't reach inside. Each contained a grizzly bear. He inserted a 3-inch pine log between the bars and that bear batted the log as he inserted it, making toothpicks as fast as he inserted the log. My eyes must have been bigger than dinner plates. We then proceeded to the river site to unload the canoe and

supplies, lock Alvin's car, and downstream we went. The plan was to find a ride back after we got to the town site. 3-5 hours later, after many low water spots the river widens out into a flat plain- the water is 1-2 inches deep for miles!!!. We decided we must give this idea up, but! The road is a good 100 yards away and all uphill through trees. Lesson 1 – portages are not fun. We made 1 trip together with the canoe. Lesson 2 – Alvin will find a way to suck me into the heavy work. Alvin left to hitchhike to his car and I made a few return trips downhill no load – uphill loaded, bringing our supplies to the edge of the road.

What follows is copied from my handwritten diary of that trip

*Sept 4- Leave Herbert Sask. (we stayed at Camille and Gordon Grad's Hotel – relatives)*

*Visit in Medicine Hat, Calgary, Banff- setup camp at junctions Highway and Mosquito creek- in the Banff park- go to bed 1:00am*

*5<sup>th</sup>- Wake up, see snow on ground- have oatmeal and coffee and dried fruit for breakfast. Put canoe in M creek, tie supplies in, tie 2 ropes to canoe at both ends – we walk canoe for 2 miles looking for canoeable water, put 2 holes in canoe-got a little canoeing ,can't make it-water is too shallow, pack out canoe & supplies to highway ¾ mile through bush-uphill climb 300 feet, started trek at p.m. right after diner, finish p.m.-go to Marian lake met Bob Taylor- Have supper steak, coffee ,sausage, bread at 10 pm go to bed at Marion(tent). Can't lite open fire here-will move camp tomorrow*

*Sept 6 – Sunday- wake up 9:30 am, it's cold, have breakfast at lodge, canoe on Morian Lake move to Lake Louise, canoe move to Bow Lake, obtain campfire permits, have supper with Bob & Elaine*

*9:20 leave campground Bow Lake, go to other side (drive)and start fire & find tenting spot in dark (near Lake cookshack)- ready for bed 10:10 pm the ground is very uneven and hard to sleep on, it's not too cold. Sept 7- 6AM wakeup & go back to sleep its real cold 8: am get up and see 6-8 inches of snow, start fire have breakfast& try to dry a few things but can't its snowing too much-pack up go to other side, porridge and coffee & have dinner with Bob & Elaine at cook shack- soup, eggs, bacon and coffee, say goodbye to Bob & Elaine, check in at wardens office see the 2 grizzly bears he caught in traps during night while we were at Pinto lake cookshack sleeping- ½ to ¾ hr ago- go to Emerald Lake-canoe-have supper of soup, hot dogs, coffee,- its starts to rain-we go to Banff it blizzards most of the way-real hell can't see ,rent cabin \$12.00 go to hot springs till 11 o'clock-return to cabin. Wash smoke smell from cloths & try to dry up everything including tent-bed rolls, the cabin has a fireplace, 2 double beds, hot and cold running water living room, no cooking place, can use fireplace for cooking. I was a little sick in the night, good thing we had a cabin.*

*Sept 8 tues – up at 6:30 check cloths, some are dry, re lite fire, back to bed, up at 8, same story, up at 10 take shower, pack-go to Smitty's pancake house for breakfast .Go to supermarket by ham, go to warden's office get fire permits for Bow River while Alvin see friend about taking us up to get car into Bow River at Massive 2:30 pm- have supper at 6 pm ¼ mile past 7 mile bridge(7 miles from Banff – arrive Banff 8:30 pm , walk to*

*Bernie's, he drives us back to Massive for car, buy him lunch at restaurant, rent room at Arrow Motor hotel \$8.00 ,2 single beds , bath, hot and cold water. Saw some game today on Bow River canoe trip- Elk, Beaver ducks, geese, fish (didn't catch any) Heard moose or elk in bushes, heard Elk bugle calling back and forth several times. You run upon a guy fishing in the darndest of places! One foreigner was on Bow in middle of nowhere, catching trout like mad on salmon egg clutches and dry flies. We had no luck but only had spoons*

*Sept 9 wed - Go to Rundle photo, go to museum, go to wax museum, go to Mt Rundle up in the back, dig tree for mom- go to Kentucky fried chicken, big dinner treat on way to Calgary & stayed at Alvin's cousin for the night.*

*Sept 10 Thur – up at 9:30 have breakfast & go to aquarium & hall of cowboys, tour the brewery & leave for home – get to Regina 12:00 go to bed 2:00 AM.*



Alvin and I became members of “THE HISTORIC TRAILS CANOE CLUB” in Regina. We had club canoes and practice was weekend mornings in the spring, with spring runoff making Wascana creek a canoe experience. We would go to some spot above Lumsden, and canoe downstream in the murky ice clogged creek full of winter’s garbage. (Wascana creek is the sewage drain for the city of Regina). We had to cut paths through fallen trees across the creek, try not to tip (sometimes not too successful. This was in preparation for a summer trip in the wilds of northern Sask., re opening some of the now unused or non-often used or well recorded fur trading routes of the 1800’s and before. Members numbered about 6 on most of these trips. We recorded details of camping sites, water levels and submitted the write ups to the Govt of Sask. Tourism dept who reproduced them, and these were used by new canoe enthusiasts as guides for them in their trips. My first such trip was with Alvin as my canoe partner. We travelled downstream from Otter Bridge on the Churchill River, planning a 7-portage route to Lac La Ronge. The road was gravel from Prince Albert, Sask. The road ended at the Otter Bridge. (1964 approx.) 3 portages out is Nistowek Falls. There is a 1000-foot (approx.) waterfall coming into the lake. We approached the base of the falls where the exit is a gorge. Alvin, being a professional photographer, wanted to get a close picture from the base of the falls. He is the rear of the canoe.

I am in the front. **Lesson 2 about canoeing** – It does not take long to over fill a canoe if you drive into the falls! We got caught in the back wash and were sucked into the falls. It sank the canoe, and I went down with it. Alvin and his camera were ejected and landed on shore- not damaging the cameras. I recall the water getting colder and darker. I was sure I would drown. I became aware of the canoe above me. I grabbed it. It was pitch black, but I realized the bubbles from the water were making an air space in the canoe which was upside down over me. **My life support.** I hung on for dear life, feeling myself being battered against rocks and aware of the motion. Eventually it became a bit lighter, and I surfaced – way out in the lake. 500-600 yards from shore. I could see the others (Alvin and the 2 from the other canoe) on shore looking in the water at the base of the falls. Eventually they looked out at the lake and saw me with the canoe and our now floating backpacks. The packs were always packed as watertight as possible. They emptied their canoe and came to my rescue, towing me and the canoe to shore. There was a log cabin on an island across the lake. That cabin was the living quarters of an Indian family and an old arthritis crippled lady saw us. She jumped in her canoe and came to our rescue. She needed no canoe lessons. She was using a homemade paddle (more like a plain flat board than a paddle). She maneuvered her canoe across the lake like it had a motor! She went through the whirlpools, in and out of the backwash, picking up our floating junk. To pick up stuff she simply rocked her canoe so she could reach into the water while it was near capsizing! She brought all that stuff to us now on the shore near the falls. I offered her money from my waterlogged wallet, she shook her head NO NO!, and just said “crazy crazy white man!” - she left us. By now the shock is hitting me and I am being badly affected by hyperthermia. The water was about 35 degrees Fahrenheit. I became weak and delirious. The guys found a deserted trapper’s cabin nearby, with some bear hides in it. They made me undress and lay in that cabin with the hides on me as blankets. They made a fire and camped, fed me hot soup, hot rum toddies and in 3 days we were back on the water – returning to Otter where we left our cars. I could have died I guess- **my time was not up.**

Some years later, on a cross Canada trip relay our club (8 members with 4 canoes) were logging the stretch from Laronge, Sask. To Lake Winnipeg. A portage called Birch rapids is a few miles upstream from the Hanson Lake Road. It was raining. The portage is for boats and canoes. There are green log ladders or rollers to slide a boat on. These logs were new, and the rain was making them slippery. I was carrying a canoe on my shoulders and slipped on the logs, dropping between logs and with the canoe coming down with a crash on my shoulders. I was paralyzed from the waist up, no arm movement at all! They laid me in one canoe and with only one paddler in it. The 3 other canoes shared our canoe’s loa. The trip downstream continued to Hanson Lake Road. 1 long day. There was a fishing camp with cabins at this place. A cabin was rented for me. The camp owners agreed to look after me and take me to Flin Flon the next day for 1<sup>st</sup> aide. The guys left me a canoe and supplies. They continued with 3 in 1 canoe and 2 in each of the other 2 canoes. The trip was made to Flin Flon the next day. but by then some movement was returning to my arms. I phoned home to get someone to come and pick me up. I called Joe Olson, but he could not come right away as he was attending a wedding as best man. My future father-in-law made the trip bringing me and my stuff back to Regina.

### Lesson 3- walk carefully when stepping on wet logs

Joe Olson and I returned to that camp with a canoe and a motor. We went upstream to another portage place to fish. It had been great fishing there when I canoed the spot earlier- It was still great fishing, we returned that evening after making the portage upstream and back down, with a washtub full of very big jackfish (Pike). We were very careful crossing that log roller portage.

There were a few other interesting canoeing experiences. I took a friend down the cold Wascana creek (spring training) to the Qu'Appelle River and at Craven he got scared as we went under a train trestle. He grabbed a support pillar making the canoe go sideways and we had a swim in the ice water.

Alvin & I tried canoeing the Qu'Appelle River from Lumsden to Fort Qu'Appelle and gave up after a few 100 beaver damns – too much work making the repeated portages.

Storm stayed on the lakes was common, relaxing and enjoy it was the norm. We were canoeing in northern Sask. where there were no roads, no access except by air. We shopped along the way at trading posts. A supply of fresh eggs, a cold soft drink, ice cream were real treats. I must say that the natives we met along the way were completely trustworthy and friendly – It is not that way now

### My Cars

#### 1939 Pontiac –

Dad got special permission for me to drive at age 13. When I was wearing the body cast. There were conditions – I was to drive just on our property from home to school, through the fields. We owned all the land between home and Edgeley. This was if it was not muddy. If muddy I could drive roads. Dad bought me a 1939 Pontiac. It was needing paint and other repairs. Archie Craig and I painted it with a brush, mostly purple, some green – as those we could buy cheap as surplus from a garage. The steering wheel was loose from the column and a pair of vise grips could be clamped on the shaft and used to steer. I often had passengers and if they complained about my driving, I would hand them the steering wheel- say “here- You Drive” and quickly clamp the vise grip on the column. I drove as fast as the car would go, round the bushes, following a path. The doors sometimes flew open. Faye or Barb would scream scared, while I would simply tell them to hang on tighter! The motor block had a leak and rather than fix it, I carried extra water in summer and replaced water with winter diesel fuel in winter. It meant – start it, do not stop to let it warm up, drive as fast as I can, to reach home before the loss of coolant (diesel fuel) ran too low or got so hot it was in danger of ignition. This car was eventually sold. Dad put it at the end of our farm driveway with a sign. The buyer must have been from the Indian Reservation that is about 4- miles north of the farm. The car was later seen – on its side in a coulee on the access to Ashem's beach.

#### 1951 Chev -12 dr coupe

My Hot rod – I bought this when I was working full time at Farm Credit Corp. It had belonged to a relative and was in good shape. I had it modified by inmates at Regina jail. Their instructor was a friend and made all arrangements. They removed/modified the firewall, installed a hugh V8, new Packard transmission and rear end, leaded the fenders and chained it down for stability. I could hit 60 miles per hour from a dead stop in distance to cross an intersection.

I received a reputation for careless driving and was given many tickets for traffic offenses. One case – I was clocked at ? in excess of limit, on Albert St. crossing 4<sup>th</sup> Ave . Police were parked in the driveway alongside Albert St.. They turned on siren and lights, I attempted to outrun them and would have succeeded except for the train crossing Albert St. and blocking me. Later I lent the car to Joe Olson – to go and retrieve his curling broom forgotten before he came to the rink. He said it was scary to drive as there had to be cop cars every few blocks watching that car. I soon sold it and bought a newer car but before I sold it----I did some street racing.

One time I passed a new Cadillac on highway 35 on the curve before FT Qu'Appelle. He tried to prevent my passing by speeding up – I won and stopped, challenged him to a 2-mile run – Winner was to buy the other a 12 pac in Ft Q when we got there. I won – no problem (I was under the legal age to buy booze but that was never a problem. One time I took 2 co-worker girls from work (Farm Credit Corp) to the Regina train station, dropping them there about 7pm Friday afer work. They were going to Saskatoon (back home for a visit). I was going to Saskatoon to visit a girlfriend (Donna Hemingson) who was attending University (she and I would go visit a mutual friend Larry Boxall and his wife. They lived in a mobile home park while also attending university. The coworkers were reluctant to ride all the way to Saskatoon with me as I was sure to be speeding and scary to ride with. I told them I would meet them at the train station in Saskatoon-I did. I arrived before they did. It was a bitterly cold winter. Highway 11 to Saskatoon went through every small town along the way ( Tregarva, Lumsden, Disley, Bethune, Craig, Davidson- etc) as there was no 4 lane highway then. I was well ahead of the train, ordered and ate lunch in the railway station restaurant while waiting for them to arrive.

1959 chev – 2 dr hard top



The 51 chev was sold about 1962 and I acquired the 1959 chev- impala. 2 dr hard top. I cannot recall exact date. I broke up with Donna and started dating a girl from Fort Qu'Appelle. I had a repair to my 59 chev to do, thanks to my father FIXING something on my car. My 59 chev was disabled and I was late for my date. That night I rolled a car (dad's car) on the highway to Ft Qu''appelle. **(see accidents page 6)**. I later traded that 59 chev car for a 1964 Pontiac 4 door sedan

1964 Pontiac

This is what I was driving when Cecile and I dated, got married, took our honeymoon. It is also the car I was using when I quit FCC and was selling Fuller Brush full time

I graduated to a brand-new Chrysler 4 door. Year? It was after I was while I was working as a Canada Life Rep. That started 1971 – so maybe 1974? Then I bought a used Chrysler from a client. That New Yorker had all the extras. Eventually I ordered and bought a 1979 suburban 4x4. The first of several. I later rolled that suburban while hunting- **(see car accidents page 6)**.

1979 suburban – first of many suburbans the hunting suburban- an older ½ ton 4x4  
 It was equipped with - 5ft x 2ft rack on front. Had removable railing about 10 inches high – used to carry carcasses of animals. Undressed and or hunter riding to follow tracks across fields. It was added to with spare tire, and on top- a spool of ½ inch rope-1/3 mile long for game retrieval  
 Hot water pressure water – heated by line for rear heater in suburban. The tank held 3 gallons, and the water got much hotter than was usable as is- we would run about ½ liter into a tin coffee can, add cold water, dishwashing detergent and use that to wash our hands, knives, saw etc. The water [pressure was strong enough to wash the bed of the suburban, fitted with waterproof plywood and poly. It was also equipped with a 12-volt winch and hanging pole. Then add a toilet seat that fit into the trailer hitch while the winch was also mounted.



The rope being rewound on the spool



## Contributions from others – Memories supplied

I have asked my brother and sisters to give me their memories and while they are not writing out any I have had some verbal reminders. Barbara was old enough to remember more when I was living at home and going to school there.

### Some of Barbara's memories

One of the things she recalled was “tapping trees and making Maple syrup” We have a hedge around the garden and barn yard at the farm, those trees are some kind of maple, but not the kind of maple that Quebec and Ontario have and make their famous maple syrup. I decided to try it one spring, I made little holes in the maple trees, drove some kind of tube into the hole, hung pails to catch the sap, then boiled it down. There was deep double deep snowbanks in the hedge so it was quite a feat to make the gather of sap. We did have syrup and a kind of sugar, not the same taste as Ontario syrup but very good anyway.

Barbara had a dog, that was her favorite, “Tinker” a black cocker spaniel. Tinker loved to go with me when I was hunting rabbits, ducks, gophers or anything else. Tinker swam in the dugout on hot days to cool down, All farm dogs do that. Well!!!! One sunday after church we (our whole family, Craigs, and the United Church Minister and wife) we were all sitting on the lawn in the shade. It was just after church, everyone was in their Sunday best clothes, Tinker came and lay in the shade beside Barbara, he smelled like the dugout!!! (Not Nice). Barbara said to Tinker “Oh go lay down, drop dead” she did not want that dirty smelly dog messing her clothes right then. Tinker, being a very well-behaved dog, did as she said, he walked a few feet and dropped dead. Barbara felt so bad! And has never forgiven herself.

Barbara and Faye can recall the car I drove to school and the reckless driver that I was. One trick I played on anyone who road with me involved the fact that the steering wheel was not very reliable. The spline that was to hold it was kind of stripped. I kept a pair of vice grips clamped on the spline directly below the steering wheel. I loved to take the wheel off while driving, hand it to someone else and tell them to steer. If you were new to the car it was a very scary thing!

### Bill's memories

A -I do recall getting ammo out of your car when we cleaned it.

B -Waking up and wondering what the heck happened to you after you rolled the car down the side of the Fort Qu'Appelle hill

C-and early morning deer hunting expeditions

D-Your bale throwing technique (let go of the bale next time)

I will try and fill in the detail as I recall them –

A – I assume he refers to the 22 shells left over from the many gopher hunts, or maybe from deer hunting

B – This episode was my first car roll over – It was Saturday evening, I was home from work at Farm credit Corp and had a date with a steady girlfriend in Fort Qu'Appelle. My 1959 chev had a generator problem. I had asked dad to look at it and he managed to fry the wiring harness and burn the generator completely. I had gone to Regina, got the repairs and was home working on it, but I would be late. Dad to the rescue.

Dad said “take the 54”. Hhe had a 54 Pontiac and a new 61Pontiac (his father – my grampa had recently died and his car became Dad's. I raced to get ready and when I was told I only had 20 minutes and would be late I said “just watch me! And took off. I met up with friends also on their way to “The Fort” in their cars – Joe Olson and Archie Craig – I guess we were racing down the old #35 highway, many sharp curves as you enter the valley.

I maybe had a blow out or just skidded and lost control. It flipped several times- skidded on the roof and came to rest on its roof in the ditch 7-800 yards from 1<sup>st</sup> scratch on the pavement. I crawled out of what was left of

the windshield hole, taking the keys with me (so no one could steal it?). I kicked in the speedometer as it was stuck at 75 mph, and speed limit there is 35 or 40mph. (I did not want evidence that I was speeding). The spare tire had migrated from the trunk to under the dash. The windshield was on the highway spinning like a top on the center white line. Joe was 1<sup>st</sup> on the scene and as I looked a little shook up he told me to sit down – I did, on the rear seat which was also on the highway and I watched that window spin and eventually it exploded – shattered. Archie was next on scene, and he rushed to the nearest phone to call my parents and advise them. Dad made record time in driving to the scene. He made me crunch down in the cramped driver seat and ride there while the car was towed to a garage in “The Fort”. His theory – if you fall off the horse and are scared, the best thing is to get right back on. I was not injured, just badly disoriented. He & I then went to the girlfriend’s place, had a coffee and went back home. I finished my car repairs and returned to see her the next day.

C –early morning deer hunts, - I guess Bill never got the hunting bug like I did but he tried, being my younger brother I was teaching him how to hunt and that meant “get out there before sunup, catch the deer out feeding. Maybe Bill would sooner have had a bit more sleep?

D – Bale throwing- 1971, I have just changed jobs from sales-management of Fuller Brush –to- Sales Canada life. I was at the family farm helping with fall work- namely we were gathering hay bales and stacking them into the corral at the barn. It was my job to throw the bales from the hay rack onto the bale stack inside the corral. We were parked tight beside the corral fence made of pine tree poles. I stepped on a bale at the edge of the rack as I swung a bale to the stack. The twine of the bale I was stepping on broke. I fell 4-5 feet to land with my chest on the corral fence (pine poles) with the bale coming with me. – end result a few broken ribs. Lesson – do not keep stepping on the same bale string. Let go of the bale string when throwing it

## **Faye’s Memories**

My first day of school, which was your first day of driving to school and the door flying open. Sliding across the seat ( no seat belts then) and being terrified that I would slide out. You didn’t believe me until Barbara turned around and looked.

When Bill got Lucy and was to ride her to school for the first time, she would not go more than a quarter of a mile before she kept turning around and heading back to the barn. Bill was too small to control her I suppose. You tried but she got control by taking the bit in her mouth and just doing her own thing. The barn door was open about 2 or 3 feet, she was a fat little pony but she went through. Your legs added to her girth and you didn’t make it. It was like a good cartoon – you got plastered to either side of the door and scraped off - lucky for you your legs were long enough that you didn’t really fall, but it was hilarious from the back view.

\

The time that you brought home to Mom a baby rabbit. You had been doing summer fallow over on the quarter by the dam and accidentally killed a rabbit. The babies scattered and this was the only one you could catch. You brought it home in your hat. We tried to keep it; fed it, kept it warm but it only lived a few days. We buried Lipperty under the lilacs east of the old verandah .

Going on rides with you and the sensation of “flying” with the related drop in my stomach when the car was slightly airborne as it came over a hill on a dirt road. I recall this happened more than once. Weekends when you brought friends back home with you: Kent and ? from Quebec; planting trees in the long windbreak. I handed you the trees from the stone boat. Parties when Mom and Dad were away: you rolled up the rug for dancing and taught me how to do the twist by using a bath towel around my bum.

Teaching me how to water ski at Asham’s beach. Joe Olson drove, you gave instruction. I was terrified but I remember you saying that if Joe could do it with one leg I could do it with two...\

Teaching me how to canoe on Wascana Creek , including pulling dead branches out of the stream and Saturday morning with you and the canoe club when I was going to University

The day you rolled the car down the hill to Fort Qu'Appelle was also the day Mom and Dad hosted Gramma Holliday's Christmas in July turkey supper at the farm. MacPherson's,( Regina and Edgeley) Olson's and Tate's were all there. Everyone was worried until Mom heard back from dad. Everyone went home early.

Not being allowed to touch your wood lath and being fascinated by it. But I don't really remember you making anything using it....

Polio related: First one: Mom doing exercise therapy with you on the kitchen table and me watching from the kitchen counter. Not sure how old I was but old enough to be able to sit on the counter. Mom explaining that although it hurt and you didn't like it she had to do the exercises so you could get better and walk better and that I need not cry about it.

Early memories of the basement at Regina General, getting rides on your lap in your wheel chair, doing activities with other kids while you were in appointments with Mom, Dad and Drs; the "cast room, with the noise which was awfully scary and the huge wall of crutches,

How summer days when you had the vacuum cleaner hose on to the outgoing air and I held it so the air went down your back; the "shower you created in the side porch of the old shop with the barrel on stilts outside.

The evening some strange man brought you back from the Exhibition with the big stuffed panda and you gave it to me.

## Pictures

## My jobs

While attending high school I had summer jobs. I worked for neighbors – Ray Rogers- doing summer-fallow(drive a tractor round and round a field to work the soil and kill weeds. Help with fall harvest driving grain trucks. I worked for another neighbor Bob Hardie doing much the same thing – summer-fallow.

After grade 12, I hitchhiked to Edmonton Alberta to catch an airplane into Uranium City where my then current girlfriend lived.(Donna Hemingson) We met at Luther College. I was staying at Hemingson'S home when her father got me a job working at a remote site for Poole construction – building a power dam. My job was placing dynamite in holes in a rock wall – the holes were drilled by others. It got too dangerous for my liking, and I quit. I returned home and looked for work in Regina.

I was hired by Eaton's as shipping clerk in the appliance department. I had applied for a position with Farm Credit corp. and was hired there after 2 weeks with Eaton's. The FCC job lasted about 5 years and during that time I was "Aerial photo interpolator" then statistic clerk. Then I was promoted to "collections" – a job I kind of liked but sometimes it was scary as farmers did not like having cattle seized and sold, or their grain sale proceeds seized.

I met Cecile there and as we became engaged, she quit work there. It was not allowed to have a relative or wife or fiancée working in the same place. I asked for a raise in pay and was refused. I took on a 2<sup>nd</sup> job selling door to door for Fuller Brush company. I took my annual vacation time of 2 weeks and sold full time for that 2-week period. I made more in those 2 weeks than I could make at FCC in 3 or 4 months! I quit FCC and sold full time for a few years, becoming sales manager for most of south Saskatchewan. I did that until Fuller Brush was sold to General foods. General foods cut the commission schedule so much that everyone quit at once! I then sold real estate for a couple years, but the real estate market was sour, and I was not good at that job. We were in serious financial debt. I had to find a job that paid an income – I answered an ad in the newspaper that said they paid a guaranteed income while learning to sell their product. It was guaranteed for 6 months but I hoped in that time I could find a job I liked and paid a wage we could live on. That 6-month job was with Canada life, and it was to lead to a career of some 34 – 35 years. Eventually it led to a partnership with Kelly Aikens who is about 15 years younger than I. He purchased my interest in that company of ours "Holliday and Aikens Insurance and Investment services Incorporated" operating as H&A Financial advisors. At the age of 59 and 6 months the 5 year buyout started.

This "early" retirement was a result of my many medical problems and inability to be excellent at the job.

# UPDATES

FEB 20-2024

I am now in a care home- senior residence, Greenfalls Landin. I moved here Oct 4 – 2023. Post Polio is affecting my life in many ways. It includes loss of movement, strength, and range of motion. I had digressed in condition to the point that I could no longer move around the home. This- despite having a deck with ramp built to accommodate my 4-wheel electric mobility scooter. (Thanks to Ken Cameron for construction, and Keith (my son) for paying the cost major portion) The house did not lend itself to remodel -I had to have a hospital bed to sleep in, as it gave me bed height control as well as support rails. This bed and an electric lazy boy type chair were moved to my new residence.

I can no longer lift my left arm, it is back to disability I experienced with the onset of polio (1953)., I can no longer walk even with canes, more than a few steps- (5-10) I cannot lift my arms to reach eye level shelves, so placement of things has become a problem. Cecile comes to visit almost every other day. She brings meals to the care home -or-makes them here. I make my own breakfast and noon meals and reheat supper leftovers of make my own.

Activities here are – visit with co habitants, bridge, whist, bingo, - regularly , Chess when I can find a person to play – this is proving to be near impossible and in the few months I have been here I have only found 2 to play and only 3-4 times in total.

I park my vehicle outside in free parking area. The promotion for this facility said they provided valet and snow removal service – This was a service that I looked forward to. This service has since been cancelled and is no longer available. I had a new battery and battery miner charger installed with the intention of keeping the suburban drivable. The job of snow removal is a do-it-yourself thing! Or I can beg someone to help. The weather has been very mild this winter and the battery charger is not plugged in as I am not using a free electrified spot. I also had a block heater cord installed, as that never was supplied at factory!!. I also bought 1 12 volt battery minder. I can park at a non-reserved electric site. If I leave this site I fear losing my extension card and someone else parking in it. I do park there as it is very close, and handy.

The move – involved some downsizing and an attempt to get rid of “stuff” was made using Marketplace on Facebook. I did sell a few hundred dollars of tools that I can not use or where duplicates. (Welders, wrenches, power tools, etc) There are literally hundreds more of tools and effects for someone someday to dispose of

## Cottage

2023- I never stayed at the cottage this summer-even 1 night- as mobility was not possible inside the cottage. I did go and assist Cecile open the cottage and with the help of my nephew (Josh) closed the cottage. It is in need of much repair and should be sold this coming summer (Cecile will have to decide on that)

She never had the water lines in cottage charged this year- carrying water from Regina for drinking and cooking, and using a hose from outside pressure system for toilet flushing

## RV

This summer we sold the rv and Cecile removed all our “STUFF” from it. Most of the kitchen-supply for me at the senior home was once in that rv .

## Cecile car

Keith and family were here visiting at Xmas 2023, during that time Keith persuaded Cecile to buy a new car- a 2024 Bronco Sport. (he paid a major portion of that cost – a very much appreciated gesture)



## Hobbies

I have a number of hobbies over the years – **Wood working projects**- small and large – I made toys for the boys  
Barn, table, chairs etc,

I do **wood caring**, canes of all kinds of wood always looking for a different kind of wood, I gave away dozens of canes – kept my first and still use it( 2024)



**Metal work** – I inherited a metal lathe from Alvin Schafer estate when he passed away – a 9 inch he had learned on when attending high school. He had used it in his hobby of rebuilding airplanes. I had never used one, learned by trial and error- had a few helpers such as Uwe Reikens- friend, Can Hart – ex client and machine shop owner- can had taught high school students on this lather – I later gave the lathe and all accessories to Josh Grabka- a Nephew of Alvin and he has been very helpful in repair of this lathe as well as teaching me on it. He also has been helping Cecile and I with many other things as we ask.

I built a double snow machine trailer that tilted and rotated out to load or unload snowmachines.

**Hunting** – see memories

Ken enjoying lunch while antelope carcass cools - noon opening day



2009 - opening the  
hanging in space provided by event



the ice fishing shack I built, frozen in!  
Pulled it out with hunting suburban  
needed Karl to assist with his 4x4 to drag to shore

02-12-2003

List of medications - and surgery for Ken Holliday  
as of Tuesday, May 14, 2024

**Medications**

Name	Dose	for
CADUET 10MG-40MG AMLOPIDINE/ATORVASTATIN	1 x day -(pm) with Glusomine- sulfate	Bp&colesterol
IRBESARTAN HCT 300-25 MG TAB	1 X DAY	BP
DICLOFEN 50MG-MISOP 200MCG TAB	1 X – 2 TIMES PER DAY—MORNING , EVENING	arthritis
LIPIDIL EZ 145 MG TABLET	1 x day	cholesterol
Vitamin d 1000 mg 2010	1 x day –am	Weak bones
Vitamin C – 2 tab once a day	2 x day -	
Vitamin B12 – 1 day under tongue	Dissolve 1 tablet under tongue once daily	
Glusomine- sulfate 750 mg -2010	2 x day 1 in a.m. other in p.m.	<i>Osteoarthritis- joint pane</i>
MINT-FUROSEMIDE 20 MG TABLET -	1 x day – am	diuretics
SYMBICORT 200 TURBUHALER	2 x day up to 8 x daily as needed	Copd – shortness of breath
CIALIS 5MG	1 x day	<b>benign prostatic hyperplasia</b>
BABY ASPIRIN 2010	1X DAY – IN pm before bedtime	Reduce clotting of blood, heart -NSAID
Support hose to knee – Fluid retention in legs,		
Pantoprazole started Aug 2023 (acid reflux)	1 x day	
(Zpac )CO-AZITHROMYCIN , for cold	250MG FOR COLD 6 TABLETS 2DAY 1- THEN1XDAY TILL ALL GONE 1 pac Started Mar 28-2024, 2 tab, 1 29th, 30 <sup>th</sup> , Apr 1 <sup>st</sup> , 2 <sup>nd</sup> I carry a round of this with when traveling as precaution	Anti-biotic
Due to bad congestion called paramedic at Greenfalls landing Apr 1-she prescribed 10 tab Apoo-Amoixi Clavulanic (2 x day) pills 1 Ventolin discus 6 dos, 15 days (\$ puffs per day	Supplied by medicine shoppe April 2-2024	

**ALLERGY**

Morphine	1 small dose = nausea continued at least 24 hrs vomiting unceasing
Demerol -Note that is Mayo clinic Rochester, Minn. To do colonoscopy the drugs used that did not make me sick were “VERSED’ & “FENTANYL”	1 small dose = nausea continued at least 24 hrs - vomiting unceasing
Tea & wine	Teas- sick to stomach, wine = headaches – severe

**MEDICAL PROBLEMS OF NOTE**

Polio age 10	Short r leg ½ inch, week left arm, r leg, sever spine curvature, spinal fusion age 12-14
Gall bladder removed	Stones, 1980?
Insula Noma tumor	1980 Removed Mayo clinic Rochester Minn.
Colon cancer	Surgery built J pouch 2000, and reversal 2001
Post-polio syndrome	Started to suspect about 2000, losing more and more mobility – use cane and electric scooter sometimes as I can not stand for over 5 minutes, nor walk more than 25 feet without a short rest-
Sleep apnea – use of cpap machine started 2009	No Oxygen
SEVERE SPINAL CURVATURE – HAS CAUSED- and	L3-L4 pinching, 14-15, and 13-12 near pinching, Dr C Eking reviewed Aug 2017 and recommends no action due my reduced mobility
Colloid Cyst – 3 <sup>rd</sup> ventricle, piece remains after surgery	MRI every 2 yr to check if growing or movement, Aug 2017, Dr Chris Ekong reviewed and sees no change from prior MRI
Spinal anesthetic not recommended due to severe curvature-	Consult with DR Ekong re placements not allowed and placements allowed

Left leg collapsing with sharp pain on regular basis, referral by Dr Khak/Bhagaloo to ortho surgeon for possible MRI and determine problem, complication as this is my good leg , other near useless due to polio as child	DR ?? - confirmed post polio is cause, not a candidate for surgery, slight arthritis
Nov 26-2009	<b>Sleep test RGN Hospital Nov 26/99 – result approved for sleep apnea machine setting “8” plus humidifier</b>

## Surgery

Carpal tunnel - left hand	Mar 06	Dr Ekong- success
Umbilical hernia- diagnosed 2004 by Dr Malik 202- 2631 28th Ave – Regina	Nov 21/06 - surgery Dr, Malik Note Dr Malik has since moved to Ontario or?	normal recovery
Colloid Cyst of 3rd Ventricle in Brain Surgery by Dr Ekong Jan 13/04 Dr Chris Ekong 1440 14 Ave, Regina, SK S4P 0W5 (306) 781-7229	Dec 6/03 diagnosed with brain scan advised if severe head ache call Ekong PDQ 2005 scanned - no growth. Now advised to have scan + every other year - MRI Sept 18/2012 Nov 2014 MRI - Dr Ekong Aug 2017 MRI Dr Ekong	none cancer - slow growth- left very small piece ( size of grape seed) was  Nov 3-2014- Saw Dr Ekong, MRI shows no growth – continue every follow is 2-3 years
colon cancer - surgery University Hospital Saskatoon Dr S.C.Kanthan Aug 26/ 1999 –	Mayo Clinic-Rochester for 2nd opinion Referred to Saskatoon surgery & temporary colostomy - reversed by Dr Kanthan some 6 months later  Colonoscopy every 3 yrs.- until 2014, then 2017 Dr Kanthan recommends every 5 yr.	treatment included – J pouch constructed from large bowel, temp colostomy & reversal  - Chemo and Radiation at Cancer Clinic Regina - severe burn to anus area by error - suspect cause of reduced mobility
Dermatofibrosarcoma protuberans Surgery by Dr Ghremida 18-sept-2017 Left knee – inside  More growths from same location taken by DR Khak and sent for biopsy suspect may be more of same June 2018	Biopsy on area about 8.2cmx 7.1cmx 2cm , removed area closer to (3inch X 4inch X 1.5 inch) no follow-up required other than dressing changes until healed – dec 2017	Pasqua hospital – day surgery
Polio - 1953 age 10 - Spinal fusion 13 vertebrae fused by Dr B. Bachynski Age 13 - to stop spinal curvature and lung cramping, also muscle transplant R foot to reduce foot drop by Dr Spooner age 11	Regina General Hospital Dr Bachynski now deceased  took muscle from joint of big toe, froze joint permanently, and placed muscle in r foot to attempt correction of foot drop – it was only very moderately successful. I used a brace attached to shoe, and metal along leg to strap, for a few years, also tried a plastic cast of foot base and wore in shoe it was also to midway to knee and strap – wore only for few years. Neither used since 1957	1-Right leg 1/2 inch short, 2-severe loss of muscle and movement - right leg and left arm and shoulder, 3- Right foot drop 4- loss of muscle and nerve L leg + R arm + shoulders & hips
Gallbladder removed 1984 - uncertain about year	Regina General - Dr Wilson	stones and entire gall bladder removed - did not use laparoscopy
Mayo Clinic-Rochester 1980 Insulinoma Tumor removed-from head of pancreas -	100% cure immediate with surgery 1980	I was producing massive amounts of insulin -
Tonsils- age 6-7,	Qu'Appelle, Sask. (now closed) complicated by hemorrhaging and required return to hospital to stop	

## TESTS RECORD

WHAT FOR	WHERE	WHEN
COLONOSCOPY - all clear- 12 yr, now on 5 yr call back	Royal University Hospital Dr Kanthan	Oct 2008, Oct 2011, 2013,2016
MRI – brain- check if colloid cyst has grown – for Dr Ekong –	Regina General results showed there is no growth since 2004 operation – check again in 2 yr	March 2009 Follow-up 2012 – no growth (DR Ekong) 2014 also no change 2017 – no change
Nov 28/2012 pulmonary function test ordered by DR Muftah- at Regina General Hospital	To be done and results to be communicated to me at Dr Muftah office Dec 4/2012–	Showed 25-28% volume- no improvement with O2 or medication

July 2014 – pulmonary function test – ordered by Dr Bhagaloo – performed by his staff	Gateway clinic – south Regina	Showed 50% no improvement with medication
CT scan – chest look at lung condition for O2 Dr Muftah	Regina General – determine if I qualify for supervised exercise program at Wascana or ? – Maybe COPD	March 12-2009 I am not COPD – recued lung capacity due to spine curvature from polio 1953 – follow-up 1x yr
CT scan – lung oct 30-2009	Follow up from 2020	No change lung capacity 25% due to scoliosis
Ct scan 4lung with contrast dye – Dr Muftah checking spot found March 17 -09	General Hospital Regina	March 19-09 RE SCANNED OCT 09 – none seen, recheck yearly , none seen as late as Dec 11
June 2014-2019 every year- full blood test for checkup = PSA, cholesterol, urine etc	All normal – Dr Bhagaloo	Renewed meds as before 12 months
Muftah – Sept 09 O2 test overnite – request by Muftah to see if co2 is expelling correctly	Slightly below 88 – O2 without and just over 90 with , was put on O2 with generator to sleep only bby Muftah and end of Aug 09 – did not seem to help – O2 discontinued by Muftah	SLEEP TEST AT RGN HOSP NOV. 26/09 Result – approved for sleep apnea machine – setting “8” with humidifier
June 22- 2010	Visit Dr Muftah – asked how I was feeling said I did not need O2, I was advised not sure cpap machine helping, Cecile indicated she thinks it helps me.	The meds were switched back to Symbicort Nov 29-2010 by Dr Bhagaloo  Changed prescription from Symbicort to one that is paid for by Sask. Govt. – 2 instead of one Ventolin hfa 100mg and Pulmicort turbuhaler 200mg
June 30-2010 Dr G Sridhar – sleep clinic Regina General Hospital	Following for 1 yr on cpap machine, said using it right, small leaks seen but normal-asked if it helps- advised as per Muftah above- Cecile repeated as per above	
July 11-2011 and 2-4 times per year	Blood test for Dr Bhagaloo – check thyroid, PSA, cholesterol etc. Referred to Dr P Schwann center – maybe 2-3 weeks. Referred to hearing clinic for possible hearing aides, Referred to Dr Mehlsen (Chiro) Baghaloo’s office for pain in left rib when coughing – cause- /maybe dislocated Referred to Cornwall Clinic for July 20,2011 appt to remove wart on neck irritated by sleep apnea mask and some skin tags under arm and crotch	Cretin – 5.1 (low) Triglyceride - H- 2.23 Cholesterol – L -3.58  All others in normal range including PSA (SEE MED CHANGES IN DRUG LIST) Dr P schwann center – visit aug 2011-exercise hoped to regain some stamina - a lot too much strain on L Knee, saw Dr Bhagaloo Sept 8 – xray referred to psyio
Aug 9 -2011	Hearing Test at vic square center ordered 2 aides- each \$2000, next appt Aug 18-2011 and several after for fine tuning- seem ok as of Sept 29-2011	
Xray left leg Sept 8 -2011	Stress from exercise program attempt – Dr Bhagaloo – no breaks- swelling – flud on knee	Referred to physio at Dr P Schwann – Allied health Uof R – Regina- Sept 28-11, ice, acupuncture exercises to do laying down at home – appointments for more acupuncture and ice packs- weekly ended Dec 22-2011
Blood tests- PSA, Cholesterol, glucose, GFR, renal panel, lipid panel	Every 3 months approx., as of sept 2011, triglycerides high, cholesterol low, all others normal-low	
Oct 25-2011	Colostomy – for cancer check every 3 <sup>rd</sup> year	Dr Kantan – Royal Univ Hosp Saskatoon, no problems seen, recheck 3 yrs
MRI – to see if any chance of leg use recovery	Dr Ekong ordered, tried 1st at Regina General but I am too large for their machine, was referred to Open Skies clinic Regina and completed scan on back and head	SEPT- OCT 2015&2017 – Dr Ekong said cyst has not moved, degeneration of cartridge between l3-4. L2-3, l4-5 but as I have no remarkable pain he feels surgery is not going to help. He referred, me to my GP- Dr. Bhagaloo for assessment who in turn referred me to a chiropractor at same clinic- Dr Benjamin Matheson – DR Matheson seen same day, assessment is, try some exercises to relieve pressure in case of possible improvement, if no helped in 1 month, likely will not help at all -there was no change, use of Advil etc. when pain is severe
July 2014 – Pulmonary function test – ordered by Dr Bhagaloo – performed by his staff June 2019 – lung function tests – ordered by DR Bhagaloo	Performed by his staff  Test 1 – done by Govt Sask facility July 25,2019,	Showed 50% no improvement with medication  Shows no improvement, very low capacity, as per before, 2 <sup>nd</sup> test recommended by Dr doing analysis of report,I went for test 2 Test 2 – by Dr. Belak office Regina, test report indicates “Full pulmonary function testing confirms severe restrictive lung physiology. Values are not significantly changed since July 2009. Noting a BMI of 43, this may vary likely be extrathoracin origin

		secondary to body habitus, the reduced DLCO being attributed to anemia, though the most recent hemoglobin available for review from Nov 2018 as a value of 126"
Mri – to see if any chance of leg use recovery	Dr Ekong ordered, tried 1st at Regina General but I am too large for their machine, was referred to Open Skies clinic Regina and completed scan on back and head	SEPT- OCT 2015 – Dr Ekong says cyst has not moved, degeneration of cartilage between l3-4. L2-3, l4-5 but as I have no remarkable pain he feels surgery is not going to help. He referred me to my GP- Dr. Bhagaloo for assessment who in turn referred me to a chiropractor at same clinic- Dr Benjamin Matheson – DR Matheson seen same day , assessment is , try some exercises to relieve pressure in case of possible improvement, if no helped in 1 month, likely will not help at all

Other incidental

Broken ribs – accident – fell from hay rack on to corral rails, 1971, no problems

Hearing – loss in both ears, left more severe, use hearing aides

Sight – wear glasses

#### Shots Record

WHAT FOR	WHERE	WHEN
Tetanus	Dr Lutterrodt	Dec 2006
Malaria	Dr Lutterrodt	Dec 2006
Flu	Dr Lutterrodt	Dec 2006
Pneumonia	Dr Lutterrodt Dr Bhagaloo	Oct 2014, 2015,2016
Flu	Dr Lutterrodt	Oct 2007, 2008,normal; 2009
H1N1	ROBERT USHER CLINIC – REGINA	NOV 2009
FLU AND H1N1	REGINA PUBLIC POPULATION	NOV 2010,2011,2012,2013,2014,2015,2016
Shingles	Dr Bhagaloo	Oct 2013
Pneumonia	Dr Bhagaloo North gate mall	Fall 2016, 2017 Fall 2018, 2019-2020
covid	various	7 as of Apr 23-2024

Ken Holliday – loss of use of leg notes

Causes

Post-polio Syndrome

- 1- Radiation overdose and burning of rear end – known to have blistered near anus interior and exterior – colon cancer treatment
- 2- Surgery of brain – removal of colloid cyst of 3<sup>rd</sup> ventricle -
- 3- Exercise attempt – Paul Schwann center U Of r - Sept 10 ( approx.) -2016
- 4- Exercise attempt Jan 2015 – Yuma – swimming pool

I note arthritis is increased significantly

I have been aware of need try exercise in swimming lose weight. I was told I had reduced lung capacity and to try swimming pool exercise. Dr.Helen Lutterrodt was my GP and she enrolled me in a COPD program at Wascana Hospital. They had me doing exercises in the in pool that I was to do when pools available. We winter in Arizona and Texas in RV parks- many have pools

One exercise is to stand in chest deep walk sideways, passing one leg in front of the other. Approx. 25 feet, switch legs, repeat

Another - grip pool edge, circle leg in figure 8 – 6-7 swings

I was doing these when pool is available and weather outside permits for 1 year ( 2009) but ceased as mobility decreased.

#4 I was aware of excess weight – asked Dr. Bhagaloo for advice and referred me to the exercise center - Paul Schwann U of R – the lady assessor was asked if she knew about Post-Polio Syndrome and she claimed some knowledge. She had me try several exercise machine including one where I sat on a bench, a resistance bar across my lower legs and I was asked to straighten my legs. I felt some stress and complained it was not feeling correct my good leg doing all the work. This after 2-3 motions. I was told to try as many as I could. I quit after 2-3 the next day I was completely unable to walk and with aid from others returned to DR B again. He referred me to the Allied health Center Uof R. I was given ice packs, physio – very mild, plus acupuncture 12 weeks , 2 x week . This allowed me to regain most of the use of my legs, more so on the left (good leg) than the right.

#5 Jan 2015

We arrived in RV Park in Yuma Az. I did start exercise, walking sideways, I felt it was undue stress and quit after 10-12 feet. Next day I had lost all use of my right leg, I am still unable to lift it simply drag that leg. Falling more often as I trip easy. I also no longer can support my weight for more than a few minutes

I failed to maintain notes for some years and update is June -2019

Update

Further loss of use of “good”leg, [left] is complicated due to – removal of cancer growths – sept 2017, involved removal of muscle mass

Pain in L knee may have been due to use of support hose that formed a tourniquet just below knee, Dr Alshrif advised -roll socks down half way periodically and back up- that helped some, use of supt hose terminated June 2018 due to sore on r foot and swelling caused by cramp shoe

