



Vadnais Heights HI-LITES

Senior Activities Newsletter

May 2016

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, May 20, 9 am
Pack food for the food shelf.

Vadnais Heights Community Food Program

Saturday, May 21, 9 am
Help register people for the food shelf.

Northeast Metro Expo

May 1, 11 am - 4 pm at the Vadnais Sports Center.
Over 90 community and businesses come together for activities, entertainment and food. This free family event will feature local business, home improvement, health & medical, sports & fitness and much more. Food vendors include Subway, Perkins, Applebee's and others.

Council Meetings

Wednesday, May 4 and Wednesday, May 18 at 7 pm. All meetings are at Vadnais Heights City Hall.

Festival of Nations

May 6 – 8 at St. Paul River Centre. General public hours: 4:30-10pm May 6, 10 am-10pm May 7 and 10 am-6 pm, May 8. This multicultural celebrations includes more than 90 ethnic groups showcasing everything from authentic foods and entertainment to costumes and traditions, along with a shopping bazaar packed with items from around the globe.

Lunch and Table Games

Wednesday, May 11, 12 noon.
It's bag lunch time again. Bring that favorite lunch and a friend for a neighborly get together. The coffee will be ready and the dessert will be furnished by Bette Stebbing. We will have a short meeting with table games of choice to follow.

Happy Birthday Minnesota!!

Minnesota became the 32nd state on May 11, 1858. That's 158 years ago!

Happy Mother's Day!

Silly Joke #5

Tim: What the difference between a hippo and a Zippo?
Jim: One is heavy and the other is a little lighter.

The Krazy Coupon Lady

With this website it's easy to save bucks, get up-to-date printable and digital coupon for all major stores and brands. Go to: thekrazycouponlady.com for your savings.

Senior Transportation Forum

Friday, May 20, 10 am-noon at the White Bear Area YMCA Commons. Transportation from a user's perspective is sponsored by CLASS (Consortium of Lakes Area Senior Services). Local transportation will be provided to and from the event, first come, first served. Contact Lynn at 651.653.3125 for information. The YMCA is located at 2100 Orchard Lane, off White bear Ave. in White Bear. Please RSVP for this free forum by May 16: 651.407.2018, kathleen.stahnke@isd832.net.

Lunch & Table Games

Wednesday, May 25, 12 noon. Looking forward to having you join us. Just bring your bag lunch and the coffee will be ready. We will have dessert furnished by Jane Hyttinen. Table games of choice will be played.

It's Been Said...

Good friends are hard to find, harder to leave and impossible to forget!

Health Tip

Each year in the U.S. There about about 1 million cases of shingles. Shingles is caused by the same virus as chickenpox and causes lesions from mild to severe burning, pain and itching. Adults are recommended to get shingles vaccinations because the dormant virus from childhood chickenpox remains in the body and can flare into a shingles case at unpredictable times.

Save the Date: Farmers' Market

The St. Paul Farmers' Market will open their market season on Wednesday, June 22 behind the Helene Houle Medical Center by County Road E and LaBore Road.

The *Vadnais Heights HI-LITES* is a newsletter for senior citizens sponsored by The City of Vadnais Heights. HI-LITES is published monthly, except for a combined November/December issue. Vadnais Heights Senior Citizens meet at Christ the Servant Lutheran Church located at 3676 Centerville Road, for all events unless otherwise specified.

For more information on any event, please contact Vadnais Heights City Hall, 800 East County Road E, 651.204.6000, or www.cityvadnaisheights.com. You may also call Josephine Christensen at 651.777.0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or www.whitebearseniorprogram.org.

In Flanders Fields

By: Lieutenant Colonel John McCrae, MD (1872-1918)
Canadian Army

In Flanders Fields the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

McCrae's "In Flanders Fields" remains to this day one of the most memorable war poems ever written. It is a lasting legacy of the terrible battle in the Ypres salient in the spring of 1915. Here is the story of the making of that poem: Although he had been a doctor for years and had served in the South African War, it was impossible to get used to the suffering, the screams, and the blood here, and Major John McCrae had seen and heard enough in his dressing station to last him a lifetime. As a surgeon attached to the 1st Field Artillery Brigade, Major McCrae, who had joined the McGill faculty in 1900 after graduating from the University of Toronto, had spent seventeen days treating injured men -- Canadians, British, Indians, French, and Germans -- in the Ypres salient. It had been an ordeal that he had hardly thought possible. McCrae later wrote of it:

"I wish I could embody on paper some of the varied sensations of that seventeen days... Seventeen days of Hades! At the end of the first day if anyone had told us we had to spend seventeen days there, we would have folded our hands and said it could not have been done." One death particularly affected McCrae. A young friend and former student, Lieut. Alexis Helmer of Ottawa, had been killed by a shell burst on 2 May 1915. Lieutenant Helmer was buried later that day in the little cemetery outside McCrae's dressing station, and McCrae had performed the funeral ceremony in the absence of the chaplain. The next day, sitting on the back of an ambulance parked near the dressing station beside the Canal de l'Yser, just a few hundred yards north of Ypres, McCrae vented his anguish by composing a poem. The major was no stranger to writing, having authored several medical texts besides dabbling in poetry. In the nearby cemetery, McCrae could see the wild poppies that sprang up in the ditches in that part of Europe, and he spent twenty minutes of precious rest time scribbling fifteen lines of verse in a notebook. A young soldier watched him write it. Cyril Allinson, a twenty-two year old sergeant-major, was delivering mail that day when he spotted McCrae. The major looked up as Allinson approached, then went on writing while the sergeant-major stood there quietly. "His face was very tired but calm as he wrote," Allinson recalled. "He looked around from time to time, his eyes straying to Helmer's grave." When McCrae finished five minutes later, he took his mail from Allinson and, without saying a word, handed his pad to the young NCO. Allinson was moved by what he read: "The poem was exactly an exact description of the scene in front of us both. He used the word blow in that line because the poppies actually were being blown that morning by a gentle east wind. It never occurred to me at that time that it would ever be published. It seemed to me just an exact description of the scene." In fact, it was very nearly not published. Dissatisfied with it, McCrae tossed the poem away, but a fellow officer retrieved it and sent it to newspapers in England. The Spectator, in London, rejected it, but Punch published it on 8 December 1915.