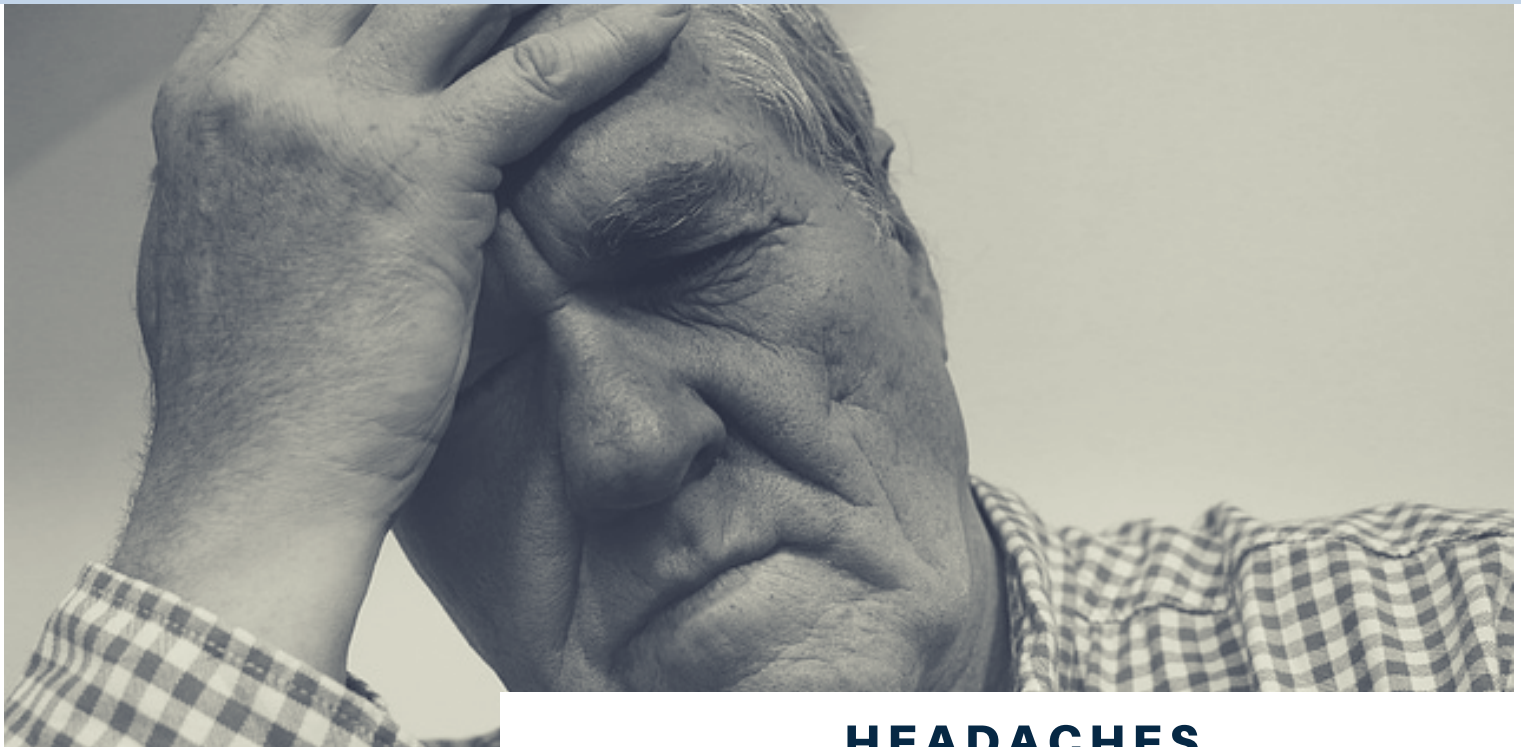


# BULLETIN FOR HEALTH AND WELLBEING

November 2018



## HEADACHES

Did you know that there are approximately 150 different types of headaches?! Here are the five major different types and their symptoms:

- Tension - characterized by bands of pressure and caused by stress, fatigue, muscle strain, etc. This is the most common type of headache
- Migraines - debilitating and often accompanied by nausea/vomiting and sensitivity to light and noise, migraines happen often and have no obvious triggers
- Sinus headaches target the front of the head and face and usually come with a stuffy or runny nose
- Cluster - these severe headaches localize around one eye and cause eye redness and watering. They occur in clusters and can disappear for months or years. They tend to affect men more commonly than women
- Ice pick - probably the least common of the five, this one is intense pain localized on a small spot. They seemingly come out of nowhere but are usually very short-lived.

### THIS ISSUE

#### HEADACHES

#### GASPÉ WORLD WAR ONE PROJECT

### NEXT ISSUE

#### ALL THE BENEFITS OF CHRISTMAS

#### HOLIDAY SHOPPING ONLINE

Sources: Headaches -

<https://bodyandhealth.canada.com/healthfeature/getthehealthfeature/headaches>; Headache Basics - <https://www.webmd.com/migraines-headaches/migraines-headaches-basics#1>.





## GASPÉ WORLD WAR ONE PROJECT

November 11, 2018 marks the 100-year anniversary of the end of the Great War. Tom Eden, who began the Gaspé World War One Project: Generation Sacrificed, will be heading overseas for the occasion. It will be his seventh trip in an effort to catalogue, visit, and remember the 38 Gaspesians who served and are buried overseas. The Gaspé World War One Project is a Facebook page where Tom shares the stories of his journeys, the stories of these Gaspesians, and the pictures that document their resting places: <https://www.facebook.com/GaspeWorldWarOneProject/>

His commemorative journey began in Wakeham at the Anglican Church, where Tom noticed a plaque honouring Eric Eden, who was killed at Vimy Ridge when he was only 20 years old. Intrigued by this story he had never heard, Tom tracked him down - this led him on his first trip overseas.

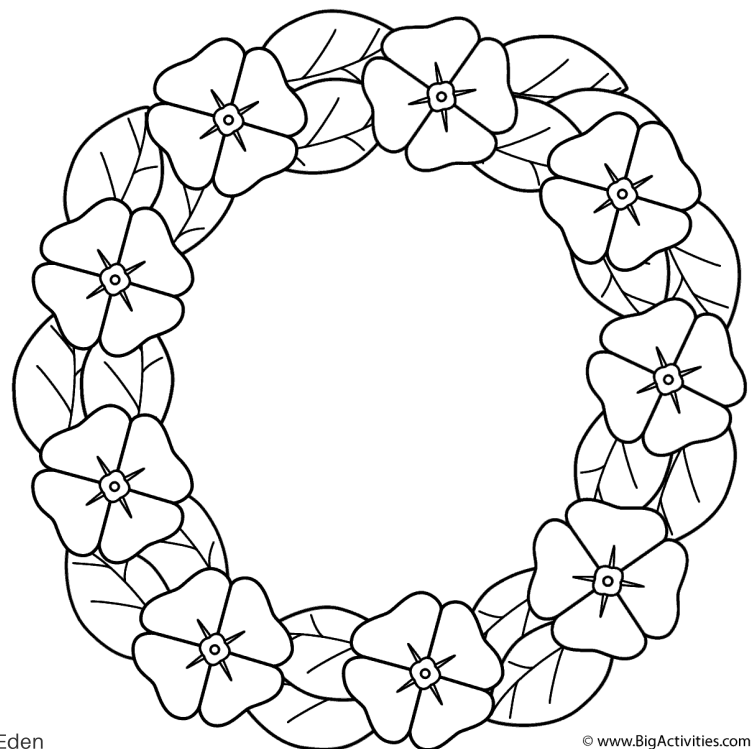
From there, he used the names on the Gaspé cenotaph to track down the final resting places of community members who served and never returned home. Men who had plans, like Daniel Miller from Wakeham who got engaged and began construction on a home before leaving and never made it back to live out the future he planned for.

The effects of the Great War were significant on our small community. Tom's work is an effort to honour that and bring renewed life to the memories of their contributions.

Sources: Gaspé World War One Project - Generation Sacrificed. <https://www.facebook.com/GaspeWorldWarOneProject/>; interview with Tom Eden

## ACTIVITY CORNER

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