

THE RAVINES MANAGEMENT TEAM

Department	Name	Ext#
General Manager	Julie Smith	1115
Office Manager	Edith Espera	1114
Sales Manager	Michele Brydges	1116
Food Service Manager	Maryann Padrones	1111
Director of Care	Honey Mostoles	1009
Maintenance Manager	Sean Skokos	1117
Recreation Manager	Bien Aala	1001

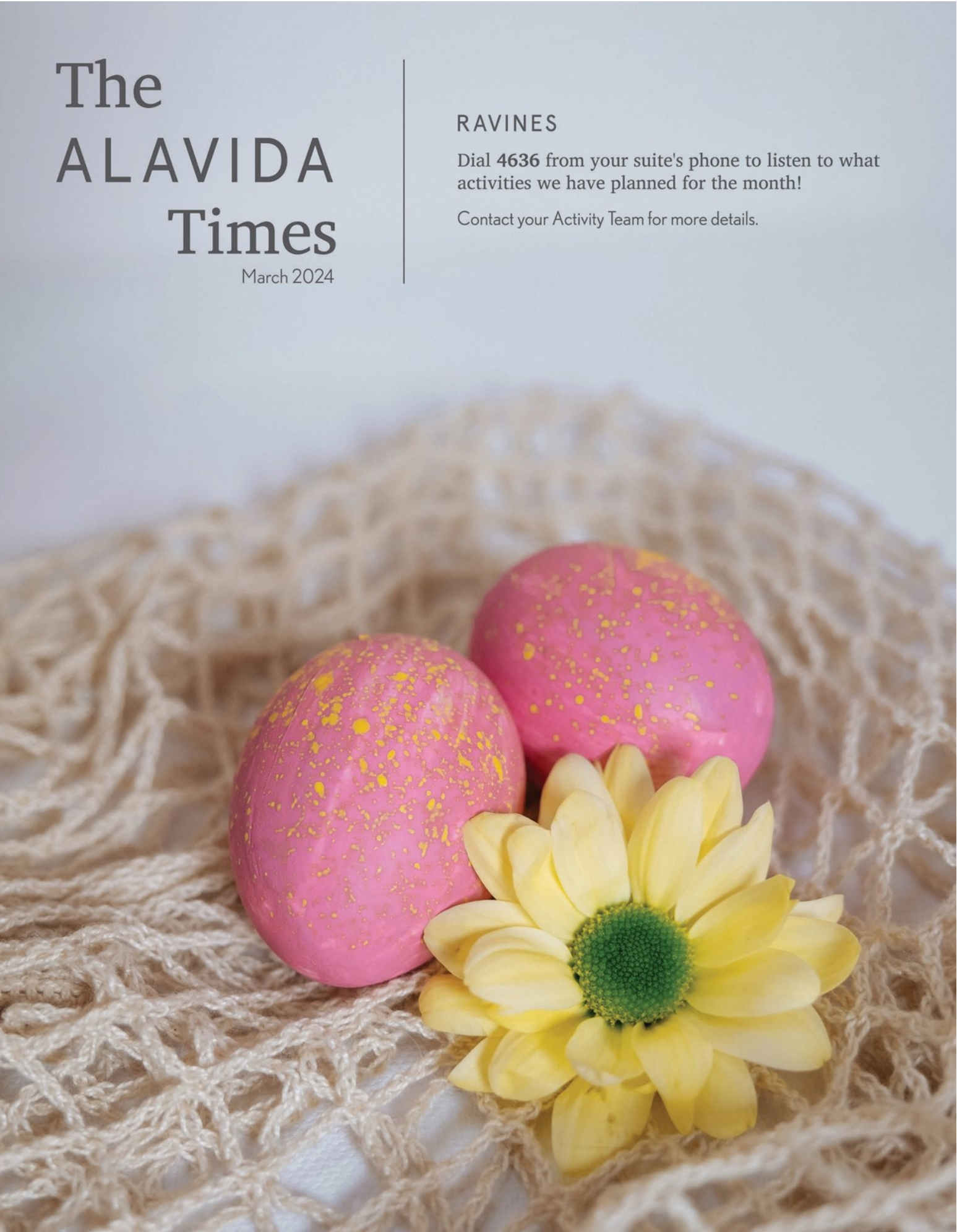
Dining Room Hours	Hair Salon
<p>Breakfast 8:00am-9:00am</p> <p>Lunch 1st Sitting: 11:45am-12:45pm 2nd Sitting: 1:00pm-2:00pm</p> <p>Dinner 1st Sitting: 4:45pm-5:45pm 2nd Sitting: 6:00pm-7:00pm</p>	<p>Haircuts by Helen</p> <p>Please dial 1005 to book your hair appointment or leave a message.</p> <p>Helen works: Wednesdays, Thursdays and Fridays Starting at 9:30am</p>
Findlay Creek Hearing Clinic	Mobile Dental Cleaning Clinic
<p>For more information or to book an appointment, please call their clinic:</p> <p>Phone Number: 613-916-6111</p> <p>Email: info@FCHearing.ca</p> <p>Website: www.FCHearing.ca</p> <p>Date and Location: TBD</p>	<p>To book an appointment for the mobile dental clinic at Ravines run by Rosemary Valliant (RDH)</p> <p>Please Call: 613-898-2292</p>

The
ALAVIDA
Times
March 2024

RAVINES

Dial 4636 from your suite's phone to listen to what activities we have planned for the month!

Contact your Activity Team for more details.



Calling all born in March!

Ravines residents born in March will be celebrated with a special dinner on Thursday, March 21st, 2024

Herta Woerner	March 1	Carmel Pinkerton	March 22
Peter Hill	March 6	Louis Blais	March 23
Elizabeth Donaldson	March 8	Elmer Janzen	March 23
David Polowin	March 9	Ivan Veliky	March 23
Norma Field	March 10	Patricia Dejardin-Perron	March 24
Adeline Turcotte	March 10	Heather Keatley	March 24
Dana Mullen	March 13	Jean Culham	March 25
Geoff Gale	March 14	Judita Veliky	March 26
Mable Danby	March 15	Karin Hunt	March 28
Glenna Moffatt	March 15		
Margaret Metcalfe	March 17	Helen Blenkarn	March 28

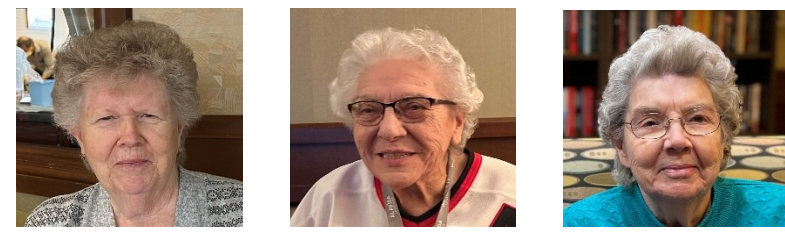
Please contact the reception in case we missed you on the list.

Meet the new Activity Manager:
Bien Aala



Bien has more than 9 years of progressively responsible experience with Alavida Lifestyles (the Ravines and Park Place) occupying many roles within the Retirement Residence and Senior Suites. Prior to this, Bien held various positions as an Executive Assistant and Senior Document Controller for government controlled oil & gas companies in the Middle East. Bien holds a Bachelor of Science degree in Business Management and a Bookkeeping Program from Algonquin College.

Resident Ambassadors

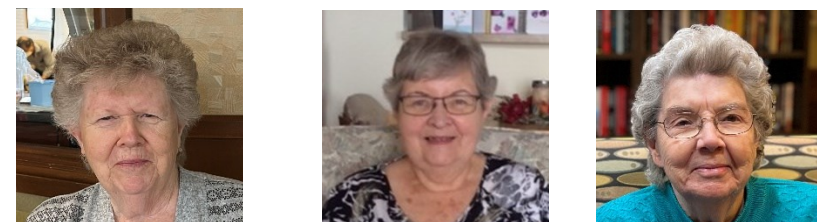


RR: Iris Byers Jean Fong Melba Hurd



SS: Allan Brown Henry Doseger Peter Hill Peggy Moffatt Adeline Turcotte

Food Committee



RR: Iris Byers Agnes Heaslip Melba Hurd



SS: Barbara Delorme Henry Doseger Connie Huggett Heather Keatley David Martin Angus Strong

Executives of SS Resident Council



President Irene Caswell Secretary Elizabeth Mundell Vice President Angus Strong Treasurer Shirley Tobin

Weekend Movies

Shown at 2:15 & 7:15pm on Saturday and Sunday

March 2nd: Ladder 49 (Action, Drama, Thriller)

March 3rd: A Good Year (Comedy, Drama, Romance)

March 9th: Juno (Comedy, Drama)

March 10th: Notting Hill (Comedy, Drama, Romance)

March 16th: The Identity Thief (Comedy, Crime, Drama)

March 17th: The Notebook (Drama, Romance)

March 23rd: Sherlock Holmes (Action, Adventure, Mystery)

March 24th: Sully (Biography, Drama)

March 23rd: The Soloist (Biography, Drama, Music)

March 24th: Boyhood (Drama)

Music Hall-Streaming Concerts

Shown at 2:30pm on Thursday in Theatre

March 7th: Foster & Allen – Spirit of Ireland

March 21st: Celtic Woman Concert at Slane Castle, Ireland

March 28th: 2023 Nobel Prize Concert

Special Visit

Little cute animals will pay a visit to our residence on March 6th at 2:30pm in the RR Activity Room. Please enjoy a relaxing moment with various animals. You can touch them or hold them in your arms if you like!

Seasonal Celebrations

St. Patrick's Day

March 14th: St. Patrick's Day Celebration with Live Music brought by The International Set in RR Activity Room at 2:30pm

Easter

March 26th: Easter Egg Painting in RR Activity Room at 2:30pm
3D Egg plaster models and painting materials will be provided for you to make your own Easter decorations.

March 27th: Easter Egg Hunting in RR Activity Room at 2:30pm
Paper Easter Eggs will be hidden at the RR lower level in advance for hunting. Please meet us in the RR activity room and get a basket for collecting the eggs. There will be prizes for winners after the timed egg hunting.

Shopping Day Drives

We will be using the van for shopping drives before the bus is back to service. There will be 4 trips this month, with maximum 3 residents per drive. Please sign up at the reception **ON THE DAY** of the drive as it's on a first-come, first-served basis,

March 7th, 9:00am-11:00am: Billings Bridge Mall

March 7th, 2:30pm-4:30pm: Carlingwood Mall

March 20th, 9:00am-11:00am: Billings Bridge Mall

March 20th, 2:30pm-4:30pm: Carlingwood Mall

Your Story, Your Legacy

How Elsie Balfour Became an "Adopted Newfoundlander"

Elsie (Fletcher) Balfour was born into a large family of ten children and grew up near Ottawa's Byward Market.



Her family may not have been wealthy, but her parents found a way to provide for them all, and the children learned the value of hard work and honesty. These values would come in handy to Elsie later in life during her career with Birks Jewelers. Above all, Elsie remembers that she and her siblings knew they were loved.

Her career at Birks Ottawa started with an entry-level position. Birks is one of the oldest and most successful jewelry stores in Canada. Established in 1879 in Montreal, it later expanding to a series of stores nation-wide. Before long, Elsie's conscientious attitude, her dependability, and her people skills (both with colleagues and customers) became evident. She was promoted to more responsible positions, eventually becoming the manager of both the Billings Bridge and St. Laurent stores.

Later in life, through mutual friends, Elsie met Bob ("Rory") Balfour, a widower and a WW2 army veteran who had become a career military officer. His first wife Jean and two of his children also had military careers. Rory's army photo can still be found on the Ravine's "Veteran's Photo Wall" downstairs. Something must have clicked, as they decided to get married. Overnight, Elsie pivoted from being a single career woman to becoming a wife with four stepchildren and

later 5 grandchildren.

Of all of Rory's personal qualities (and there were many), perhaps the most attractive to Elsie were his Newfoundland roots.

At one point, she asked if they could take a vacation to Newfoundland (a place Elsie had never visited) so that she could see where her husband grew up. Little did she know that during that vacation they would discover that they both loved Newfoundland. Elsie recalls seeing a house for sale in Pasadena (near Corner Brook) and talking to the next-door neighbour Sam Major. The Majors treated them like family (as Newfoundlanders are known to do - "Come from Away" 9/11), offering a meal and a place to stay overnight. Elsie and Rory decided on the spot to settle there.

She would say later in life that those were some of the happiest years of her life. She admired the people she met, the hills, the ocean, the pace of life. The Majors and many others would become life-long friends. Bill Hann (a boyhood friend of Rory's) made sure that during their visit they stayed at the Glynmill Inn he owned, where they were treated "like VIPs". Elsie also admired nurse Myra Bennet, who came to Newfoundland in the 1920s for "two years", only to stay for fifty -- serving as a nurse, dentist, doctor, and veterinarian to the local people.

Is it any wonder that Elsie became an "adopted Newfoundlander", and one of the island's most passionate promoters? No doubt the Newfoundlanders she met feel the same way about Elsie.