

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 style="text-align: center;">Breakfast 8:00am-9:00am</p> <p style="text-align: center;">Lunch 1st Sitting: 11:45am-12:45pm 2nd Sitting: 1:00pm-2:00pm</p> <p style="text-align: center;">Dinner 1st Sitting: 4:45pm-5:45pm 2nd Sitting: 6:00pm-7:00pm</p>	<p style="text-align: center;">Haircuts by Helen</p> <p style="text-align: center;">Please dial 1005 to book your hair appointment or leave a message.</p> <p style="text-align: center;">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

April 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 April!

Ravines residents born in April will be celebrated with a special dinner on **Thursday, 25th April 2024**

Retirement Residence

Dale Banks	April 04
Martha Rodriguez	April 06
Joe Pickard	April 08
Ed Hearnden	April 13
Agnes Heaslip	April 15
Almut Tuor	April 15
Ruth Wiseman	April 15
Jane Chamney	April 17
Mortimer, Edith	April 19
Maureen Byerley	April 22
Iris Byers	April 23

Seniors' Suites

David Blaxell	April 11
Mary Walker	April 11
Ted Lukaszwski	April 15
Brenda Haring	April 19
Norman Cameron	April 22
Barbara Delorme	April 23
Fay Petersen	April 25
April Haddon	April 27

Please let us know (Reception and/or Activity Department) if your name is not on the list.

Meet the new Recreation Aide Mansi Yadav



Mansi is a physiotherapist who graduated in 2019 from SBB College of Physiotherapy in India with a Bachelor of Science in Physical Therapy. She has had work experience in this field for almost 4 years. Dedicated to continuing her education, Mansi has taken fitness and health promotion from Algonquin College (Ottawa). She is very enthusiastic and passionate.

Resident Ambassadors

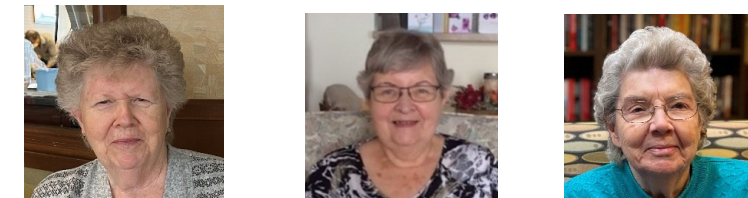


RR: Iris Byers Jean Fong Melba Hurd



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

Food Committee

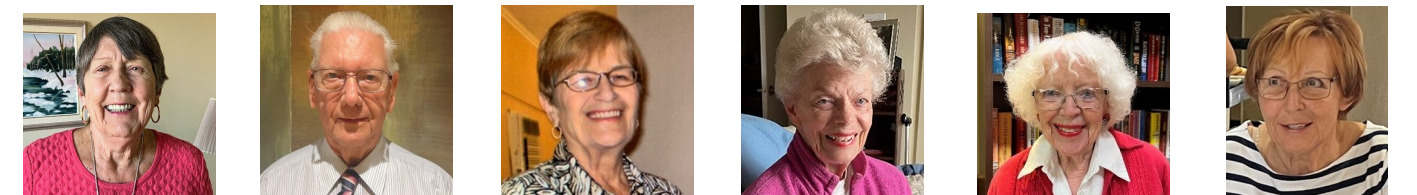


RR: Iris Byers Agnes Heaslip Melba Hurd



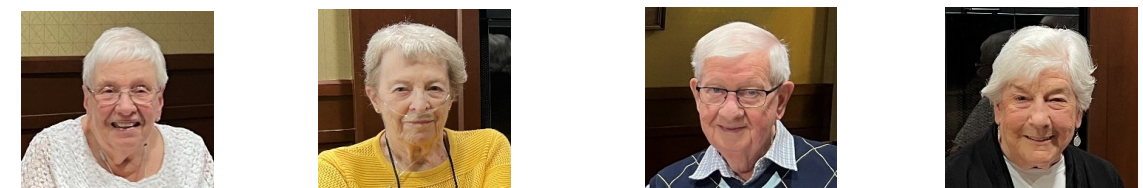
SS: Barbara Delorme Henry Doseger Connie Huggett Heather Keatley David Martin Angus Strong

Movie Committee



Claire Gagliardi Peter Stevens Wendi Loomer Heather Simpson Connie Huggett Alannah Grossman

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 Saturdays and Sundays

April 6	Queen Bees (Romance, Comedy)
April 7	Annie (Family Classic, Musical)
April 13	Enola Holmes 1 (Family, Suspenseful, Witty)
April 14	Enola Holmes 2 (Family, Drama, Mystery)
April 20	The Age of Adaline (Drama, Romance)
April 21	The Devil Wears Prada (Drama, Comedy)
April 27	Wild Mountain Thyme (Romance, Comedy)
April 28	Dirty Dancing (Classic Romance, Drama)

Music Hall-Streaming Concerts

Shown at 2:30pm on Thursdays in Theatre

April 4	Simon and Garfunkel – The Concert in Central Park
April 11	Glen Campbell – In Concert In Sioux Falls
April 18	Cliff Richard & The Shadows – The Final Reunion
April 25	Shirley Bassey – Live at the Royal Albert Hall

Miniseries TV Show

Shown at 2:30pm on Tuesdays in Theatre

Orphaned at the tender age of nine, prodigious introvert Beth Harmon discovers and masters the game of chess in 1960s USA. But child stardom comes at a price. Beth transforms into an impressively skilled and glamorous outcast while determined to conquer the traditional boundaries established in the male-dominated world of competitive chess.

What's New and Exciting in April

- April 16 **Casino Night & Open House** – invite your FRIEND and enjoy Fun Games, Live entertainment, Wine and Cheese, and MORE!
Venue: SS Lobby & Bistro in Senior Suites at 7:00PM
- April 22 **Earth Day Neighbourhood Clean-up**— Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by Earthday.org including 1 billion people in more than 193 countries. The official theme for 2024 is "Planet vs. Plastics".
All are welcome (residents and staff) to join us for a *Neighbourhood Clean-up* in celebration of Earth Day!
Meeting Place: SS Building Main Entrance at 2:30PM
- April 24 **Professor Cammy Returns**—Wednesday @ 2:00pm in the Chapel
Join us for a discussion on today's politics and world current events with Professor Cammy.
- April 30 **Afternoon Tea with Management** - all are invited for an afternoon with live entertainment at our Cherry Blossom themed afternoon tea. Venue: SS Dining Room at 2:30PM

Shopping Day Drives

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.

April 11	9:00AM–11:00AM	Billings Bridge Mall
April 11	2:30PM–4:30PM	Carlingwood Mall
April 24	9:00AM–11:00AM	Billings Bridge Mall
April 24	2:30PM–4:30PM	Carlingwood Mall

Your Story, Your Legacy



Dan Matheson
(Agnes Heaslip's remarkable Dad)

Hailing originally from the Isle of Skye (off the west coast of Scotland), Dan's ancestors were affected by the "Highland Clearances" in the 1850s, when dwindling agricultural production (e.g. the potato famine) and slumping local industries (kelp, fishing, etc.) left many tenant farmers ("crofters") with little choice but to move.

His family was promised land in Canada, but were surprised when the boat "dropped them" at Prim Point in Prince Edward Island, where they were faced a walk of several days with the children (amidst hot temperatures and mosquitos) until they reached their destination of Breadalbane (central PEI). Some were tempted to return to Scotland right then and there! However, the family stayed and established themselves as successful farmers.

In those days, it was common for children to leave school early to help support their family. Dan left school after Grade 6. He was not particularly tall, but very strong. This physical attribute likely helped him land a job as the local policeman in Kensington.

Always adventurous, Dan decided to take a "Harvest Excursion" train out west. These were designed to provide experienced East coast farm labour to prairie farmers who needed help harvesting wheat. Dan got off the train in Regina and never looked back. He worked there helping with the wheat harvest until he saw an opening with the Regina police force.

In the meantime, before leaving Kensington, he had become engaged. His fiancé (Katie, a teacher) remained in Rose Valley for five years while he established himself. Apparently, the day Katie stepped off the train in Regina, after the long trip from PEI, Dan had a minister ready to marry them. After five years, he did not want to wait any longer! Together, they had a family of four (one of whom was Agnes).

While working as a policeman in Regina, Dan joined the local YMCA and wrestling club. He must have been particularly talented, as he would go on to win four(4) Canadian Wrestling Championships and be inducted into the Sports Hall of Fame in both PEI and Regina. He also coached several star wrestlers like Earl McCready who became the British Commonwealth Champion.

During the Great Depression (1930s), one event put Regina's police force to the test. Because of widespread unemployment, the federal government had established "work camps" to provide men with relief wages. Frustration was building over conditions in the camps, so thousands of workers started a "Trek to Ottawa" in June 1935 to protest on Parliament Hill. Many climbed on top of railway cars to hitch a ride. They were stalled in Regina for three weeks during the summer of 1935 when the Prime Minister (R.B. Bennett) ordered the RCMP to prevent them from coming to Ottawa.

Tempers flared between workers, the RCMP officers, and local police. Agnes' father was involved in trying to prevent the situation from getting out of hand. Suddenly, he had the "sixth sense" that someone was coming at him from behind. He turned just in time to see a man swinging a heavy lead pipe aimed at the back of his head.

Thanks to his former training as a wrestler, he reacted instinctively to take the intruder down by toppling him at the knees, and handcuffed him before he could recover. This quick reaction likely saved his life, and allowed Agnes to keep her remarkable Dad.

Local residents provided food and shelter to the workers during their stay and, once the conflict had settled, the province of Saskatchewan provided train tickets for the men to return to British Columbia. This time they did not have to ride on the side or roof of the train.

