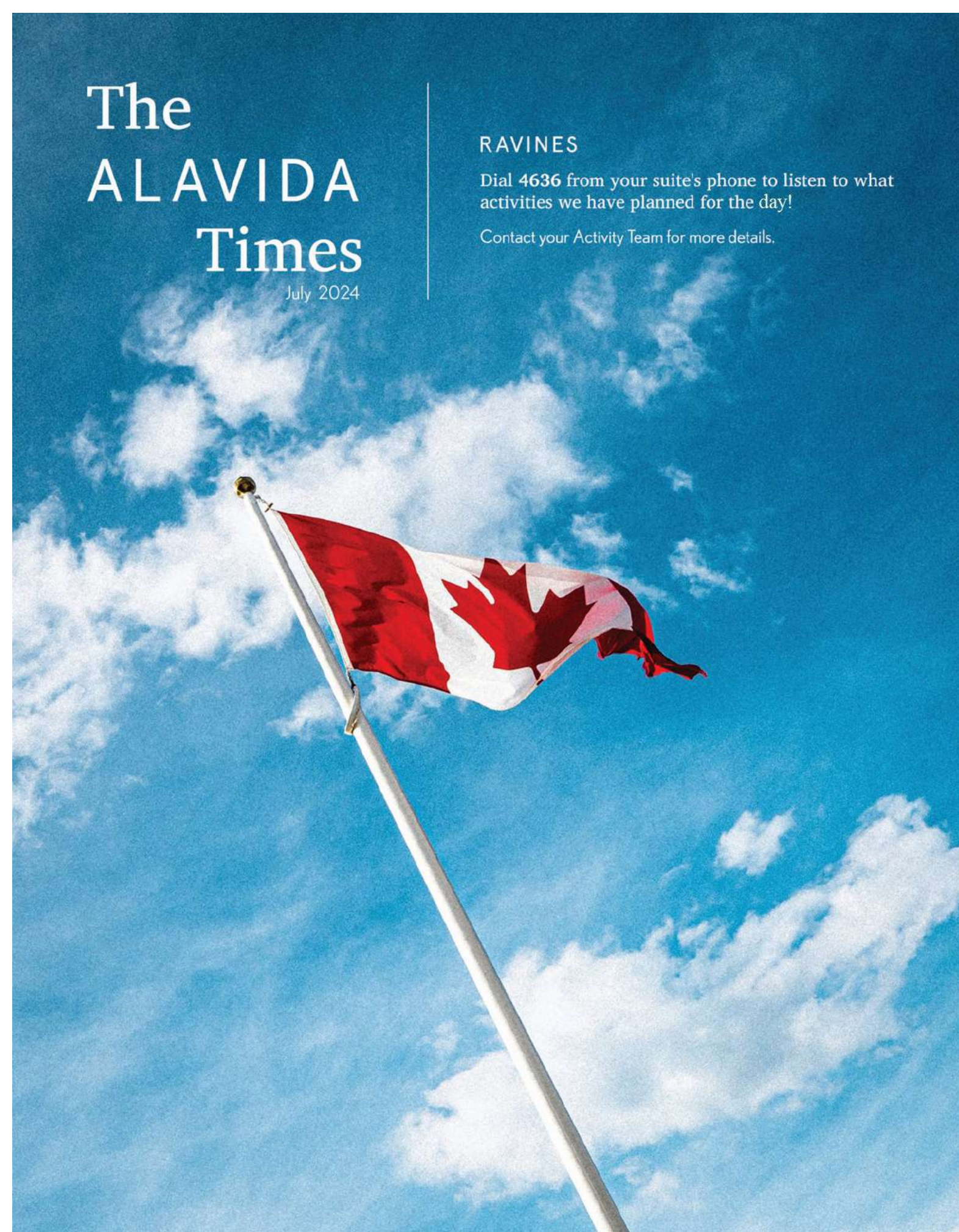


THE RAVINES MANAGEMENT TEAM

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: TBA</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>



Calling all born in July!

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

Retirement Residence

Gary Campbell	July 1 st
Mary Smellie	July 9 th
Stephanie Robertson	July 10 th
Melba Hurd	July 13 th
Magdalena Rogall	July 22 nd
Jean Fong	July 23 rd
Marilyn Robichaud	July 28 th

Seniors' Suites

Maria Di Michelle	July 2 nd
Betty Koot	July 8 th
Anne Verbruggen	July 12 th
Velma Winter	July 14 th
Susan Marthaler	July 18 th
Bob Casterson	July 21 st
Dennis Petersen	July 23 rd
Fran Bott	July 25 th

Happy Wedding Anniversary

Ivan & Judita Veliky	July 3, 1952
Bob & Agnes Heaslip	July 11, 2009
Dennis & Fay Petersen	July 27, 1958

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

Resident Ambassadors

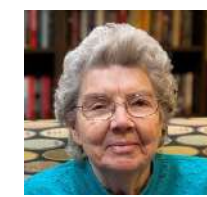
Retirement Residence



Iris Byers



Jean Fong



Melba Hurd



Peter Hill

Senior Suites



Allan Brown



Henry Doseger



Peggy Moffatt

Food Committee

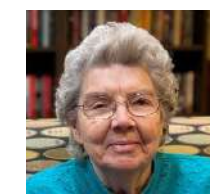
Retirement Residence



Iris Byers



Agnes Heaslip



Melba Hurd

Senior Suites



Barbara Delorme



Henry Doseger



Connie Huggett



Heather Keatley



Angus Strong

Movie Committee



Claire Gagliardi



Peter Stevens



Joan Gale



Heather Simpson

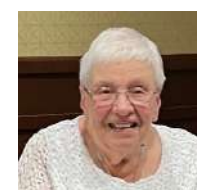


Connie Huggett



Alannah Grossman

Executive of SS Residents' Council



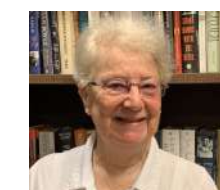
President
Irene Caswell



Vice President
Angus Strong



Secretary
Elizabeth Mundell



Treasurer
Karin Hunt

Weekend Movies

Shown at 2:15 & 7:15pm on Saturdays and Sundays

July 6	The Intern (Comedy/Drama)
July 7	The Mask of Zorro (Action/Adventure)
July 13	The Whole Nine Yards (Comedy)
July 14	Marry Me (Romantic Comedy)
July 20	Matilda the Musical (Family Movie)
July 21	The Bucket List (Drama/Comedy)
July 27	Something's Gotta Give (Romantic Comedy)
July 28	Mad Money (Comedy)

Music Hall-Streaming Concerts

Shown at 2:30pm on Thursdays in Theatre

July 4	Andrea Bocelli Concerto - One Night in Central Park
July 11	Neil Diamond ~ Greatest Hits Live
July 18	Il Volo - Takes Flight (The Young Three Tenors)
July 25	Carpenters in Concert at the New London Theatre

Miniseries TV Show: The Empress

Shown at 2:30pm on Tuesdays in Theatre



Sixteen-year-old Bavarian princess Elisabeth "Sisi" falls in love with her sister's intended fiancé Emperor Franz Joseph and the two later marry. She moves to Vienna and finds herself having to navigate the complexity of court politics and her husband's scheming family members. Her mother-in-law Sophia, who is also her aunt, antagonizes her almost immediately. Her brother-

in-law Maximilian, Franz Joseph's younger brother, keeps trying to outshine his older brother and prove that he is more worthy to rule.

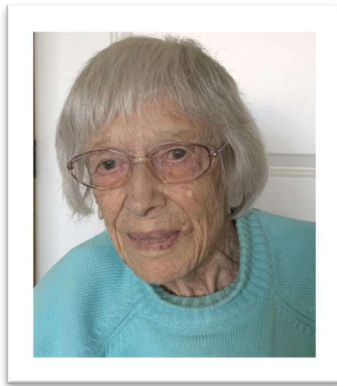
What's New and Exciting in July

- July 1 **Happy Canada Day!** Join us for a Flag Raising Ceremony at 11:00 AM. Let's dress up in our best Canada Day outfits to show our Canadian Pride! After Canada Day special lunch, please come to RR Activity Room at 2:30 PM to celebrate our national day with Rick Crepin.
- July 18 Refer a Friend **High Tea Lunch**—Residents and friends, please join us for a high tea and live entertainment during your lunch. Dress in your best high tea outfit! Venue: RR Dining Room
- July 23 **Create with Navy** – Joint us and have fun for a fine art painting afternoon session with "Create with Navy"! Navy (her name) graduated from Concordia University where she studied fine arts & art education. All are invited. See poster for details.

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.

July 11	9:30AM—11:30AM	Billings Bridge Mall
July 11	2:30PM—4:00PM	Merivale Mall
July 25	9:30AM—11:30AM	Billings Bridge Mall
July 25	2:30PM—4:00PM	Merivale Mall



Mary Smellie (at 100) Remembers Hitch-hiking in Europe and her Island Cottage

Mary Smellie, now one hundred years old, is still alert and interested in life. Needless to say, she has many memories to look back upon. Two stand out in her mind.

The first is a hitch-hiking trip she took to Europe in 1948 with her close friend Fern Smith. Fern was good with languages, and spent a year at university in Germany just after WW2. She wanted to return to visit Europe again, and asked Mary to join her. Although her mom was concerned, Mary was keen to go.

Reaching England by boat, they crossed Scotland and took another boat to North Cape, the extreme tip of Norway. From there, they hitchhiked together through Finland, Denmark, Estonia, the Netherlands, Germany, and France – ending in the southern tip of Italy. Their trip was over 5000km (comparable to the distance across Canada).

In all that time, they never once felt their lives were in danger. They stayed in youth hostels, and enjoyed the company of fellow student hikers. They had many opportunities to use their language and diplomatic skills.

One time, they were overjoyed to see a car pass decorated with Canadian flags. The girls jumped up and down in anticipation of meeting other Canadians, so the driver stopped – not because he wanted to give them a ride, but because he thought they were telling him something mechanical was wrong with the car.

Needless to say, there were many postcards written to family and friends back home. The first phone call was made towards the end of their trip when they got back to England. Mary recalls that the citizens of France, the Netherlands and Italy all were appreciative of the liberation work done by Canadian soldiers. During their trip they also had some work-related meetings in England, representing their respective departments.



Another favourite recollection of Mary's is the cottage her family built on Kedey Island (near Fitzroy Harbour) in the 1930s. During the winter months, her family lived in Ottawa. Her mother got tired of paying rising rents, so met with a developer who was building homes near the Civic Hospital.

In the summers, they retreated to a rustic cabin on Kedey Island, near Fitzroy Harbour where her mother had spent her childhood, as the daughter of the local Presbyterian minister. They camped initially as the cottage was being constructed. Rooms were added gradually. Mary remembers fondly the old wood stove at the cottage and the lantern lights, which cast a “soft” glow on those reading nearby. There is a lovely charcoal sketch, still hanging on the wall of Mary's room at The Ravines, showing a cosy wood stove and rocking chair in the corner of the cottage.



When electricity came on the scene in the 1940s, her father was keen to show friends and relatives how the new overhead light worked. When he first turned it on, Mary recoiled from the brightness – she still prefers fire and lantern light.

The cottage was located close to Chats Falls (french for “Cats”), which they could see out the “front door”. Originally, these picturesque falls (dropping some 35 feet along the Ottawa River) were a popular tourist draw. Before WWI, it was common to see paddle-wheelers bringing sight-seers from Ottawa. Even a *horse-drawn* railway was established in 1847 to take passengers five kilometres through dense forest to avoid the rapids. While the roof sheltered passengers from rain, the sides were open to mosquitoes.

In the late 1920s, the falls were converted into a hydro-electric dam which still operates today - sharing power between Ontario and Quebec. When Mary was a young girl, she liked to take her rowboat to the falls at low water, so she could climb amongst the downstream rocks. Her adventurous spirit was evident even then !

Hitch-hiking and her island cottage – two wonderful memories to look back on as Mary turns one hundred.

Happily, the cottage is still in her family today.