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Happy Easter!

Have you ever wondered why the date of Easter changes each year? The reason why is in 325CE, the council of Nicaea established that Easter would be held on the first Sunday after the Full Moon occurring on or after the vernal equinox. From that point forward, the Easter date depended on the ecclesiastical approximation of March 21 for the vernal equinox.



A Message from Melanie Young – Kiwanis Village’s Executive Director

Thank you for your support as we navigate our new circumstances. How quickly things can change.

To support us as we all work within a new reality, we have developed, (and are still fine tuning based on feedback and change) our internal services related to dining service, visiting, grocery and medication deliveries, recreation and connection, and access to our precious Village.

To further support our collective safety and security we are **invoking the following process** supported by an unprecedented order from the **Public Health Office of British Columbia** and ask that you take time to reflect on **WHY** Kiwanis Village is requiring this of us **ALL**.

Effective from April 1 2020 (not an April Fool) ALL people exiting our Village will be stopped and asked where they are going.

DO NOT EXIT BY THE MANOR!

Villagers

The following list of self-questions must be considered before deciding whether to leave the Village:

- I have a medical appointment
 - *If you are unsure if your appointment is **essential**, please connect with your healthcare provider to better understand your needs and to find other solutions. Please consider re booking **ANY** and **ALL** non essential appointments.*
- I need some supplies that are not able to be delivered, what can I do?
 - *Call the Kiwanis Village Hot Line and see how we can help you*
- Am I **justifying my reason** to leave the Village because I am experiencing ‘cabin fever,’ I am feeling lonely and isolated, I feel I need to see my family or friends, **I believe that these restrictions are unfair?**
 - *This is a real issue and we understand. We are building processes that will support our need for human connection. We need a little more time and good positive feedback to establish creative solutions and support. **These restrictions are not unfair**, they are difficult but **essential**. Please call the Hot Line for support and guidance.*
- Have I invited family or friends to deliver anything to me directly in my suite or am I allowing a visit from any **non approved** reason and are not understanding **the need for this to stop?**
 - *Please understand that by inviting visitors etc to your door or into your suite you are not complying with social distancing and placing yourself and others at risk. Please call the Hot Line for guidance and support.*
- Am I leaving the Village on foot, in my power chair or by the Village at the Manor exit and not connecting with security?
 - *All entry and exit **MUST** be through the main security gate*
- Once I have decided if my visit is warranted, am I calling a cab or a friend to take me where I want to go?
 - *If your need to leave the Village is essential and you have called the Hot Line for support then please note that getting into a communal cab or a friend’s car does not support social distancing.*

Villager Hot Line 250 753 6471 press 1

Staff are experiencing a much smaller world right now as we travel only between work and home and **limit ALL** other human interaction in meaningful ways. As a **staff person** in our Village, **adhering to social distancing** at home and at work and having processes and systems set up to **maintain social distancing** will support our Village wellness.

Kiwanis Staff, you will be **asked why** you exiting the Village and please be sure that **if you are not** simply ‘going off shift’ that your answer meets the requirements for **safe social distancing** in all areas of your life at this time. Let’s be sure we are all here for each other and with each other, practicing fully **compliant vigilance** in all we do and how we show up each day.

If you are dropped off and picked up by a family member or friend or, an item or food is being delivered to you on shift, please note that you are asked to meet outside the security gate. Please let us know how we can help you with this.

Kiwanis has been a part of Nanaimo for over 60 years, we know how to **lead by example**, role model our best behaviours, **practice compassion** with firm boundaries and allow each other days when we all feel it’s a bit much.

I know that each of us understands our **individual civil duties**. I know that we value each person and each relationship. I know that the next few weeks will call on us to be **the best we can be** and I am so proud to be **here together**, we are resolute and we are smart.

Thank you for reading to the end, you are appreciated.

Melanie Young. Executive Director. Registered Nurse.

Villager Hot Line 250 753 6471 press 1

Hearts in Windows:

Have you seen the hearts in the Kiwanis Lodge Windows? These hearts are to show our support of all the frontline workers, spread some joy and also are helping the children in our neighbourhood. Without school in session parents have been trying to find unique activities for their children to take part in and parents have asked their neighbourhood to put hearts in their windows so children can participate in up to heart hunts in their neighbourhoods.

If you would like to participate simply put a paper heart or heart shaped object in your window! It is really that simple!



Kiwanis Village Party Line:

We are pleased to be hosting a party phone line at Kiwanis Village in order to offer some fun programs throughout the day!

CALL: 250-740-2727

Messages will be updated 3 times per day at 9am, 1pm and 5pm. There will be music, trivia, fun facts, riddles, stories, games and BINGO!

You can leave messages and comments on the line as well that will be answered daily!

A War Story about a Nine Month Old

Story Submitted by John Westhead

My story starts in early spring of 1940. In all that I relate here was told to me many years later – by my cousin Jean, 15 years older than me, William and Margaret’s daughter. Expanded on by my Aunt Elizabeth, my father’s sister.

Uncle William and his wife took in refugee twin girls, in their early teens, from Austria. Their father has been a Jewish member of the Austrian Parliament. Austria was invaded, and as a consequences of this invasion the girl’s father was killed. The girls and their mother began a long and difficult journey across Europe. In France the mother died and the girls travelled on to England.

Thus it was my Aunt and Uncle took them in. One of the girls was a carrier of diphtheria.

I was nine months old at the time of their arrival, and became a recipient of the Diphtheria virus. The solution at the time was to send me to an Isolation Hospital. At the Hospital I was placed in an isolation ward for the Diphtheria patients; the only baby in a ward full of men. Upon my parent’s first visit to the Hospital they were ushered into a room with a two way mirror and watched me play and play with all the men. They watched as the men took turns feeding me (all while not able to touch me). You realize that they could see me (but not hear me) and I could not see them. My parents were allowed to visit every Saturday.

I returned home the day before my first birthday. When my father got home that evening he found my mother and my grandmother sitting on the ottoman in tears, just as our housekeeper, Mrs. McGregor, came into the room with the tray of afternoon tea, also in tears. My older sister on the floor having a temper tantrum because I had returned when she thought she had got rid of me.

My father turned to me and discovered that I was talking and walking; however every second worked out of my mouth was a swear word in any of the five or more languages. To say he was appalled; he immediately telephoned the Hospital Administrator to demand answers.

The Administrator then told his story. My contracting Diphtheria was also at the time of Dunkirk when so many soldiers where rescued from the beaches off France. Among the soldiers rescued were soldiers of many European Nations, speaking many different languages. He informed my father that quite a few of the soldiers also had diseases including Diphtheria; they also had families that they had left at home, with babies and small children. The sight of a baby in their minds was a godsend in a building with low morale and health. The staff considered me their little Hero in the lives of these men.



Of course I have no memory of this or the gifts I had of swearing in so many languages.

The story of Me and Mrs. McGregor is for another time!

The Movies

Article submitted by Bonnie Pereszlenyi

When I was a kid, Nanaimo had three theatres, two downtown and a drive-in. The Strand was downtown – about where the conference centre is now on Commercial Street near the bridge and the Starlight Drive-In was on Norwell about Country Club. We went to the movies or “the show” almost every Saturday afternoon. I got a quarter, a whole 25 cents on Saturday morning, 5 Cents each way for the bus (I lived in Wellington), 10 cents for the show and 5 cents for lifesavers. The Strand was a bargain. It showed several cartoons, the news, a Superman special, the coming attractions and finally the movie, usually a western or war film but once in awhile a jingle film such as “Tarzan” or “Bomba the Jungle Boy.” You were lucky if you could see or hear the film for kids pelting oneanother with popcorn and cheering or hissing if the cowboy or soilder was kissing a girl.

The Capital Theatre showed the “A” films – “Snow White” , “Gone With The Wind” etc. but it cost 15 cents for kids. It did have a balcony, though.

The Starlight Drive-In appeared in the fifties and was very popular. The first movie they showed was “They Died With Their Boots On.” Most of the time we didn’t go in acare but “snuck in” from the bushes on Ross Rd. There was a bench with a couple of speakers and a swing set. The hot dogs from the concession stand were so good. It didn’t much matter what the movie was. It wa a late night for us kids as the show didn’t end until dark, nearly 10pm in the summer.

I suppose the movies are “better” today – certainly with the special effects but they could not possibly be more fun!

Fact or Foolery:

- 1) **Purple Carrots:** For those yearning to add a colorful splash to their meals, a British supermarket announced it would soon be selling purple carrots. The store hopes the new offering will appeal to fickle children bored by the orange variety
- 2) **Crustless Bread:** For those who just can’t stand the taste of crust and are too lazy to cut it off, Sara Lee introduced the ultimate convenience: crustless bread. Available in stores everywhere!
- 3) **The Tooth Telephone:** Engineers recently unveiled the world’s first tooth telephone, perfect for those who want to talk hands-free while on the go. When implanted into a tooth, the tiny device vibrates to let the user know there’s a call. Users speak normally and the tiny microphone picks up their voice. Incoming sounds are transferred to the inner ear by means of bone resonance
- 4) **Bank Teller Fees:** In 1999, a Connecticut-based bank announced that, due to rising costs, it would be forced to charge a \$5 fee every time a customer visited a live teller. The bank promised that the fee would actually help improve the quality of customer service.
- 5) **Whistling Carrots:** Tired of overcooking the carrots? Now there’s a solution. British scientists announced the development of a genetically modified “whistling carrot.” Tapered air holes inside the carrot cause it to whistle when properly cooked.
- 6) **Bees!** In New Zealand, a reported wasp swarm roughly one-mile wide caused residents of the city of Auckland to take precautions. Many kept indoors, sealing their doors and windows, and children stayed home from school to avoid them. If residents still intended to go to work that day, they were encouraged to tuck their pant legs into their socks.

~ Answers at the bottom of page 4 ~

Good News Stories:



Cupcake Fundraiser: Thank-you to everyone who purchased cupcakes from our Valentine's Day cupcake sales in February. We are pleased that we were able to present **\$500** to the Heart and Stroke Foundation of BC and Yukon. Pictured beside is of Heidi and Carmen from the Recreation Department presenting the cheque to Rory, from the Heart and Stroke Foundation!

Grant Updates: We are excited to share that Kiwanis Village was the recipient of a **\$25,000** New Horizon Grant from the Federal Government that will be utilized to support an evening program in our Adult Day Program! More information to come on this exciting program in the next few weeks!

Bus Stop Update: We are pleased to announce that as of March 27th the RDN directors made the unanimously endorsed decision to return the bus stop to outside Kiwanis Village! Thank-you to everyone who took the time to write a letter, sign our petition and voice your concerns at our meeting with the RDN Representatives!

Thank-you Healthcare Workers: Hearing cheers at 7pm? Across Canada people are heading outside and making noise to show support to all of the healthcare workers. Don't be afraid to join in and show your support!

Retirement Wishes: Congratulations to Robin from the Lodge Recreation for her retirement on February 14th after almost 15 years of service at Kiwanis Lodge!

Getting to Know Meghan (Social Work Student at Kiwanis Lodge)



Places I have lived include: Nanaimo, Vancouver, Puerto Vallarta (Mexico)

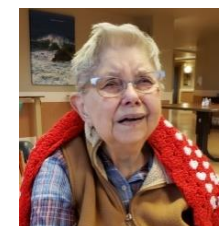
My favourite colour is: Blue

My favorite place in the world is: Hank's Beach on Cortes Island

The things that give me the most joy in my life include: quality time with friends and family, playing fetch with my kitten, rock climbing, yoga, nutritious food, clean water, being in nature, swimming in the ocean

I decided to choose social work as a career because: I love people, I love creating meaningful connections and relationships. I have chosen to dedicate my life to creating an equitable world in which all people have the resources they need to live a fulfilling life.

Getting to Know Kiwanis Resident Joyce:



I have lived at Kiwanis Village for: about one year

Places I have lived include: Barbados, West Indies, Quebec, and Nanaimo.

My favourite colour(s) are: Blue and Pink

The things that give me the most joy in my life include: My grandchildren, plants, and sunshine!

Messages from Kiwanis Lodge:

The Recreation Department has been trying unique ways to connect residents with their families during the no visiting precautions. With permission of each family we utilized our Facebook Page to post messages from their loved ones. If you would like to post a message to your family on our Facebook Page please call (250) 740-2879.



Answer Key to Fact or Foolery: 1) Purple Carrots: Fact. In 2002, Sainsbury began marketing purple carrots. But carrots have actually come in purple varieties for thousands of years. The orange ones are the newcomers, bred to be that color in the 1500s by Dutch growers paying homage to their royal family, the House of Orange. 2) Crustless Bread: Fact. This actually was a new product by Sara Lee in 2002. 3) The Tooth Telephone: Fact. The Tooth Telephone was invented by Jimmy Loizeau and James Auger, both researchers at MIT Media Lab Europe. It is not yet available for consumers. 4) Bank Teller: April Fools! It was advertised in 1999 in the JournalInquirer by the Savings Bank of Rockville, a Connecticut based bank. Reportedly, many customers were convinced that it was true. One woman even cancelled her account to protest the fee. 5) Whistling Carrots: April Fools! It was advertised by Tesco, a British supermarket chain, in a half-page advertisement in The Sun in 2002 6) Bees! April Fools! DJ Phil Shone, a New Zealand radio personality, made the whole thing up on April 1, 1949. Many believed him, though, and stayed indoors. It was several years before the truth came out.