



Mountainview News



November 2009

Why A Poppy?

Throughout the world the poppy is associated with the remembrance of those who died in order that we may be free, but now many of us are aware of the reason of how and why the poppy became the symbol of remembrance and a integral part of the work of the Royal British Legion.

Flanders is the name of the whole western part of Belgium. It saw some of the most concentrated and bloodiest fighting of the First World War. There was complete devastation. Buildings, roads, trees and natural life simply disappeared. Where once there were homes and farms there was now a sea of mud; a grave for the dead where men still lived and fought. Only one other living thing survived. The poppy flowering each year with the coming of the warm weather, brought life, hope, colour and reassurance to those still fighting. Poppies only flower in rooted up soil.

Their seeds can lay in the ground for years

without germinating, and only grow after the ground has been disturbed.

John McCrae, a doctor serving with the Canadian Armed Forces, was so deeply moved by what he saw in northern France that, in 1915 in his pocket book, he scribbled down the poem "In Flander's Field"

Always and Forever

November is poppy month, the time of the year when we wear a red poppy in memory of those who sacrificed their lives for us during the wars.

The eleventh hour of the eleventh day of the eleventh month marks the signing of the Armistice, on 11th of November 1918, to signal the end of World War One.

At 11 a.m. on the 11th of November 1918 the guns of the Western Front fell silent after more than four years continuous warfare.

Spell-check anyone?

Fi you can raed this, you have a sgtrane mind too. Can you raed this? Olny 55 plepoe out of 100 can.

I cdnuolt blveiee that I cluod aclaclty uesdnatnrd what I was rdanieg. The phaonmneal pweor of the human mind, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in what oerdr the ltteres in a word are, the only iproamtnt tihng is that the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it whotuit a pboerlm. This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the word as a wlohe. Azanmig huh? Yaeh, and I awlyas tghuhot spleling was ipmorantt!

First Sunday of Advent in Canada

Many Christians in Canada celebrate the beginning of the Advent season on the first Sunday of Advent. It marks the start of the Christian year in western Christianity. Its length varies from 22 to 28 days, starting on the Sunday nearest [St Andrew's Day](#) and encompassing the next three Sundays, ending on Christmas Day.

Many churches in Canada prepare Advent liturgies at this time of the year. In some Presbyterian churches there is a liturgy for each Sunday of Advent, starting from the first Sunday of Advent in the lead up to Christmas. The liturgies used in conjunction with the lighting of Advent candles and follow the themes of hope, peace, joy and love. Other churches may organize Advent dramas or programs that may involve participation from members of the congregation.

Some people may purchase Advent wreaths with candles of various designs, sizes and colors. People may also present Advent gifts for children on the first day of Advent. Gifts may include Advent activity books or Advent calendars with stickers to mark each day up to Christmas Day.

Purple is historically the main color used for Advent because it reflects penitence, fasting, and the color of royalty to welcome the Advent of the king (Jesus Christ). The focus of the entire season is the celebration of the birth of Jesus the Christ in his first Advent, and the anticipation of the return of Christ the King in his second Advent.

Resident News

November Birthdays

Borden White - Nov. 2nd
Helen Hindman - Nov. 19th
Louie Howe - Nov. 21st
Lorraine Wilson - Nov. 24th

Welcome

Mrs. Helen Jennings
Mr. Enrico Caruso
Mrs. Mary Lewis
Mrs. Margaret Smith

New

Food Committee
Welcoming Committee
If you are interested in joining, please speak to Pat.

Special Days in November

November 1st - Daylight Saving Time Ends
November 4th - Lunch Club
November 4th - Food Committee Meeting
November 5th - St. Alban's Church
November 6th - Sing-a-long
November 9th - Quilt Sale
November 11th - Remembrance Day
November 12th - Gourmet Night
November 13th - Activities Room Floor being Refinished.

November 17th - All Season's Flower & Gift Sale
November 19th - Presbyterian Church Service
November 20th - Holy Cross Church Service
November 21st - Santa Claus Parade
November 24th - Ozette Fashions
November 24th - Salvation Army Church Service
November 25th - Welcoming Committee Meeting
November 26th - Birthday Bash
November 27th - Resident Council



Caffeine

Caffeine in its natural and added forms is found in a growing list of products including coffee, tea, cola beverages, new "energy" drinks, chocolate and even some medicines. The increasing presence of caffeine in our lives raises the question of how much is too much for the average consumer. For the general population of healthy adults, the long-standing advice still applies of no more than 400mg of caffeine per day, the equivalent of about three 8-oz (237ml) cups of brewed coffee.

Caffeine is a natural ingredient found in the leaves, seeds or fruit of a number of plants, including coffee, tea, cocoa, cola. It is also manufactured and used as a food additive in some carbonated drinks, and as an ingredient in certain drug products, such as cold and headache remedies. Canadian adults get an estimated 60% of their caffeine from coffee and about 30% from tea. The remaining 10% comes from cola beverages, chocolate products and medicines. For children aged one to five, about 55% comes from cola drinks, about 30% from tea, and about 14% from chocolate.

Thoughts

1. A grudge is a heavy thing to carry.
2. Growing old is inevitable...growing UP is optional.
3. Silence is often misinterpreted but never misquoted.
4. Do the math. Count your blessings.
5. Laugh everyday, it's like inner jogging.
6. If you worry, you don't pray. If you pray, don't worry.
7. The most important things in your house are the people.



Fishing Trip

A man calls home to his wife and says, "Honey, I have been asked to fly to Canada with my boss and several of his friends for a fishing. We'll be gone for a long weekend. This is a good opportunity for me to get that promotion I've been wanting so could you please pack enough clothes for a 3-day weekend?"

"And also would you get out my rod and tackle box from the attic? We're leaving at 4:30 p.m. from the office and I will swing by the house to pick my things up."

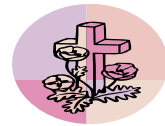
"Oh! And please pack my new navy blue silk pajamas!" The wife thinks this sounds a bit odd, but, being the good wife she does exactly what her husband asked. Following the long weekend, he came home a little tired but otherwise looking good. The wife welcomes him home and asks if he caught many fish? He says, "Yes, Lots of Walleyes, some Bass, and a few Pike." He then asked, "Why didn't you pack my new blue pajamas like I asked you to?"

The wife replies, "I did, they're in your tackle box!!!"



Remembrance Day

What do people do?



Many people wear artificial poppies on their clothes in the weeks before Remembrance Day. Red poppies symbolize the memory of those who died and white poppies campaigns for non-military interventions in conflict situations. On November 11, special church services are organized. These often include the playing of "The Last Post", a reading of the fourth verse of the 'Ode of Remembrance' and two minutes silence at 11:00 (or 11am). After the service, wreaths are laid at local war memorials.

The official Canadian national ceremonies are held at the National War Memorial in Ottawa, Ontario, according to a strict protocol. A service is held and wreaths are laid by armed services representatives. In May 2000 the remains of a Canadian soldier who died in France in World War I, but was never been identified, were laid in the Tomb of the Unknown Soldier at the National War Memorial.

Since then, members of the public have laid poppies, letters and photographs on the tomb. Similar services and events are held throughout Canada. Schools, which are open on November 11, hold special assemblies, lessons and presentations on armed conflicts and those who died in them.

Public life

In Canada Remembrance Day is a public holiday for federal government employees, private businesses, provincial governments and schools. Its status varies by province. For example, in Manitoba retail business is prohibited between 9am and 1pm on Remembrance Day, with exception to professional health services, goods or services relating to:

- Living accommodation or prepared meals.
- Veterinary services.
- Drugs, medicines, surgical appliances, or infant formula.
- Gasoline, motor oil or related products.
- Or parts and services for emergency repairs to a vehicle.

In Ontario, some employers give their employees a holiday on Remembrance Day. However, it is not a public holiday in Ontario under the *Employment Standards Act*. Remembrance Day is also not a statutory holiday in Quebec, although corporations that are federally registered may make the day a full holiday, or instead, designate a provincially recognized holiday on a different day. When Remembrance Day falls on a Sunday or Saturday that is a non-working day, workers are entitled to a holiday with pay on the working day immediately preceding or following the general holiday.

Background

Remembrance Day marks the anniversary of the official end of the World War I hostilities on November 11, 1918. World War I was a massive conflict was played out over the whole globe, but particularly in Europe, where troops from Canada supported the Allied forces.

World War I resulted in the loss of huge numbers of lives amongst both civilians and military personnel. Many more people were badly injured. The war left great emotional scars in the servicemen, who had experienced it, and in the communities, whose sons, brothers, fathers, uncles and even grandfathers had died. Remembrance Day commemorates those who died in armed conflicts, particularly in and since World War I.

In Canada, November 11 is officially called Remembrance Day, but it is also known as Armistice Day and Poppy Day. Remembrance Day is commemorated in many countries, particularly members of the Commonwealth, including Australia and New Zealand (where it is also referred to as Armistice Day). In the United States, Veterans Day falls on the same date. In the United Kingdom, the Sunday closest to November 11 is known as Remembrance Sunday.

Symbols

Remembrance Day is symbolized by the artificial poppies that people wear and place at war memorials. The poppies may be worn or placed singly or as wreaths. The use of the poppy as a symbol of remembrance comes from a poem written by John McCrae, a Canadian doctor serving in the military. The poem is called *In Flanders Fields* and describes the poppies growing in the Flemish graveyards where soldiers were buried.

Poppies grow well in soil that has been disturbed. They also grew in large numbers on battle fields. The red color of their petals reminded people of the blood lost by victims of and casualties in the conflict. Some people choose to wear white poppies to campaign for non-military interventions in conflict situations.

Other symbols of Remembrance Day are the war memorials, which are often near the geographical center of communities. These commemorate members of the community, who have died in military action, particularly World War I, World War II and the Korean Conflict. A particularly well-known memorial is the Tomb of the Unknown Soldier in Ottawa, Ontario. The military parades held on November 11 are also symbolic of Remembrance Day.