

NEWSLETTER

June 2022

Golden Hills Lodge- 403 443 5333



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Editor's Desk

Hello Residents, Families and Friends!

It has been great to get back into a routine around the Lodge. I am excited to incorporate some outdoor activities as the weather continues to warm up.

There are a couple new performers coming in June, I hope you join me in welcoming them into our Lodge! Keep your eye on the noticeboards around the building for announcements and changes.

Keep Safe!

Morgan



June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**
Birthstone: **Moonstone or Pearl**
Flower: **Rose or Honeysuckle**

Quote of the Day

*Try to be a
rainbow in
someone else's
cloud.*

– Maya Angelou

Month in Review

National Beverage Day

We enjoyed celebrating National Beverage Day with over 20 drinks to choose from!



Mother's Day Tea

Our lovely ladies were showered with cupcakes and flowers! I hope you know how appreciated you all are!



Volunteer Appreciation

We love our Volunteers!

We wouldn't be able to run half of our activities without their help!

Thank you for all your hard work!



Month in Review

Bus Trip

It was so wonderful to get out and see the countryside this month. We saw where residents have lived and got to observe the progress of seeding.



Parking Lot Hockey

The Golden Hills Lodge 2nd annual street hockey game and BBQ was such a great time! Thank you to everyone who participated and the cheerleaders watching! Can't wait for next year!

Upcoming Events

Musical Entertainment with Trevor Baker

Wednesday, June 8th at 10:00am

ATB Financial

Thursday, June 9th at 11:00am

Elliot Fleck: Pianist with Potter's Clay Quartet

Monday, June 13th at 2:00pm

Personal Touch Fashions

Monday, May 20th from 9:00am-11:30am

Men's Breakfast

Thursday, June 23rd at 8:00am in $\frac{3}{4}$ Coffee Room

Bus Trip to Arboretum

Friday, June 24th at 2:00pm

Armchair Travel to Egypt

Tuesday, June 28th at 2:00pm



Special Days

2nd Italian National Day

5th World Environment
Day

6th D-Day

8th World Oceans Day

14th Queen's Birthday

19th Emancipation Day
(US)

22nd Father's Day (US,
Canada, UK)

21st World Music Day

21st Memorial Day

Regular Events

Reading with June Every Friday at 11am

Three Hills Ministerial Service Every Sunday at 4pm

Card Games in $\frac{3}{4}$ coffee room every morning at 10:30am

Library every 2nd Thursday at 10:30am-11:30am in the Bird Room

Listen to Charles Price Bible Study every Saturday at 10:00am

Watch Prairie Tab Church Service in Auditorium at 10:30am every Sunday

June Birthdays

In June, we celebrate **4** birthdays!

Please join us in the auditorium on June 22nd at 2:00pm for some cake!



- Marilyn Monroe, Actress, 1st June 1926
- Morgan Freeman, Actor, 1st June 1937
- Johnny Depp, Actor, 9th June 1963
- Judy Garland, Actress, 10th June 1922
- Prince Philip, Duke of Edinburgh, 10th June 1921
- Donald Trump, Former President, 14th June 1946
- Boris Johnson, Prime Minister, 19th June 1964
- Nicole Kidman, Actress, 20th June 1967
- Elon Musk, Entrepreneur, 28th June 1971
- Mike Tyson, Boxer, 30th June 1966

Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained.

Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

WOW!

Summer Solstice at Stonehenge

The Summer Solstice, the longest day of the year, is celebrated in June in the UK. At Stonehenge, crowds gather to watch the sunrise at one of England's most mysterious monuments. How did ancient people move 40-ton stones over many miles before the development of wheels? How did they erect them upright in well-engineered stone circles? Are human remains buried there or in the barrows that pepper the surrounding landscape? Are there magic energy lines under the earth?

Poem to Share

My Symphony

William Henry Channing

To live content with small means;
to seek elegance rather than luxury,
and refinement rather than fashion,
to be worthy, not respectable,
and wealthy, not rich;
to study hard, think quietly,
talk gently, act frankly,
to listen to stars and birds,
to babes and sages,
with open heart,
to bear all cheerfully,
to all bravely await occasions,
hurry never.
In a word, to let the spiritual unbidden
and unconscious grow up through the common.
This is to be my symphony.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Clarence & Joyce C**
- **Dean B**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months!

- **Aiden T**
- **Callum R**
- **Kohen M**
- **Penny T**

We hope that you enjoy your time here!

WEEKEND GARDENING

If you would like to help out with watering and pruning during the week or on the weekend please feel free! Come talk to Morgan if you need assistance locating gardening supplies.

LOST & FOUND

If you are missing an article of clothing after doing laundry, there is a Lost & Found Tub in the Main Laundry Room that might have some of those missing socks!

NEWSLETTER CONTRIBUTIONS

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Morgan anytime!

Thank you!

Laughing Matters



When I'm An Old Lady

When I'm an old lady, I'll live with my kids,
and make them so happy, just as they did.
I want to pay back all the joy they've provided,
returning each deed. Oh, they'll be so excited.

When I'm an old lady and live with my kids.
I'll write on the wall with reds, whites and blues,
and bounce on the furniture wearing my shoes.
I'll drink from the carton and then leave it out.
I'll stuff all the toilets, and oh, how they'll shout.

When I'm an old lady and live with my kids.
When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake their head,
and when that is done I'll hide under the bed.

When I'm an old lady and live with my kids.
When they cook dinner and call me to meals,
I'll not eat my green beans or salads congealed.
I'll gag on my okra, spill milk on the table,
and when they get angry, run fast as I'm able.

When I'm an old lady and live with my kids.
I'll sit close to the TV, through the channels I'll click,
I'll cross both my eyes to see if they stick.
I'll take off my socks and throw one away,
And play in the mud until the end of the day.

When I'm an old lady and live with my kids.
And later in bed, I'll lay back and sigh,
and thank God in prayer and then close my eyes,
and my kids will look down with a smile slowly creeping,
and say with a groan. "She's so sweet when she's sleeping!"

When I'm an old lady and live with my kids.

Spotlight

Morgan Cymbaluk (Ebel)

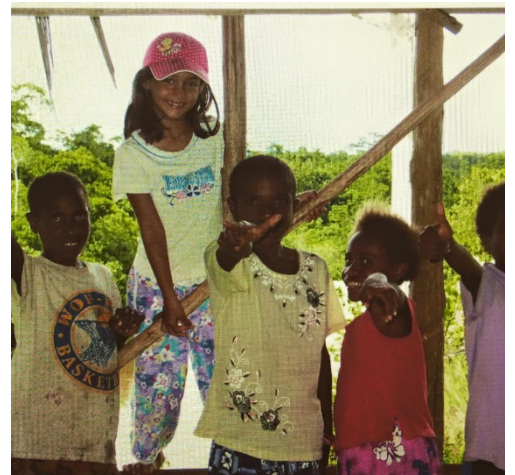
It recently came to my attention that I have not really shared about my life, so I thought maybe I could share a bit of my story.

I was born in Northern Australia in a small Aboriginal community of Nhulunbuy. My parents were serving with Mission Aviation Fellowship at the time along with my older brother. From Nhulunbuy, Australia we moved back to Three Hills where my dad was Director at Prairie Aviation Training Center. Before I continue, one thing you should note is that my family moves **A LOT**. After 4 years in Three Hills we packed up our home and moved to the “*land of the unexpected*”, Papua New Guinea. Papua New Guinea is located North of Australia, it is a culturally diverse third world country with over 700 languages.

Due to the need for MAF pilots across PNG we moved every 2-3 years. My mom homeschooled my brother, Josh and I for as long as she could handle, and then we joined a missionary school run by New Tribes Mission (now known as Ethnos 360). My dad would often fly into remote villages and tell the villagers about his family and how much they loved animals. So naturally, the next time he would fly into that village they would bring all the animals they had caught. Over the course of 7 years he brought home 3 crocodiles, countless snakes, 1 pig, a bush kangaroo, 2 sugar gliders, 1 hornbill bird, many parrots, 2 bandicoots, turtles, bunnies and dogs. Our family was well known as the “Ebel Zoo” to other missionary families! One time our snake and baby crocodile got out of their cage during the night, so we skipped school that day to find them before my mom lost her head!

We left the mission field in 2012, but we remained in PNG for 4 more years as my dad was flying with the National Airline, Air Niugini.

We moved back to Canada in 2015 where my brother, Josh and I finished High School at Prairie Christian Academy and met our spouses. My husband, Ethan and I plan to eventually head back to the mission field, but we will see what the future holds!



Word Search



MARINE WORD SEARCH

R R C Z S C A V E N G E R S D S J
H A F D H A D F D T O R T O I S E
C Q S O S S I F I C A T I O N T W
O K K Z E Y I L M Q E W C A C I O
R Z G S A S O F N M I S E X A N M
A O A V W T Y W Y F U C D D P G I
L O P U E J T R R L A C I P O R T
Y Y E C E N S E L T L A S F S A O
N N P I D A T O S J L E Y O R Y J
B R S F R A M U P D T K J S J B U
X K Y D W E R W V G N K E S N J G
X M I T T C N N O C E A N I C H B
M N L R S O T U Q X O S L L S Z C
E A P F L M S I N A G R O T Y R R
S S B D N W Q W J L L A M R E H T
J I B K I T O C T O P U S A N W C
S N I H C R U S L L I G X S R Q O

Mollusc

Octopus

Organism

Tropical

Ossification

Crustacean

Tortoise

Saltwater

Scavengers

Oceanic

Jellyfish

Stingray

Wetlands

Fossil

Thermal

Urchins

Sardine

Coral

Gills

Seaweed