



# The Valleyview Voice

The Valleyview • 65 Valleyview Drive SW • 403.526.7000

May 2014



## Happy Birthday

Kathleen W – 5 May

Hazel S – 7 May

Phyllis O – 16 May

Anna T – 27 May



## Happy Mother's Day



Mother's Day Tea

will be held on Saturday, 10 May 2014

We would like to extend a warm welcome to:  
**Howard**

## Congratulations to April Employee of the Month **NORMAN**

Residents, family and staff can nominate staff. Nomination slips are at the front reception desk

### In Our Hearts

We cherish the memories of those who have passed away.

**Helen S**  
**Kathleen W**  
**Angelina W**

### DID YOU KNOW?

- Amelia Earhart was the first female pilot to fly solo across the Atlantic Ocean on May 20, 1932.
- First Kentucky Derby in 1875
- Lindberg flight day in 1927
- International Nurses Day – May 12, the birth of Florence Nightingale
- Golden Gate Bridge in San Francisco opened May 27, 1937.

Please note the update!  
Resident Council Meeting  
Wednesday,  
May 21<sup>st</sup> ~ 10:30 a.m.  
3<sup>rd</sup> Floor

## THE ORIGINS OF THE MAYPOLE DANCE

Maypole dancing is a form of folk dance from Germany, England, and Sweden. There are two forms. The first and most popular consists of dancers that perform circle dances around a tall, garland-festooned pole. In the second, dancers move in a circle, each holding a coloured ribbon attached to a much smaller pole. As they move around the pole, the dancers intertwine their ribbons either in a web around the pole or to plait it to the pole, itself. To unravel the ribbons, the dancers retrace their steps.

Historians believe the first maypole dance originated as part of Germanic pagan fertility rituals. Originally, the dancers danced around a living tree. While dancers usually perform this dance in the spring on May 1 or May Day, those in Sweden perform it during their midsummer celebrations.

The second kind of maypole dance, with origins in the 18th Century, began as a traditional or artistic dance popular in Italy and France. Eventually, traveling dancing troupes performed it in London theatres, thus bringing this traditional dance to larger audiences. An English teacher training school adopted the maypole dance and soon it had spread across most of central and southern England. The dance became part of the repertoire of physical education for girls and remained popular in elementary schools in both England and the United States well into the 1950s



**Irene C  
Elsie G**

*We wish them well in their new home*



## MAY TRIVIA

- May Flower –**  
Lily of the Valley
- May Birthstone –**  
Emerald
- Taurus**  
(20 April – 20 May)
- Gemini**  
(21 May to 20 June)

## History of Victoria Day

Victoria Day was first celebrated as the birthday of Queen Victoria of United Kingdom. She was born on May 24, 1819. Queen Victoria ruled from 1837 to 1901. When she became queen she was only 18 years old.



It was during Queen Victoria's reign that Canada began to celebrate the monarch's birthday. The 24th of May became an official holiday in 1845. In 1952 the day was moved to the Monday preceding May 25th.

## Phone Call

My mother, a master of guilt trips, showed me a photo of herself waiting by a phone that never rings.

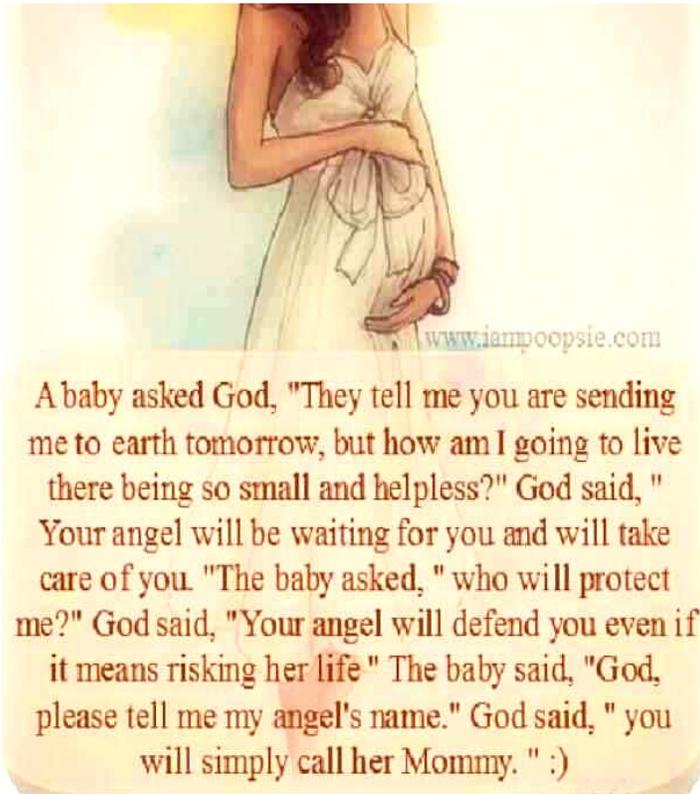
"Mom, I call all the time," I said. "If you had voicemail, you'd know."

Soon after, my brother installed it for her. When I called the next time, I got her



message: "If you are a salesperson, press one. If you're a friend, press two. If you're my daughter who never calls,

press 911 because the shock will probably give me a heart attack. "



- 6 years: Mom knows everything!
- 8 years: Mom knows a lot!
- 12 years: Mom really doesn't know everything!
- 14 years: Mom knows nothing!
- 16 years: Mom, what mom!
- 18 years: Mom is outdated!
- 25 years: Maybe Mom knows!
- 35 years: Before deciding, Let's ask Mom!
- 45 years: I wonder what Mom thinks!
- 75 years: I wish Mom was here to ask her!

M

O

M



## Cheesecake Brownies

### Ingredients

- ❖ 1 (8 ounce) package cream cheese, softened
- ❖ 1/4 cup white sugar
- ❖ 1 egg
- ❖ 1 cup semisweet chocolate chips
- ❖ 1/4 cup butter
- ❖ 1 cup semisweet chocolate chips
- ❖ 1/2 cup white sugar
- ❖ 2 eggs
- ❖ 2/3 cup all-purpose flour
- ❖ 1/2 teaspoon baking powder
- ❖ 1/4 teaspoon salt



### Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch square baking pan. Combine cream cheese with 1/4 cup sugar and 1 egg in a mixing bowl; beat until smooth. Stir 1 cup chocolate chips into the cream cheese mixture. Set aside. Fill a saucepan with water and bring to a boil. Turn the heat off, and set a heatproof mixing bowl over the water. In the mixing bowl, combine butter with the remaining cup of chocolate chips; stir until just melted and blended together. Stir in the remaining 1/2 cup sugar and 2 eggs, then sift together flour, baking powder, and salt; stir into chocolate until evenly blended. Pour half of the batter into the prepared baking pan. Spread the cream cheese mixture over the chocolate layer. Top with remaining chocolate mixture (this doesn't need to completely cover the cream cheese layer). Using a knife, swirl the top chocolate layer into the cream cheese to make a marble pattern. Bake in preheated oven at 350 degrees F (175 degrees C) for 25 to 30 minutes, or until top is crinkled and edges pull away from sides of the pan. Cool thoroughly. Cut into 12 to 16 squares. Store in the refrigerator or freezer.

## FYI

**Sunday May 25th, 10am to 6pm ~  
25<sup>th</sup> Annual 4th Street Lilac Festival**

**This free one day event is the start up to Calgary's vibrant festival**

**4<sup>th</sup> St SW from  
12 Ave S. - Elbow Dr.**

**There will be over 500 vendors.**



# RECREATION NEWS

**HAPPY MOTHER'S DAY TO ALL THE LADIES!!!**



We will be honoring and celebrating our Ladies with a Special Mother's Day Tea. The Tea will be held on Saturday May 10 from 2:00-3:30 pm. The event is free and family and friends are welcome to join. We will be selling vegetable plants grown by the residents. We will also be selling various items made by the Residents in the Handiwork Group. Thank you to the Handiwork Ladies for your hard work and time in crafting these beautiful items. Recreation will be raffling a Mother's Day Basket to raise funds for the Residents. Tickets will be \$2.00 or 3/\$5.00. The winning ticket will be drawn at the **Mother's Day Tea on Saturday May 10**



Some of our programs will be changing due to nicer weather!!!

- ❖ Gardening
- ❖ Park Outings
- ❖ Outdoor Programs on the Patio
- ❖ Outdoor Walks

**We have lots of Entertainment in May please refer to the Calendar for dates and times.**

**Grandma too**

While we honor all our mothers  
With words of love and praise  
While we tell about their goodness  
And their kind and loving ways.  
We should also think of Grandma,  
She's a mother too, you see...  
For she mothered my dear mother  
As my mother mothers me.

