



Running History

Each May since 1912, runners have been sprinting from San Francisco Bay to the Pacific Ocean in San Francisco's Bay-to-Breakers road race, proudly hailed as the oldest footrace in America. But the Thanksgiving Turkey Trot in Buffalo, New York, has been run continuously since 1896—five months longer than the Boston Marathon, which first ran in April 1897. And Buffalo's cross-border neighbors in Hamilton, Ontario, are host to the Around the Bay Road Race—first run in 1894 and canceled only during World War I and from 1925 to 1935. The world's oldest running race may have been at Greece's Olympic Games, kicked off in 776 BC. Other races include Italy's Palio del Drappo Verde, first run in 1208 and run for 590 years until the French invaded Italy in 1798. And Scotland's Red Hose Race has been run continuously since 1508, interrupted only by plague and war.

May Birthdays

Taurus (May 1-20) ~ The Bull

Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

Gemini (May 21-31) ~ The Twins

Gemini's love conversation and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

Happy Birthday to....

Rosewood

Susan Gan	May 5 th
Patricia Bunting	May 7 th
Maura Carter	May 8 th
Helen Melnyk	May 12 th
Jenny Davis	May 15 th
Lucille Menard	May 24 th

Wedgewood

Ruth Knabke	May 4 th
Hazel Turner	May 14 th
Shirley Haigh	May 25 th
Olive Jarman	May 25 th

Recreation News

May the month of May bring flowers after the showers of April. During this month the bus will take scenic drives to Bunzten Lake, Queen Elizabeth Park, and Deer Lake and enjoy a picnic lunch at the beautiful Barnet Marine Park on the 27th.

For the ladies this month we will be honouring our mothers who gave their love and spending close time with your families for Mother's Day. We are celebrating all mothers' with a special Mother's Day Lunch club on May 5th and a tea on the 10th with music by Larry Harper.

There will be good music and friends to enjoy this month with a Happy Hour with Pete mason on the 6th and the Birthday Party on the 20th with Peter Montgomery.

As you might have noticed there are a few new faces here at Harmony Court and I would like say welcome to all the new staff and I look forward to meeting everyone who is living and working here. Thank you to everyone for helping to make this transition as smooth as possible.

Wishing you all the best!
Celeste Bouffard
Recreation Department



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Special Events

Tuesday the 5th

Mother's Day Ladies Lunch Club & Music with Marilyn

Wednesday the 6th

Scenic Drive to Buntzen Lake & Happy Hour with Pete Mason

Friday the 8th

1st Floor Mother's Day Tea with Mellowdares Seniors Choir

Sunday the 10th

2nd Floor Mother's Day Tea with Larry Harper

Wednesday the 13th

Scenic Drive to Queen Elizabeth Park

Thursday the 14th

Pub Night with Steve Hillis

Tuesday the 19th

Men's Lunch Club & Burnaby Pacemakers Choir

Wednesday the 20th

Scenic Drive to Deer Lake & Birthday Party with Peter Montgomery

Wednesday the 27th

Picnic Lunch Outing to Barnet Marine Park

Thursday the 28th

Pub Night with Gord Keary

May 24th – May 30th

Theme Week: Mexican Fiesta

Gifts from the Garden

A garden can give many gifts: beautiful flowers, fragrant smells, tasty and nourishing vegetables, the songs of birds, the buzzing of bees, moments of quiet and peace, dirty hands, and feelings of a job well done. This May, dubbed "Gifts from the Garden Month," it's time to sing the praises of the often-unsung heroes of the garden: herbs.

Just about every dish we can think of tastes better with a pinch of fresh garden herbs. Thyme, rosemary, basil, oregano, parsley, sage, marjoram, lavender, mint, dill, and chives are staples in many spice cabinets. Not only do these herbs taste good but many also offer tremendous health benefits.

The next time you add oregano to your marinara sauce, think about how it has the highest antioxidant content of any herb and four times that of fresh blueberries. A sprinkle of mint will brighten the flavors of a smoothie and, as studies suggest, soothe the digestive system. Sage is a must when seasoning a turkey or chicken, and its oils are known to help reduce inflammation.

Many of these herbs blossom into beautiful flowers, too. Lavender's luscious purple spikes are heavenly to behold and to smell. Thai basil, with a strong licorice scent, grows reddish-purple flowers. Leave dill alone, and you'll find bright chartreuse-yellow flowers atop tall stems. Pineapple sage, as the name implies, smells like pineapple and blooms deep red flowers. Remember, it takes a lot of energy to bloom, so the herbs themselves will lose some of their taste when allowed to flower.

Best of all, if you have no outdoor garden space, herbs grow well in small pots. Potted herbs—watered and sunned in a kitchen or nearby window—are close at hand when they're needed most.

The Mother of All Holidays

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 10. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.



Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all

mothers. Jarvis herself never married nor bore children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, most every state in America was celebrating Mother's Day, and on May 8, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger "mother" church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Whatever the month, March or May, and whatever the country—be it in the U.K., America, Australia, Canada, Mexico, Ireland, South Africa, Spain, India, France, or elsewhere—cultures have all understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special Simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.

Gimme Five

Cinco de Mayo—which is Spanish for "Fifth of May"—is often a cause for celebration among Mexicans and most anyone else interested in Mexican food, drink, and music. Some less-informed revelers will claim Cinco de Mayo as the day of Mexico's independence. Those in the know will tell you it celebrates the Mexican army's 1862 victory over the French at the Battle of Puebla, led by General Zaragoza.

In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated the French. Six years later, France withdrew its claim on the country. But it was this May 5 David-versus-Goliath moment that instilled a new sense of patriotism and national pride in the young country of Mexico.

Expression of Aloha

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publically honored the lei, that Hawaiian necklace fashioned of flowers. Lei garlands are given as an expression of welcome and friendship when a loved one arrives, departs, or celebrates something special. The act of fashioning a lei is a sacred one. Legend has it that, as the creator weaves a lei, a piece of his or her spirit enters into the garland—and passes along to the recipient. Such tropical Hawaiian flowers as plumerias and orchids are often used. They're intertwined with leaves of *maile*, *tj*, and ferns. Shells, too, can be incorporated into the garlands. The leis of the island of Ni'ihau, for example, are specifically fashioned with small seashells known as *pupu*. with princesses representing each Hawaiian island—each wearing a special lei showcasing the island's signature flower and color. A Lei Queen is crowned each year.

Mindful in May

Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm us or soothe us.



Like so many things—playing an instrument, passing a football, doing your taxes—a calm and clear mind, too, improves with practice. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also "Meditation Month."

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat any phrase they wish. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position. Others lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With "guided visualization," participants concentrate on an imaginary environment such as a grassy field or beneath a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it's important to both check with your physician and, once approved for this activity, try a variety to find the one that works best for you. Luckily, there are 31 days in May to explore all the options.

Chaplain's Corner

The great message of the Bible is that our Lord comes not simply to sympathize, but to SAVE – to revive the heart of the contrite one.

As chaplain to seniors for over a quarter century, I've discovered this: people living out of a humble heart, move our hearts and become an inspiration to us all.

In the Scriptures we read: "Though I go down into the grave, Thou (Christ) art there also. He dwells with those who are of a contrite and humble spirit; to revive the spirit of the humble, and to revive the heart of the contrite ones."

*"Thy home is with the humble,
Lord,
The simplest are the best;
Thy lodging is in child-like hearts;
Thou makest there Thy rest.*

*Dear Comforter! Eternal Love!
If Thou wilt stay with me,
Of lowly thoughts, and simple
ways,
I'll build a house for Thee.*

*Who made this beating heart of
mine
But Thou, my heavenly Guest!
Let no one hat it then but Thee,
And let it be Thy rest.*

*Thy sweetness has betrayed Thee
Lord,
Great Spirit, in it Thou!
Deeper and deeper in my heart,
I feel Thee resting now."*

Have a good May.

Your Chaplain, Dan