



## HAWTHORNE HAPPENINGS

### Terry Fox

Terry Fox, a teenager from Port Coquitlam, B.C. was diagnosed with osteogenic sarcoma (bone cancer) in his right leg in 1977. His leg was amputated six inches above the knee. While in the hospital, Terry was so overcome by the suffering of cancer patients that he decided to run across Canada to raise funds for cancer research. His journey was called "The Marathon of Hope."

Terry's Marathon of Hope took place in 1980 with Terry's simple objective for raising the awareness of all Canadians of the critical need to find a cure for cancer. His run started in St. John's, Newfoundland. His fierce determination resulted in his running an average of 26 miles every day for 143 days (3,339 miles) through six provinces. Terry was forced to end his run outside Thunder Bay, Ontario. His cancer had spread to his lungs. Terry died in June 1981. However, by February 1981 Terry's hope of raising one dollar from every Canadian was realized - The Terry Fox Marathon of Hope fund totaled \$24.17 million dollars worldwide. Over \$750 million has since been raised in Terry's memory worldwide. Every year in September more than one million participants across the country continue to raise funds. They walk, jog or bike in memory of Terry Fox at many events across



Canada. It is a fitting tribute to a man who knew that cancer had no boundaries. Port Coquitlam has immortalized Terry by naming the “Terry Fox Library” and “Terry Fox Secondary School” after him. **The 38<sup>th</sup> annual Terry Fox Run will take place Sunday, September 16<sup>th</sup>.**

~ From the Terry Fox Foundation ~



## Trivia and Random Facts

### August 15

Happy Birthday! Napoleon Bonaparte (1769– 1821) was First Consul and then Emperor of France from 1799 to 1814. His civil code is the basis for Europe’s modern legal system. He also adopted the metric system that most countries use today. His passion for military conquest led to sensational victories and devastating defeats. His career finally ended with his defeat at the Battle of Waterloo in 1815. He spent his final years as a prisoner on St. Helena Island.

### Trivia

Cockroaches would have a good chance of surviving a nuclear war. They have no problem handling radiation levels that would kill a human in 10 minutes.

The only two countries in the world whose names begin with Z are Zambia and Zimbabwe, both in Africa.

The number of cricket chirps you count in a 15-second period added to 37 will approximate the current air temperature.



There are no clocks in Las Vegas gambling casinos.  
From: ActivityConnection.com

## Safety First ....

As you can imagine, a nurse's day can be extremely busy. Our nurses deal admirably with constant demands for their attention and information coming at them from all directions. An Australian study showed that during their shift, nurses are interrupted, on average, every 2 minutes.

While we want to maintain open channels of communication so that family can talk to someone about their concerns and get the information they need, we want to ensure the safety of residents at all times.

One way that we can address resident safety is to ensure that the nurses in the Lodge and Cottages are able to dispense medications with the minimum of interruption. It is challenging for them to do so if they constantly have to pause to talk to someone on the phone or in person.



To this end, we would ask that if need to speak to the nurse, you should call between 10-11:30 in the morning, between 1:30 and 4pm in the afternoon and after 8pm in the evening.

Please be aware that Mon- Fri, 8:30- 4:30, the RCC in both the Lodge and the Cottages is available to answer questions/concerns.

Parm Minhas Cottage RCC 604 468 5018

Kim Porter Lodge RCC 604 468 5031

# Jokes

“Honey, I’ve been through 2 word wars, the Great Depression, taught 3,297 children, administered 4 elementary schools and outlived every one of the pastors I worked with. I’m 84 years old and you’re telling me it’s bedtime?”

**A bear walks into a restaurant and say’s “I want a grilllllled.....cheese.” The waiter says “Whats with the pause?”**

The bear replies “Whaddy mean, I’M A BEAR.”

**What do you call bears with no ears?**

B

**As a scarecrow, people say I’m outstanding in my field.**

But hay, it’s in my jeans.

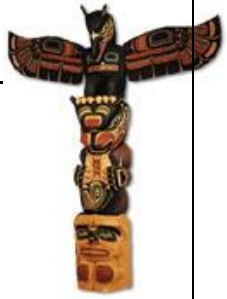
**Never criticize someone until you have walked a mile in their shoes.**

That way, when you criticize them, you’ll be a mile away, and you’ll have their shoes.

**41. What do Alexander the Great and Winnie the Pooh have in common?**

Same middle name.

# Food For Thought



## Official Symbols of British Columbia



### British Columbia's Provincial Flag

Adopted in 1960, the flag duplicates the design of the shield of arms of the province. Its proportion is five by length and three by width.



### Spirit Bear - Provincial Mammal

The Spirit Bear (also known as the Kermode Bear) was added to the list of B.C.'s official symbols in April 2006. The greatest concentration of Spirit Bears can be found on the Central Coast and North Coast of British Columbia. The Spirit Bear is not albino, but rather it is a black bear that has white fur due to a rare genetic trait.



### Pacific Dogwood - Provincial Flower

The Pacific dogwood (*Cornus nuttallii*) was adopted in 1956 as British Columbia's floral emblem.



### British Columbia's Coat of Arms

The shield of the province of British Columbia was originally granted by King Edward VII in 1906; the remaining elements of the Coat of Arms were subsequently granted by Her Majesty Queen Elizabeth II on October 15, 1987. The Union Jack on the shield symbolizes our colonial origins. Our geographic location between the Pacific Ocean and the Rocky Mountains is represented by the wavy blue and silver bars and the setting sun. The supporters, the stag and the ram, represent the former colonies of Vancouver Island and British Columbia. The royal

crest (the crowned lion standing on the crown), wears a collar of dogwood flowers, and sits atop the golden helmet of sovereignty. Traditional heraldic elements of a wreath and mantling are in Canada's colours. Our provincial flower, the dogwood, appears a second time entwining the motto which translates as "Splendour without Diminishment".



### **Steller's Jay - Provincial Bird**

The Steller's jay (*Cyanacitta stelleri*) became the province's official bird on December 17, 1987. Coloured a vibrant blue and black, it is found throughout the province. This lively, smart and cheeky bird was voted most popular bird by the people of British Columbia.



### **Jade - Provincial Gemstone**

Jade became the official mineral emblem in 1968. Consisting mostly of nephrite, B.C. jade is prized by carvers of fine jewellery and sculptures at home and particularly in the Orient. It is mined in many parts of BC.



### **Western Red Cedar - Provincial Tree**

The western red cedar (*Thuja plicata* Donn) was adopted as the official tree of the province on February 18, 1988. Historically, the tree has played a key role in the lives of west coast aboriginal people, and continues to be a valuable resource for the province.



### **British Columbia's Provincial Tartan**

The provincial tartan has five colours and was adopted in 1974.

***British Columbia Day, August 6, 2018***

(From the Internet <http://www.gov.bc.ca/bcfacts>)



# Food For Thought



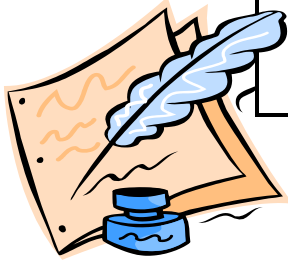
## BC Cities

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

ABBOTSFORD  
CRANBROOK  
CROFTON  
KAMLOOPS  
KENT  
MISSION

PENTICTON  
PORT HARDY  
PORT MOODY  
POWELL RIVER  
PRINCE GEORGE  
PRINCETON

SALMON ARM  
SQUAMISH  
VERNON  
VICTORIA  
YALE



# Poetry Corner

## Grandparents

Grandparents are special people with wisdom and pride. They are always offering love and kindness and are always there to guide.

They often make you feel so confident and strong. Their arms are always open no matter what you did wrong. They try to help out in every way that they can. They love all their grandchildren the same whether you're a child, woman or man.

They are always there to listen and to lend a helping hand. They show you respect and then try to understand. They give their love, devotion and so much more, that's easy to see. Grandparents, what perfect examples of the kind of person that we should be.

~By Stacy Smith~  
From the Internet



Grandparents are a delightful blend of laughter, caring deeds, wonderful stories and love.

*Author Unknown*

Grandchildren are God's way of compensating us for growing old.

*Mary H. Waldrip*

~From the Internet~





