Birthday Tea Friday, May 16 - 10:30 am in Rose with Pete Campbell Surjeet K. May I Alex M. May 16 May 5 May 21 Bill S. Choi T. Viorica M. May 8 May 26 Helen A. Greg M.

May 9



Eric C.

Friday, May 9, 1:30 pm Magnolia

DONATIONS

- Mason jars all sizes
- Essential oils (lavender, lemon, eucalyptus, vanilla, peppermint, tea tree)
- Christmas tree balls (shiny gold, red, silver, blue, etc.)
- Beeswax pellets
- Espon salts

TOVER GAMES

Trish is offering 10 minute training workshops on how to use the Tover games: May 6, 13, 20 at 11am - MPR & May 7, 21, 28 at 2:30 pm. If you can not make these times, please call or email Trish to set up another time.

Scenic Monday

May 27

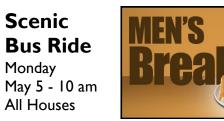


Thursday, May 15, 11-1 in MPR for Rose and Willow Thursday, May 29, 11-1 in MPR for Camelia and Magnolia



LIVE MUSIC

May 10 - Sat., 1:30 pm, Magnolia - Dave May 12 - Mon., 10 am, Camelia - Alastair May 14 - Wed., 1:30 pm, Willow - Alastair May 16 - Fri., 10:30 am, Rose - Pete May 20 - Tues., 1:30 pm, Magnolia - Steven May 22 - Thur., 1:30 pm, Camelia - Steven May 27 - Tues., 1:30 pm, Camelia - Pete



MEN'S BREAKFAST Thursday, May 22, 8 am, MPR



Thursday, May I All Houses, 1:30 - 3 pm Playing Various Games - MPR

BUCHANAN LODGE



NEWS FROM 409 BLAIR AVE

For the latest updates check out the website:

www.buchanan-lodge.com

May Day

A delicate fabric of bird song Floats in the air, The smell of wet wild earth Is everywhere.

Red small leaves of the maple Are clenched like a hand, Like girls at their first communion The pear trees stand.

Oh I must pass nothing by Without loving it much, The raindrop try with my lips, The grass with my touch;

For how can I be sure I shall see again The world on the first of May Shining after the rain?

Sara Teasdale



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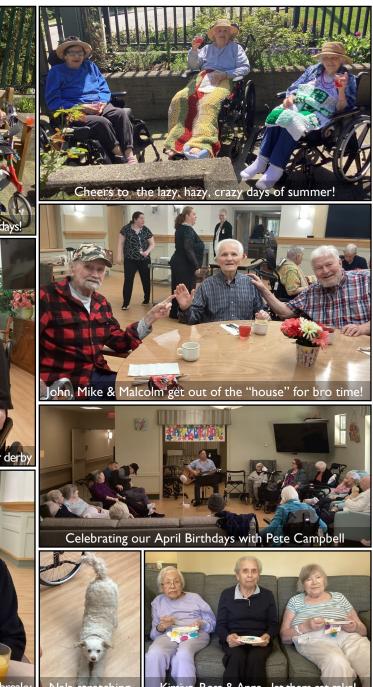




Buchanan Buzz

MAY 2025

Precious Memories



In honour of Earth Day last month (April 22), Mother's Day this month (May 11th) and because of the crazy cost of living today, let's learn environmentalism from our elders:

"Eco-Friendly" Things **Our Grandparents Did**

Adapted by Chaplain Rob from a blog by Jill Nystul (2018)



GREW THEIR FOOD

Growing fruits & vegetables saves costs, packaging, transportation, plus you enjoy whole foods without pesticides, hormones & genetic engineering. Add a compost bin and now you're recycling organics. All that, and it's fun for you and the kids too!



A rain barrel will save most homeowners about 1,300 gal. of water during the peak summer months and alleviate overloaded sewer systems. Conserving freshwater is our #I global concern.



USED A CLOTHESLINE

emitting 4.4 lbs. of CO_2 per

load of laundry, drying our

sense (cents). Plus, clothes

smell fresher and last longer

With the average dryer

clothes on a line makes

when they're air dried.

PRESERVED THEIR FOOD

Canning is a great way to preserve your own fresh foods. If you have your very own "root cellar" you also save refrigeration costs. Less waste, fruits & veggies year 'round, more savings and guess what - more fun again!



Remember home-cooking - so delicious and so healthy! Whole foods, all natural & no chemicals. Growing your own food or at least buying local reduces our carbon footprint even more. Don't forget the fun we had cooking together!





HOME ENTERTAINMENT

Dorothy was right - there's no place like home! We saved money, enjoying our families and our neighbours by staying close to home, sharing food, playing games and getting to know each other. Going out to a movie or concert was considered a luxury.



SAVED EATING OUT

Can you remember when "eating out" was a big deal and a fond memory? Today, some people eat out several times each week. Special events become "spoiled" when we do them or expect them too often (and so do our children). My parents even packed food for our road trips - no fast food stops, just roadside picnic tables.

PLAYED MORE GAMES

More outdoor play brought more outdoor awareness. Remember red-light/green-light, jacks, hide & seek, roller skating, hopscotch, tetherball. Inside they played bridge, checkers, hearts, scrabble playing with other people, not with computers & phones.







HOME CLEANING Cleaned without chemicals, using baking soda, vinegar, lemon, castile soap and essential oils.



BOUGHT LESS

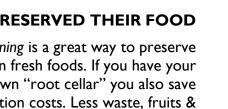
Sewing, mending and repurposing clothes, handing down handmade toys, jewelry, heirlooms - all meant less money, more care & meaning.

DAYS OUTDOORS Rain or shine, from dawn to dusk they preferred doing life outdoors.

CULIVATED COMMUNITY

face!





DRANK FROM A TAP

Our grandparents would have laughed (or cried) at us today importing bottled water when we have the best running water in our own taps. Sadly, plastic is literally choking the life out of our land and oceans.

With no video games, facebook or reality TV, they lived reality, loving, laughing, singing & talking face-to-

HOME REMEDIES

They used natural spices, roots, & oils to soothe their aches & pains.

LESS CAR RELIANCE There were less cars or no cars per household with more reliance on walking, biking & transit.



BROWN-BAGGED IT

Our grandparents took leftovers from Sunday dinners to work that week in brown bags or lunchboxes. Tastier, healthier, without wasting food, money, gas & packaging. Sorry McDonald's, but this was way better!







RECYCLED & REUSED Milk & soda in bottles, washed & reused. Their slogan: "Use it up, wear it out, make it do or do without!"

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