

Birthday Tea

Friday, May 16 - 10:30 am in Rose
with Pete Campbell

Surjeet K. May 1
Bill S. May 5
Viorica M. May 8
Eric C. May 9

Alex M. May 16
Choi T. May 21
Helen A. May 26
Greg M. May 27

Mother's Day Tea

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 Bus Ride
Monday
May 5 - 10 am
All Houses

HOTDOG DAY
With Fries & Ice Cream

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

FOR ALL BUCHANAN STAFF & VOLUNTEERS

T.E.A.M. WORK
Together Everyone Achieves More

"Working together with one mind & purpose"

Sign up now by the time clock. Choose 1 of 4 optional session times:
Friday, May 23 or Thursday, May 29 - 1:30 or 3:30 pm

LIVE MUSIC

PAGE 4

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

Men's Club!
Thursday, May 1
All Houses, 1:30 - 3 pm
Playing Various Games - MPR

BUCHANAN LODGE



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



INSIDE THIS ISSUE:

April Memories	1
Earth Day Article	2
Earth Day Article cont.	3
Birthdays News	4
Memorials Insert Page	IP

Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

MAY 2025

Precious Memories



Margaret & Malcolm - sunny days!



Cheers to the lazy, hazy, crazy days of summer!



Terry looking sharp in a dapper derby



Garry is happy with his healthy breaky



John, Mike & Malcolm get out of the "house" for bro time!



Celebrating our April Birthdays with Pete Campbell



Nala stretching



Kimiyo, Rosa & Anna - let them eat cake!

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)



USED A CLOTHESLINE

With the average dryer emitting 4.4 lbs. of CO₂ per load of laundry, drying our clothes on a line makes sense (cents). Plus, clothes smell fresher and last longer when they're air dried.



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!



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!



COLLECTED RAINWATER

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 #1 global concern.

COOKED AT HOME

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.



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.

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.



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!



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

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

HOME REMEDIES

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



HOME CLEANING

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



LESS CAR RELIANCE

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



RECYCLED & REUSED

Milk & soda in bottles, washed & re-used. Their slogan: “Use it up, wear it out, make it do or do without!”