



Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

MARCH 2021

Precious Memories



Teamwork makes the dream work!



Janet: "Is it wrong to have 2 Valentines?"



Geri celebrates her birthday without growing older!



Helga shows Cindy her latest dance moves!



Vi keeps us all in tune!

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Thought for March

How Does Your Garden Grow?

Spring arrives on March 20 and with it, hopefully, will come warmer, longer days, lush green lawns, and flowering gardens. My Dad loved his gardens and so did everyone who came to visit us. Our last family home was in Harbour Chines, Coquitlam, situated on 2 acres, framed by forests to the west and east, and overlooking Port Moody and the coastal mountains to the north. It was breathtaking!

Surrounding our spacious family home, where our eight kids lived with Dad and Mom, were all-natural flower gardens, with spectacular water features and rockeries. If you wanted to spend time with Dad, and we all did, you had better pick up a rake or shovel and get to work. Mowing lawns and pulling weeds was also the best way I could earn spending money as a kid. No work, no allowance.

My siblings all carried on his legacy and became excellent gardeners. Unfortunately, I preferred playing sports with my friends, or watching TV, or just about anything else! I still do, and my own gardens have always featured weed fabric, lava or river rock, built-in sprinklers, and low maintenance evergreen bushes that flower without any help from me. I'm not lazy - I just don't enjoy getting my hands dirty or pulling weeds (no one pays me now)!

But what I did learn from my Dad are the principles of life he connected to his garden. Sunlight is God's love shining in our hearts; water is the presence of His Holy Spirit we experience when we pray; the seed is His Word which we should press into our hearts every day; the types of soil represent the condition of our hearts; and, oh yeah, pulling out the weeds of sin by the roots is the best way to see the garden of our lives flourish!

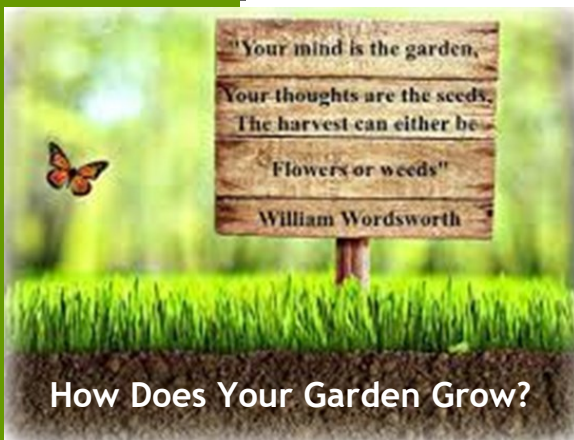
The Bible is filled with all kinds of "gardening tips," like this one in Isaiah 58:10-11: *Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.*

The aptly named William Wordsworth (the "words" he wrote were "worth" a lot!) penned this poem: *Your mind is the garden. Your thoughts are the seeds. The harvest can either be flowers or weeds!*

How does your garden grow?

Chaplain Rob

What I did learn from my Dad are the principles of life he connected to his garden.




How Does Your Garden Grow?

Happy Birthday

Ed E.	Mar. 2	Ed P.	Mar. 20
Deidre K.	Mar. 11	Doris H.	Mar. 22
Alvera S.	Mar. 12	Ingeborg L.	Mar. 22
Margaret E.	Mar. 15	Vi G.	Mar. 24
Marjorie B.	Mar. 19	Lilly J.	Mar. 24
Dora B.	Mar. 19	Margaret W.	Mar. 25
John S.	Mar. 19	Philip L.	Mar. 28

Birthday Teas
 Tuesday, March 9
 2 pm in Magnolia
 Wednesday, March 24
 2 pm in Willow




ARMCHAIR TRAVEL
 with Chaplain Darlene

TANZANIA
 Mar 5 Willow & Camelia
 Mar 12 Rose & Magnolia

VIETNAM
 Mar 19 Willow & Camelia
 Mar 26 Rose & Magnolia

10:45 am & 1:30 pm



Change for
CHARITY

You know it makes cents!



SUPPORT THE RESIDENTS It makes cents!

Due to Covid restrictions our annual Fall Fair was cancelled. Instead, we are hosting two other fundraisers to raise the \$6,000 we need for resident programs. The first begins March 1 as we collect spare change from staff and family visitors at the front door. There will be a locked box to help us unload that bulky, uncomfortable change from our pockets and purses. Thank you for your support!



Saint Patrick's Prayer of the Faithful

May the Strength of God pilot us.
 May the Power of God preserve us.
 May the Wisdom of God instruct us.
 May the Hand of God protect us.
 May the Way of God direct us.
 May the Shield of God defend us.
 May the Host of God guard us
 Against the snares of the evil ones,
 Against temptations of the world.

May Christ be with us!
 May Christ be before us!
 May Christ be in us, Christ be over all!
 May Thy Salvation, Lord, Always be ours,
 This day, O Lord, and evermore. Amen.



PLANTING THE GARDEN OF DAILY LIVING




Plant Three Rows of Peas

Peace of Mind | Peace of Heart | Peace of Soul



Plant Four Rows of Squash



Squash Gossip | Squash Indifference
Squash Grumbling | Squash Selfishness

Plant Four Rows of Lettuce



Lettuce be Faithful | Lettuce be Kind
Lettuce be Patient | Lettuce Love One Another

No Garden is Complete Without Turnips



Turnip for Meetings | Turnip for Service
Turnip to Help Each Other

To Finish Our Garden We Must Have Thyme



Thyme for God | Thyme for Family
Thyme for Friends



**Water with Patience & Cultivate with Love.
You always Reap what you Sow!**

With thanks to residents Sandra Sinclair and Linda Rumble for passing this on to Chaplain Rob, who created the poster.