

*"I believe the world needs more
Canada." Bono*

Happy 154th Birthday, Canada!

In honour of Canada Day, here are a few fun facts about Canada!

- "O Canada" became Canada's official national anthem on July 1, 1980. Originally written in French, the song was first performed 100 years earlier, on June 24, 1880, in Quebec City.
- Canada has the longest coastline in the world— 243,042 km (including the mainland coast and the coasts of offshore islands). If you want to have an idea of how long this is, it is estimated that at a pace of about 20 km a day, it would take a person 33 years to finish strolling Canada's shorelines.
- Regina, Saskatchewan is the closest to the geographical center of North America at a latitude of 50°27' N and a longitude of 104°37' W.
- The longest highway in the world is the Trans-Canada Highway which is over 7,604 km (4,725 miles) in length.
- Despite being a huge country, Canada has the fourth lowest population density in the world, with only four people living per square kilometre! Canada's population (37,742,154 people) accounts for 0.48% of the total world population.



Message from Katie Moore, Manager of Recreation and Volunteer Services

I would like to thank everyone for welcoming me to the Dawson Heights Community! I am looking forward to getting to know all of you better over the coming months! You may notice a few new programs on the Recreation Calendar this month! I encourage you to come and try something new! If you have any feedback, requests for programs, movies, etc., or if you would like to chat, please feel free to stop by the Recreation Office!

July Special Events

Summer Social

Thursday, July 15 at 2:30 pm

In celebration of summer, we invite you to join us at our Summer Social on



Thursday, July 15 at 2:30 pm. Dress in your favourite summer ensemble and enjoy some delicious lemonade and a sweet treat

on our beautiful grounds while Debra and Ian serenade us with some beautiful guitar and fiddle music. In accordance with the current Provincial Health Orders, attendance at this event may be limited. Please see posters after July 1 for up-to-date information.

Afternoon Entertainment with Voice of the Heart

Thursday, July 29 at 3:00 pm

On Thursday, July 29 at 3:00 pm join us on the patio for an afternoon of beautiful flute and harp music with Voice of the Heart.



KAREN'S KORNER

As we settle into the shape of our new staff group, after some significant changes, I thought that it might be helpful to introduce the new members of our Leadership team. This team is made up of department managers across our services and



members work closely with me in overseeing our services, helping to develop policies and procedures; identify where and what changes might be needed; and regularly help to ensure that we are meeting our objectives, in particular, to create the kind of place that we would want someone we love to live and work. Most of you know Ray, Chef and Manager of Food Services and me but Tony, Jonathan and Katie have agreed to provide short “get to know me pieces” for this month’s ECHO.

Take-out meals – I know that Ray and the food services team join me in being pleased that campus residents, unable to come into The Cedars dining room for meals due to Covid-19 restrictions, have made use of our take-out service.



With the growth in the popularity of this service it has become necessary to ask that anyone wishing to order take-out meals must do so **THE DAY BEFORE** pick up. This helps Chef Ray and his team to plan for the amount of meals that are required each day. On the rare occasion when a take-out order cannot be filled with the menu item chosen, Chef will replace it with the second choice item. So, if you are ordering and you do not want the second option you need to state this when you place your order.

Remember that you can purchase home-made soups from The Cedars freezer - \$3.00 for 1 litre/\$5.00 for two, depending on availability.

We have entered Stage 2 of BC’s re-opening plan and I am delighted to say that we have now reopened the lounge in The Dawson. Safety precautions remain as a recommendation by the Public Health Officer – sanitizing, distancing, and wearing of masks in common spaces.

Wishing you a happy Canada Day, balanced by reflection on how we want to be as a country, what we need to do to get there and gratitude for the potential that we have to achieve the vision.

The Importance of Socialization

As Public Health Orders are slowly being lifted, and we are gradually able to restart our important social connections and gatherings with family and friends, take a few minutes to reflect on what you learned over the past year.

Were you able to reconnect with a family member, friend, or neighbour you haven’t spoken to in a while? Did you learn a new way to connect with someone (Zoom or other online platforms)? Did you attend a virtual event (religious service, meeting, concert)? Did you make a new social connection with another member of the Dawson Heights Community?



As life returns to “normal” it might be a good time to think about how socialization has changed during the pandemic. What did you enjoy? What social practices will you keep, and what will you like to go back to the way it was pre-COVID?

Staff Update

You may have noticed a few new faces around The Cedars (or familiar faces in new positions!). See below to learn about our "new" staff members!



Jonathan Young, Housing Coordinator

Hello, my name is Jonathan. You may have already met me around on the property or have seen my name on various notices. Let me tell you all a little bit about myself. I grew up not very far from here on a small farm near Cordova Bay. I then lived the majority of my adult life in the lower mainland but also in Ontario and Ireland. I studied Chemistry in school and worked for various labs as a food safety specialist. After that I worked in the film industry for a few years doing accounting just to mix things up before coming to Dawson Heights. In my spare time I can be found riding my bicycle to various beaches and lakes for a swim or just to appreciate the spectacular views.

Tony Sousa, Manager of Environmental Services

I was asked to say a few things about myself. Here are the highlights. I joined the Royal Canadian Navy in 1982 as a Naval Radio Operator, spent a year in Halifax and was shipped out to Esquimalt where I served on many ships and shore establishments until my retirement as Petty Officer

in 2012. I met and married my wife Joan in 1984 and we settled in Sidney where she was born and raised. We have 3 kids, grown up and married.

I started here at Dawson Heights in 2019 as Night Custodian. I took the maintenance position and worked with Julia as her assistant until her retirement recently. In closing I want to say the residents and staff at Dawson Heights are wonderful. It can be hectic some days but I absolutely love coming to work.

Katie Moore, Manager of Recreation & Volunteer Services

I am excited to be joining the Dawson Heights community! Thank you to everyone for making my first few weeks here so lovely.

I was born and raised in Stouffville, Ontario, which is just outside of Toronto. I have a Bachelor of Arts in Kinesiology from The University of Western Ontario, and a Post-Graduate Diploma in Therapeutic Recreation from Georgian College.

Throughout my career, I have had the opportunity to work with seniors in a variety of settings including a Geriatric Day Hospital, Long-Term Care, Assisted Living, and Independent Living.

My husband, Trevor, is in the Navy, and we have had the opportunity to live on both Coasts of Canada. Don't tell anyone, but I much prefer Victoria's weather to the weather in Halifax! We have an 8-year-old daughter named Kayleigh.

In my free time, I enjoy spending time with my family hiking, going to the beach, and making memories. I also enjoy reading, crocheting, watching Netflix, and baking. I am also attempting to improve my green thumb in my small backyard garden!

I look forward to meeting everyone.

BRAIN TEASER

Famous Canadians Quiz:

Match these famous Canadians with their hometown.

Justin Bieber	North Sydney, NS
Shania Twain	Edmonton, AB
David Foster	Windsor, ON
Michael Buble	Prud'homme, SK
William Shatner	Ottawa, ON
Celine Dion	Fredericton, NV
Justin Trudeau	Montreal, PQ
Bonnie Henry	Charlemagne, PQ
Flora MacDonald	London, ON
Jeanne Sauve	Burnaby, BC
Michael J. Fox	Victoria, BC

HYDRATION

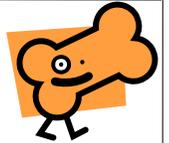


As the weather gets warmer, it is important to stay hydrated. During the hottest days of the summer, ice water will be available for residents of The Cedars in the Lobby.



FUNNY BONE

You Know You're Canadian When....



Someone in Home Depot offers you assistance...and they don't work there.

You have switched from "heat" to "A/C" in your car in the same day.

You always have Canadian Tire money stored somewhere.

You love and hate raccoons at the same time.



The Winter Olympics make you feel extra patriotic.

You have "rolled up the rim to win".

You know what a double double is.

Newsletter



Echo Volunteers Needed!

We are looking for volunteers to feature in our "Who's Who" column! Would you like to share your story with the Dawson Heights community? Or are you a poet, writer or photographer and have something you would like to share in the Echo? If so, please see Katie or Trish in the Recreation Department for more information.



Our purpose is to provide safe housing in a nurturing community for independent seniors on limited income.

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