

Belvedere Heights News & Views February 2013



FEATURE PROFILE by Don Clelland

STAN CLELLAND



“Stanley Clelland was born to Francis Clelland on May 1, 1922, at the family farm in Croft Township at Maple Island. He is the youngest of 3 boys, pre-deceased by Clarence and Jim.

On his 18th birthday, Stan, Martin Thomson and Earl Vankoughnett hitch hiked to North Bay to volunteer for service during the 2nd World War. After intensive testing, Stan was accepted into the Royal Canadian Air Force and reported to Lachine, Quebec on December 4, 1942. He was posted to Prince Albert, Saskatchewan in the British Air Training Program on June 14, 1943. His initial training was on the Tiger Moth bi-plane.



Stan also flew Anson aircraft at Macleod, Alberta, and received his Pilot's Flying Officer Wings on November 26, 1943. He went on to fly Anson V, Oxford & Wellington bombers. His flying career ended in Kinloss, Scotland when the war ended.

Stan returned home and married Helen Jeffery from Magnetawan on November 17, 1945.

This blessed union produced Janice (Kelvin Hill), Larry (Fay Strickler), Don (Linda Ramsay), Brenda (Jim Horne), and Steve (Colleen Craig). They had 10 Grandchildren and 7 Great Grandchildren. Sadly, after celebrating their 65th Anniversary, Stan lost Helen on March 30, 2011.



Stan was employed by Ontario Hydro as a Lineman from 1949 until his retirement in June 1982. He climbed and performed work on a 40 foot pole on his last day just to show the “young lads” that he could still hold his own in the air.



He is an original (and Honourary) member of the Dunchurch Hunt Club who gave up hunting to look after Helen in her later years. He loves the outdoors and spent countless hours hunting and fishing throughout Ontario.



You will find Stan a very interesting individual who has some memory problem but loves company and good conversation.”

Grandparent's Brag Corner

Teri Salt is the very proud Grandma of **Bronson Charles Salt Pegahmagabow** born October 24th, weighing in at 5-11.



Teri also is a proud GREAT Grandma to **Vanna Nicole Cryderman** born on August 21st, 2012. Vanna currently resides in Alberta.

Residents' Bill of Rights – Revised May 2010

18. Every Resident has the right to form friendships and relationships and to participate in the life of the long-term care home.

Guardian Angel – Maureen McGown



Lynda McGowan representing Family Council presented **Maureen McGown** (on right) with her Guardian Angel Pin. Congratulations, Maureen!

Belvedere Heights has been awarded 3-Year Accreditation!

This Award demonstrates quality, accountability, and commitment to the satisfaction of the Residents we are privileged to serve!



Ever Wonder ...?



Why the liquid inside young coconuts can be used as a substitute for Blood Plasma?
Why the King of Hearts is the only king without a moustache?
Why apples are more efficient at waking you up in the morning than caffeine?

"We got married for better or worse," an elderly lady lamented. "He couldn't do any better, and I couldn't do any worse!"



Inspirational Thought



Rule 127 For a Better Way to Live
Hurting your enemy puts you below them;
Taking revenge makes you even with them;
Forgiving sets you above them.
The only people you should consider getting even with are those who've helped you!

Falls Tip #6



Adjust the height of beds for easier transfer.



Keep wheels on beds locked....



Poetry Section

Since My Valentine Got a Computer

(Poem found online)



Since my Valentine got a computer
 My love life has taken a hit.
 Nothing I say is important
 Unless it's a byte or a bit.
 Before she got her new laptop,
 Everything was just fine;
 Now she says we can't talk
 Unless we both go online.



"But honey," I said, "I'm attached to you;
 Love is what I feel."
 "That keyword isn't relevant,"
 She said, with eyes of steel.
 She clicked the keyboard furiously;
 The screen was all she could see,
 And then to my horror and shame,
 She started describing me:
 "Your motherboard needs upgrading;
 Your OS needs help, too.
 And you definitely need a big heat sink
 To cool your CPU."
 "Don't flame me, my sweet," I pleaded.
 "Not on Valentine's Day."
 "Fix the bugs, and I'll see," she said,
 While looking at me with dismay.



"Whatever you want, my darling;
 Whatever you need; you call it.
 I'll upload or download anything,
 And then I'll go install it."
 (Her hostile CD keeps replaying,
 And though I don't want to fight her,
 Is this what I want for a Valentine?
 I've been burned; can I rewrite her?)
 "Are you all hard drive now," I asked
 "Is there no software in you?
 Don't you remember the good times?
 Let our memories see us through."



"LOL," she said to me, chuckling.
 "You're nothing but adware."
 "I've got eight gigs of memory;
 I've got no problem there."

"Please, honey, we can save it," I said.
 "Our love means more than that."
 "That's not in my cache; we're going to crash,"
 She said, as she turned me down flat.
 (This woman has really changed;
 Do I really want to chase her?
 More and more I'm thinking
 It might be nice to erase her.)
 "Aw, honey, don't talk like that," I said.
 "Can't we just plug and play?
 I hereby accept default,
 And I'm yours, my love, come what may.



My goal is to make you happy;
 I want to be your portal,
 But your sudden, distant coldness
 Would test the strongest mortal.
 If we need a brand new interface,
 So we can FTP,
 I'm your go along, get along guy,
 And I want you to stay with me."
 "If you want to get into my favorites," she said,
 And you want to get past my encryption,
 If you want to get through my firewall,
 Here is my only prescription."
 "First, put up your own Web site,
 And e-mail me when it's done.
 I'll check your page rank with Google,
 And tell you if you're the one."
 My life has become a real trial,
 Since my Valentine got a computer.
 If I want her to care about me again,
 I guess I'll have to reboot her.



A Little Bay Freeze Trivia

Summary of Belvedere "Winners"

- 2012 – James Gracie (**DID NOT FREEZE**)
- 2011 – Glenn Madigan (Jan 21)
- 2010 – Mildred Tait (Jan 30)
- 2009 – Dawn Gallinger-Dumont (Jan 9)
- 2008 – Carol Marshall (Jan 25)
- 2007 – Val Clarke (Jan 30)
- 2006 - Marshall Morden (Feb 10)
- 2005 – Mary Brear (Jan 21)
- 2004 – Ron Marshall (Jan 23)
- 2003 – Ron Marshall (Jan 15)



..... And from the North Star:
 According to the Department of
 Transport the dates the Big Sound froze
 over are listed below:

Dec 26, 1925; Jan 3, 1927; Jan 27, 1928;
 Jan 15, 1929; Jan 17, 1930; Feb 1, 1931; Mar 12 1932;
 Feb 5, 1933; Dec 9, 1933; Jan 16, 1935; Dec 30, 1935;
 Feb 6, 1937; Jan 9, 1938; Jan 25, 1939; Jan 8, 1940;
 Jan 8, 1941; Jan 30, 1942; Jan 7, 1943; Feb 8, 1944;
 Jan 10, 1945; Feb 1, 1946; Jan 22, 1947; Jan 18, 1948;
 Feb 6, 1949; Feb 20, 1950; Jan 28, 1951; Jan 22, 1952.

The Department of Transport records indicate the Big Sound did **not** Freeze over in 1926, '34 or '36.

In Memorium
Deepest Sympathy is extended to
the families of: Ilse Wille
Roy Bates
Gerald Walter

Staff News

New Grandma:



Congratulations to **Joanne Carney** on the arrival of her 1st grandchild **Allysa (Ally)** born on January 11, 2013 at 11:31 a.m. weighing in at 4 pounds and 8 ounces. Joanne has promised us a picture in a few weeks when **Ally** is discharged from the hospital.

Welcome to New Residents:
Mildred (Hannah) Mintz
Clemon Mintz

Belvedere Brides - Double Wedding!



(L-R) Dileep Kvmr Mohanan, Rajani Premalatha; Renu Shaju and Aben Joseph stopped by Belvedere on January 16th to visit on their wedding day.

Health & Safety Tip

by Tessa Gardner



Do you find you have sore eyes but not sure what the cause is? Use of a computer (at home or at work) may be the cause. Sore eyes can lead to headaches and some general eye and head discomfort. Some staff have tried these solutions and have found relief. It's

worth a try.

Try some of these remedies to see if they help relieve your eyes.

1. Check for glare on your monitor. Turn your monitor off, and look at the screen. Do you see spots of glare from overhead lights, or the window behind you? Now try these possible remedies.

- a. Turn off the overhead lights
- b. Close the curtains on the window
- c. Tilt the monitor down a bit to stop the glare
- d. Move the monitor so it is at 90° to the light source

2. Exercise your eyes. Constantly looking at a computer monitor can stress your eyes. Look away periodically to change the focal point. Along with this, take breaks from the computer. Get up and walk around.

3. Get your eyes tested just to be sure there is no medical problem.

4. Invest in some computer specific glasses. These will have the lenses adjusted to work at a longer distance than reading glasses. Some are even tinted to help out.

These are the simplest solutions. If you have any questions see Tessa for a bit more background.