

# CANTERBURY TIMES



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It's February and Valentine's Day is one of the first widely celebrated holidays of the new year. Do you have any special Valentine's memories? Perhaps a collection of letters with expressions of love that were delivered to you with a hopeful heart, or recollections of ornate heart-shaped chocolate boxes shared with friends and family? Or perhaps my reader eschews the holiday because it is highly commercialized and associated with unrealistic expectations of romance. Whether or not you recognize the holiday, reminders of it are everywhere right now.

I hope that you have a lovely day when the 14th of February rolls around, regardless of whether you choose to participate in Valentine's activities or not. See page 2 for an excerpt from an article on the origins of Valentine's Day in the BBC News.

~'Love',  
Erica S.



## ACTIVITY PROGRAM HIGHLIGHTS

**February 10th** ~ A New Comer's Tea will be held for new residents in both the Court and Manor at 2 p.m. in the Court Atrium. Come on down and get to know your new neighbours!

**February 12th** ~ You are invited to a culinary adventure in Kelly's Kitchen, starting at 1:30 p.m. in the Court Activity Room. Delicious recipes prepared before your eyes; new learning and samples for everyone!

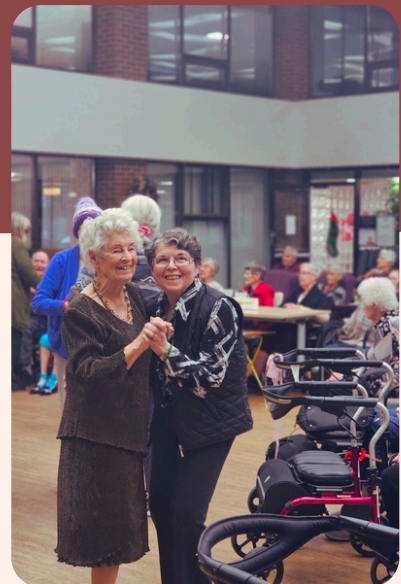
**February 14th** ~ Valentine's Day! Candygrams will be available at reception for families and residents to purchase.

~ The party begins at 2 p.m. with a performance by the Central Lions Band. There will be chocolate, Valentine's cards, free punch, and other drinks available for purchase. If you have something pink or red in your closet, throw it on and come join in the celebration.

**February 15th** ~ At 1 p.m. in the Court Atrium, there will be a student performance of ukulele, guitar, piano music (and voice).

**February 21st** ~ Canterbury is having a Luau! Come down to the Court Atrium and brighten up your midwinter day with a Hawaiian Beach Party. There will be two performers demonstrating Hawaiian dance for us, and the fun starts at 2 p.m.

**February 26th** ~ Eat Street with Rus will be held between 1 and 2:30 p.m.; What will Rus 'rustle' up for us that day in the Court Activity Room kitchen? Whatever it is, you know it will be tasty! Free samples and crafty kitchen tips provided gratis!







## Who Was Saint Valentine?

A popular belief about St Valentine is that he was a priest from Rome in the third century AD. Emperor Claudius II and his army were involved in many battles, but he believed Roman men who were married didn't make very good soldiers as they weren't very keen on going to war and leaving their wives and families behind.

The ruler decided to ban marriage, a move which Valentine thought was unfair, so he broke the rules and arranged marriages in secret.

When Claudius found out, Valentine was thrown in jail and sentenced to death.

Legend has it that he fell in love with the jailer's daughter and when he was taken to be killed on 14th of February, he sent her a love letter signed "from your Valentine".

Other accounts suggest St Valentine was killed for trying to help Christians who were being poorly treated under Emperor Claudius II's rule escape from Roman prisons.



## How Did Valentine's Day Start?

Valentine's Day is generally thought to be based on a celebration from ancient times.

The Romans had a festival called Lupercalia in the middle of February - officially the start of their springtime - and the occasion was marked by lots of different rituals.

One belief is that, as part of the celebrations, boys drew names of girls from a box.

They'd be boyfriend and girlfriend during the festival and sometimes they'd get married. However, it's not known whether this is actually true.

Later on, the church wanted to turn this festival into a Christian celebration and decided to use it to remember St Valentine too.

Gradually, St Valentine's name started to be used by people to express their feelings to those they loved.



**The oldest known Valentine's Day message in English. It was written in 1477.**

**Source:**  
BBC (2023, February 14). What is Valentine's day and how did it start?  
CBBC Newsround. <https://www.bbc.co.uk/newsround/16945378>







## **5TH ANNUAL PROMISE OF HOME FUNDRAISING RESULTS!**

We are filled with gratitude and joy as we announce that, thanks to your incredible generosity, we raised **\$163,551** during the 5th Annual Promise of Home Fundraising Campaign!

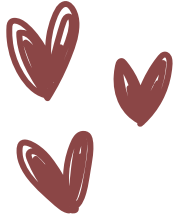
Your donation is a testament to the strength of our community and the shared commitment to compassionate, individualized care. It enables Canterbury to innovate, advocate, and expand access to a community of care for more seniors and their families—both today and tomorrow.

Thank you for being a part of this meaningful journey.

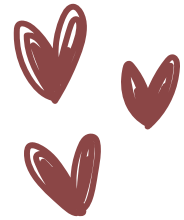
You are the Heart of Canterbury.







# WE **LOVE** OUR *Donors!*



As February arrives, we are reminded that our donors are truly at the heart of everything we do at Canterbury. Your heartfelt generosity makes a profound difference, helping us create a community where seniors can thrive with dignity, support, and love.

With your support, you are:

- empowering seniors to age gracefully, from independent living to enhanced supportive care, including end-of-life programs that ensure comfort and compassion.
- providing crucial guidance to seniors and their families as they navigate the often unknown and challenging journey of aging.
- enabling vibrant, life-enriching programming, like live music, which fosters joy, connection, and a sense of belonging.

To renew your gift or join donor family, visit:  
<https://canterburyfoundation.com/donate>


Thank you for being the Heart of Canterbury.

Happy Valentine's Day!

Madeline Verhappen  
Fund Development Specialist

## **Save the Date! Canterbury Open House – February 6, 2025**

We're excited to inform you that Canterbury will be hosting an Open House! February 6, 2025, from 3:30 p.m. to 6:00 p.m.



The following are the other dates we will have Shabbat services at 6:30 pm in the Chapel:

February 21  
March 21  
April 25  
May 23  
June 20

## JOIN US FOR Shabbat

In the Jewish Tradition, Friday sundown to Saturday sundown we remember creation and we stop from the business of life and rest. This special day is called Sabbath or Shabbat, in Hebrew. Most Jewish congregations will have a special time of prayer on Friday night or Saturday morning or during the day or evening. At a Sabbath service you will be given a prayer book that opens from left to right because of the way Hebrew is written. Prayers and readings will focus on welcoming the Sabbath, creation and the redemption of the Jewish People.



There will be lots of singing, and a sermon may be preached. The service will be spoken and sung in a combination of English and Hebrew. At the end of the service or during the time of socialization after the service (depending on the tradition of the congregation) special bread called Challah and wine or grape juice is blessed and shared with everyone. A customary greeting is “Shabbat Shalom.”

I am delighted to announce that we are bringing Shabbat services back to Canterbury. Our first service will be on Friday, January 24, 2025 at 6:30 pm in the Chapel with Cantor David. Everyone is welcome (you do not need to be Jewish to attend). Please invite friends and family.

# CANTERBURY CONNECTIONS

## FUND DEVELOPMENT

By Madeline Verhappen

### YOU'RE INVITED!

*Join us for a special evening of inspiration and community at Canterbury Connections!*



Join us for a special evening of inspiration and education at Canterbury Connections! Canterbury Connections are meant to share our vision and mission beyond our walls and into the community. We encourage you to bring a friend, family member, colleague or acquaintance.

Marg Iveson, Manor Resident, known around here as one of the Margarets, will tell the story of how she came to Canterbury and why she is happy to be a part of our community.

#### Event Details:

**When:** Thursday, February 20, 2025

**Where:** Canterbury Foundation,  
8403 142 Street NW, Edmonton,  
T5R 4L3

**Time:** 4:30 p.m. – 5:15 p.m.  
(Doors open at 4:00 p.m.)

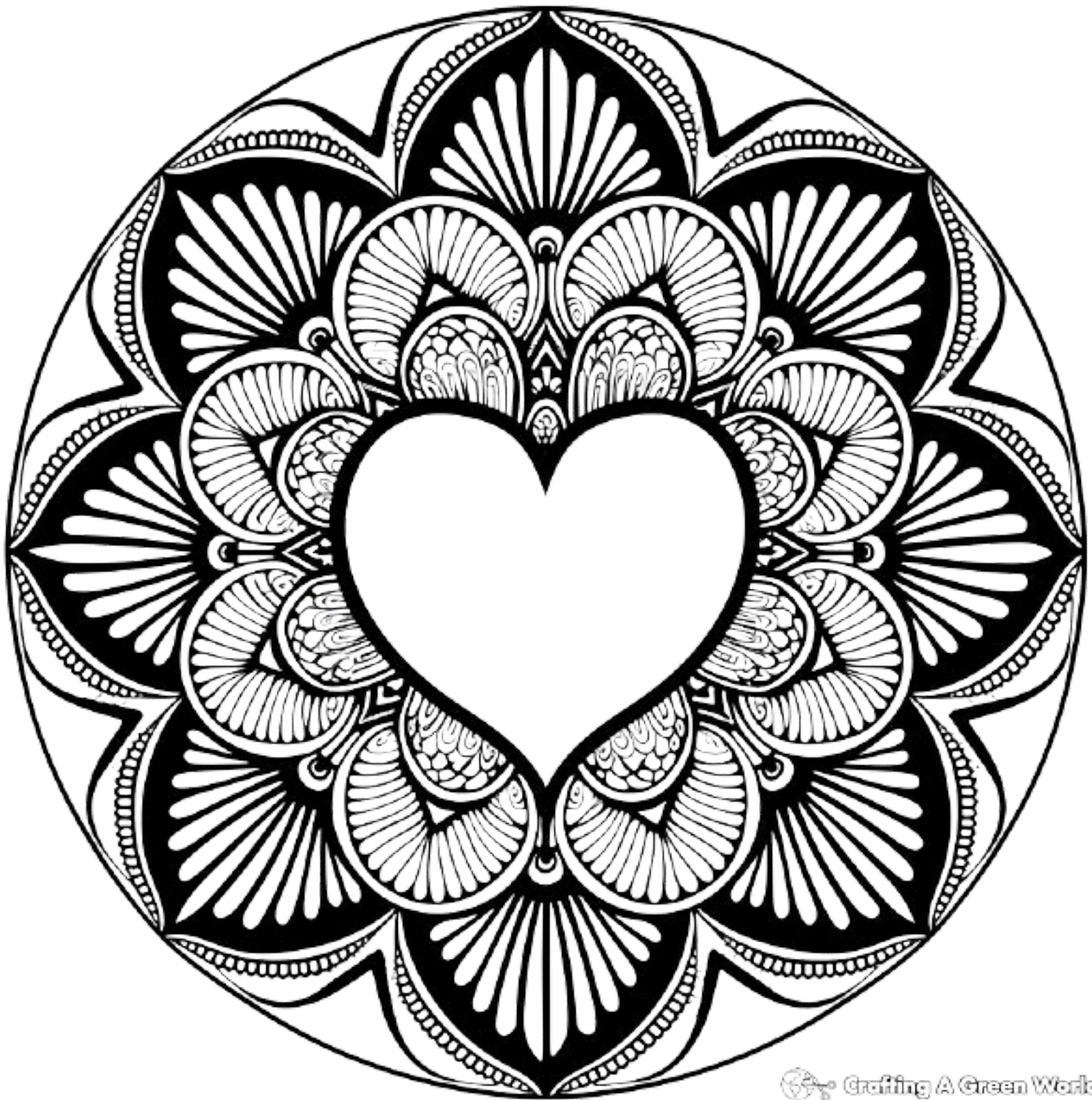
Please note the new time and evening for Canterbury Connections which is now held on the third Thursday of each month at 4:30 p.m.


To reserve your spot, please reach out to Madeline Verhappen, Fund Development Specialist, by email at [MadelineV@canterburyfoundation.com](mailto:MadelineV@canterburyfoundation.com) or by phone at 780-930-3727.

We look forward to welcoming you to this heartfelt event on February 20. Your presence will make it even more special!



# Meditative Colouring Page



 Grafting A Green World





# Valentine's Day

February 14th

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

T	S	E	R	A	E	D	D	I	P	U	C	E	Z	C
S	T	S	S	E	E	B	E	O	M	U	W	V	H	D
T	R	R	S	N	N	N	E	B	S	O	K	O	J	N
F	A	E	E	I	G	M	E	M	R	N	C	L	B	E
I	E	W	C	T	A	S	W	R	I	O	R	H	O	I
G	H	O	N	N	P	A	A	P	L	N	O	R	Y	R
I	H	L	A	E	M	F	L	A	H	N	E	V	F	F
L	U	F	M	L	A	F	T	B	G	D	D	X	R	L
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Y	E	R	R	I	O	I	D	H	F	W	I	O	D	E
O	A	N	I	R	T	O	P	C	K	K	N	D	N	D
U	R	O	S	E	S	N	K	I	S	S	G	A	Q	A
E	C	A	N	D	Y	D	E	V	O	L	E	B	E	R

- ADORE
- AFFECTION
- ARROW
- BE MINE
- BELOVED
- BOYFRIEND
- CANDY
- CHAMPAGNE
- CHERUB
- CHOCOLATE
- CUPID
- DARLING
- DEAREST
- FLOWERS

- GIFTS
- GIRLFRIEND
- HEARTS
- HUG
- I LOVE YOU
- KISS
- LOVE
- PINK

- POEM
- RED
- ROMANCE
- ROSES
- SWEETHEART
- VALENTINE



# Canterbury Chronicles: Unveiling the Heart of Our Community

## A Love That Lasts: The Story of Joan and Mac Jones



### **On the Theme of Love**

This February, in keeping with the month's romantic theme, I will be highlighting Joan and Mac Jones. They moved in last June and are relatively new to Canterbury Court. One is rarely, if ever, seen without the other and they have quickly become a notable couple within the community. By all appearances, one would think that they were extraordinarily content with each other's company and, after having interviewed them, I am able to confirm that this is entirely TRUE. The Jones' get along beautifully, and their marriage has spanned decades. Mac and Joan kindly agreed to being queried by me about their history together and I am happy to share the following with you:

Joan is a thorough Albertan, having been born and grown up in Edmonton. She went to Riverdale School and graduated from Victoria Composite. Mac is originally from Wales, though he sports an Albertan accent these days. He moved with his family to Canada when he was 14 to join his uncle who had participated in the Veterans Land Act and agreed to farm a parcel of land in Alberta. The family eventually settled in Edmonton where Mac attended Strathcona ("Scona") school.

Joan and Mac did not meet until they were in their late teens. They both found employment at Northwestern Utilities Ltd., a company my readers may remember which was eventually purchased by ATCO.

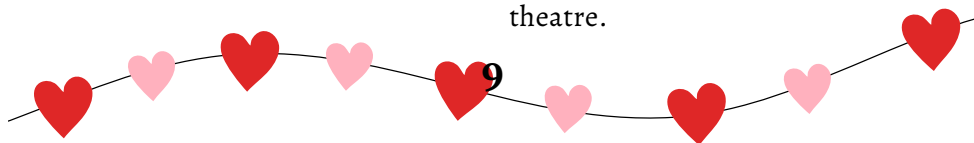
Mac started as a laborer, then was advised to obtain an office job by a friend who pointed out the disadvantages of long-term work outdoors during Alberta's frigid winters. He eventually procured a position indoors as a clerk. He says that he always enjoyed working with Northwestern Utilities as they were the kind of business that instilled loyalty in their workforce and were a traditional company that offered a reasonable pension plan, which he invested in at the earliest opportunity. Mac remained with the company until retirement. His work there eventually led to his marriage to Joan; so, Mac did very well by Northwestern Utilities Limited!

### **Romance Blooms**

Joan worked as a stenographer with the company. She and Mac were familiar with each other only by sight for quite a while before they were properly introduced through mutual friends at the workplace.

They ended up spending a lot of time together and discovered that they really enjoyed each other's company. Mac and Joan describe their relationship as one that had a solid foundation of friendship before blossoming into a more serious bond; "We just got along right from the start, and it grew stronger".

Things moved slowly and they remained acquaintances for over a year before they went out together as a pair. Mac recalls that their first date was a trip to the movie theatre.





He didn't have a car at that time, so they took a bus. They dated for a few years before deciding that they would marry. Mac, ever the comedian, says, "We owed so much money to each other, we decided we better get married".

When they became engaged, it was company policy that one of them must leave the business, so Joan gave up her stenographer position. When I asked them what their respective families thought of their engagement, both responded that their parents were well pleased. Mac recalls that his father asked him if he thought he could afford to take care of a wife and family, to which Mac replied truthfully that he thought he could. Mac says that his parents knew that he had found, "... a good thing (in Joan), a delightful woman from a good family". Joan says that her family were very encouraging and supportive of her engagement to Mac.

### ***The Wedding***

Joan and Mac were married at the Anglican All Saints Cathedral in Edmonton on June 18th, 1960. They spoke to me of having a relatively small ceremony, with about 100 people in attendance. Joan's Mother organized a wedding brunch on the big day at the Hotel Macdonald. She also secured the services of Reverend Birch to perform the marriage rites, before he officially took on his role as Bishop. In addition, a well-recognized baritone, Glyn Williams, sang 'Oh Perfect Love' and 'Our Lord's Prayer' during the ceremony.

Mac recalls standing outside the church waiting for others to arrive when one of his workmates walked by and asked him what he was doing there. They were pleasantly surprised when Mac informed them that he was there to get married! Mac says that the church organist had a habit of slipping out between hymns to take a catnap, and he was concerned that the man would sleep through his musical cues at their wedding; but he stayed awake, and all went as planned. After the ceremony they drove a new Aston Martin, that Mac borrowed from his father, to their honeymoon in Jasper.

### ***Marriage and Longevity***

Joan and Mac waited 3 years before starting a family. They have three children: David, Brian and Janice and at present they have several grandchildren. When I inquired if having children affected their marriage, Joan replied that she thought it brought them closer as a couple; it enhanced their marriage. Mac and Joan have been together now for 64 years.



They told me that they always do something to celebrate their anniversary such as dining at their favourite Chinese restaurant in Edmonton, the Lingnan.

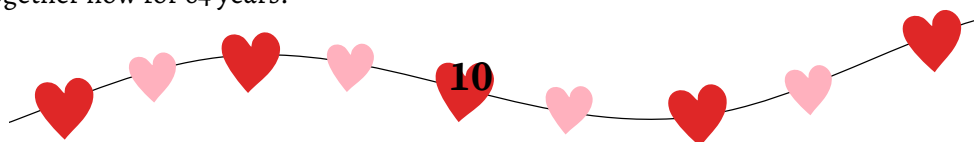
### ***Tips for a Successful Marriage***

I inquired if Mac and Joan had any romantic advice for the younger generation. Joan says that love is "really worthwhile", but one ought to truly want to commit to caring for the other person and be willing to grow and change with them over time. They both agree that considering the other person's needs, and taking time to work out challenges together, help make a lasting marriage. Mac says, "You have to commit and really try to take account of each other's feelings".

In my opinion, this is very good advice. Mac and Joan provide a shining example of a successful union. Their relationship was built on a solid foundation of friendship and genuine respect for each other. They did not rush into things; they made certain that they understood the gravity of marital commitment and were truly willing to dedicate themselves to each other for the long term. They grew both in themselves and with each other, as a couple. They welcomed children as an enhancement to their life together. Mac and Joan continue to respect each other's feelings and individuality, while deeply valuing each other's company.

I would like to conclude with thanks to Joan and Mac for kindly sharing their history with me and permitting me to share it with you. I hope my reader will take the time to say hello to Joan and Mac when you see them next and wish them a happy 65th anniversary in June!

~Happy Valentine's Day to you all~ Erica S.





# Rus's Recipe



## Crème Brulee

### INGREDIENTS

- 1 quart heavy cream
- 1 vanilla bean, split and scraped
- 1 cup vanilla sugar, divided
- 6 large egg yolks
- 2 quarts hot water



## DIRECTIONS

1. Preheat the oven to 325 degrees F.
2. Place the cream, vanilla bean and its pulp into a medium saucepan set over medium-high heat and bring to a boil. Remove from the heat, cover and allow to sit for 15 minutes. Remove the vanilla bean and reserve for another use.
3. In a medium bowl, whisk together 1/2 cup sugar and the egg yolks until well blended and it just starts to lighten in colour. Add the cream a little at a time, stirring continually. Pour the liquid into 6 (7 to 8-ounce) ramekins. Place the ramekins into a large cake pan or roasting pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins. Bake just until the crème brûlée is set, but still trembling in the center, approximately 40 to 45 minutes.
4. Remove the ramekins from the roasting pan and refrigerate for at least 2 hours and up to 3 days. Remove the crème brûlée from the refrigerator for at least 30 minutes prior to browning the sugar on top. Divide the remaining 1/2 cup vanilla sugar equally among the 6 dishes and spread evenly on top. Using a torch, melt the sugar and form a crispy top. Allow the crème brûlée to sit for at least 5 minutes before serving.



# WHEN I WAS ONE- AND-TWENTY

By A.E. HOUSMAN

When I was one-and-twenty  
I heard a wise man say,  
“Give crowns and pounds  
and guineas  
But not your heart away;  
Give pearls away and rubies  
But keep your fancy free.”  
But I was one-and-twenty,  
No use to talk to me.

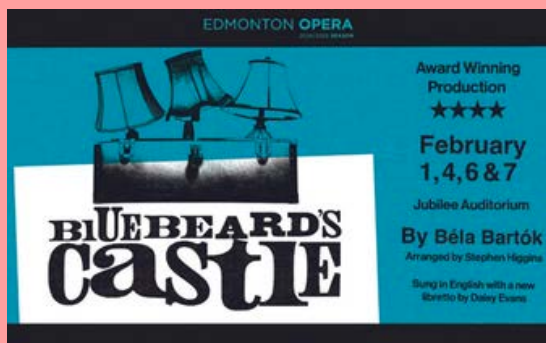
When I was one-and-twenty  
I heard him say again,  
“The heart out of the bosom  
Was never given in vain;  
'Tis paid with sighs a plenty  
And sold for endless rue.”  
And I am two-and-twenty,  
And oh, 'tis true, 'tis true.



“Melancholy”. Lithograph by Marie Alexandre Alophe(1812-1883). Source: <https://pennyspoetry.fandom.com/>

# COMMUNITY EVENTS

## OUR TOP PICKS FOR FEBRUARY



### Bluebeard's Castle

#### More Information:

#### Website:

<https://www.edmontonopera.com/bluebeards-castle>

**Email:** [boxoffice@edmontonopera.com](mailto:boxoffice@edmontonopera.com)

**Phone:** 780-429-1000

### ESO CLASSICS

# SCHUBERT, STRAUSS & SAINT-SAËNS

CONDUCTED BY COSETTE JUSTO VALDÉS

**THURSDAY, FEBRUARY 6, 2025 • 7:30 PM**

#### More Information:

**Website:** <https://www.winspearcentre.com/tickets/?eso=false&month=February>

**Email:** [box.office@winspearcentre.com](mailto:box.office@winspearcentre.com)

**Phone:** 780-428-1414



**When:** February 26 - March 2 2025

**Where:** Rogers Place

**How:** 780-414-5483, <https://www.rogersplace.com/events/>

## Winefest



FEBRUARY 14 & 15, 2025  
EDMONTON CONVENTION CENTRE  
**WINEFEST EDMONTON**

#### Website:

<https://celebratewinefest.com/winefest-edmonton/>

**Email:** [info@celebratewinefest.com](mailto:info@celebratewinefest.com)

**Phone:** 825-945-3377

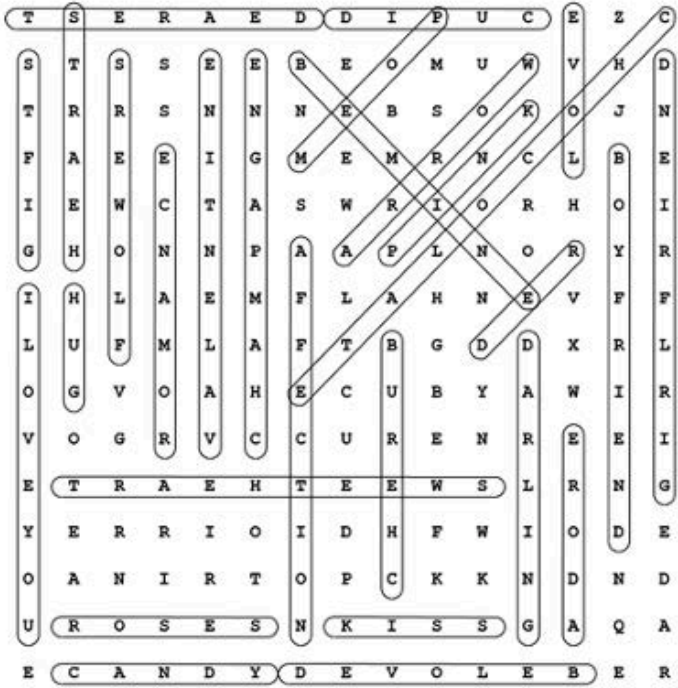


# Happy Valentine's Day

## Oilers Hockey Schedule February 2025

Feb. 1, 2025	Oilers vs. Leafs	5:00 p.m.
Feb. 4, 2025	Oilers vs. Blues	6:00 p.m.
Jan. 5, 2025	Oilers vs. Blackhawks	7:30 p.m.
Feb. 7, 2025	Oilers vs. Avalanche	7:00 p.m.
Feb. 22, 2025	Oilers vs. Flyers	11:00 a.m.
Feb. 23, 2025	Oilers vs. Capitals	11:00 a.m.
Feb. 25, 2025	Oilers vs. Lightning	5:30 p.m.
Feb. 27, 2025	Oilers vs. Panthers	5:30 p.m.

### SOLUTION



### VALENTINE CUT OUT





☎ 780-483-5361

📍 8403 142 St. Edmonton, AB

✉ [Community@canterburyfoundation.com](mailto:Community@canterburyfoundation.com)

🌐 <https://canterburyfoundation.com/>

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