

# CANTERBURY TIMES

CREATED BY CAMILLE SNOW

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## Will you give the Promise of Home?

Expanding care and community requires passionate donors, ready to leave a legacy. As a not-for-profit, Canterbury offers the opportunity to partner with anyone considering a gift.

To join our family of donors, you can find a pledge form at either Court or Manor reception, visit [CanterburyFoundation.com](http://CanterburyFoundation.com) or contact Margo Buckley, CFRE at (780) 919-7295 or email [Madelinev@canterburyfoundation.com](mailto:Madelinev@canterburyfoundation.com)




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## Canterbury Connections

You're invited to join an intimate gathering to listen to stories of Canterbury, its legacy, the impact it has on the community, and its future in providing the promise of home to seniors.

On July 17, 2024, from 5:30 p.m. to 6:15 p.m., this storytelling session will focus on the Heart of Canterbury, our full-time, on-site, Spiritual Care Chaplain who supports the residents and their families at Canterbury.

We will be meeting in the Chapel at Canterbury Foundation, 8403 142 Street, NW, Edmonton T5R 4L3. If you will be in attendance, please contact Glyn Eales, Executive Assistant, by email at [Glyne@canterburyfoundation.com](mailto:Glyne@canterburyfoundation.com), or by phone at 780-930-3745.

We look forward to having you join us July 17!

*Save The Date*

### Canterbury Open House

July 19 Noon - 4:00 p.m.

July 20 10 a.m. - 4:00 p.m.

## ACTIVITY PROGRAM HIGHLIGHTS

**July 1** - Join us for an exciting afternoon of Super Bingo in the Atrium at 1:30 p.m. Don't miss your chance to win big!

**July 3** - Residents will enjoy a trip to Callingwood Market from 12 p.m. to 3 p.m. Canterbury will have a table too!

**July 4** - Wind down and enjoy good company at Manor Happy Hour starting at 3:00 p.m. in the lobby lounge.

**July 5** - Join us in the Atrium for an 80's themed party at 2:00 p.m.

**July 8** - Step lively and join the Square Dancers at 2:00 p.m. for a toe-tapping good time!

**July 10** - Get ready for a wild adventure at the zoo! Manor residents depart at 9:30 a.m. and return by 1:30 p.m. Residents will need to purchase lunch at the zoo.

**July 16** - Enjoy delicious hamburgers while supporting our Life Enrichment programming. All proceeds go back into the Canterbury community.

**July 17** - Court residents will have a special outing to the zoo starting at 12:30 p.m. Time to explore and enjoy!

**July 19** - Kick off K-Day celebrations with a pancake breakfast at 9:00 a.m. and a party at 2:00 p.m. Don't miss the fun!

**July 22** - Step right up to enjoy classic carnival games starting at 1:30 p.m. Fun prizes and laughter guaranteed!

**July 24** - Quack your way to victory at the Duck Races starting at 2:00 p.m. in the Court Courtyard.

**July 26** - Strike it rich at the Gold Rush Party starting at 2:00 p.m. in the Atrium.



# The Manor Association



## An Invitation to Participate



Its Purpose:

“To facilitate and promote communication between Manor residents and the administration of The Canterbury Foundation”.

**JUL**

July 9 - Residents are invited to a meeting at 1:30 p.m. in the Manor activity space to hear updates and share feedback about our community.

### Association Members

All members will be welcomed by the Executive Council and representatives of Canterbury Foundation:

President - Ellinor Townend,  
 Vice President – Donna Watson  
 Treasurer – Betty Farquharson  
 Secretary – Douglas Chambers

## Message from Ellinor Townend, President of our Manor Association

June witnessed a remarkable transformation in and around the Manor, thanks to our residents and the Canterbury Life Enrichment Staff. Our courtyard and gardens bloomed with plants of various colors and varieties, turning our outdoors into a delightful summer haven. Simply sitting outdoors and savoring the lush greenery or taking a stroll in this wonderful neighborhood after the rains, greatly enhances our wellbeing.

Currently, we are amidst a significant project. Our Finance Group has highlighted that the accounting procedures for services such as dining room meals, hair appointments in the Hair Salon, and Housekeeping are highly labor-intensive and complex, involving numerous paper transfers and considerable staff time.

Consequently, Jill Moore from Finance and our Chef, Ram Sharda, are in the process of implementing a software program that will streamline and improve the efficiency of charging and billing to our personal accounts on a monthly basis. We will no longer use passes for meals, a change that has sparked considerable discussion and necessitated several meetings for clarification. As seniors, we are often uneasy with change; however, we are assured that this transition will ultimately be more efficient and easier for all of us. Stay tuned for updates next month.



# Brain Teaser

See if you can figure out what these tricky brain teasers are trying to say.

A Rest  
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Chair

Sand

Mind  
Matter

Heart

READING



cycle cycle  
cycle

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language

DANCE DANCE  
DANCE DANCE

GRACE

TEMPERATURE

COLD  
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G

# Heart of Canterbury

## The Camino And The Call of God

Written by Chaplain Colleen Sanderson



*"I wondered if I am supposed to be a teacher," I admitted. "Maybe I am called to be a Priest."*

Who would have imagined that the tiny two-month-old baby baptized in an Anglican Church in Winnipeg on the Feast of All Saints would, 32 years later, be ordained first as a Transitional Deacon and then, six months later, as a Priest?

It all started during my grade 11 year in high school when we were taking vocational quizzes. I was determined to get "School Teacher" as the result, as that was my dream. However, much to my dismay, the results came back indicating "Homemaker." I shared my disappointment with my grandfather, recounting the story.

"Are you sure you want to be a teacher?", he asked. "You love youth group and leadership at church camp. Maybe you want to be a Priest."

"No, Grandpa!", I insisted, "I want to be a music teacher".

And so I pursued my path towards becoming a teacher, with my passion for God, His people and leadership always close to my heart and occupying most of my free time. My goal was to become an Elementary Music Teacher. In my senior year, I applied to Concordia College, and I vividly remember the excitement of receiving my acceptance letter one late spring day. After two years at Concordia, I transferred to the University of Alberta to complete my Education Degree.

During my first practicum; a teacher questioned my career choice, suggesting I might want to consider something different. However, I remained resolute in my desire to teach. Upon finishing my teacher training, I began teaching in First Nation Communities in Northern Alberta. It was a challenging period, especially with my mother's health issues at the time, which left me feeling isolated and longing to be closer to family.

It was during this time of longing that the Bishop invited me to join her

and a group of young adults on the Camino de Santiago pilgrimage in Spain.

Little did I know how profoundly this journey would impact my life. Despite initial fears and apprehension, I embarked on this pilgrimage, navigating through lost luggage, rain-soaked paths, and moments of solitude.

One particular instance stands out: separated from the group, feeling lost and uncertain, I turned a bend to find the Bishop patiently waiting for me. As we walked together, she asked me about the question I had brought for reflection on the Camino.

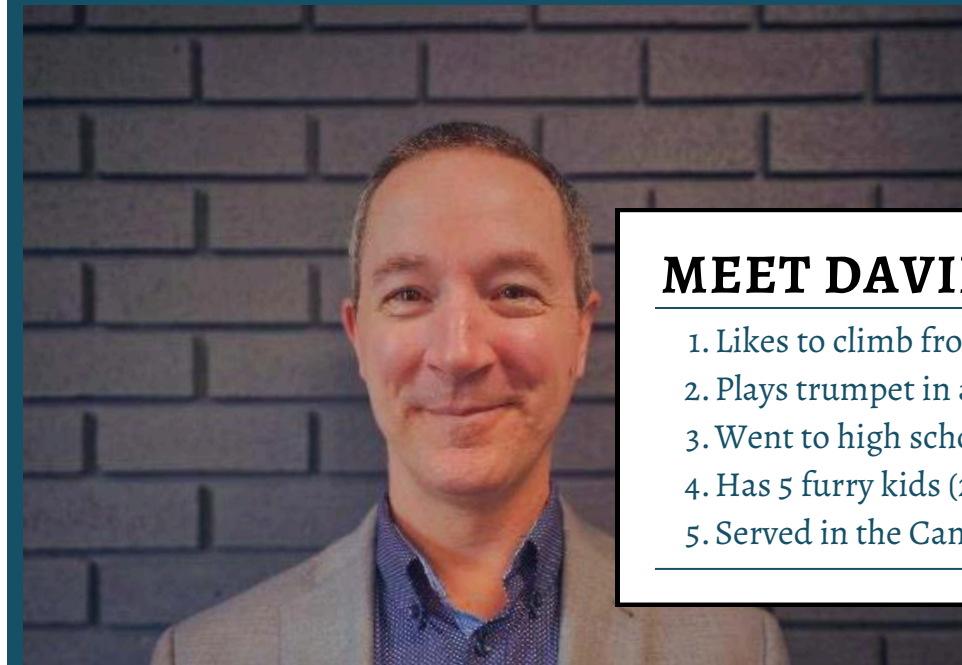
"I wondered if I am supposed to be a teacher," I admitted. "Maybe I am called to be a Priest."

After our discussion, the Bishop advised me to return to teaching for a while and revisit the idea in three years. Despite initially dismissing the notion of priesthood, an experience at a friend's ordination later moved me deeply. Three years after the Camino, and after much discernment, I found myself accepting a call to seminary and eventually applying to the Toronto School of Theology. To my joy, I was accepted, and I embarked on the journey towards priesthood, supported by my family despite my initial fears of rejection.

Two years of intense study followed, culminating in my ordination first as a Transitional Deacon and, six months later, as a Priest.

Looking back on that fateful invitation to the Camino, I realize that of our group of twelve, paths diverged significantly: five were ordained as Priests, one pursued a different career, another became a missionary, and one chose marriage and motherhood.

Where might God be calling you? Buen Camino!



### MEET DAVID MOORE

1. Likes to climb frozen waterfalls.
2. Plays trumpet in a jazz big band.
3. Went to high school in Espanola, Ontario.
4. Has 5 furry kids (2 dogs, 2 cats, and a horse).
5. Served in the Canadian Armed Forces for 28 years.

## CHIEF OPERATING OFFICIER



Join us at the **Callingwood Farmers' Market** on **July 3rd from 12:00 p.m. to 3:00 p.m.** and on **July 28th from 10:00 a.m. to 3:00 p.m.**



### Brain Teaser Answer Key

A Rest You're <small>You're Under Arrest</small>	SIT <small>Sit Down</small>	Chair <small>High Chair</small>
Sand <small>Sand Box</small>	Mind Matter <small>Mind Over Matter</small>	Heart <small>Broken Heart</small>
READING <small>Reading Between the Lines</small>	 <small>I'm on top of the world</small>	cycle cycle <small>Tricycle</small>
 <small>Ring around the Rosey</small>	lang4uage <small>Foreign Language</small>	DANCE DANCE DANCE <small>Square Dance</small>
GRACE <small>Amazing Grace</small>	TEMPERATURE <small>Rising Temperature</small>	COLD <small>Coming down with a cold</small>



# RUS'S RECIPE

## Biscoff Cupcakes



PREP TIME: 15 MIN COOK TIME: 19 MIN SERVES: 12 CUPCAKES

### DIRECTIONS



- Line your cupcake tin with paper cupcake holders.
- Crush the Biscoff biscuits into crumbs and in a bowl add the crumbs to the melted butter.
- Mix well until a wet sand consistency is achieved and divide equally into the 12 cupcake pan. 1tbsp of mix per cupcake is perfect.
- Press down firmly in the cupcake pan with something flat like the back of a spoon.
- Add all the dry ingredients into the bowl of a mixer together with the very soft butter and eggs.
- Whip on a medium to high speed for about 30 seconds until well mixed and fluffy. Scrape the sides down add in the milk and mix again for another 30 seconds.
- Evenly spoon the mixture between the 12 cupcakes in the pan, placing the mixture on top of the biscuit bases.
- Place in a 340 Deg F oven for 19 minutes. Check that they are cooked with a skewer and remove and allow to cool completely.
- For the cupcake filling, whip up cream until nice and firm and add in the Biscoff spread. If necessary microwave the spread for a very short while just to obtain a slightly runny consistency.
- Beat the cream and the Biscoff spread together and place the mixture in a piping back.
- Cut out the centre of each cupcake ideally using an apple corer tool. Pipe in the cream mixture until level with the top of the cupcake.
- Back in your mixer whip the butter for the buttercream until white in colour. Add in your sieved icing sugar and whip until light and fluffy. Add in the Biscoff spread and about 1tbsp milk. Whip again until well mixed.
- Add the Biscoff buttercream to a clean piping back with a star nozzle and pipe buttercream rosettes on the top of the cupcakes. Drizzle the buttercream icing with Biscoff spread (microwave for a short while if needed to obtain a runny texture).
- Place half a Biscoff cookie on each cupcake as a garnish.

### INGREDIENTS

#### For the Biscoff Biscuit Base:

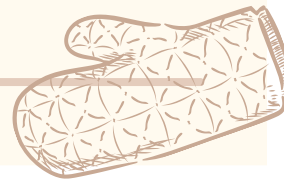
- 100g Biscoff Crumbs
- 20g Melted Butter
- For the Sponge:
- 125g Self Raising Flour
- 100g Caster Sugar
- 25g Dark Brown Sugar
- 1/4 tsp Bicarb

- 125g Soft unsalted butter
- 2 Large Eggs
- 1.5 tbsp Whole Milk

- #### For the Filling:
- 80-100ml Double Cream
  - 1tsp Biscoff Spread

#### For the Biscoff Buttercream:

- 200g Soft Unsalted Butter
- 320g Icing Sugar
- 75g Biscoff Spread
- 1-2tbsp Milk



# COMMUNITY EVENTS

*our top picks for July*

**EDMONTON Z CAR CLUB**  
**2024**  
**SHOW & SHINE**



**SOUTHGATE CENTRE**  
**SATURDAY JULY 27 2024**




**Canada Day**  
*at the Alberta Legislature*



**July 1 | Noon to 5 p.m.**  
[assembly.ab.ca/visit/events/canada-day](http://assembly.ab.ca/visit/events/canada-day)

**TASTE OF EDMONTON**  
**JULY 18 - JULY 28, 2024**  
**SIR WINSTON CHURCHILL SQUARE**



THEATRE PROSPERO PRESENTS  
**ANTHEM OF LIFE** PART I  
 PRESENTED BY  **TD READY COMMITMENT**  
 BY TOLOLWA M. MOLLEL  
 THE FIRST PART IN A TRILOGY ADAPTING ANTHEM OF THE DECADES, A ZULU EPIC BY AFRICA'S AND SOUTH AFRICA'S POET LAUREATE MAZISI KUNENE  
**JUNE 19 - JULY 6 2024**

**JULY 19-28, 2024**  
**THE BEST DAYS ARE K DAYS!**



# CANTERBURY CHRONICLES: UNVEILING THE HEART OF OUR COMMUNITY

Seventy Years of Love: Frank and Shirley's Journey from Campus to Forever

*Written by: Sharon Bell*



Frank and Shirley celebrated their 70th wedding anniversary in June. Looking back to their time at the University of Manitoba (U of M), Frank arrived from a small town near the Saskatchewan border and Shirley arrived from United College (in Winnipeg where she grew up). While they both enrolled and graduated from the U of M's Science program in 1953, they didn't meet in class, in labs or the library. In their final year, some mutual friends thought they might be a match and sent them on a blind date. Their friends instincts were right.

As Frank still describes them both, "the innocent farm boy" and the "big city girl" were a match. There never was an actual wedding proposal, they just starting talking about a wedding. And in June of 1954, Frank and Shirley were married. Ever the romantics, their honeymoon was the drive from Winnipeg to Grande Prairie so Frank could start work. Now, three children, five grandchildren (and their partners and spouses) plus three great grandchildren later, Frank and Shirley are still a match. Best wishes on an incredible milestone, 70 years together.



# CANTERBURY FLASHBACK

## Construction of Canterbury Court 1973

## First Coach 1974



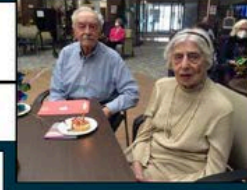
### Canterbury Chronicles: Unveiling the Heart of Our Community

#### Colette's Story

If you do not already know the Bosnyaks, you will be familiar with Colette because as he sees eating lunch and dinner with her and both he and Colette became beloved members of the St. Paul community. Two years before George retired from his practice, since it became possible to do so, Colette became a partner in the business.

What we do in our leisure time (our hobbies and interests) speaks volumes about our values and who we are. As aforementioned; Colette had a natural talent with numbers and took care of George's business financials but she also had a gift with aesthetics. George expresses pride in his wife's ability with interior design and space. He speaks highly of her having designed and decorated their first permanent home in Canada. Colette also has a taste for the fine arts, attending the symphony and Edmonton opera regularly with George. However, George says that Colette does not favour listening to music at this time in her life.

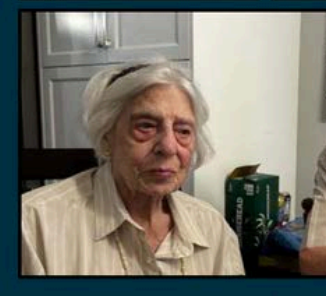
George and Colette were married in a Roman Catholic Church in Bonnyville, Alberta. The ceremony was witnessed and celebrated by their close friends. Colette had her first child the next year (1950) and then two more children in the following two years. They had a daughter and two sons, all of whom reside in the Edmonton area. George and Colette now have 7 grandchildren and 6 great-grandchildren (with two sets of twins). George says that Colette adjusted well to life in rural Alberta and taught herself how to cook with wild game which he provided the family. George is an avid game hunter and Colette readily supported this interest and settled into country life. George describes how she eventually became a Canadian citizen, giving up her French citizenship much to the chagrin of French authorities.



In the early years of their marriage, Colette was very focused on bringing up her young family and being a homemaker. Managing the care of children was much more challenging at that time, before things like disposable diapers were available. However, as the children got older, she started doing the finances for George's veterinary practice.

She had a real knack with numbers and enjoyed this work. George's veterinary practice flourished and both he and Colette became beloved members of the St. Paul community. Two years before George retired from his practice, since it became possible to do so, Colette became a partner in the business.

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### UNVEILING THE HEARTBEAT OF OUR COMMUNITY: RESIDENTS' LIFE CHRONICLES

#### Close, Connected and Content at Canterbury!

Written by Anna Fiala, Emily Fabris's daughter

How did 41 years go by? In 1981, I left Ontario for a year to continue my studies in Edmonton. I was the first to "leave" since in our extended Italian family, in my 20s, I wasn't thinking of aging parents or the challenges that distance would present. My life in Alberta developed and I yearned to go home and so on. I finally felt like home accepted my choice to stay in Alberta when I married Dave in 2002.



Emily & Tony at home in St. Catharines, Ontario (Nov 2016)

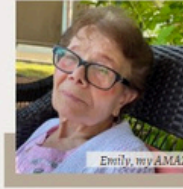
Antonio and Emilia ("Tony & Emily") Fabris were married by proxy in September 1952. They had seen a photo of each other but didn't meet until Mama left Italy and joined him in St. Catharines in March 1954. They were married for 41 years! Mama now only remembers the good parts. She loves Papa's photos and constantly tells me that they never ever argued!

Mama & Papa were hard-working and devoted parents to me and my older sister Josephine. Sadly, my sister died in 2012, leaving her husband, 3 sons and a daughter who love Grandmas. Now there are 3 Great-Grandsons too.

My Dad relied on my Mom to do all the cooking and housekeeping. He drove the car, took care of the lawn, was a master gardener and handled all mail and finances. In his 80s, serious health problems emerged and he developed a dementia linked to his long-term alcohol use. By 2010 he had to stop driving and could no longer handle mail or finances. Mama was diagnosed with probable Alzheimer's Disease in 2016. As Papa started needing more help and could do less, this took a toll on Mama and her progressing dementia. When Papa needed to long-term care, she visited him regularly during his final 1 1/2 years. Living at home alone got more difficult as Mama's dementia progressed. I arrived in November 2019 to find her overwhelmed and scared. I needed help so drove to the Alzheimer Society where a staff member sat down with me, listened and gave me hope.

When I returned to Edmonton, I signed up for dementia education at the Alzheimer Society and have been regularly attending Care Partner Support Group meetings ever since. Soon after I returned home from that visit, my Mom fell as home and was hospitalized. She recovered and this event led to Mama getting the help she needed. She stayed in a rehab facility for several months where they fully assessed her cognitive skills and realized she could not return home. Mama moved to Cobleskone Gardens Assisted Living Retirement Residence where she lived for almost 5 years. Our fall visit confirmed it was time to find Mom suitable dementia care in Edmonton. We wanted her to live close to us to enable frequent in-person connection and to be able to easily monitor and support her care. Dave and I returned from Ontario with a clear focus and priority to get my Mom to Edmonton ASAP! Within walking distance of our home, Canterbury Foundation was an obvious place to check out.

I had heard about Canterbury Lane, an expanded and renovated dementia care unit with available rooms! It was also in a non-profit facility not requiring an Alberta Health Card which my Mom would not have for 3 months. After Mama was assessed as suitable for this unit, I picked a room looking on to the Courtyard and focused on "Operation: Mama Alberta Bound". Mama moved into Canterbury Lane in mid-February so we have over a month's experience so far. Mama adjusted amazingly well to her new environment. It is beyond wonderful to have my Mom so close - so much easier than trying to manage from afar. As dementia progresses, distance doesn't work at all. In-person connection is what matters. My Mom & I have special times together at Canterbury whether on the Lane or elsewhere. I can see that my Mom is content. Her worried look does not show up often anymore. She is comfortable with all staff and gives out many hugs and kisses! I am grateful to have this special time together with Mama. Spending time with her and other Lane residents has helped me stay present and be more spontaneous. We have fun together at activities on and off the unit. Mama relaxes at balloon bedtimes.



Emily, my AMAZING MOM!

# WANT TO BE FEATURED IN OUR NEXT NEWSLETTER?

Send your story to [camilles@canterburyfoundation.com](mailto:camilles@canterburyfoundation.com)

CANTERBURY FOUNDATION Page 1

SIGNIFICANT DATES

1971 - Dominion Construction Company in addition to building retirement residences in Calgary and Vancouver, wished also to have one built in Edmonton. Their Edmonton based Manager, Mr. R.D. Grantham, then arranged with the Bentall Group to have them provide the equity money and for the new facility to become the property of a Foundation to be formed from members of the Anglican Church. Dominion agreed to build the facility and to finance it until arrangements could be made through a financial institution.

Land was located at the present location of Canterbury Court which the Roman Catholic Diocese of Edmonton traded off for land elsewhere in the City.

January, 1972 - Mr. Grantham selected members from the Anglican Parish of Christ Church and St. Timothy's Anglican Church to become Members of Canterbury Foundation.

The Founding Directors were: Mr. R.D. Grantham, Mr. A.P. Blakey, Mr. D.W. Welsh, Mr. R.W. Dakin, Mr. C.L. Liden, Dr. J.C. Hopkyns, Canon F.W. Pierce, Mr. W.K. Grundy, Mr. P. Balogh and the Rev. D. Anderson.

These persons included a Professional Engineer, two Lawyers, one Doctor, two Chartered Accountants, two members of the Clergy and two Businessmen.

January - February, 1972 - The residents in the immediate area of the proposed site were approached regarding rezoning the site. All objected vigorously.

February 10, 1972 - The City of Edmonton Municipal Planning Commission approved the rezoning and passed their recommendation to City Council.

February 28, 1972 - City Council held a public hearing into the rezoning of the lot. There were unanimous objections from the adjoining residents.

March 8, 1972 - Canterbury Foundation became incorporated under the Societies Act of the Province of Alberta.

April 19, 1972 - Mr. Ed Pritchard was engaged as a liaison officer. Canterbury Foundation applied for a 1st. Mortgage. A proposed lease option and lease with the City of Edmonton was prepared.

April 24, 1972 - City Council gave third and final reading to approve the rezoning.

Canterbury Foundation Page 2

Significant Dates - Cont'd.

May, 1972 - City Council granted an option on the land to Canterbury Foundation.

December 11, 1972 - City Council offered Canterbury Foundation a 45 year lease on the site.

March, 1973 - 1st. Mortgage arranged with Morguard Investment Company - amount \$2,570,454.00 for 45 years at 9%.

The land lease with the City was agreed upon - amount \$21,204 per annum for 30 years, then 10% of the market value for the remaining 15 years.

The building and land to revert back to the City at the end of the lease.

Mr. A. James hired as Manager of Canterbury Court.

July 23, 1973 - Dominion Construction Company commenced the construction of Canterbury Court.

October 10, 1973 - Rev. D.D. Stewart and Mr. Don Macgregor became Members of Canterbury Foundation.

August 22, 1974 - Canterbury Court was completed and the first Resident moved in.

September 8, 1974 - Bishop W.G. Burch and Members of St. Timothy's Anglican Church and the Anglican Parish of Christ Church participated in the dedication of the building.

December 30, 1974 - The Constitution and By-Laws were registered with the Registrar of Companies of the Province of Alberta.

July 15, 1975 - Mrs. Mary Burns became a Member of Canterbury Foundation.

July 31, 1975 - Mr. A. James resigned as Manager of Canterbury Court. Mr. Clarke Ready was his replacement. Mr. James remained as Sales Representative until September 30, 1975.

September 1, 1975 - Mr. Rex Hayes replaced Mr. C. Ready as Manager.

May 31, 1976 - Mr. William Sharon became a Member of Canterbury Foundation replacing Mr. P. Balogh, resigned.

October, 1976 - Canterbury Court gained full occupancy.



My health issues began when I was 10 yrs. old and spent several months in bed with non-paralytic polio that seemed cured but has returned with pain and weakness. When I was 17, I was diagnosed with Fibromyalgia 'known as the 'terrible every thing illness' and it has caused many problems. For 2 years, I was able to hike UP on mountain trails and DOWN ski hills wearing wrist, knee and back braces - with our family. My physical health deteriorated and I turned to writing - over 180 family stories, poetry, journals and photos for 4 grandchildren until they were 18 - knitting, crocheting. I've had both knees replaced and 3 hip replacements - yes, if the right one had to be done after a dislocation because the two parts were not compatible. During the 60 years we were married, Leonard never complained about all the appointments etc. He supported and encouraged me. We moved to Canterbury in 1979 when I could no longer care for him due to his Alzheimer's and my health. We never regretted this decision.

Words I strive to live by:

"I try to be the best I can be - every day."  
 "Be proud of what you have accomplished."  
 (suggested to me on a rough day by a resident's daughter)  
 "Attitude determines Altitude"



## One Women's War Experience

WRITTEN BY JANET PALMER



On the eleventh day of the eleventh month at 11am we pause our lives to observe a moment of silence. We remember those who have lost their lives in the service of our countries since World War I. Women have played an increasingly vital role throughout. Not only have they provided support they also ensured that lifeline went on at home. Women's roles in the military have changed since 1914.

Mary Palmer would not be at Canterbury today had her father not left his career as surveyor and land agent for Lord Fortescue to fight in Mesopotamia in WW1. Injuries invalidated him out to India. While there he met and married a young Irish nurse serving in the V.A.D. (Voluntary Aid Detachment). Their first child, George (Mary's older brother), was born in India in 1918. Following demobilization the family returned to North Devon, England and Lord Fortescue's employment. Mary was born in North Devon and enjoyed an idyllic rural family life surrounded by horses and dogs. She enjoyed

Peace was shattered when war was declared in 1939. Lives were irrevocably changed. Mary had refused to attend university but agreed to take a secretarial course in London. Her brother signed up for the Devonshire Regiment and went overseas. In England everyone did their part as best they could. Many women enlisted. Others joined the Land Army. Women would take over jobs formerly reserved for men. Mary Palmer went into the W.A.A.F. (Women's Auxiliary Air Force) and achieved the rank of corporal. She was deployed where she initially helped repair damaged aircraft wings. Following that she became a proficient driver transporting senior officers and the wounded. On one horrendous occasion she attended an aircraft crash to transport the bodies of those who died, some of whom she counted as friends. Mary was stationed at Chiverton when her own mother died of pneumonia. Antibiotics were reserved for the military and not available to civilians. Mary's brother, George, developed "shell shock" (today's diagnosis would be PTSD) as a result of his service. In 1947 Mary married



JUNE  
RECAP

HOLIDAY FEATURE

# HAPPY CANADA DAY 🇨🇦

MONDAY, JULY 1, 2024

- Canada's population surpassed 41 million people in the first quarter of 2024, to reach 41, 012,563 on April 1, 2024.
- Canada has fewer people than Tokyo's metropolitan area.
- Canada's national animal is actually a beaver.
- The coldest-ever recorded temperature in Canada is -63 °c in Snag, which is in Yukon which sits between the North-western Territories and Alaska.

<https://www.airalo.com/blog/20-fun-facts-about-canada>

