

Kopernik Lodge

Newsletter



Wiersz o Pięknie Zimy: „Bajka o Ziemi naszej”

Są świerki, dzieci,
sanełki dzwoneczki,
śnieg nocą świeci
jaśniej od świeczki.

Piękna jest zima w Polsce.
W noc mrużąc oczy,
mówią zwierzęta,
lecz o czym? O czym?
Nikt nie pamięta.

Wiatr tylko szumi po wiosce.
Pod Wielkim Wozem
cień się przemyka,
iskrzy się mrozem
siwa sierść wilka,
jeleni przystaje w pół drogi.

Łoś, który w puszczy
Najgłębiej żyje,
dziś ją opuszcza,
kopytem bije
i w śniegu drży białonogi.

Mieczysław Jastrun



It's a New Year, Baby!

Baby New Year, a symbol deeply rooted in the traditions of welcoming the new year, carries with it a fascinating history. The concept of Baby New Year dates back to ancient Greece and Rome, where it was associated with the god of time, Cronus or Saturn. In these ancient civilizations, it symbolized the cyclical nature of time and the renewal of life that comes with each passing year. Over time, the concept evolved and found its place in various cultures and traditions.

In modern times, the image of Baby New Year has become synonymous with the transition from December 31 to January 1. You've likely seen illustrations of a plump, diaper-clad baby sporting a sash bearing the year's new number. This charming figure embodies hope, renewal, and the endless possibilities of the year ahead.

Beyond the symbolic figure of Baby New Year, many cultures celebrate the birth of New Year's babies in a more literal sense. It's considered an auspicious sign to be the first baby born in the new year, with parents often receiving special attention and gifts. These "New Year's babies" serve as a reminder of the perpetual cycle of life and the promise of fresh beginnings.

In the United States, the tradition of selecting a Baby New Year to represent the upcoming year is a common practice in media and advertisements. This tradition allows for creative interpretations of the baby's persona, reflecting cultural trends, hopes, and aspirations.

Baby New Year, with its rich historical roots and modern symbolism, reminds us of the continuous flow of time and the opportunities that each new year brings. Whether portrayed as a cherubic infant or celebrated through the birth of actual New Year's babies, this tradition serves as a heartwarming reminder that with each passing year, we have the chance to start anew and make the most of the time that lies ahead.

Christmas memories are important; continuing the memories, and making new ones, is what makes Christmas a special holiday. We remember the people who are present, the people we have lost along the way, and the traditions we hold dear.

Reasons Why We Celebrate Christmas
Commemorating the Birth of Jesus Christ: ...
Spreading the Message of Love and Compassion: ...
Creating Traditions and Building Memories: ...
Fostering Togetherness and Family Bonding: ...
Bringing Light to the Winter Darkness: ...
Honoring Cultural Diversity: ...
Promoting Peace and Unity:

Memories of Christmas past





For many of our Residents, religion is an important part of their lives. At Kopernik Lodge, our Catholic Chaplain, Father Gabriel provides spiritual care; and helps our Residents to celebrate their beliefs by taking part in activities that are central to their faith. During the Christmas season Father Gabriel not only celebrated the Catholic Mass, but also spontaneously created a small choir composed of Residents, staff and management. Everybody sang their heart out singing Christmas Carols and Father Gabriel conducted the choir. There was plenty of cheer and joy!

*Spreading
Cheer and Joy*









Chimney Sweep brings good luck

The notion that chimney sweeps bring good luck is still popular today, especially in Europe and the United Kingdom. Growing up in Poland many of us got excited seeing a chimney sweep on the streets; and quickly grabbed a button on our coat or shirt hoping for a good luck.

The history of the chimney sweep profession dates back to ancient Rome, where chimneys were invented to prevent smoke from fireplaces from spreading throughout the rooms. As time passed, the demand for people who could clean chimneys of soot and other contaminants, i.e. chimney sweeps, increased.

In Polish tradition, the most famous superstition about chimney sweeping is that of grabbing a button when you see a chimney sweeper. It comes from ancient times. In the past, when craftsmen of various professions came to the towns, women at all costs wanted the chimney sweeper to visit them first in their homes. Since the chimney sweep's uniform was usually covered with soot, determined housewives tried to drag the apprentice into their homes by pulling on the cleanest element of clothing - the buttons.

The custom has survived to this day, but in different versions. Most people, when they see a chimney sweeper, look for their own button, some, more traditionally, try to grab a chimney sweep's button.

Opinions are also divided as to what to do next - I grabbed the button and what next? According to some, the imminent sight of the nun is supposed to ensure abundance of happiness; others believe just the opposite - a nun brings bad luck. The situation is similar with glasses. Some people, after grabbing the button, impatiently look for someone with glasses, while others scrupulously avoid them. Either way, it doesn't hurt to grab a button, no matter who's wearing it - and maybe it will actually bring good luck?

European and some American and Canadian chimney sweeps wear a dress jacket or work jacket that has 13 buttons. This demonstrates that the unlucky number of 13 is reversed if a chimney sweep wears this number of buttons.

The traditional chimney sweep uniform is, of course, black. It is made of cotton (summer) or corduroy (winter). Add trousers, a belt, a top hat - and the chimney sweeper can go to work!

The history of the chimney sweep's headgear is interesting. Sources say that top hats were already worn by chimney sweeps in the 16th century, all thanks to Queen Elizabeth I. The monarch decided that in gratitude for ensuring the safety of the population and preventing fires, chimney sweeps should wear clothes that would make them look noble. I chose an elegant top hat.

Elizabeth's idea caught on and continues to this day. It is worth knowing that currently the name of the chimney sweeper's headgear depends on the professional degree he holds. Thus, the top hat of a master chimney sweeper is called a "pliszok", a journeyman's top hat - a "szapoklak", and a chimney sweeper's assistant wears the so-called "keplik" or "bowler".

In some European countries chimney sweeps used to go from door to door on New Year's Day to wish people good luck, and no doubt to remind them to have their chimney's swept. It is good luck yet today if a chimney sweep rubs some soot on your forehead on New Year's Day.



INTERGENERATIONAL PROJECT

The amazing children from the Polish school made Christmas cards for our Residents. We used these cards to decorate the hallways. Residents enjoyed looking at them and reading the messages; they felt cared for and valued. We all had a very good time. Thank you children!



In Praise of Compliments

January 24 may be the most positive day of the year—it's Compliment Day!



Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you've ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, "I can live for two months on a good compliment."

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:

1. **Be sincere.** Don't give a compliment if you don't mean it.
2. **Be specific.** Don't say something vague; say something that shows you're paying close attention to the person.
3. **Go beyond the compliment.** Don't just compliment another person; go further by commenting on the positive outcome of that person's action or choice.
4. **Follow up with a question.** Show genuine interest by asking a question and turning your compliment into a conversation.
5. **Avoid comparisons.** Don't tell someone that they are better than something else; value the person in their own right.
6. **Expect nothing in return.** Never offer a compliment and then ask for a favor at the same time.
7. **Setting matters.** There is a right time and place for every compliment.

Oh My Word

There are between 600,000 and one million words in the English language, depending on your definition of what should count as a word. The average English speaker knows only 50,000 and uses far fewer on a daily basis. So on January 9, Word Nerd Day, take the time to supplement your quotidian lexicon with either a neologism or other new and utilitarian lexeme. In other words, learn a new word.

Even if linguistics is not your bailiwick and you believe that intricate locution is a supercilious conceit, you need not eschew your neighboring logophiles. Certainly, there is no need to engage in odious obloquy simply because the aforementioned display a penchant for conversational superfluity. Instead, consort with the jocular holiday revelers and participate in the day's delectable verbosity. You may reap a veritable cornucopia of rhetorical lagniappes.

Bubble Bath

In the hustle and bustle of modern society, who has time to soak in the tub? Well, on January 8, Bubble Bath Day, nobody will be angry if you monopolize the bathroom.



Bubble baths first became popular in the early 1900s because parents believed they had a calming effect on children, making bedtime much easier. Why shouldn't the same hold true for adults?

The hot water eases tension, the fragrant bubbles provide aromatherapy, and herbal bath salts can reduce swelling, improve circulation, and reduce muscle and joint pain. Add some candles and light music, and you've turned your bathroom into a spa. Even Cleopatra was known to take baths in milk and honey. You, too, can bathe like the queen of the Nile by adding a half cup each of powdered milk, honey, and castille soap to your next tub.



In Vancouver snowy days are a rarity. Interestingly, scientist estimate that the maximum amount of snow that collects on the ground each year in non-alpine areas of North America has been decreasing by 46 billion tonnes per decade since 1980.

When the snow fell this winter in Vancouver, our resident Rhea, with help from the Recreation Therapist Anna, made a cat out of snow in our garden. The cat was on the patio, on the table; and the other residents who were inside could see him too. The residents had fun and everybody loved it, especially animal lovers.

A Mesmerizing Idea



On January 4, we celebrated a World Hypnotism Day. Contrary to a popular belief, hypnosis has nothing to do with falling asleep. The old image of a turban-wearing mystic lulling someone to sleep with a swinging pocket watch could not be further from the truth.

Hypnosis is actually a state of increased mental focus and awareness. A hypnotized person is able to concentrate fully on a subject, blocking out all distractions and vividly seeing a situation or memory in their imagination. Under hypnosis, people feel extremely calm and relaxed and are more open to considering different possibilities and suggestions. Doctors believe that such a mental state allows people to gain more control over their thought processes and behaviors, which is why some psychologists use hypnotism as a way to treat patients with phobias. This hypnosis is a far cry from the mind control depicted in movies and books.

Of course, hypnosis has its skeptics. Some believe that it is not a state of heightened awareness at all. Some argue that patients, under the guise of hypnosis, are simply trying to please their doctors by agreeing with everything their doctors say. Indeed, it seems that some people are better at becoming hypnotized than others. This psychological “talent” might mean that some are more open and sensitive to suggestion or that they have more vivid and active imaginations.

Even practiced hypnotists admit that they don’t know exactly how hypnosis works, but they do believe it can change people’s lives for the better. In a world filled with more distractions than ever, from digital electronics to constant advertisements, it may not necessarily be a bad thing to give our minds a chance to focus on the things that matter most.

Do You Kazoo?

The kazoo, that humble buzzing instrument shaped like a submarine, was invented by Warren Herbert Frost on January 9, 1883. However, Frost’s instrument was not the simple toy we know today. It wasn’t until 1902 that the classic version was designed by George D. Smith.



To play the instrument well, one must hum a tune into it. Indeed, kazoo players’ talents depend more on their humming ability than

anything else. Perhaps one of the most adored modern kazooists is the classically trained singer Barbara Stewart, who not only performed at Carnegie Hall but also wrote *The Complete How to Kazoo*.

The kazoo is commonly played for comedic effect in jug bands and comedy revues, but it has also been used in music by master composers such as Leonard Bernstein and Charles Ives. Known as the “most democratic” of instruments, anyone can pick up a kazoo and play it right away. Perhaps you should do just that on January 28, Kazoo Day.

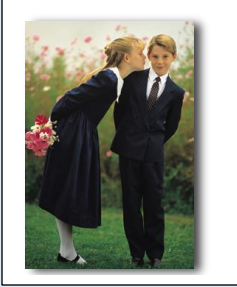
By Any Measure



Maybe you’ve forgotten because they’ve been covered in wool socks all winter, but January 23 was Measure Your Feet Day. Why would someone do such a thing? Perhaps to buy a new pair of snow boots, ice skates, or ski

boots. Or perhaps you should measure your feet on this day because 88 percent of women routinely wear shoes that are too small, and 70 percent of men wear shoes that are the wrong size. Furthermore, not only does the size of your foot change over time, but your two feet are likely not the same size. It is no wonder that so many people wear uncomfortable shoes.

Pucker Up



Valentine's Day always falls on February 14, and many may be happy to see it pass. But in the south of France, people still plant kisses until the Saturday after Valentine's Day.

The residents of Roquemaure call it the Festival of the Kiss, and kiss they do. They smooch from sunup to sundown in honor of their favorite saint, Saint Valentine. Valentine became the patron saint of love when, according to legend, on February 14 around the year 270, he was caught performing illegal marriage ceremonies for Roman soldiers and was martyred by Roman emperor Claudius II Gothicus.

In 1868, the supposed remains of Saint Valentine were purchased in Rome and transferred to Roquemaure. The French village was renowned for its winemaking, but in 1868, its vines were diseased. Villagers and winemakers believed that the arrival of Saint Valentine's remains would cure their ailing vines. Miraculously, within four years, the vineyards had recovered.

And so, during the Festival of the Kiss, Roquemaure returns to the year 1868. Residents wear costumes from that era, with some even dressing up like monks, nuns, or saints. Horses and carriages clop down the streets. Storefronts boast 19th-century decorations. A market sells traditionally fashioned items. Even the street names are rewritten, bearing the names of France's most lovesick poets and artists.

Everyone drinks wine and kisses until they can't feel their lips. The local winery is named Cave Saint Valentine and produces specialty wines for the occasion. The local post office even gets in on the fun, sealing every letter with a kiss. This is why Roquemaure is known as "La Capitale des Amoureux," the Capital of Lovers.

The Magic of Mardi Gras

Mardi Gras, the vibrant and exhilarating Carnival season celebrated in various parts of the world, is a spectacle of merriment, color, and culture.

It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community.

While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit.



Valentine's Day



Don't ever disregard a toilet paper roll. By squeezing them into a shape of a heart, dipping them in colorful paint, and then transplanting them to the paper, and finally coloring in with a water paint ... beautiful things can be created... Residents were laughing when they were told we were going to use the toilet paper rolls for this project, but then they got so much into it; concentrating on their art and having a lot of fun. Of course their masterpieces were hang on the cork board, decorating the second floor hallway.



Valentine's
DAY





Valentine's Day



Happy
Valentines
Day
PARTY



Community Engagement



At Kopernik Lodge, we believe that fostering engagement and socialization contributes to overall well-being and quality of life. Our Recreation Therapy department offers various, tailored and targeted opportunities for residents to pursue their interests.

Our activities include planned and spontaneous excursions that provide enjoyable opportunities to gather with friends, explore the surrounding community and take in the sights.

As the weather gets better, we go for outdoor walks more often. Our residents like to go to the nearby Champlain Mall to do some shopping, or enjoy a coffee at Starbucks.

On the way, we often meet and talk to people living in the community. Sometimes they are walking their dogs, which our residents especially like to interact with.



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Kyoko

My Name is Kyoko Mineshiba. Some people call me K. One-person called me Mini which I really liked.

I was born in Japan in 1941, during the Second War. I remember the plains flying above us. My biological mother died after my birth and I was adopted by my uncle whom I called my Father, and his wife I called my Mom.

I got my education in Japan. It was the kindergarten primary school, and middle school combined with high school which lasted 6 years. After schooling I worked many jobs: cleaning, waitressing or even collecting rent from tenants.

I was never married, but I was able to look after my mother who passed away at the age of 112. That was the year when I was admitted to Kopernik Lodge. I wasn't young losing my mom.

My religion is Buddhism.

I loved going to CASINOS to spend my free time with my friends. I also love singing; people say I have a good voice.

My favourite colour is green (looking at the green trees, leaves and grass makes me happy). Green is such a peaceful colour.

I am Japanese, so I love Japanese food like sushi.

I like my life here at Kopernik, and I love my roommate Sheila. I respect her so much.



EMPLOYEE SPOTLIGHT

Jela

Recreation Assistant
at Kopernik Lodge

Jela

My name is Jela Mendoza.

I was born in the Philippines, but grew up here in Vancouver.

I can speak 3 different languages- English, Tagalog and Spanish. I hope to learn more languages in the future.

My favorite seasons are Spring & Summer. Spring because my favorite flower blossoms only in that season – tulip.

Summer because I get to enjoy leisure activities such as hiking, camping, swimming in the lake/ beach and outdoor nature walks.

I am a great listener so if you need someone to talk – I am here for you.

International Women's Day



It is a holiday celebrated annually on March 8 as a focal point in the women's rights movement. It gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.

The beginnings of International Women's Day can be traced back to the early twentieth century. It emerged from the activities of labour movements in North America and Europe and reflected a growing call for women's equal participation in society.

The earliest version reported was a "Women's Day" organized by the Socialist Party of America in New York City on February 28, 1909. On March 19, 1911, in Austria, Denmark, Germany, and Switzerland over a million people attended public events to celebrate International Women's Day. After the Russian Revolution in 1917, International Women's Day was made a national holiday on March 8; it was subsequently celebrated on that date by the socialist movement and communist countries. The holiday was associated with far-left movements and governments until its adoption by the global feminist movement in the late 1960s. International Women's Day became a mainstream global holiday following its promotion by the United Nations in 1977.



THE CHAMPIONS

Keeping active, keeping fit.



Jan Matejko

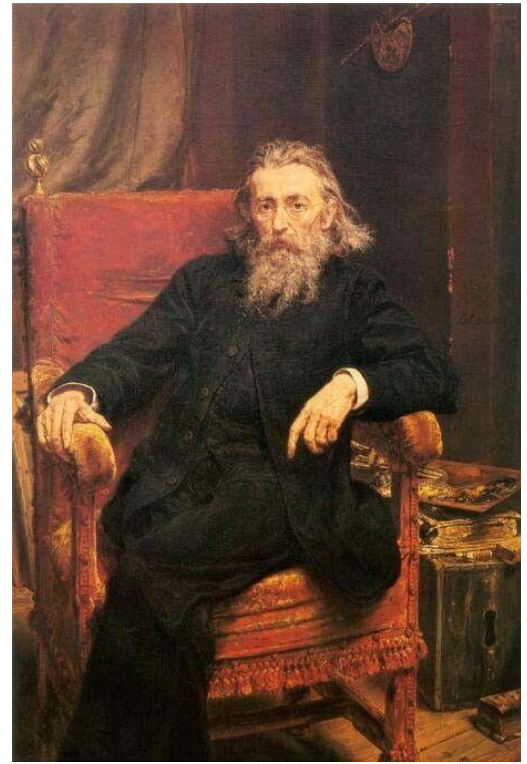
Jan Matejko was born on June 24, 1838, in the Free City of Krakow, part of the Polish territory annexed by Austria during the Partitions of Poland.

He was a Polish painter, a leading 19th-century exponent of history painting, known for depicting nodal events from Polish history. His works were so important because in the nineteenth century Poland was partitioned, so reminding his compatriots of scenes from their national history served the purpose of "cheering the hearts" and it also fits into the pan-European fashion of historical painting.

Matejko's works include large scale oil paintings such as *Rejtan*, the Union of Lublin, the Astronomer Copernicus, or *Conversations with God*, or the Battle of Grunwald. He was the author of numerous portraits, a gallery of Polish monarchs in book form, and murals in St. Mary's Basilica, Kraków.

He is considered by many as the most celebrated Polish painter, and sometimes as the "national painter" of Poland. Matejko was among the notable people to receive an unsolicited letter from the German philosopher, Friedrich Nietzsche, as the latter tipped, in January 1889, into his psychotic breakdown while in Turin. Matejko spent most of his life in Kraków. His teachers at the Kraków Academy of Fine Arts included Wojciech Korneli Stattler and Władysław Łuszczkiewicz. Later, he became director of the institution, which in time was renamed the Jan Matejko Academy of Fine Arts. A number of his students became prominent artists in their own right, including Maurycy Gottlieb, Jacek Malczewski, Józef Mehoffer and Stanisław Wyspiański.

Famous Polish People

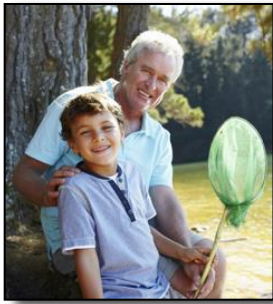


Jan Matejko, *Self-portrait*, 1892, National Museum in Warsaw, Warsaw, Poland



Jan Matejko, *Astronomer Copernicus, or Conversations with God*, 1873, Collegium Novum, Jagiellonian University, Cracow, Poland

Work Hard by Hardly Working



Many businesses these days certainly seem obsessed with getting more from their workers. And hard work isn't just for nine-to-fivers anymore. We are constantly hearing that we must work harder in our personal lives, too: to

improve relationships, become healthier, and think smarter. Just how are we supposed to accomplish this never-ending stream of hard work?

Advice abounds for improving productivity. Experts tell us to find help and delegate tasks to talented team members. We must make to-do lists and better manage our time; set realistic goals and reward ourselves for reaching them; watch less TV and get more sleep. But has your boss ever told you to work less?

There are some who believe that in order to work harder, we must work less. Giving workers time off, from a few minutes to a few weeks, from one fewer meeting to 100 fewer emails, allows the mind to focus on its main job: thinking. Some creative types may be at their most productive when they appear to their bosses to be doing nothing. Bill Gates, when he was in charge of Microsoft, would live by himself in a remote cottage for two "think weeks" every year just so he had the mental space to invent the technology of the future. It is hard to imagine what our workforce would look like if employees were pressured to take a couple of "think weeks" off every year on the company dime.

Perhaps it is no coincidence that January 13 is Make Your Dreams Come True Day. Truly, the best way to make your dreams come true is to put in some hard work first. A little luck also couldn't hurt. But, to borrow a line from Thomas Jefferson, "I'm a great believer in luck, but I find the harder I work the more I have of it."

Spreading Sunshine



Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? Would you like to do a grouch a favor?

Hunger is a definite biological cause of grouchiness. Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning. The grouch might say they're "not a morning person," but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the "sleep inertia" phase. It takes from five to 30 minutes for a person to feel awake. If someone is an interminable grouch, perhaps the biggest favor you can do for them, and yourself, is leave them alone.

Queen of the Sea



On January 8, 2004, Queen Elizabeth II christened the Cunard Line's newest ocean liner, *Queen Mary 2*. At the time, the ship was the longest, widest, and tallest ship ever built. While some cruise ships are larger now, *Queen Mary 2* remains the largest ocean liner on the sea and regularly makes trips between Southampton, England, and New York City.

Queen Mary 2 has transported its fair share of prestigious passengers, including heads of state, actors, musicians, and athletes. In 2005, it even carried the first U.S. copy of J. K. Rowling's book *Harry Potter and the Half-Blood Prince* across the Atlantic. Also carried on board the QM2 is the Boston Cup, a tall, silver cup that was presented to Sir Samuel Cunard by a Boston silversmith when he chose Boston as the port city for his new cruise line in 1842.