

Kopernik Lodge

Newsletter



Polish Flag Day

Flag Day is one of the youngest holidays in Poland. The Day of the Flag of the Republic of Poland falls on May 2 each year. It is one of the youngest public holidays since it was established by the Sejm only in 2004.

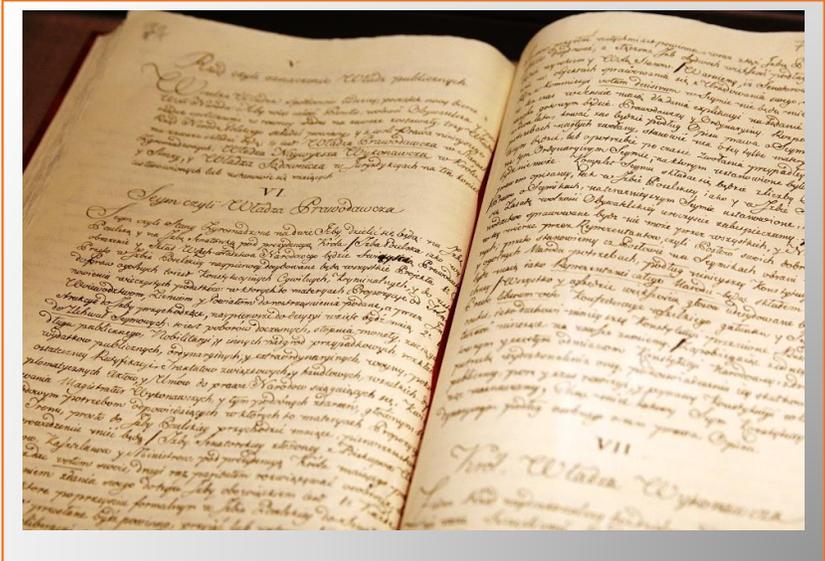
Flag Day is a holiday whose aim is to spread knowledge about national symbols and promote patriotic attitudes. Interestingly, on May 2, we also celebrate "Dzień Polonii" - Poles Abroad. This is an amazing moment to remind us that around 20 million Poles, scattered all over the world.



What the colours of the Polish flag mean?

Each country's flag has representative colors and symbols that signify important values, traditions and events that shape the country. The colors on the flag of Poland are white (upper) and red (lower), arranged in two horizontal, parallel stripes of the same width. Colors of the Polish flag reflect the colors of the national emblem, i.e. a white eagle on a red background. However, this is not the only reason why these two shades appear on our flag.

Bearing in mind the principles set out by heraldry, i.e. the science devoted to research on the development, meaning and shaping of coats of arms, also the colors on the Polish flag represent an important role of the tradition and history of the country. White is used to represent the shade of silver, it is also believed to represent water. However, the most important features that define this color are purity and immaculate, and the symbol of the white eagle on the national emblem. Red is a sign of fire and blood. It is also believed to symbolize such virtues as courage and bravery. At the same time, it represents the background on which the eagle is depicted.



From the Pages of Polish History

The Constitution of 3 May 1791, titled the Governance Act

On May 3, Poland and Poles around the world celebrate a national holiday commemorating the adoption in 1791 of the first in Europe and the second in the world written constitution.

Despite the fact that this document was signed 231 years ago, it still carries many universal messages and is a model of consensus among conflicting political parties.

The Constitution of May 3, regulated the organization of state authorities, as well as the rights and obligations of citizens, still divided into states. It also introduced the division of powers into legislative, executive and judicial.

Its creators showed imagination and long-term thinking and acting for the good of the country. The Constitution of May 3 was a strong impulse to stimulate public awareness of the need for changes in the functioning of the state, it also gave hope for reforms.

Constitution was a civilizational achievement of the citizens of the Polish-Lithuanian Commonwealth, an important page in the common history of Poland and Lithuania. It also became a model for other countries.

The Constitution of May 3 is considered one of the most significant achievements of the Polish parliamentary system.



Going Wild



The old nursery rhyme reminds us, “April showers bring May flowers.” What it doesn’t mention is that those flowers will bloom only if you plant them!

Wildflowers delight our senses with their colorful blooms and delicate fragrances, but they also play valuable roles in nature. The first full week in May is Wildflower Week, a good reminder to plant wildflowers for all to enjoy.

The term wildflower is not scientific but refers to flowers that have evolved to thrive in their native habitats. They require less water and fertilizer than non-native species and are naturally resistant to local pests and diseases. Most importantly, wildflowers make critical contributions to their local ecosystems. They improve soil health, prevent erosion, and improve water quality. The flowers themselves also provide habitat to native insects and wildlife that act as pollinators. Pollinators facilitate the reproduction of 87.5% of the world’s flowering plants, including 35% of the crops that we eat. Non-native species, on the other hand, often disrupt communities of pollinators. Some non-native flower species even outcompete local wildflowers, decreasing their habitat and adversely affecting the insect and animal species that rely on native flowers for survival.

World Bee Day on May 20 honors one of the world’s most prolific pollinators. Birds, bats, butterflies, moths, flies, beetles, wasps, and rabbits all make vital contributions to an ecosystem as pollinators. But no animal on Earth is as vital a pollinator as the bee. A 2018 study on pollinating habits conducted by the Royal Society of London concluded that not only do honeybees do the most pollinating, but they are also the most effective and efficient pollinators. Since 2006, colony collapse disorder has decimated honeybee populations around the world. One of the best ways to support honeybees is to plant native wildflowers. These flowers reliably produce the nectar and pollen that honeybees depend on and support the honeybee colonies that we rely on to pollinate so many of our favorite crops.

Uncommon Spring Weather.

There’s no doubt that this year’s spring weather has been unusually cold and wet across south-west B.C. Some of us may vaguely remember that in April, Vancouver was hit unexpectedly with both snow and hail. Snow in British Columbia isn’t an entirely unusual sight in April, but it’s pretty rare to see snow at lower elevations this late in the season. Low temperatures and high precipitation shattered many records, some of them being decades old.

For example, on the morning of April 16, Vancouver broke an 85-year-old weather record. The temperature, on that day, dropped down to a chilly minus 1.2°C – the coldest morning ever recorded on that date going back to when records were first kept in 1937.

Our Gardening

Unusually cool spring affected the gardeners and left many gardens in Vancouver a bit under the weather. Long-established dates for planting became no longer relevant. Weather now determines when, what and how can be planted.

However, as the Polish saying declares “*dla chcącego nic trudnego*,” or as the English proverb says “*where there’s a will there’s a way*.” Therefore, despite that we started later this year, because the weather was too cold, our amazing Kopernik’s gardeners, as they do every year, got to work and beautified our home with plants and flowers.

All flowers and some soil, were donated by Mrs. Janina Antczak’s daughter, Mrs. Julie Headridge. Ms. Headridge also helped us to plant flowers. We are very grateful for her thoughtfulness and generosity.

Gardening



May 2022









*"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul."
Alfred Austin*



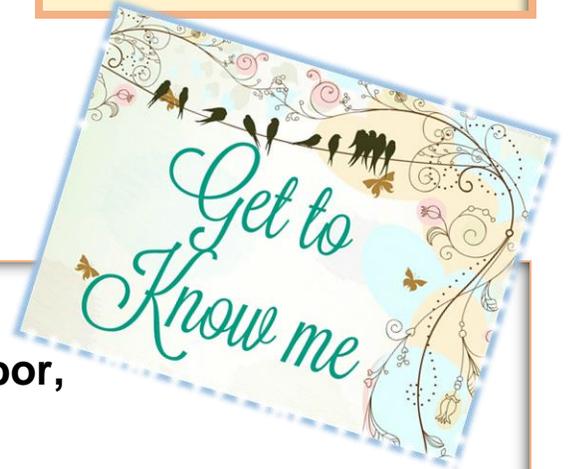
As the weather gets better, and the days are getting warmer, our Therapeutic Recreation staff is able to assist the residents to go out and explore our community. Recently, we visited the Champlain Heights mall, which is in a walking distance from the Kopernik Lodge. Residents went for a coffee and were very happy. One of the residents even bought a lottery ticket for a good luck. Residents came back home smiling. They were so delighted that they sang songs on the way back.





Our residents' introductions.

We would like to share with you what our friends and neighbors would like to tell us about themselves; what they like, where they grew up and what is important to them. It is their story, in their own words.



Hello, my name is Tibor,

I was born in Budapest, Hungary. I am the only child.

In my home city I was working as a car mechanic. I repaired heavy duty vehicles, such as buses and trucks. I liked that job and found it very interesting.

When I was 22 years old I got married and a year later I had my son. His name is also Tibor. He is far away in Europe. He still lives in Budapest, but we often talk over the phone.

I came to Canada when I was 32 years old. I got a new career here. I learned carpet installation and worked in that field until I retired. I installed carpets in commercial and residential buildings. My favorite carpet was made of wool. I liked carpet installation; and I was the fifth best according to the union, when it comes to installation of wool carpet.

My favorite colour is black. My favorite food is sauerkraut and schnitzels.

My favorite show on TV is the *Three's Company*, and I make sure that I am on time in my room to watch it every day.

When it comes to animals, my favorite one is a dog. I used to have a dog, it was a Kuvasz. He was a 90kg, white coloured beautiful guard dog.

The Kuvasz is a traditional Hungarian breed of flock guardian dog. They have historically been royal guard dogs, mentioned in the old Hungarian texts; they are protective, intelligent, patient, clownish, independent, and loyal.

I also like cats. I had a blue Abyssinian cat. She was very smart, she talked to me all the time. When I was coming back home, she kissed me every day on my forehead.



Tibor's cuisine.

Tibor is Hungarian. For quite a while he was asking if he could cook some traditional dishes from his country of origin. With the help of the recreation therapy staff they made schnitzels and goulash. Tibor was extremely happy. He kept his treasured food in a small fridge in his room and ate it every day. What a treat !

Nostalgic Dinner



Please Meet



Lesley and Ray

*a true love
story
never
ends*

Made with PosterMyWall.com

Hello, my name is Lesley,

I was born in Victoria, B.C. I lived all over Vancouver Island, and decided to come to Vancouver where I met Ray. I was 25 then. I fell in love with Ray and we got married in the First United Church.

Without a doubt, our wedding was very memorable. When we were supposed to get married, we were waiting for two hours for the priest. He forgot to come, and he was sleeping at his home. Finally, he came after two hours and married us. We have been married since – thirty-two years.

We never had children, but we had three cats: Ginger, Tiger and Missy. We are huge cat lovers.

My favorite food is seafood. My favorite colour is blue. I love doing puzzles, colouring and walking. I used to volunteer with Ray at the SPCA and I loved it.

Hello, my name is Ray,

I was born ... well,... "I am not sure if I was born or hatched."...

I was born in Long Creek, P.E.A. "I had three brothers - all monsters."

I have been married for thirty-two years to Lesley and I am the most romantic husband that has ever lived at the Kopernik Lodge.

My nickname is "Cookie Monster," because I am a baker. Before I became a baker I was a truck driver carrying explosives.

My favorite food is lobster, my favorite colour is green, and I am a big animal lover.

I used to volunteer at the SPCA with the reptiles.

Follow the Clues

It is no mystery why mystery novels consistently top bestseller lists and why the genre reliably rakes in hundreds of millions of dollars each year. Curiosity, after all, is one of the most powerful attributes of the human psyche. A good mystery grabs onto our curiosity and doesn't let it go until the wrongs have been righted. Lose yourself in a good mystery during the month of May, which is Mystery Month.



The wonderful thing about a mystery is that it can take place in any setting. Sherlock Holmes chases Moriarty through the streets of London during the Victorian Era. Nancy Drew embodies the Depression Era mindset that all able-bodied people, no matter the age or the gender, have a chance to pitch in and solve problems. There are plenty of science-fiction mysteries that take place in worlds both dominated by new technology, or decimated by it. However, at the crux of every mystery are two reliable and familiar tropes: the detective and the mystery itself. In many ways, our love of mysteries stems from our familiarity with the genre. No matter the setting, the stakes are always the same—our protagonist must decode the puzzle before it's too late.

This doesn't mean that every sleuth is working from a place of altruism. In fact, some of the genre's most beloved detectives are seriously flawed, which makes them feel reassuringly human. Sherlock Holmes often lacks empathy and is addicted to opium. Bob Arctor of Phillip K. Dick's novel *A Scanner Darkly* suffers from such severe mental illness that he must both solve the mystery and figure out who he is. Even Agatha Christie's beloved Miss Marple is a nosy gossip despised by friends and neighbors.

Despite their character flaws, these detectives still seek justice and truth. This is what makes even a flawed detective so heroic. We accompany them on a journey from fear and criminality to justice and reassurance. That might be the thing humans desire most of all—the unambiguous reassurance that a wrong has been righted.

Did you know that there's great value in sitting down for a nice, long coloring session?

Coloring is a great tool for practicing good mental health as it generates mindfulness and quietness. Mindfulness, in its most basic form, is the ability to focus and stay in the moment. Coloring is a repetitive activity that requires attention to detail. By focusing on a simple activity in front of you, coloring has the ability to relax the fear center of the brain, the amygdala. Therefore, coloring helps to relax the brain and quiet the mind. It reduces anxiety and improves mood. When stress is relieved body tension is reduced which leads to decrease of body aches, sleep problems, fatigue and depression.

Coloring can also improve the brain's ability to function and focus. During coloring, different parts of the brain's cerebral hemispheres are activated. For example, coloring activates the frontal lobe, which means that the brain is organizing and problem-solving. When choosing what colors to use, creativity parts of the brain are activated.

More complex designs with smaller spaces for coloring helps to improve hand-eye coordination and motor skills. Some researchers believe that coloring can even help to delay the onset of dementia.

At the Kopernik Lodge coloring is a very popular pastime activity. Our residents truly enjoy coloring in a group and/or individually in their rooms. When there are done coloring, residents are very proud of their masterpieces; especially when their work is hang on the board for everyone to see.

Both the artists and these who enjoy colorful and interesting decorations benefit from the activity.



Meditate on This

Take a deep breath and relax. Meditation might have gone mainstream thanks to popular practices like yoga and tai chi, but meditation is a practice that dates back many millennia.

While some archaeologists date meditation back to 5000 BC, and some anthropologists speculate that even our Neanderthal ancestors might have meditated, the earliest written records referencing meditation date to around 1500 BC in India. The Hindu tradition of Vedantism included the practice of *Dyana*, a pursuit of enlightenment that emphasized “the training of the mind.” The word *meditation* comes from the Latin *meditatum*, meaning “to ponder.” The notion that meditation is closely linked to the mind has persisted across various cultures for thousands of years.



Specifically, meditation is a technique used to calm and clear the mind. The Buddha, although he did not invent meditation, used it as a means to achieve enlightenment. Lao Tzu, the Chinese sage and author of the

Tao Te Ching, wrote, “Be still. Stillness reveals the secrets of eternity.” Meditation has long served as a valuable tool during humanity’s relentless search for the meaning of life.

Today, modern science shows us that meditation benefits the body just as much as it benefits the mind. In 1967, Dr. Herbert Benson of Harvard’s Medical School found that people who meditated used 17% less oxygen, lowered their heart rates, and increased brain waves that aided sleep. He called these effects “the relaxation response.” Studies now confirm that meditation reduces anxiety, promotes emotional health, enhances self-awareness, improves sleep, controls pain, and can even make you more kind. Meditation isn’t a miracle or magic. All it takes is deliberate practice. Dr. Benson might have put it best when he said, “All I’ve done is put a biological explanation on techniques that people have been utilizing for thousands of years.”

Marrying Traditions

Wedding bells ring all through the month of June. After all, it is the most popular month for couples to be married. Some say it is because June’s pleasant weather is best for a wedding, but this tradition has roots far deeper than any meteorologist could predict.

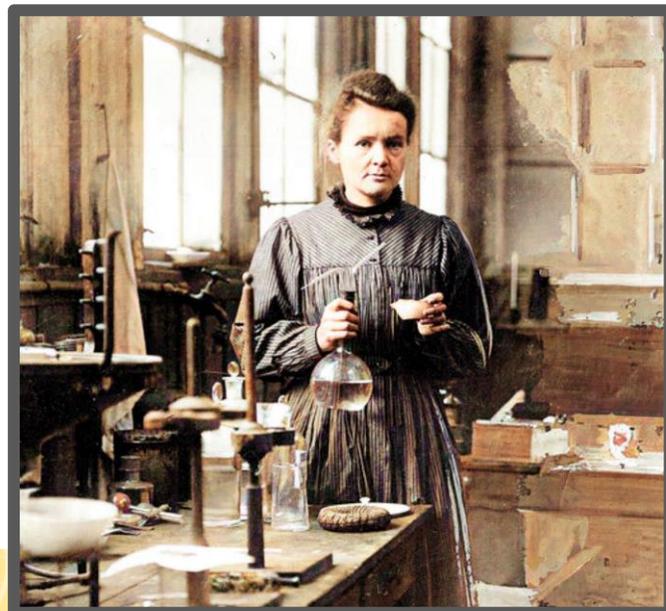


The month of June was named for the Roman goddess Juno, whose domain was marriage, childbirth, and family. As the patron goddess of Rome and all the Roman Empire, she was called *Regina*, or “Queen,” and was part of a powerful triumvirate of gods that included Jupiter, king of the gods, and Minerva, goddess of wisdom, justice, and military strategy. Of the three, Juno was worshipped as the protector of the empire, and particularly as a protector of women. Roman women went so far as to call their souls *junos*, believing that they each possessed a small bit of their beloved *Regina*’s spirit. June, unsurprisingly, was considered the most auspicious month to be married.

June might have been a popular month for marriage even before the time of the Romans. The Celts celebrated their springtime fertility ritual of Beltane on the cross-quarter holiday of May 1. Cross-quarter days were astronomical holidays that fell between quarter days, the equinoxes and solstices. It was a Beltane tradition for young couples to pair and plan for a wedding on the next cross-quarter day, which would not arrive until August three months later. Impatient young couples, eager to wed, would often not wait until August and instead marry in mid-June on the following quarter day, the day of the summer solstice. In this way, June became a traditional month for marriage.

It might come as no surprise that the following springs often coincided with a baby boom for couples married the previous June. This only provided more evidence of spring’s powerful fertility as Earth sprang back to life with its blooming flowers and leafing trees.

Famous Polish People



Maria Skłodowska Curie

Maria Skłodowska Curie is one of the most recognizable figures in science. She was a chemist and physicist. Born in Warsaw on November 7, 1867, she was the fifth and youngest child of well-known teachers Bronisława, née Boguska, and Władysław Skłodowski.

Maria studied in Warsaw, Cracow and at the Sorbonne in Paris, where she obtained Licenciatehips in Physics and the Mathematical Sciences. She met Pierre Curie, Professor in the School of Physics in 1894 and in the following year they were married. She succeeded her husband as Head of the Physics Laboratory at the Sorbonne, gained her Doctor of Science degree in 1903, and in 1906, she took her late husband's place as Professor of General Physics in the Faculty of Sciences. This was the first time a woman had held this position. She was also appointed Director of the Curie Laboratory in the Radium Institute of the University of Paris, founded in 1914.

Maria Skłodowska Curie, is remembered today for her discovery of polonium and radium, and her pioneering research on radioactivity. The discovery of the radioactive element radium made a big step in the development of atomic physics as well as cancer therapy.

Maria Skłodowska Curie become the first woman to win a Nobel Prize (the first in 1903 in physics and the second in 1911 in chemistry); the first person – and only woman – to win twice; and the only person to win a Nobel Prize in two different sciences.

Totally dedicated to science, she eventually died on July 4, 1934 of leukemia, a disease caused by contact with radioactive substances. She was a woman full of passion and determination. Quiet, dignified and unassuming, she was held in high esteem and admiration by scientists throughout the world.