

5647 Express

BRIDGING THE GAP AT MILL COVE

Wellness Corner

The Wellness Committee has been working towards getting the wellness center up and running – the house is being painted, and is almost ready to move in! We are also planning a bingo in November to raise funds for the center.

Upcoming Events:

October 2nd and 4th @ 2:15pm – Barb Fletcher will be here to educate us on Heart Math, a technique used to help with stress and build resilience in our everyday life. Two sessions will be held each day in order to give all staff the chance to learn about Heart Math.”

November

2018



Lindsay Austin

November 4

Ryan McGee

November 17

Cecil Oliver

November 4

Roger Hyatt

November 22

Patty Dalling

November 5

Brenda Ryder

November 27

Leanne Munroe

November 6

Kelly Chambers

November 30

Birthday Committee

The winner of November's Birthday Prize Draw is:

Happy Birthday! Come to the Business Office to claim your prize!

NOVEMBER

15°c



APRIL

15°c



Hard to understand

Upcoming Meetings

RA Meeting > Thu, Nov 1st— 2:15pm to 3pm

RA Meeting > Fri, Oct 19th – 2:15pm to 3pm



ANNUAL CHRISTMAS BAZAAR

DATE: Sat, Nov 24, 2018

TIME: 9AM—1PM

You still have time to showcase your creations!! Contact Kelly



Did You Know??

? November is Latin for “Novem” meaning “nine”

? It is one of only 4 months with 30 days in it.

? Shakespeare never mentions this month in any plays or sonnets.

? Remembrance Day falls annually on November 11. It also coincides with Armistice Day and Veterans Day, which mark the end of World War I.

? In Canada and the United States, November is also known as National Beard Month or No Shave Month (also known as “No-Shave Movember”) as a way to raise cancer awareness.

? The Canadian Armed Forces also just instituted in their CanForGen that all soldiers can grow a beard within specific standards. Prior to this they were only allowed to do so if they had a doctor’s note or were in a Unit that did specialized work.

Remembrance Day!!

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called “Armistice Day” to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.

From 1921 to 1930, Armistice Day was held on the Monday of the week in which November 11 fell. In 1931, Alan Neill, Member of Parliament for Comox–Alberni, introduced a bill to observe Armistice Day only on November 11. Passed by the House of Commons, the bill also changed the name to “Remembrance Day”. The first Remembrance Day was observed on November 11, 1931.

Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. We remember the more than 2,300,000 Canadians who have served throughout our nation’s history and the more than 118,000 who made the ultimate sacrifice.

The [poppy](#) is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to provide assistance to Veterans.

Remembrance Day is a federal statutory holiday in Canada. It is also a statutory holiday in three territories (Yukon, Northwest Territories and Nunavut) and in six provinces (British Columbia, Alberta, Saskatchewan, New Brunswick, Prince Edward Island and Newfoundland and Labrador).

The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony. It is also attended by the Prime Minister, other government officials, representatives of Veterans’ organizations, diplomatic representatives, other dignitaries, Veterans as well as the general public.

In advance of the ceremony, long columns of Veterans, Canadian Armed Forces members, RCMP officers, and cadets march to the memorial lead by a pipe band and a colour guard. At the end of the ceremony, they march away to officially close the ceremony.

Some of the 54 Commonwealth member states, such as Canada, the United Kingdom and Australia, observe the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.

Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium and Poland.