

CHELSEA GARDENS Newsletter



2023

VOLUNTEER APPRECIATION

After a long hiatus due to Covid limitations, the social committee hosted a volunteer appreciation event in the clubhouse on Sunday, April 23rd. It was a most welcome celebration. Volunteers were greeted with drink tickets, name tags, posters and photos, as well as a sumptuous spread of treats. For residents who are usually busy helping, this was their opportunity to relax, chat and visit.



Social Committee member, Sig Reid, prepares veggie plates for guests.

Carole Lazar had produced a slideshow depicting residents in action over the past few years. As Carole has recently retired after eleven years of editing the newsletter the social committee expressed its gratitude by presenting her with a bouquet of flowers.

Anita Thompson was also toasted for her generous contributions to life at Chelsea Gardens, through her work on council. She acted as treasurer and the social committee's liaison, spear-headed the redecorating of the guest suites, the clubhouse and the apartment building common areas and also worked with the emergency preparedness team. Anita was presented with a bouquet and best wishes. She is moving to Ontario and will be greatly missed.

After having a chance to meet and mingle the volunteers were eventually asked to assemble in the Fireside Room for the traditional group photo which is now on display. Residents are encouraged to check it out and to think about offering to lend a hand. Jan Bergman is the social committee's new co-ordinator of volunteers. She would be happy to hear from anyone who would like help with events in any way. Jan can be contacted at (604) 538-4485, until 8:00 pm.



Barb Parker, Terry Hyde, and Elaine Galley present a thank you bouquet to Anita. (Second to right.)



May 2023 Phone Lists
are now available

"spread the news"

\$2.00 each

Phone Lists are sorted

- By Unit Numbers
- or
- Alphabetically

Call Terry @ 604-598-8711
to arrange pickup

RON & ELAINE CELEBRATED 5.0 YEARS OF MARITAL BLISS

by hosting a potluck and dance on May 20th.



Note the “I’m so happy just to be here” look on his face, and the “you’re cute, but what am I going to do with you?” look on hers.

Would you like to have your own special day featured in our newsletter? All you have to do is play host to the entire population of Chelsea Gardens. That is what Ron Plankeel and Elaine Galley did back in 2018 when they got married. This popular couple couldn’t bear to leave anyone out so they issued a blanket invitation to all of us. In the circumstances, it is only fitting that they chose to celebrate their fifth wedding anniversary in the same way.”

SPRING DINNER

Covid has finally loosened its grip and so this year the social committee pulled out all the stops and, as it used to in the good old days, offered a three course sit down spring dinner. The posters advertising the event said there would be salad, pork loin with apple sauce, scalloped potatoes, vegetables and dessert. They also said that tickets would be offered for sale on four days. False advertising? Well, the meal exceeded all expectations. That cheese cake was to die for and since it was too good to resist, many wondered if they might burst by the time they ate those last crumbs. No, the misrep-

resentation related to ticket sales. The seating capacity for the dinner was 80 guests and all those seats were claimed the first day of sales. It was the only complaint we heard. Maybe we are ready to go back to the two sittings we used to have prior to the plague.



Anne Brokop designed and assembled dainty floral centre pieces for each table.

BE PREPARED TO SAVE A LIFE OR HELP A NEIGHBOUR

Have you ever wondered how to use the Defibrillator (AED), use an Epi-Pen, or to administer naloxone for opioid victims? You have a chance to learn all of this and much more in a single day--at no cost. If you’ve taken first aid courses in the past, it’s time to brush up as much has changed.

Chelsea Gardens is very fortunate to have new resident Marilyn Hunter, a qualified Advanced First Aid Instructor and former owner of a large first aid training company in Manitoba, offering her services. She brought a complete range of training equipment, including dummies for practicing compressions and many teaching devices. The first three training Saturday sessions were offered to members of the Emergency Preparedness Team this spring in the Fireside Room. Participants worked in teams to learn how to safely move an ill or injured person (falls are the most common mishap at Chelsea), how to monitor vital signs, how to fashion slings and tourniquets, how to control bleeding and breathing problems, and even how to put on and remove disposable gloves without contaminating them. This takes more practice than one would think, and resulted in lots of laughter and failures. We learned the importance of obtain-

ing consent before administering any first aid, or even touching the victim, and the importance of identifying relevant issues, in order to advise paramedics upon arrival.



Marilyn preparing to roll her patient Paul Kavanagh. (Participants will not be spending much time on the floor.)

Marilyn will be once again offering these valuable educational sessions September 30th and October 28th. If you are on the Emergency Response Team and have not yet taken this course, please register ASAP. As of September 1, registration is open to any Chelsea resident. Register at <https://www.signupgenius.com/go> or email marilyn.hunter112@me.com. Course participants receive a Certificate of Completion from the Emergency Care & Safety Institute.

ARE YOU A RESIDENT BETWEEN 4 AND 7 FEET IN HEIGHT?

If so, you are needed. Please come to the pool at 6:15 on Monday evenings to join us for volleyball. No talent is required. This event is especially for residents who are working or unavailable during the day. The ball is a harmless beach ball. Bring a sun visor and a sense of humour.



One of the many positive things about Chelsea Gardens is that the residents are always ready for a party and Canada Day is traditionally one of the biggest and best.

This year preparations started in early spring when Yvonne Brennan began thinking about the choir, as many voices had fallen silent during COVID. She needn't have worried. Once she'd posted an invitation for those who might be interested in performing for Canada Day, she had an eager dozen or so potential choristers. She started planning a medley of ABBA songs from Mamma Mia. Margy Jalbert and the Chelsea Dancers were also keen to do something innovative for 2023. They started choreographing a bit of musical dance theatre based on the same show. Meanwhile, the Social Committee was thinking about a special Canada Day dinner menu and decided that Greek food would fill the bill. Almost all Canadians, no matter what their ethnic origins, love Greek food, right?

By June the streets of Chelsea were festooned with Canadian flags, banners, and decorations. Over 70 tickets for the dinner sold on the first day with a further 120 selling quickly. Rehearsals were soon underway, costumes were designed, recipes were tested and volunteers were conscripted. Members of the social committee scoured the region for quality ingredients. Tents and canopies were inspected, chairs were rented, and the sound system checked out. Weather forecasts and climate oracles were being consulted daily.

July 1st dawned fair and sunny, and soon the plaza was a sea of red and white, as the good-hearted volunteers set up the bar, the sound system and the seating for 200 while others assembled and cooked a delectable dinner of Greek salad, chicken souvlaki, potatoes, rice, pita bread, and tzatziki.



Kelly Garland and Mike Williams skillfully grilled chicken souvlaki on the bbq.

Emcee Charlie Sweet kept things moving and on schedule. He tested the attendees with a trivia quiz based on the Mamma Mia movie. The men were at a disadvantage with that theme.

Opening the entertainment portion of the festivities were Yvonne Brennan and Bill Thorton-Trump leading us in Oh, Canada. Bill then wowed everyone with his beautiful rendition *en francais*. The choir and dancers were outstanding, but the girl with the golden hair and her lovesick swain almost stole the show.

We were all relieved when after a few false starts and rejections, he at last enticed her with a bobby-dazzler of an engagement ring.



Mar Thomas checking to see if suitor, Bob Hyde, measures up.



Jules Verbeke smiling on the first anniversary of his move into Chelsea and May Hamaura feeling lucky.

IT'S PART OF YOUR HOME TOO!

One of the apartment residents confessed that in her ten years at Chelsea, she had never been in the clubhouse. This space is your space. Come, not just for Wednesday coffee at 9:15 or Friday Pub between 4:30 and 7:00, but anytime the spirit moves you. Don't be shy; introduce yourself and make yourself at home. There are no reserved seats. Help yourself to ice and glasses. Use the pool table and cues, the shuffleboard or the ping pong table. If you would like to play other games, there are crib boards, cards, and all sorts of games upstairs. Help yourself. So come and play in the pub, upstairs or out on the pool deck. (Do remember, no glassware is allowed pool side.)

**The Chelsea Gardens Newsletter
is sponsored by**

The Chelsea Gardens Social Committee

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If you have any suggestions, or would like to submit articles or photos for future newsletters, phone Carolyn Swayze at 604-503-3895 or e-mail her at carolynswayze@shaw.ca

A coloured version of this newsletter and our submission guidelines can be found at

www.chelseatoday.org