



Kinsmen Lodge
Honouring Elders

February 2026
Newsletter





In Loving Memory

Art Ross, Shirley Clark, Sylvia Kaine,
and John Robyn

New Faces at Kinsmen

Vernon Borne, Juanita Ostrom, and
Christopher McAllister

Happy Birthday To You....

February Birthdays

Val Banares	14 th	Cindy Mason	14 th
Judy Ongaro	15 th	Fred Davies	16 th
Donald Horodyski	21 st	Elenor Nathan	26 th
Percy O'Hanley	28 th		

February 2026 Events

Bus Outings

12th - Country Drive

26th - Country Drive

Special Events

Happy Hour Every Wednesday - Family are welcome

13th - Valentine's Elder Concert - 2:00pm

15th - Elder Council Meeting

21st - Lunar New Year - 2:00pm

A monthly calendar is available.

Just ask someone in the recreation department.



GETTING TO KNOW YOU

Elder Profile

NAME: Fred Davies

BIRTHPLACE: New Westminster, BC

FAVOURITE COLOUR AND WHY: **Blue/Brown**, which reminds me of hiking and fishing.



FAVOURITE FOOD: 'I like eggs and shrimp because they taste good.'

FAVOURITE MUSIC: 'I like classic artists such as Andy Williams and Herb Alpert. Their music is smooth, easy to listen to, and has a good Latin Rhythm.'

FAVOURITE SCENT: 'I do not usually have a favorite scent, but I love the fresh smell of the outdoors. The clean air of spring and pine forests makes me feel calm and peaceful.'

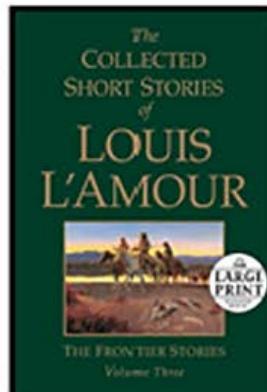
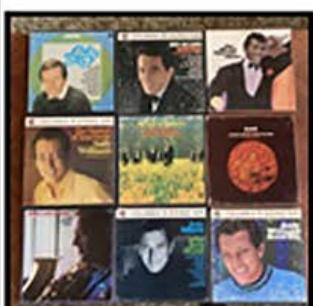
FAVOURITE BOOKS: 'My favourite books were Westerns novels - murder mysteries, especially stories by Louise L'Amour and Ann Cleeves. I enjoyed reading suspense and crime mysteries.'

WHAT MAKES YOU HAPPIEST: 'I love the outdoors. I used to go fishing, camping, hiking, and enjoy nature.'

HOW LONG HAVE YOU LIVED AT KINSMEN LODGE? 'I have been with Kinsmen since September 2025.'

WHAT PROGRAMS DO YOU PARTICIPATE IN AT KINSMEN? 'I participate in Active Games – Ball Toss/Ring Toss, Happy Hour, Special Events, Visiting the Pets and 1:1 Friendly Visits.'

SPECIAL MEMORIES: 'The most cherished memories are meeting my wife and the birth of my daughter, Joy. These moments remind me of love, family, and the true meaning of happiness.'



Getting to Know our Volunteers

Amelia Bragel is our volunteer for the month of February. She was born and raised in Surrey, BC and graduated from Queen Elizabeth Secondary. Amelia is currently in first year at KPU, with hopes to become an Ultrasound Technician in the future. This dedicated volunteer has been volunteering with us for about a year now and comes on Friday afternoons to assist with Bingo and special events. Some of her goals in life are to travel the world, become a Sonographer, and hopefully go to a Backstreet Boys concert one day. In her free time, Amelia enjoys doing different forms of art (visual and fine) as she has been doing it for years. Amelia is a big family person – her dog, Rekslo, brings her joy and one of her special memories was visiting family in Poland.



Interesting Facts about Amelia:

Favourite Music: *"I like 2000's and 2010's throwbacks and K Pop they get me hyped up which I prefer than slower music."*

Favourite Food: *"Polish food, especially soups since I grew up eating them.."*

Favourite Colour: *"Periwinkle, it's a perfect mix of pastel blue and purple and it's calming."*

Favourite Scent: *"Vanilla and lavender, they are subtle, but nicely sweet."*

Favourite Book: *"The Handmaid's Tale, I love dystopian books and how this one explores women's rights."*





Living by Mary Brown

Remembering back, I wonder what has really changed about our everyday lives over the last 100 years? Is ‘The Basic’ of getting up, into clothing fit for the day’s activities, then making a meal still first? Washing & dressing...still soap & water basics, but the variety of soaps available is massive & growing. I remember only one bar and no liquid as everyday soap. There was another pretty & fragrant bar for “show” and to match the colours of the bathroom. There was “Monday soap” for whites & clothing.” Do you remember that large

harsh smelling yellow bar? It was not for delicate skin, but did clean & brightened everyday towels and linens very well. I seem to remember it becoming a powdered boxed Laundry Cleaner while I was still in Grade School? Amazon...my current shopping guru - lists 156 personal bars available today! Marketing has kept up the speed with developing new cleansers too. I bless the industry when I find a new soap or lotion without a fragrance! Our desire for cleanliness seems to have founded a booming industry.

Wet washing was taken outside & hung up to dry much of the time on the west coast. Sheets and towels could dry quickly there and if it was cold & windy all would freeze ...preschoolers loved ‘helping’ by carrying some of their own frozen clothing carefully back inside. Frozen clothes were hard to keep unbent and wrinkle free...but the unmistakable fresh air fragrance was worth the extra time and effort.

I wonder if irons were not as easy to upgrade. They were heavy metal blocks heated on a wood burning stove then lifted over to your ironing board. Lots of lifting & reheating and even re-washing & re-ironing if collars on the daily white shirts were not smooth enough. I learned to iron on one of my dad’s old shirts and my own school blouses my first year in High School. Mom’s nursing uniforms were done at the hospital fortunately!

Home use sewing machines were used in High School Home Ed classes. For some reason I could flip that tiny little thread bobbin into place & have it do perfect stitches...but straight lines of stitches were a mystery to me - and still are! I spent much of one year doing machine repairs instead of sewing...then needed a second year to learn about the actual use of the machines and how

to make a "practical summer dress"....we needed to model our grade 10 dresses that year & I was afraid of public embarrassment, but the boys class I took "woodworking" which turned out to support the parade & turned it into fun. My "knack" with our sewing machine worked well on the vacuum cleaner from their Home Ed classes.

Clothing too must have been ready for change....in the 1930s zippers started occurring head to foot...winter boots and big collars for icy days had the new closures and buttons became easier to "do up." Fabrics hadn't changed in many years, but uniform & army supply factories quickly switched to bright colours and textured fabrics for childrens and womens wear.

Yes... things have changed and no, not a lot....The basics are still here and important. Our choices are multiple and varied. Life is good and we are blessed with so much to be grateful for from each and every generation.



Stay well.





Artist of the Month

Delores Janel - This month I am happy to share with you some of Dee Janel's art work. Dee has participated in a lot of art programs over the past few years. She has enjoyed painting, weaving, making jewelry, Christmas cards, sewing pot holders, and most recently making button babies. She has a great eye for colour and design, which makes sense since she used to sew a lot of her own dresses! Dee has been very helpful over the past few Christmas seasons, with making handmade decorations for the trees and getting ready for our craft shows. She especially enjoyed decorating our Christmas trees. Thank you, Dee for everything that you do here.

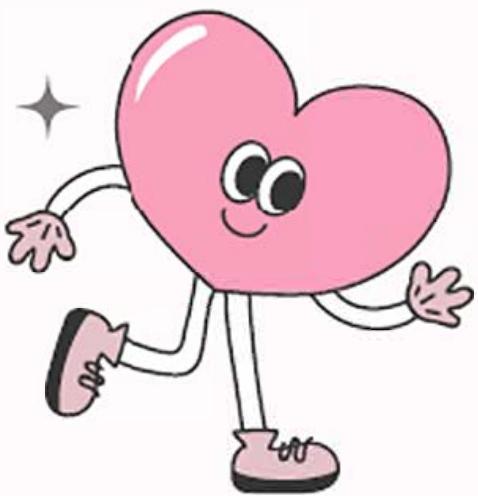


Introducing our new button babies, which are made with wire and upcycled buttons.

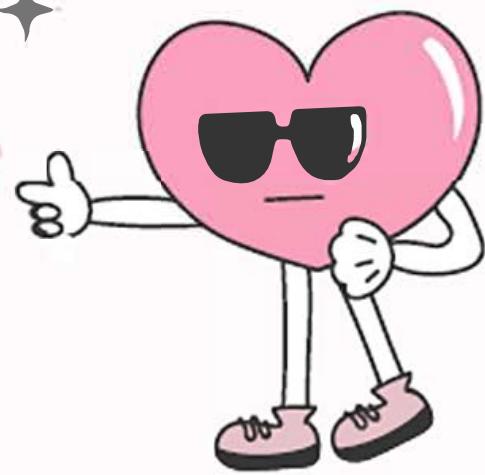
On the left, Dee's button baby.

On the right, Leona's.





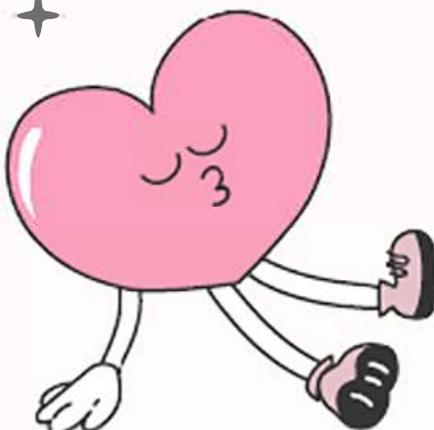
Join us
to celebrate



Valentine's Elder Concert

13
February

2:00pm in the
recreation room



Valentine's Day Word Search

E	S	M		W	B	F										
T	R	A	E	H	C	A	R	D	N							
O	R	O	S	E	S	V	I	V	M	N	F					
O	F	L	O	W	E	R	S	G	E	C	A	N	D	Y	X	
H	A	N	D	H	O	L	D	I	N	G	L	L	O	R	T	S
H	U	G	S	T	C	D	P	D	K	F	B	E	M	I	N	E
Q	S	R	O	T	I	U	S	U	N	E	C	N	A	M	O	R
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S	G	N	I	L	E	E	F	C	G	I	F	T				
F	R	P	V	N	D	I	A	M	O	N	D	Z				
Y	E	W	Y	R	A	U	R	B	E	F						
V	V	P	Q	R	T	I	Y	T								
O	U	R	Z	E												
L	O	V														
W																

Arrow	Date	Hand holding	Roses
Be Mine	Diamond	Heart	Stroll
Candy	February	Hugs	Suitors
Card	Feelings	Kisses	Valentine
Chocolate	Flowers	Love	
Couples	Friendship	Lovers	
Cupid	Gift	Romance	

KINSMEN LODGE

HELPFUL INFO

CONTACT

604-588-0445
info@kinsmenlodge.ca
<https://kinsmenlodge.ca/>

THE SHOPPE

OPEN 7 DAYS A WEEK
HOURS: 9:30-11:30 & SAT/SUN 1:30-3:00
MARY SELLS COFFEE ON MONDAYS

HAIRDRESSER

- Located on the first floor
- Open Friday
- Booked at reception

HAPPY HOUR

- Located on the first floor
- Live music
- Every Wednesday at 2PM

LEADERSHIP

OFFICES ON FIRST FLOOR AVAILABLE WEEKDAYS ASK AT RECEPTION

CONFERENCE ROOM

- The conference room can be booked for parties. Ask Bev.

MONTHLY CALENDAR

- Available from recreation

BINGO

- Located on the first floor
- Big game is 50/50 split
- Every Friday at 2:30PM

CHOIR

- Located on the first floor. Most Fridays at 10:30am

DID YOU KNOW

- WE VALUE YOUR PARTICIPATION. FAMILY MEMBERS ARE INVITED AND ENCOURAGED TO COME AND TAKE PART IN RECREATION ACTIVITIES LIKE HAPPY HOUR AND EXERCISES

