

THE CORONA CHRONICLES

TIPS AND GIGGLES

JUNE 8, 2020

Social distancing does not mean social isolation. Now, more than ever, we need to find creative ways to stay connected. We hope to put a smile on your face and keep you up to date on what's happening at Villa Beaurepaire.



We encourage you to go outside and enjoy some fresh air.

Wear a mask (available in the office) and keep 2 metres away from others.
Visitors inside the building are still prohibited, but you may visit outside at a distance.
Do not go to the Depanneur. Do not take public transport.

WHAT'S HAPPENING

****Please check the activity times**
carefully, as they have been adjusted.**

Groceries

Leave your order on your tablet by **Monday at 1:00pm**. Orders will be delivered on Tuesday morning.

VBBC Tuesday Broadcast

This week on VBBC:

National Film Board Videos

Tune in (CH #940) Tuesday at **2:00PM**



Virtual Bingo!

Wednesday & Friday - **1:30PM**

Turn on your TV to CH #940 and call the kitchen if you have a bingo.

(514) 697-0021.



Weekly updates by Mary

Wednesdays right after Bingo,
~2:30pm CH #940.



CHAIR PILATES

Mon./ Thurs./ Sat. - **1:30pm**

The classes will be held inside through the VBBC network (CH #940)



Canteen

We're bringing the depanneur to you!

Thursday afternoons with Robin.

You may pay with cash or run a tab.



VBBC Movie Showing: Friday

I Am Not Your Negro, an Oscar and Academy award nominated documentary.
After bingo (**~2:30pm**)



Church Service

Sunday mornings at
10:30am, CH #940.



A Year in review!

Tune in this **SUNDAY AT 12:00PM** for some 2019 Villa memories with a slideshow and videos from past activities and outings.





NOTICE



Chairs have been strategically placed on the north terrace **6ft apart**, to allow for visiting outdoors and/or for just soaking up some Vitamin D from the sun. Please use the cleaner left outside to wipe the chairs before and after you use them.

See notice on the exterior North Courtyard door. Please wear a mask when with other people outside.

40°
30°
20°

It's really HOT!

When it's very hot, your health can deteriorate quickly.

Watch for signs of dehydration: intense thirst, dry mouth and lips, dark urine, rapid pulse and breathing.

To protect yourself from the effects of heat:



Drink lots of water before you feel thirsty



Spend a few hours a day in an air-conditioned or cool location



Close the curtains or blinds during the day and open the windows, if possible, when it's cool at night



Take a cool shower or bath when needed or cool your skin several times a day with a damp cloth



Avoid alcohol



Wear light-coloured clothing



Keep in touch with family and friends and don't hesitate to ask those around you for help

Happy Birthday

To Mary McDonough - June 13th



May you enjoy stuffing your face with food you love...

...and laughing hysterically with friends!



Giggles

Do you know why you never see elephants hiding in trees?

Because they are really good at it.

Why did the house go to the doctor?

Because the window had a pane and the chimney had the flu.

Why don't teddy bears eat?

Because they are already stuffed.

What button can't undo?

A belly button!

What kind of dog can tell time?

A watch dog!

Stay safe!



VILLA BEAUREPAIRE STAFF

The Story of Africville

Matthew McRae - Canadian Museum for Human Rights



Black settlement in Nova Scotia

Black people have lived in Nova Scotia since before the founding of Halifax in 1749. However, it was only after the American Revolution, in the late 1700s and early 1800s, that large groups of Black settlers began to arrive in the province. Many of them were former enslaved people who had been promised freedom and land in Nova Scotia, but when they arrived, they encountered white settlers who viewed them as inferior. Because of racism, Black settlers were pushed to the margins of society and forced to live on the most inhospitable land. Despite this, they persevered, developing strong, vibrant communities. Africville was one such place.

A close-knit community

Africville was a primarily Black community located on the south shore of the Bedford Basin, on the outskirts of Halifax. The first records of a Black presence in Africville date back to 1848, and it continued to exist for 150 years after that. Over that time, hundreds of individuals and families lived there and built a thriving, close-knit community.

Unfortunately, discrimination and poverty presented many challenges for the community of people in Africville. The City of Halifax refused to provide many amenities other Haligonians took for granted, such as sewage, access to clean water and garbage disposal. Africville residents, who paid taxes and took pride in their homes, asked the City to provide these basic services on numerous occasions, but no action was taken.

The City of Halifax eventually decided to relocate the residents of Africville to then build industry and infrastructure in the area. But it also used the language of human rights, claiming that relocation would improve the standard of living for residents.

Black Lives Matter. Today, and everyday.

In support of the ever-growing movement against racial injustice in North America, we acknowledge the systemic racism that continues to oppress marginalized people in our country. Allyship starts with educating ourselves and each other about racism in our society.

VILLA BEAUREPAIRE BOARD OF DIRECTORS

In January 1964, Halifax City Council voted to authorize the relocation of Africville residents. Before this decision was made, there was no meaningful consultation with residents of Africville to gather their views. In fact, it was later reported over 80 per cent of residents had never had contact with the Halifax Human Rights Advisory Committee, which was the group charged with consulting the community.

The destruction of Africville

The destruction of Africville took several years. Residents who could prove they owned their land were offered payment equal to the value of their houses. Residents without proof – some residents did not have deeds, even if their families had lived on the site for generations – were offered \$500. Those who resisted relocation could have their lands expropriated by the city. There were also some accounts of bribery and intimidation being used against residents to force them from the neighbourhood. In the end, despite resistance, all residents were relocated; the last remaining Africville home was destroyed in January of 1970.

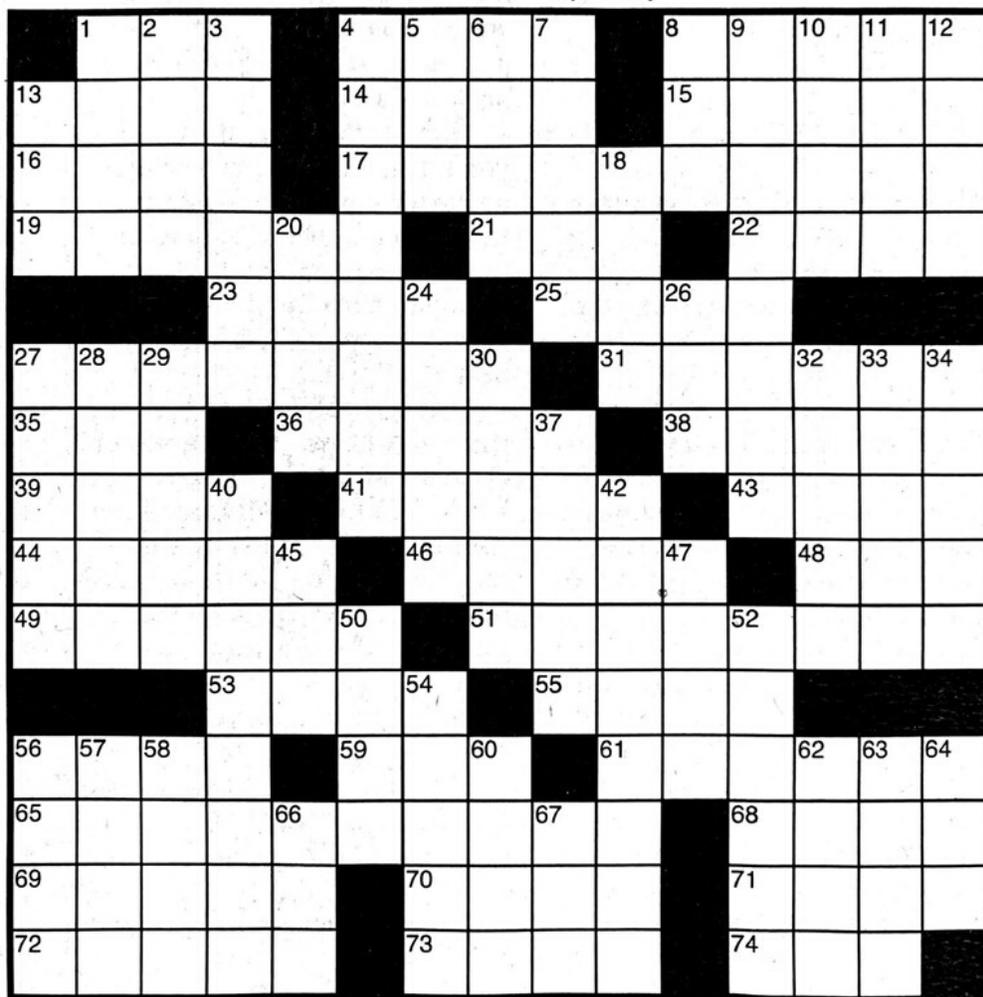
The legacy of Africville

Despite these challenges, former residents did take action and seek justice. In the 1980s, the Africville Genealogy Society was formed and it began to seek recompense for all the suffering caused by the destruction of the community. In 2010, a settlement was reached and the Mayor of Halifax made a public apology. Part of the settlement was used to rebuild Seaview Church, which now serves as the Africville Museum. Not all former residents accepted the apology, however, and some are continuing to seek individual compensation for what they suffered.

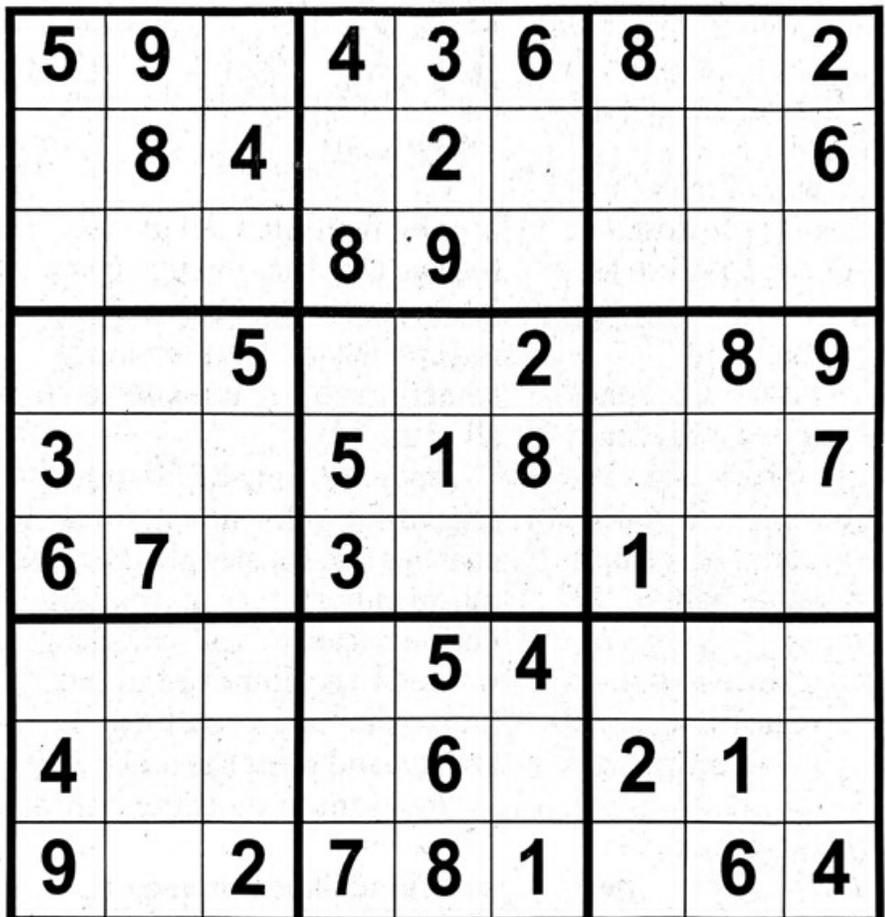
TODAY'S CROSSWORD

- ACROSS**
- 1 Bother
 - 4 Seam, in mining
 - 8 Kind of plug
 - 13 Fundraiser, often
 - 14 Where Tabriz is
 - 15 Incendiarism
 - 16 Slippery — eel
 - 17 Spokesperson
 - 19 Upper house
 - 21 "Luck — — Lady"
 - 22 Fabricate
 - 23 Gauge
 - 25 Old Norse poem
 - 27 Confuse
 - 31 Shoulder gestures
 - 35 Galley mover
 - 36 Birthday count
 - 38 Astrologer's scales
 - 39 Brown songbird
 - 41 Loud kiss
 - 43 Be deeply angry
 - 44 Chip giant
 - 46 Sanskrit user
 - 48 Physician's grp.
 - 49 Literary works
 - 51 Brought about
 - 53 Enjoy, as benefits
 - 55 In that case (2 wds.)
 - 56 Polite address
 - 59 Bacon feature
- DOWN**
- 1 Nosegay holder
 - 2 Vitality
 - 3 "Kubla Khan" setting
 - 4 Summer coolers
 - 5 El Dorado loot
 - 6 Smear
 - 7 Calculator key
 - 8 Tree juice
 - 9 Steakhouse order (2 wds.)
 - 10 Aboard ship
 - 11 Sway side to side
 - 12 Cypress feature
 - 13 Dental anesthetic
 - 18 Herr's dwelling
 - 20 Not messy
 - 24 Camel kin
 - 26 Oilers' org.
 - 27 Hunting knife
 - 28 Gets paid
 - 29 Fumes
 - 30 Use Artgum
 - 52 Snowier
 - 54 Audition rewards
 - 56 Padded glove
 - 57 Nautical position
 - 58 Alda or Ladd
 - 60 Poi source
 - 62 Office assistant
 - 63 Gives silent assent
 - 64 Dehydrated
 - 66 Souvenir item
 - 67 Piece of china

- 32 Kapitan's command (hyph.)
- 33 Soot
- 34 Entree go-with
- 37 Bookstore section (hyph.)
- 40 Almost a bull's-eye (2 wds.)
- 42 Arab man's headdress
- 45 Strong alkali
- 47 Famous loch
- 50 Money repository



SUDOKU



CONGRATULATIONS

to June AND Don Weber who both won last week's Trivia!

LEVEL OF DIFFICULTY: **VERY EASY**

Fill the grid so every row, every column and every 3x3 grid contains digits 1 through 9.

No number repeated in any row, column or box