

# THE CORONA CHRONICLES

## TIPS AND GIGGLES

APRIL 20TH, 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.



### ALLOW US TO DO YOUR GROCERIES

Leave your order on your tablet **Monday BY 1PM**. Your order will be delivered on Tuesday. Please do not go to depanneur or pharmacy. Allow us to go there for you.

## WHAT'S HAPPENING

### Happy Birthday!

To **Joyce King**, April 19th, and to **Pete Schwaer**, April 21st. Best wishes to both of you.



### Virtual Bingo!

Wednesday & Friday - 1:00pm  
Turn on your TV to #940, prop your door open and get ready to yell BINGO! Call the kitchen, (514) 697-0021, if you have a bingo.



### Library Cart

Thursday and Sunday 2pm  
(magazines, books, coloured pencils, etc)



### Introducing VBBC

Our very own broadcasting channel which will feature customized Villa programming. Tune in (channel #940) this **Wednesday** after bingo to watch the **50th anniversary of Earth Day** filled with global conversations, calls to action, performances, video teach-ins and more.

### Chair Pilates

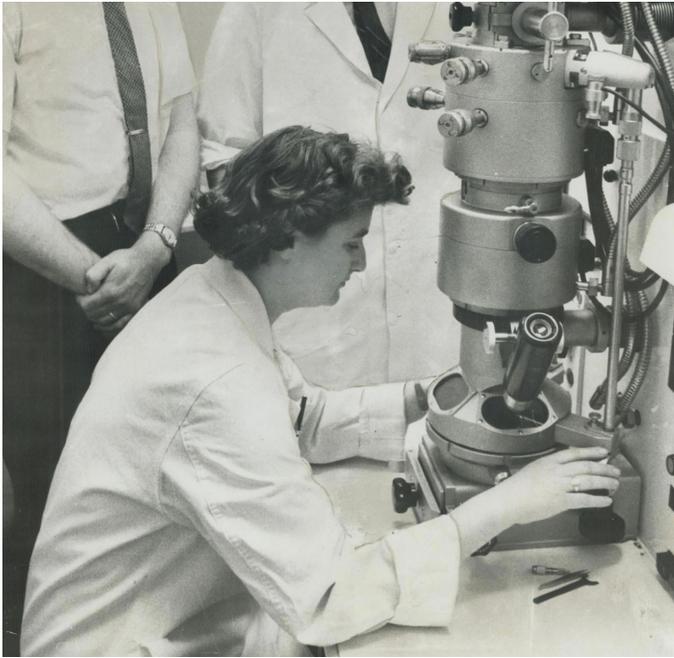
**\*Mondays and Saturdays 1:30pm\***  
The class will be twice weekly and will either be broadcast to your TV (#940), or held outside, weather permitting. **Monday, April 20th will be held INSIDE through the VBBC network.**



# Person Worth Mentioning

She discovered coronaviruses decades ago—but received little recognition

**Scientific pioneer June Almeida is finally being acknowledged for virology breakthroughs she made a half century ago.**



WHEN JUNE ALMEIDA peered into her electron microscope in 1964, she saw a round, grey dot covered in tiny spokes. She and her colleagues noted that the pegs formed a halo around the virus—much like the sun's corona.

Almeida played a pivotal role in identifying it. That feat was all the more remarkable because the 34-year-old scientist never completed her formal education. Born June Hart, she lived with her family in a tenement building in Glasgow, Scotland, where her father worked as a bus driver.

June was a bright student with ambitions to attend university, but money was scarce. At 16, she dropped out of school and started working as a lab technician at Glasgow Royal Infirmary, where she used microscopes to help analyze tissue samples.

After moving to a similar job at St Bartholomew's Hospital in London, she met the man who would become her husband, Venezuelan artist Enriquez Almeida. The pair immigrated to Canada, and June started a job working with electron microscopes at the Ontario Cancer Institute in Toronto. There she developed new techniques and published several papers describing the structures of viruses previously unseen. The microscopy technique Almeida developed was simple, yet revolutionary for the field of virology.

Almeida went on to identify a host of viruses including rubella, which can cause complications during pregnancy. Scientists had been studying rubella (aka three-day measles) for decades, but Almeida was the first to see it.

Before her death in 2007 at the age of 77, Almeida returned to St. Thomas as an advisor and helped publish some of the first high-quality images of HIV, the virus that causes AIDS. Hugh Pennington, an emeritus professor of bacteriology at the University of Aberdeen, worked with Almeida at St. Thomas and describes her as his mentor. "Without doubt she is one of the outstanding Scottish scientists of her generation, but sadly largely forgotten," Pennington said in an interview with *The Herald*.

"Though ironically, this COVID-19 outbreak has shone a light again on her work." Today, researchers are still using her techniques to rapidly and accurately identify viruses. Fifty-six years after she first saw a coronavirus through a microscope, Almeida's work is more relevant than ever.

BY SYDNEY COMBS, published in *National Geographic* Apr 17, 2020

*Stay safe!*

# ACTIVITIES

## Three truths and a lie! Can you spot the lie?

1. Margo owns a house in Florida
2. Alex used to work as a veterinarian assistant
3. Margo has a brother and sister who are twins
4. Mary has never bought anything full price

\*All answers will be in next week's newsletter

\*If you would like the answers to the word game "Finish the Line" from last week, ask Alex or Laura.

\*The answer to last weeks "Three truths and a lie": They were all true!! (Laura didn't realize that Alan does, in fact, own a motorcycle).

## Word Scramble

1. CIEDVOSR
2. GICCKRAN
3. ADROOCNISET
4. EOLIBNCAERT
5. WESFLRO
6. ELNALJEBY
7. IOTRTDIAN
8. CCOOAEHST
9. MLBURALE
10. TACTTILOON
11. INTNPAIG
12. DSOLFAFDI

**GIGGLES**

**Instructions:**  
Unscramble the letters to find the Easter words from the list below.

I'm giving up eating chocolate for a month. Sorry, bad punctuation. I'm giving up. Eating chocolate for a month.

2020 is a unique Leap Year. It has 29 days in February, 30 days in March and 5 years in April.



Give yourself a pat on the back for following the quarantine protocol and staying safe.



# Wednesday, April 22nd is the 50th anniversary of EARTH DAY

## ECO TIPS

- Save water by turning off the tap when you are scrubbing your hands for 20 seconds.
- Practice environmental advocacy hands-on with an Earth Day window / balcony sign! Try a slogan like :  
**The climate's changing; why aren't we?**  
**Don't be a fossil fool**  
**Less plastic would be fantastic!**  
**Mother Earth doesn't like quitters;**  
**pick up your litter.**

## Did you Know?

- Volunteer time contributes billions of dollars to the Canadian economy every month, at last count more than \$55 billion per year.
- 44% of Canadians volunteer an average of 156 hours a year.
- Canadians of all ages and backgrounds volunteer. Youth have the highest rate of volunteering while older adults volunteer the most hours.
- Source: Volunteer Canada

# APART

# BUT TOGETHER FOR CHANGE



## IT'S TIME TO APPLAUD CANADA'S VOLUNTEERS



**NATIONAL VOLUNTEER WEEK 2020**  
**APRIL 19-25**  
**VOLUNTEER.CA | #NVW2020**