

The Mulberry Leaf

A newsletter from
The Mulberry
Retirement
Residence

Spring 2007

WELCOME

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Spring Edition of
The Mulberry Leaf.

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Profile

An Interurban Romance for Burnaby's Citizens of the Year

For Dennis and Cice Brown, residents of The Mulberry, the exciting transformation of Interurban 1223, from peeling paint and rotting wood to a brand new authentically restored tramcar, is very special.

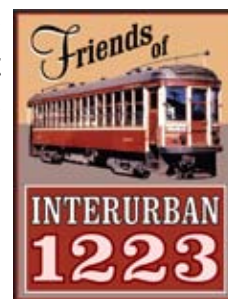
Dennis and Cice met and dated at Burnaby High School. They drifted apart and after graduation Dennis joined the Air Force. In late November of 1944, they spotted one another on the Interurban. Dennis got off the tram at Cice's stop, walked her home, and they have been together ever since.

In recent years, they joined Friends of The Interurban – a society made up of volunteers and supporters for the restoration of Interurban 1223. "It was Cice who started it all", laughs Dennis. She told the historical society that "we needed to do something about the Interurban". Cice became Volunteer Coordinator and Dennis stepped in as Treasurer and Project Manager, sourcing parts, and getting people doing what they do best. The restoration has involved over 25,000 volunteer hours over the past 5 years.



This labour of love has its rewards. Dennis received the Kushiro Cup - Burnaby's Citizen of the Year award – just two years after his wife was the recipient of the same award! Congratulations Cice and Dennis on the official unveiling of the Interurban and for being a very special couple in the Burnaby community.

** photos courtesy of the Burnaby Village Museum*



The Burnaby Historical Society previously put the Interurban 1223 on display at Edmonds Loop. It is now located at the Burnaby Village Museum, which is open to the public on May 5th.

Events

Valentine's Day Hugging Booth

On Valentine's Day, residents of The Mulberry strolled in for some affection at our very own hugging booth. The residents and staff sure had a great time giving out hugs and chocolates to their friends here at The Mulberry.



Two of our residents, Tom and Angie, sharing a friendly hug and a great laugh.

*" I just love hugs!
They make you feel so good!"
Emily, Mulberry Resident*

Men In Skirts!

These Mulberry men surprised the residents on Robbie Burns' Day by putting on their kilts and dancing around the dining room during lunch time. Our staff continue to add some spice to life here at The Mulberry.



Stanley, Ralph, & Nello showing off their kilts

Spring Events at The Mulberry

Spring has sprung and so has the fun!

Spring Events:

- Mar 15: VSO's Tea & Trumpets "From Russia With Love"
- Mar 27: Complimentary Spa Day
- Mar 28: Mulberry Talent Show
- Apr 8: Easter Brunch
- Apr 10: Bus Trip - Ciao Bella Restaurant "Italian Experience"
- Apr 18: Charter Bus Trip to Skagit Valley Tulip Festival with The Summerhill
- Apr 21: Pub Night w/ Five-Piece Jazz Band "Definitely Divas"
- May 3: VSO's Tea & Trumpets "Dancing Again!"
- May 13: Mother's Day Gala
- May: "Behind the Scenes" Mechanical Building Tour of The Mulberry
- June: Metro Seniors Band on The Mulberry's HighGate Terrace

Lightening Up

How many men and women does it take to change a lightbulb? One of each!

Ralph Martens, Building Services Manager, and Patti Evans recently installed 2,500 light bulbs at The Mulberry to save 78% more light energy! Discover the inner workings of The Mulberry at the popular "Behind the Scenes" Mechanical Building Tour, coming again in May.

"Keep Laughing! Laughing causes positive changes in brain chemistry by releasing endorphins, and it brings more oxygen into the body with the deeper inhalations."

Events

Easter Brunch

What do you think of at Easter? Candy and kids? Easter egg hunts and Easter hats? A special religious celebration?



Easter is also a time to gather with friends and family.

And what about that bunny? Keep your eyes peeled for a cute visitor...

Back by popular demand, The Mulberry will be hosting our second annual Easter Brunch! The residents are looking forward to inviting their friends and family in for these scrumptious special menu items:

~ EASTER BRUNCH MENU ~

Assorted Fresh Baked Breads

Eggs Benedict

Buttermilk Pancakes

Belgian Waffles w/ Strawberry Sauce

Tender Chicken Strips

Carved Honey Ham

Bacon & Sausage

Oven Roasted Potatoes

Fresh Seasonal Salads

Fresh Fruit Cake

Red Hatters Society

When walking around the Mulberry you may notice women wearing purple ensembles topped off with a red hat. These ladies are members of our Red Hatters' Society, who are all about having fun and getting to know each other through organized gatherings and events. They hosted a wonderful New Years party at The Mulberry for everyone to enjoy and they all had a great time!



Health & Wellness

Take A Spring Stroll

There's no doubt about it - walking is good for you! It's good for your heart, it's good for your lungs and it's good for your emotional well-being. What better way to smell the first Spring flowers, catch a little sunshine, or take in fresh air after an April shower?

With warmer weather approaching, The Mulberry's walking group will be stretching their legs around the community. For those who are more comfortable being seated while exercising, look for a seated chair exercise program at your local community centre.

The residents at The Mulberry can take advantage of our seated power fit classes - suitable for all levels of ability.



"Walking benefits your brain power, improves your mood, and allows you to connect more deeply with your spiritual side and with your loved ones."

Greetings From Management

Stanley Leung, The Mulberry's In-House Chef

The Mulberry residents are fortunate to have all of their meals prepared fresh daily by our talented Chef, Stanley Leung. Stanley brings a wealth of experience including working at the Hyatt and Pan Pacific Hotels. He also cooked for Prince Charles and Princess Diana during Expo '86!

When asked what his favourite dishes are to prepare at The Mulberry, goodies came to mind. "Mango Mousse, Chocolate Ganache Cake...and lots of other desserts! We use real cream instead of butter, and also use less sugar. I like making delicious tasting desserts that are healthy for you, too." Stanley has an open door policy. "Come and have a look in our kitchen."

"I have found the meals here most satisfactory...It is really nice to have choices at all meals."

- Freda, Mulberry Resident

Good Works

The Mulberry Sponsors Local Events

March	Vancouver Symphony Orchestra's Tea & Trumpets "From Russia with Love"
May	Health Aging Seminar - Burnaby Support Services for Seniors
May	Vancouver Symphony Orchestra's Tea & Trumpets "Dancing Again!"
June	Hats Off Parade

The Mulberry has recently teamed up with the Burnaby Seniors Outreach Services Society (BSOSS). BSOSS is "a non-profit organization dedicated to promoting the emotional health and well-being of seniors, thereby enhancing the quality of life through the support of their peers." If you would like more information please contact their office at 604-291-2258 or visit their website at www.bsoss.org

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Did you Know?

Tours of The Mulberry are offered daily from 10 am - 6 pm. Please call to arrange your personal tour.