

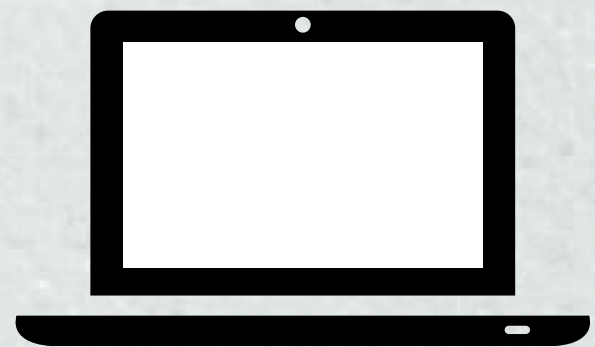
Fernwood 2024 *March*

*Springtime is the Land awakening;
The March winds are the morning
yawn*



LINA SPROULE
204-380-4462

MICHAEL OBVIAR
204-326-2002



steinbachhousing.com

UPCOMING PROGRAMS

Movie Matinee!

Monday, March 11
@ 2:00 PM in the MPR



MCC Pick UP

Items you wish to donate to MCC may be brought to the garbage room on Monday morning before 9:00. Please do not put them in the garbage room before Monday morning.

Monday, March 18 @ 9:00 am



*Clearspring Middle School
March 15 @ 10am*

Come and spend time with the Grade 6 Students. They are a bunch of fun to be around and they love to hang out with Fernwood tenants. Come and share with them and pass on some wisdom and laughter. It benefits everyone. Coffee will be served.

Schools Literacy Program



Let's welcome the Southwood Elementary school students and take advantage of the opportunity to bless them as we visit, and take part of their learning. Come and join the Fun.

Thursday, March 21 @ 10:00 am

Welcome TO FERNWOOD

NEW TENANTS

506 - Abe Koop.
305 - Hubert Williams
124 - William James Samatte



**MARCH 29,
KITCHEN & OFFICE
WILL BE CLOSED**



**JUST A
REMINDER TO
PUSH YOUR
CLOCK
FORWARD 1
HOUR ON
MARCH 9TH.**

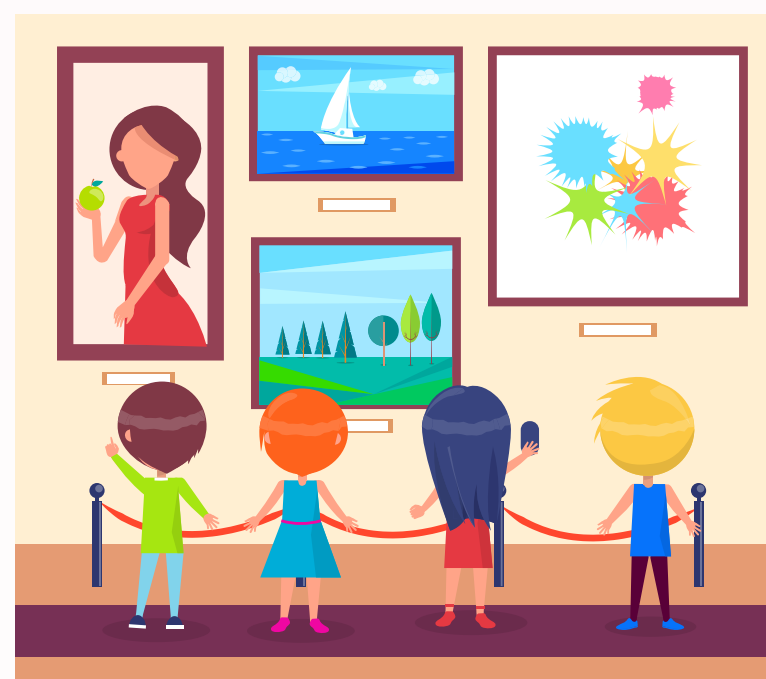
**There is a new Music Group
that
will be coming to Fernwood
every
3rd Tuesday of the month
at 7:00pm
They call themselves the
Music Family Singers.
Everyone is Welcome**

**● A note from the Library:●
Please sign your book out and
also sign it back in when
returning. Be kind and put it
back on the shelf where you
got it from.
If you can't do so for some
reason, just leave it on the
table and a volunteer will do
it for you. Thanks for your
cooperation.**

NEED MAINTENANCE TO FIX SOMETHING?

**If you have a burnt out
lightbulb or need anything else
fixed that requires our
maintenance personnel, please
contact Lina in the TRC office
on the main floor during office
hours. Between
8 am and 4:15 pm.**

Ph 204-380-4462



**High School visitors?
March 23 @ 1:00pm**

**Going for a walk to
Giant Tiger, the Arts
Centre or just
enjoying the great
outdoors,**

**or have a story read,
do puzzling together, playing
a game or just visiting.
Let Lina know to make
arrangements.**



March Birthdays

2-Connie Wiebe	17-Irene Giesbrecht
8-Klaas Giesbrecht	17-Brenda Ward
9-Frieda Duerksen	21-Mary Friesen
10-Marlene Klassen	23-Debbie Giesbrecht
12-Susan Watling	

\$ 2.00 cupcake and coffee.
Free for the Birthday person of the Month.

March 13 @ 2pm

Fun Facts about March

- “March” is named for the Roman god of war-Mar. This was the time of year to resume military campaigns that had been interrupted by winter.
- Mar.1- National Reading Month.
- Mar. 8-International Women’s Day
- Mar.10- Start of Daylight savings Time.
- Mar. 17- Saint Patricks Day
- Mar. 19- March equinox- Northern Hemisphere, marking the beginning of spring - In the Southern Hemisphere, marking the beginning of fall.
- Mar. 24- Palm Sunday- Sunday before Easter and last Sunday of Lent.
- Mar.31- Easter Sunday
- March birth flower is the daffodil or jonquil.
- March birthstone is the aquamarine.
- Statistically, March is the least productive month.
- First telephone was patented in March 1876 by Alexander Graham Bell.
- The Monopoly game was invented in March 1933
- Coca-Cola invented in March 1886 by John Pemberton.
- The first washing machine was patented on March 28th, 1797 by Nathaniel Briggs.
- In March 1889, the completion of the Eiffel Tower occurred.



What is a Footcare Nurse?



A foot care nurse is a licensed RN/RPN who has taken specialized training in foot care. They work along with a team of health care professionals such as family doctors, podiatrists, chiropodists, physiotherapists, and others to keep a person mobile and decrease the risk of developing foot complications. A footcare nurse will do an assessment of your feet for circulation, swelling, edema, sensation or any skin disorders. They will look at the overall health and condition of your feet. They will advise, and offer health education for the management of any nail or foot conditions you may have. They do cutting and filing of nails, removal of calluses, corns and ingrown toenails. They will use an antibacterial softener solution to prevent infection and contamination. All of the equipment they use is sterile for your protection and safety.

If you would like to book an appointment with a licensed footcare nurse, please contact Angeline Alajar to book an appointment.

Angeline's Footcare 204-381-1970 angel.bait@yahoo.com

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Need a Ride?

**Call Sandi
Ph: 204-330-8180**

Rates:

**\$ 20 an hour
\$ 10 Round Trip
in Steinbach**

**To Winnipeg including wait
time \$ 75 round trip.**

- Long wait times may be subject to an additional Fee**

Additional Cost:

- Parking Fee**
- Meals when applicable**



Long wait times

- \$10 - \$ 20 TBD**

Income Tax Services

Edwin Klassen will be picking the income tax papers up on
March 8th or 9th.

Items for Income Tax:

1. CPP (T4A(P)) & OAS(T44(OAS))Statements of Revenue Canada/Service Canada.
2. T5 Statements for interest earned from SCU and other banks.
3. Donation receipts.
4. Medical receipts.
5. Any other Pension income...T4RIF, T4RSP...

Please contact Lina, if you want Edwin to do your Income Tax.



Presentation

Legal Services by Mona Jodoin Law

Corporation

Thursday, March 7 @ 2 PM

Topics of the presentation will be:

- Having a current Will
- Power of Attorney
- Healthcare Directive



Easy Broccoli Cheddar Soup

Ingredients

- 1/3 cup of butter
- 1 yellow onion, chopped
- 4 cloves garlic, finely chopped or minced
- 1/3 cup of all purpose flour
- 2 cups good-quality low sodium chicken stock
- 3 cups half-and-half,
- 3/4 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 1 teaspoon vegetable stock powder (or chicken)
- 1 teaspoon mustard powder
- 1 teaspoon garlic powder
- 1 pound (500grams) broccoli florets, cut into small pieces
- 2 large carrots
- 2 cups low fat sharp cheddar cheese

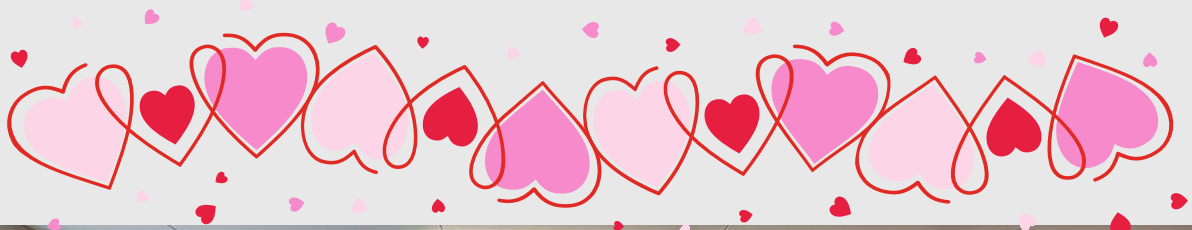
Instructions

1. Melt the butter in a large pot or Dutch oven over medium heat. Fry the onion until fragrant. Add in the garlic and cook for a further minute. Whisk in the flour and cook for a few minutes or until golden brown.
2. Reduce heat to medium-low and slowly pour in the chicken stock and half-and-half, stirring well to combine and dissolve the flour into the liquid. Season with salt and pepper, stock powder, mustard and garlic powder. Give it a good mix and allow to cook and thicken for about 5 minutes, stirring occasionally.
3. Add in the broccoli and carrots and gently simmer for another 20 minutes, until tender. Mix in cheese and stir until just combined.



*Congratulations
on your engagement!*

Valentine's Day 



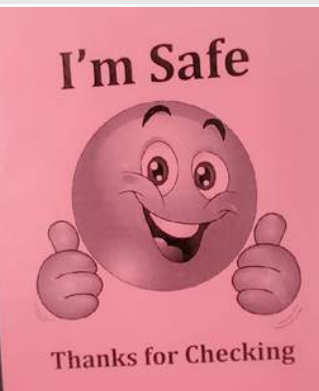
*Great Party
Fun Time*

**HavenGroup Foundation Fundraiser.
Friday, March 1 at the Steinbach EMC
422 Main Street, Steinbach.
@ 7:00 PM
Featuring Canadian singer/song
writer
Steve Bell**

**For Rest Haven Care Home &
HavenGoup Housing**

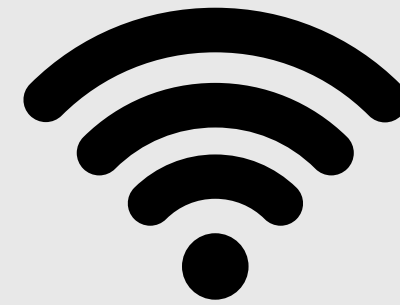
**We are looking for
volunteers
to do Safety Checks.
Great opportunity to stay
active and get some
exercise.**

**If you would like to give it a try
please talk to Lina or
Katherine.**



March 8 is International Women's Day. It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. It's also a time to raise awareness of the progress made towards achieving gender equality.

Come and Celebrate. Join us for Coffee Potluck in the MPR at 2:00 pm

The advertisement for Ascend Communications features a red background. At the top is the company logo, which consists of a stylized 'A' made of two overlapping triangles. Below the logo, the text reads "Ascend COMMUNICATIONS". Underneath that, it says "Your Hometown Internet Service Provider" and "Providing Reliable and Affordable Internet Services To Our Local Community." In the center is a photograph of an elderly couple sitting at a wooden table, looking at a laptop. Below the photo, a red arrow points to the text "Internet for \$30/mo" and "Available March 2024". At the bottom, another red arrow points to the text "For more information, call or text (204) 813-6700 or visit our website, ascendcommunications.ca".

**Ascend Communication is coming to Fernwood Place! If you decide to get connected with Ascend here is the contact information to get signed up. Please call them if you have any questions.
Ph: 204-813-6700**

Please Note for Tenants with Xplore



After March 31, 2024, Xplore will no longer have any obligations, interest or liability at Fernwood. Please see Michael for details.

**"I am the resurrection and the life. Anyone who believes in me will live, even after dying. Everyone who lives in me and believes in me will never ever die." Jesus
John 11:25-26**



ST. PATRICK'S BREASTPLATE: PRAYER FOR PROTECTION

I arise today
Through a mighty strength, the
invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.

I arise today
Through the strength of Christ's birth
with His baptism,
Through the strength of His crucifixion
with His burial,
Through the strength of His
resurrection with His ascension,
Through the strength of His descent for
the judgment of doom.

I arise today
Through the strength of the love of
cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of resurrection to meet
with reward,
In the prayers of patriarchs,
In the predictions of prophets,
In the preaching of apostles,
In the faith of confessors,
In the innocence of holy virgins,
In the deeds of righteous men.

I arise today, through
The strength of heaven,
The light of the sun,
The radiance of the moon,
The splendour of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rock.

I arise today, through
God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's shield to protect me,
God's host to save me
From snares of devils,
From temptation of vices,
From everyone who shall wish me ill,
afar and near.

St. Patrick's

I summon today
All these powers between me and those
evils,
Against every cruel and merciless
power
that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches and smiths
and wizards,
Against every knowledge that corrupts
man's body and soul;
Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me an
abundance of reward.



Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who
thinks of me,
Christ in the mouth of everyone who
speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.



FROM THE CHAPLAINS DESK

“Conduct yourselves honourably among the pagans, so that in cases where they speak against you as ‘those who do what is evil’ they will, by observing your good works, glorify God on the Day of Visitation.”

1 Peter 2:12.

In the earliest days of the faith, the Church faced constant opposition, pressure, and persecution from the pagan cultures around it, be they Roman or Greek. Roman emperors like Decius persecuted the Church with violence and martyrdom. Others, like Valerian, simply legislated against them, making civic life incredibly difficult. Christians were seen as a strange Jewish cult, one which was dangerous to the lifestyle of the empire, a lifestyle which included worship of many gods, rampant sexual immorality, and a might-makes-right attitude towards others. Christians, by speaking of love and chastity, of worshipping only one God, of caring for the poor and forgiving enemies, were seen as a threat to the social order. They were strange, to be persecuted and cleared away. And yet...

The Church grew in it's first three hundred years at a rate of about 40% per decade. That's a huge percentage of the population becoming Christian every year, until in 313 AD the emperor Constantine himself became a Christian and granted religious freedom to the empire. Why?

Because Christians lived what Peter said in the passage above.

The moral beauty of the Christian life and their outreaching, all-encompassing love for one another and those around them (particularly the most vulnerable in society) had a deep effect on Roman culture. They were people transformed by the Gospel of Christ who likewise went out and transformed their world, starting hospitals, adopting abandoned babies, feeding the hungry, and living lives of impeccable purity. That Gospel way of life changed the world in the first three centuries. It can do so again in our day and any.





-Scot Moir



MARCH 2024

FERNWOOD EVENTS



S	M	T	W	T	F	S
					<div>1</div> <div>9:30am Exercises</div> <div>10:30am Bible Study</div> <div>2:00pm Psalms in Prayer</div> <div>2:00pm Book Mobile</div>	<div>2</div> <div>1:00 pm Bingo</div>
<div>3</div> <div>10:00 am</div> <div>Sunday Service</div> <div>Jim Harms</div>	<div>4</div> <div>9:30am Exercises</div>	<div>5</div> <div>10:00am Chapel</div> <div>2:00pm Bingo</div>	<div>6</div> <div>9:30am Exercises</div> <div>2:00pm Trivia</div>	<div>7</div> <div>9:30am Coffee Time</div> <div>10:30am Sing-a-long</div> <div>7:00pm Sommerfeld Youth</div>	<div>8</div> <div>9:30am Exercises</div> <div>10:30am Bible Study</div> <div>2:00pm Psalms in Prayer</div> <div>2:00pm Coffee Potluck</div>	<div>9</div> <div>1:00 pm Bingo</div>
<div>10</div> <div>10:00 am</div> <div>Sunday Service</div> <div>Sommerfeld Mennonite</div> <div>10:45 am Coffee Time</div>	<div>11</div> <div>9:30am Exercises</div> <div>2:00pm Monday Movie Matinee</div>	<div>12</div> <div>10:00am Chapel</div> <div>2:00pm Bingo</div> <div>7:00pm- John Penner Music</div>	<div>13</div> <div>9:30am Exercises</div>	<div>14</div> <div>9:30am Coffee Time</div> <div>10:00am Clearspring Middle School</div> <div>7:00pm Mitchell Choir Sing Along</div>	<div>15</div> <div>9:30am Exercises</div> <div>10:30am Bible Study</div> <div>2:00pm Psalms in Prayer</div> <div>7:00 pm Grandpas in Harmony</div>	<div>16</div> <div>1:00 pm Bingo</div> <div>7:00 pm Low German Program</div>
<div>17</div> <div>10:00 am</div> <div>Sunday Service</div> <div>John Hiebert</div> <div></div>	<div>18</div> <div>9:30am Exercises</div> <div>9:00 am MCC</div>	<div>19</div> <div>10:00am Chapel</div> <div>2:00pm Bingo</div> <div>7:00pm- Music Family Singers</div>	<div>20</div> <div>9:30am Exercises</div> <div>2:00pm Birthday Party</div>	<div>21</div> <div>9:30am Coffee Time</div> <div>10:30am Sing-a-long</div> <div>2:00pm Southwood School Students</div>	<div>22</div> <div>9:30am Exercises</div> <div>10:30am Bible Study</div> <div>2:00pm Psalms in Prayer</div>	<div>23</div> <div>1:00 pm Bingo</div> <div>1:00 pm 1 on 1 visits</div> <div></div>
<div>24</div> <div>10:00 am</div> <div>Sunday Service</div> <div>Church of God</div>	<div>25</div> <div>9:30am Exercises</div> <div>2:00pm Nail Painting</div>	<div>26</div> <div>10:00am Chapel</div> <div>2:00pm Bingo</div> <div>7:00pm- John Penner Music</div>	<div>27</div> <div>9:30am Exercises</div> <div>2:00pm 60's Music with Joe Draude</div>	<div>28</div> <div>9:30am Coffee Time</div> <div>10:30am Sing-a-long</div> <div>2:00-4:30pm Barkman Bake Sale</div>	<div>29</div> <div>Office Closed</div> <div></div>	<div>30</div> <div>1:00 pm Bingo In the Game Room</div> <div>Happy Easter!</div> <div></div>
<div>31</div> <div>10:00 am</div> <div>Sunday Service</div> <div>Pansy Chapel</div>						