

TRINITY LODGE RESIDENT'S NEWSLETTER

ISSUE NO.24 JANUARY 2023

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*For Residents
By Residents.*

A very Happy New Year to all residents, family members, staff, management, and friends of Trinity Lodge. I'm sure 2023 will be a great year for all of us.

Our monthly newsletter is two years old. A big thank you to every contributor.

Please help me. If we're going to keep the newsletter viable, we need your input.



A Great Big Thank You!

The response that the Resident Council received from our request for donations for the Trinity Lodge Staff Appreciation Fund was fantastic. Thank you all for your generosity. Thank you for allowing me and the other council members to convert your donations into a substantial gift for every member of our wonderful staff. Thank you for giving us the opportunity to distribute your gift. Thank you for giving me my best week of the year. The thanks, the expressions of joy, and the gratitude we received when we distributed the gift envelopes were so uplifting. Thank you!

Resident, Sheila Sunderland, Her story.

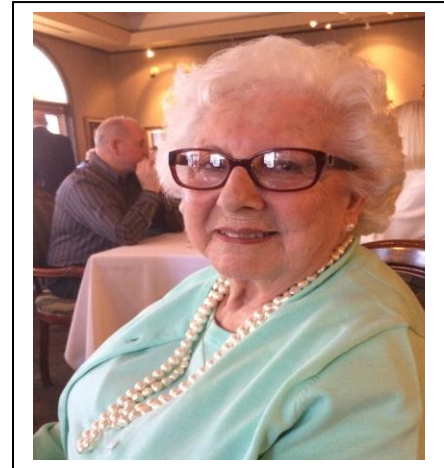
Sheila was born in 1927 in Leeds England. Her parents, Harry and Becky Freeman had two boys, Maurice and Leonard before Sheila showed up.

When she was an infant, the family moved to Derby and then to different places across all of England. Why all the moves? Her dad was the accountant of a very prestigious tailors that started in 1920 with one store in Leeds. That one store grew to more than 300 locations by the start of World War Two. Sheila's dad, the company's accountant, was tasked with supervising each new store until it was established.

Sheila told me about when she was a child, just after the start of the war, London was being bombed every night. The family were issued an air raid shelter. It was basically, a steel cage, placed under the kitchen table. The noise of the bombs exploding must have been terrifying. Her parents decided, for her safety, they would send her to live with family in the small town of Newark in Nottinghamshire. It was Robin Hood country, and some distance way from the terrible pounding that London and the other major cities received by the bombs of the German Luftwaffe. Sheila told me a story of one day, she was walking on Newark's main street, when a single low-flying aircraft sprayed the street with bullets. Someone grabbed her and pulled her into a shop doorway. She was just a second away from being killed. So much for being away from the danger areas. Sheila's brothers were in the Army and, at the age of eighteen, just as the war was ending, she was conscripted into the Army too.

A year later, at the age of nineteen, while she was the secretary of the Battery Commander in a Royal Artillery unit, she married Gerald Sunderland. They married in Hendon, a suburb of London. Sheila had met Gerald a couple of years earlier. He was a friend of one of her brothers. The couple had three boys. Tony. Larry and John. In 1957, they decided that they would emigrate to Canada, where they had another two children, daughter, Liz and another son, Rob. Gerald became an architectural scale model maker of all things structural from residential housing to office complexes in downtown Calgary. Sheila's daughter, Liz, told me that she and her brothers saw the Husky Tower in her dad's office before it was built. He worked with the leading developers of our city. The Calgary Herald featured a very comprehensive Op-ed piece about his involvement in shaping Calgary's skyline.

Sheila took on two jobs, the first, rearing five children, then, after the children had finished school, she worked part time at Ben Moss jewellers in Chinook Centre. She proudly showed me the watch she was wearing as we talked. It was presented to her at her retirement in 1998 after seventeen years service.



Sheila really enjoyed the 1980's and 90's. She was fully involved with the Hadassah Wizo, a Jewish lady's charitable organization that was renown for Calgary's Hadassah Bazaar, one of the many annual events that raised thousands of dollars for charity. Sheila served two years as the event chairperson and held many other positions of responsibility in the years she spent with the organization. Liz remembers dancing around the Stampede's Big Four Building when the Bazaar was on, as though she owned the place.

I asked Liz did she have any other special memories. "Oh, so many." she said. One of her favourites was a family trip to London. Visiting her grandparents and her aunts and uncles. They visited all the historic landmarks. A cruise down the Thames was a highlight, as was playing on the beach, catching crabs, and building sandcastles with the whole family. Just as her mom, Sheila did when she was a child.

Through the years, Sheila's family has grown, she has nine lovely grand children and five precious great grandchildren. Some of her family have settled in London, England, Some in Vancouver and some in Calgary. She is proud of every one of them. Just as she is proud of her own heritage. To the right, is a family portrait that Sheila treasures. Her dad is the young man with his finger in his mouth.



Sheila is in her eleventh year as a resident at Trinity Lodge.

I'm grateful to this gracious and demure lady for allowing me to tell her story and I offer many thanks to her daughter, Liz for, her invaluable assistance.

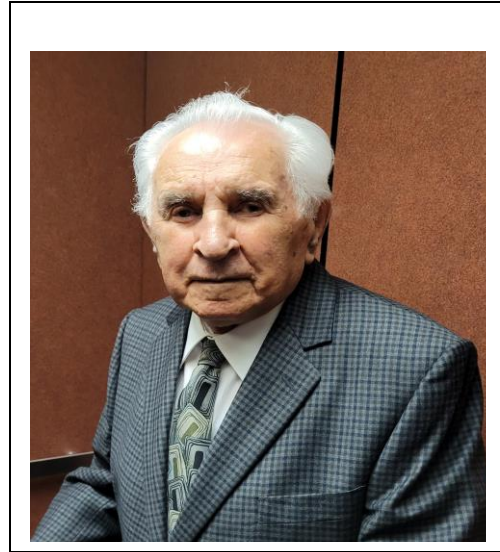
A special day for a very special guy

Be sure to wish our good friend, **Jack Adler**

“Happy One Hundredth Birthday,”

Jack reached this wonderful milestone on the second day of this month.

On the first day of this new year, I and some of Jack’s Trinity Lodge friends were invited to join Jack’s family and friends in celebrating this great day. Our bistro was packed with people and filled with love. This love was expressed by his children and grandchildren when they gave their tributes to the patriarch of the Adler family. There was a wonderful sequence of family pictures that formed a streaming slideshow on the large TV screen. Framed congratulatory letters from the Prime Minister and Governor General of Canada were displayed on the grand piano in the foyer and an amazing faux front page of a newspaper showing a picture of Jack as a young man, plus glimpses of our world as it was a hundred years ago, was on display at the entrance to the room.



What a great day!



Happy Birthday,
Jack!

The Party Post

SPECIAL EDITION
Today we're celebrating
Jack's 100th birthday.

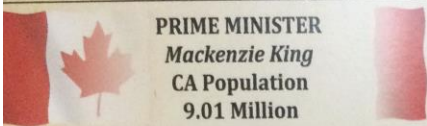
Volume I.No.1

Canada - January 2, 1923

PRICE 10 cents

JACK'S 100th BIRTHDAY

**100 YEARS LOVED! READ
ALL ABOUT THE YEAR HE
WAS BORN!**



PRIME MINISTER
Mackenzie King
CA Population
9.01 Million

What happened in 1923

The Halibut Treaty signed with the United States is Canada's first international treaty not signed under the auspices of the United Kingdom.

The Department of National Defence comes into being.

The Toronto Symphony Orchestra gives its first concert.

Frederick Banting and Charles Best win the Nobel Prize for Medicine for the discovery of insulin.

World's first complete play-by-play radio broadcast of a professional ice hockey game is done by Pete Parker in Regina.

Enigma machine first produced commercially.

OTHER LEGENDS BORN THAT YEAR

Bob Barker, Henry Kissinger,
Estelle Getty, Hank Williams

SPORTS HIGHLIGHTS

STANLEY CUP:

Ottawa Senators wins the Stanley Cup for the fifth time, defeating the Edmonton Eskimos by 2 games to 0 in the 1923 Stanley Cup Finals.



GREY CUP:

11th Grey Cup in the Canadian Football League - Queen's University 54-0 Regina Roughriders.

LACROSSE: New Westminster Salmonbellies win the Mann Cup.

QUEEN'S PLATE WINNER: Flowerful



COST OF LIVING

New House: \$3,350.00
 Litre of gas: \$0.13
 Loaf of bread: \$0.10
 Litre of milk: \$0.19
 Dozen eggs: \$0.25
 Bacon: \$0.49/lb
 Butter: \$0.11/lb
 Coffee: \$0.50/lb
 Postage stamp: \$0.02



*Average Income
Per Year*
\$3,200.00



WORLD POPULATION HITS 1.99 BILLION



ON THE BIG SCREEN

The Covered Wagon,
The Ten Commandments,
The Hunchback of Notre
Dame,
Safety Last!,
Daddy,
Homeward Bound,
The Ne'er-Do-Well,
The Pilgrim,
Scaramouche



POPULAR BOOKS

Rilla of Ingleside,
The Call of the Race,
Emily of New Moon,
The Inverted Pyramid,
Emily Climbs,
Wild Geese,
The Blue Castle,
Emily's Quest,
Jalna,
Rockbound



Fashion Trends WOMEN

Art Deco fashion
Felt hats
Bonnets
Chemise dresses
High heeled shoes

MEN

Knickerbockers
Wingtip Shoes
Fedora hats
Newsboy hats



ON THE RADIO



"Down Hearted Blues" - Bessie Smith
 "Swingin' Down the Lane" - Isham Jones
 "Yes! We Have No Bananas" - Billy Jones
 "Parade of the Wooden Soldiers" - Paul Whiteman
 "No, No Nora" - Eddie Cantor

20's Popular names

John, Margaret,
Robert, Mary,
William, Dorothy,
James, Elizabeth,
George, Doris

HAPPY BIRTHDAY / WE LOVE YOU