



North Peace Housing Foundation

APRIL 2015

Lodge Events

**HAPPY
EASTER**

Seniors

If you or anyone you know is looking for accommodation in one of our lodges please contact the lodge of choice or go to our website.

www.northpeacehousing.ca

Lodge Contacts

Autumn Lodge, Berwyn 338-3917

Harvest Lodge, Fairview 835-2862

Del Air, Manning 836-3325

Homesteader, Hines Creek 494-3500

Heritage Tower, Peace River 624-3919

Central Office, Peace River 624-2055



THE HEALTH BENEFITS OF EATING

CARROTS

Carrots are known as the vegetable that is easy to grow, tasty and high in nutrition. Both children and adults like carrots because of its sweet taste and crunchy texture. Carrots are available year round. There are over 100 different varieties of carrots throughout the world that vary in size, from two inches to three feet and colors can be orange, purple, yellow or white. Carrots are one of the most popular and well-loved vegetables. Carrots provide a lot of nutrition to the body, they are a good source of Vit B1, Vit B2, Vit B6, Vit K, Biotin, Fibre, Potassium and thiamine.

The Seven Benefits of Carrots – Helps to prevent Cancer, Improve Vision, Prevent Heart Disease, Reduce the risk of stroke, Nourish skin, Anti aging and Dental Health. Most of their benefits are due to the extra nutrients and high fibre that draw out the toxins in the liver. Carrots contain a lot of Beta-Carotene, which serve as antioxidants that help the body to fight against free radicals.

HOT CROSS BUNS

A hot cross bun is a spiced sweet bun made with currants or raisins and marked with a cross on the top traditionally eaten on Good Friday. In many historically Christian countries, plain buns made without dairy products (forbidden in lent until Palm Sunday) are traditionally eaten hot or toasted during lent, beginning with the evening of Shrove Tuesday (the evening before Ash Wednesday) to midday Good Friday. Sharing a hot cross bun with another is supposed to ensure friendship throughout the coming year, particularly if *“Half for you and half for me, between us two shall goodwill be”*. Because of the cross on the buns, some say they should be kissed before being eaten. Some countries have different variations of the hot cross bun; in the UK they make toffee, orange-cranberry and apple-cinnamon. Australia and New Zealand they substitute the currants for chocolate chips and make a chocolate version and even a Coffee-flavored version. Some are fruitless and some are a sticky date and caramel version. Either tradition I hope you can share a hot cross bun with a good friend this Easter



BUS TRIPS

Each Wednesday starting in April, we will be going on an outing. All five lodges meet for a picnic or a get together. Come and join the fun, meet new people and get some fresh air. We travel to greenhouses, Drop Ins, parks, lakes and sometimes other lodges. Usually we go for the day, have a good lunch, play some fun games and enjoy the day.

Maintenance Reminder

When you need a little repair job in your suite, (Drippy taps, toilet running, etc) please be sure to go to your Manager and tell her of your problem. She will then write up a work order and it will then get to the maintenance department to be dealt with in the proper order. Just remember by going to your Manager first this will ensure the job gets done quicker.