

FEBRUARY 2021

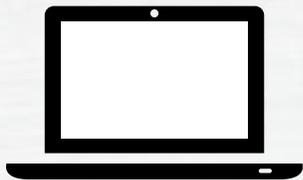
# FERNWOOD NEWS

Steinbach Housing



EVA KLASSEN  
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or  
204-326-2002

BONNIE BEGALKE  
204-346-5020



[steinbachhousing.com](http://steinbachhousing.com)



# **Bed Bug Update**

**Five months after being notified of bed bug activity, Poulins Exterminators has officially declared Fernwood clear of bed bugs. The amount of work that was done by the affected tenants and the maintenance staff to get to this point, along with a substantial cost to the organization, could have been greatly minimized if the bugs had been reported when they were first noticed. We are aware that several tenants in Fernwood had noticed bug activity for months and never reported it.**

**In the future, please report all bug activity to the office immediately so we do not have another serious outbreak. Do not feel embarrassed to make us aware and do not attempt to treat them yourself; self-treatment of bed bugs may work temporarily, but they will return and also drive the bugs into other areas of the building.**

**Thank you for your cooperation.**



## **Do you need a helping hand with cleaning?**

If you need assistance with cleaning or laundry, come see Eva and she can refer you to a trusted housekeeper with reasonable rates.



***If you are wanting to place an advertisement on our bulletin boards please see Eva for approval. All ads must be initialed by office staff or they will be removed.***

**Please do not add any personal decor to common areas.**

**Decorating is the landlords responsibility and your items may be removed and disposed.**

**Decorating your apartment door is fine but please don't put anything on the floor.**





# The Hair Salon is now open!!

Welcome back Connie and Natalia

See bulletin boards for more info.



## New Tenants

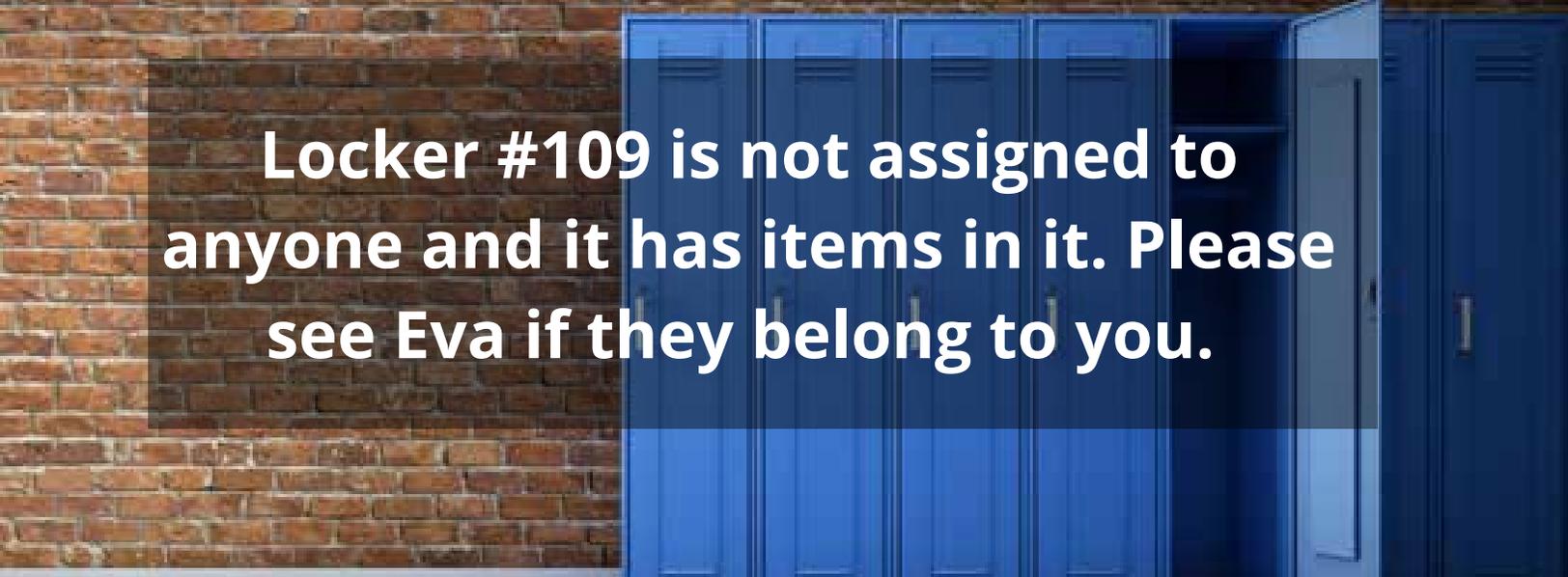
**Mrytle Esau**

**203**

## February Birthdays

- 2 Peter Harms
- 6 Jane Stewart
- 8 Grace Gryba
- 13 Helen Bergman
- 13 Roger Wiebe
- 13 Jake Harms
- 18 Sara Koop
- 29 Richard Wieler





**Locker #109 is not assigned to anyone and it has items in it. Please see Eva if they belong to you.**

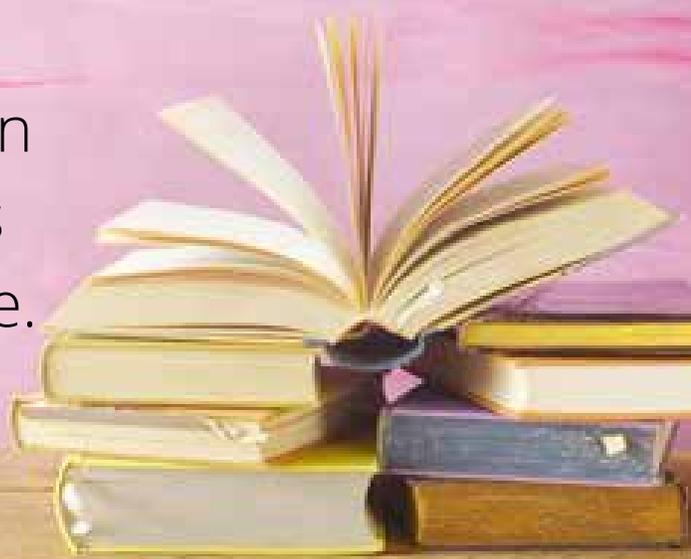


**LOST & FOUND**

**Don't forget to check the lost and found for missing items. The lost and found is located on the main floor by the phase 2 laundry room.**

## **Book Mobile Drop Off**

Jake Epp library will be coming on Friday, February 5th with books for anyone wanting to participate. Please make your library book requests to Eva by Wednesday, February 4th.





# FEBRUARY 2021

## FERNWOOD MENU



S	M	T	W	T	F	S
	1 Orange Juice Breakfast Omelet Hashbrowns Biscuit Bran Muffin	2 Iced Tea Chicken Drumsticks Mashed Potatoes Peas & Carrots Cheesecake	3 Kommest Borsht Brown Bread Fruit Crumble Bars w/ Ice Cream	4 Cranberry Juice Meatballs Mashed Potatoes Cucumber Salad Pecan Tarts	5 Apple Juice Chicken Burgers House Salad Cherry Cha Cha	6
7	8 Tomato Juice Sweet & Sour Breaded Pork Chops O'Brein Potatoes Mixed Veggies Banana Dessert	9 Apple Juice Lazy Cabbage Roll Casserole Garlic Bread Caeser Salad Layered Lemon Dessert	10 Taco Soup Buns Chocolate Pie	11 Fruit Punch Lemon Butter Chicken Mashed Potatoes Carrots Cookies	12 Cherry Juice Fish Rice Cranberry Coleslaw Valentine's Dessert	13
14	15 Kitchen Closed	16 Cranberry Juice Meatloaf Mashed Potatoes Carrots Cream Puff Dessert	17 Cream of Potato Soup Brown Bread Fruit Tarts	18 Orange Juice Ranch Chicken Mashed Potatoes Peas Pineapple Sunshine Cake	19 Fruit Punch Hotdogs Layered Salad Trifle	20
21	22 Cherry Juice Cottage Cheese Perogies Farmer Sausage Peas Strawberry Sauce Ice Cream Sandwich	23 Apple Juice Roasted Chicken Bubbat Mashed Potatoes Peas & Carrots Keylime Squares	24 Chicken Noodle Soup White Bread Coconut Cream Pie	25 Tomato Juice Pork Cutlets O'Brien Potatoes Mixed Vegetables Sour Cream Coffee Cake	26 Cranberry Juice Taco Bake Rice Tossed Salad Dreamsicle Salad	27
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# *From the Chaplain's Desk*

Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart. (1 Peter 1:22)

February 14th is Valentine's Day, the day many cultures set aside to celebrate love. It's a day of celebrating romance, a day of flowers and hearts.

Chances are, you will see hundreds of hearts on Valentine's day alone, heart-shaped candies and chocolates, hearts of store windows, on billboards, and hearts on Valentine's cards. In our culture, the heart has become a sign of romantic love.

The apostle Peter makes a strong connection between the heart and love, but it's not the connection that is advertised and celebrated on Valentine's day. The chief command of this verse reads, "love one another deeply, from the heart." The meaning here is much different from the romantic norm of most Valentine's cards.

While the "Valentine's love" points to the Greek word *eros*, a passionate and erotic love, Peter uses the word *agape*, which refers to choiceful, self-giving, and sacrificial action for another person's sake. Jesus demonstrated this love when he washed the disciple's feet at the Last Supper and commanded, "If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you" (John 13:14).

So, is love a matter of the heart? Yes, in the sense that love is something we chose to do, being motivated by emotions and conviction. Is love something romantic?

Yes, romance is a gift from God to enrich the love between man and woman. The love we find in 1 Peter 1:22 is true love that transcends feelings of romance, a love that flows from commitment, a love that perseveres in good times and bad. Agape love is the foundation of every healthy marriage and community.

This Valentine's Day, love one another deeply from the heart, committing to one another in profound self-giving, sacrificial action, and support.

Ron Babel, Chaplain



# FEBRUARY 2021

## ACTIVITY IDEAS



S	M	T	W	T	F	S
	1 Send someone a message to say how much they mean to you.	2 New recipe day! See Eva at the office for a new simple recipe.	3 Do an act of kindness to make life easier for someone else.	4 Make a big pot of your favorite soup. Can some in jars or freeze some for later.	5 Remember to stay hydrated. Fill up a pitcher of water and make it your goal to drink it today.	6 Take some time to stretch. Do it sitting in a chair, or lying in bed
7 Give your brain a workout! Memorize some bible verses or a short poem.	8 Listen to your favourite music and sing along whenever you know the words.	9 Make a plan to connect with others for an outdoor walk.	10 Focus on what's good, even if today feels tough.	11 Sort through a junk drawer or organize a pile of papers. Feel the satisfaction of having things tidy!	12 If it's nice outside take a walk and enjoy the fresh air!	13 Mail a note of encouragement or write a letter to an old friend or to your pastor..
14 Look through your old photos and recount all the places you've travelled to.	15 Call a friend to catch up and thank them for their friendship.	16 Thank three people you feel grateful to and tell them why!	17 Get some fresh air today, if it's nice outside take a walk or sit on the bench for a while.	18 Grab a puzzle or coloring page from the main floor fire place	19 Phone a friend and ask for a new recipe to try.	20 Write a note of encouragement to someone.
21 Say something positive to everyone you meet today.	22 Call or write to a loved one about their strengths that you value most.	23 Smile at everyone you see today and brighten their day.	24 Make some popcorn and watch a movie.	25 Treat yourself. Have a yummy dessert or go buy something you always wanted	26 Make a pot of soup and bring a jar to a neighbour!	27 Organize a book shelf or a shelf in your closet.
28 Take time to sit still and think of things you are thankful for.						