

# OUR VIRTUAL REALITY

Celebrating the SFH community

Happy  
Easter!

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# Editor's Note



Dear residents,

Can you believe March is officially over? This year is flying by! I am so thankful for the fresh air Spring has brought with it. I hope you all have also stepped out for some socially distanced walks to enjoy nature.

With the exam season fast approaching, make sure you take regular mental health breaks. Remember, planning ahead and setting up a schedule goes a long way!

We would also like to take this opportunity to wish everyone a very happy Easter weekend. As well, we would like to wish all our Sikh friends and family a very happy and prosperous Vaisakhi, in advance!

Stay safe!

-Amynah Reimoo

# Easter 2021

By Kate Stoehr

Easter is a holiday widely celebrated around the world. Easter is known as a Christian holiday that celebrates the resurrection of Jesus Christ. It falls at the end of the 'Holy Week', which concludes a 40 day period of fasting and prayer known as Lent. Easter is also associated with the marking of spring. It usually falls on the first Sunday after the first full moon, either on or after the spring equinox.

While Easter is typically recognized as a Christian holiday, many of its modern traditions pre-date Christianity. For example, the name Easter comes from Eostre, the name for the Anglo-Saxon goddess of spring. In many places, Easter is often marked by brightly coloured eggs, woven baskets, chocolate, and the easter bunny.



*Spring is  
here!*

Eggs are a particularly well-known symbol of the holiday for those who celebrate. Eggs represent fertility and birth and were a central part of spring festivals in European polytheistic religions. The practice of gifting eggs during spring celebrations was also central in ancient Greek and Roman cultures. Dyed eggs continue to be a part of Persian New Year celebrations, the Egyptian celebration of Sham Ennessim, and the Jewish holiday of Passover. Over time, brightly coloured eggs came to be associated with the Christian holiday as well and today the tradition of decorating eggs is a popular Easter activity. Check out the next page for some Easter-themed crafts. Whether you celebrate Easter for its religious significance or would like a fun activity to mark the coming of spring, these activities are great ways for some family bonding time!



# Significance of The Easter Bunny

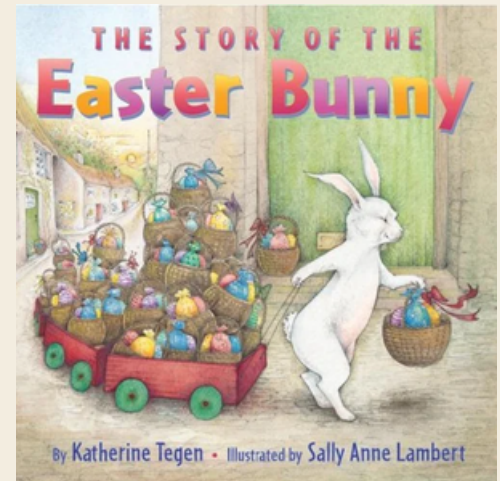
By Mosie Fraser



With winter coming to a close, we look forward to the coming of spring. We look forward to the season of rebirth, rejuvenation and renewal. We also look forward to Easter, which takes place this year on Sunday, April 4. While Easter is widely celebrated among Christians as the celebration of Christ's resurrection, many non-Christians partake in the celebration with Easter egg hunts, the Easter Bunny, Easter parades, and big family gatherings.

The Easter Bunny is perhaps the most prominent symbol of Easter, delivering painted eggs or chocolate eggs to children on Easter morning. The origin of the Easter Bunny is unclear, but it is believed that rabbits are ancient symbols of fertility and new life. German immigrants who shared stories of the egg laying "Easter Hare" first introduced this figure to America in the 1700s. Traditionally, children would lie out nests where this bunny could lay its coloured eggs. When the custom spread across America, the Easter Bunny's deliveries began to include chocolate, candy, and gifts in decorated baskets.

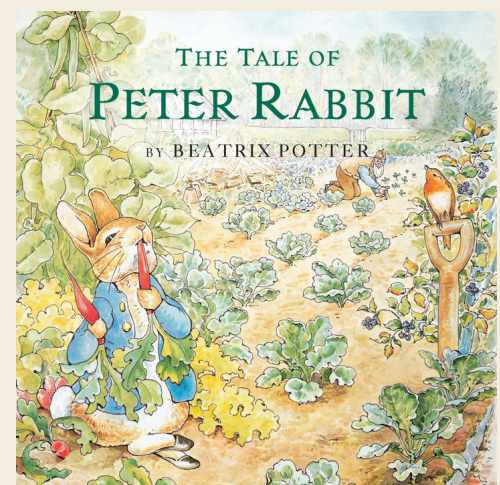
Today, we excitedly await the arrival of the Easter Bunny on Easter morning and the tasty treats and eggs he's hidden for us to find. In preparation for Easter, many families decorate their homes with painted eggs and bunny crafts to celebrate the coming holiday. Many also read fun and beautiful storybooks about the Easter Bunny to get excited for the coming of Easter. Click on the pictures for a few books you can read with your children to celebrate the coming of Easter!



The Story of the Easter Bunny  
by Katherine Tegen



We're Going on an Egg Hunt  
by Laura Hughes



The Tale of Peter Rabbit  
by Beatrix Potter

# Easter Craft Ideas

By Kate Stoehr and Rosa Burke

## *Dyed Eggs*

### You Will Need:

- Eggs (you will need to hard-boil them)
- Paper towel or newspaper
- Cups or bowls
- Tongs
- Water
- White vinegar
- Liquid food colouring

### Steps:

1. Hard-boil your eggs. Fill a pot with water so that eggs are covered by at least one inch. Bring to a full boil then turn off the heat and let the eggs sit for 10 to 12 minutes. Once the eggs are cooked, drain the water and allow the eggs to cool completely before dyeing them. It's a good idea to hard-boil the eggs a day in advance and keep them covered in the fridge.
2. Lay down newspaper or paper towels over your work surface.
3. Fill each cup with enough water to cover an egg, one teaspoon of white vinegar, and 20 drops of food colouring. Use more food colouring for darker eggs.
4. To create designs on the eggs, place rubber bands on the eggs or draw designs using a crayon prior to placing them in the colour mixtures.
5. Place the eggs in the food colouring mixtures, turning them every so often to make sure the colours are even. About five minutes in the mixture should give a nice colour, leave them in longer for a darker hue.
6. Remove the eggs and leave them to dry in a safe spot. If you would like to eat them afterwards, make sure you refrigerate them once they are dry!



# Special Cloth Napkins

## You will need:

- 1 face cloth (this craft works best with a thin cloth!)
- 1 elastic band
- Beads, buttons, or pom-poms (optional)
- Glue (optional)



Step 1



Step 2



Step 3



Step 4

1. Roll out your face cloth and turn it so it makes a diamond shape. Start rolling it up from one corner.
2. Keep going until the whole face cloth is rolled up.
3. Fold the rolled up cloth in half, so it makes a U shape. The ends should be the same length. Then, cross one tail over the other.
4. Pinch the cloth just below where the ears cross, and fold back the ears. This will make a "bump" in the front of the cloth. Place an elastic band around this bump, so it forms the rabbit's face. The ears should stick up! (I'm using an orange elastic here, so it's easier to see where it goes. To make it look neater, use a clear or light coloured elastic!)
5. If you wish, you can decorate your rabbit's face with beads, buttons, or pompoms. Or, you can leave it the way it is to make a decoration that can still be used as a facecloth after Easter! We use our rabbits to hold eggs on the table.



Step 5

# Vaisakhi

By Mary Hoang



Vaisakhi originated as a harvest festival but is so much more than that. It serves as a reminder to the Sikh community of the creation of the Khalsa order, which promotes justice and equality for the creation of a more equal and just society. Vaisakhi is an opportunity to give thanks and pray for a good year to come.

Sikhs begin Vaisakhi with a visit to the gurdwara, a special place of worship. After religious services are held, people begin a day of celebration. Everyone wears colourful, traditional clothes as they take part in parades through the streets. There is a lot of singing, dancing, and chanting of hymns.

There's also a lot of free food! Giving out free food comes from a tradition called langar, where everyone in the community, no matter how rich or poor, come together and share a meal.

During the festival, many people perform a traditional folk dance known as the Bhangra. This energetic dance is performed to the rhythm of a drum called the dhol. On Vaisakhi, people dance the Bhangra while wearing bright costumes, which helps bring a splash of colour to the day's celebrations.



# Vaisakhi Parades Around The World

By Juliana Melino

March is over, which means Vaisakhi is almost here! This special time of year is celebrated by both Hindus and Sikhs, and it has different meanings depending on who is celebrating it. Vaisakhi is a harvest festival, but it is also an important religious event to many. Vaisakhi is not just celebrated in one country – many areas around the world host special festivities for the holiday. The United Kingdom, Malaysia, and Pakistan are just a few countries that hold Vaisakhi events. Activities include visits to historical sites, parades, and musical celebrations.

In Toronto, a huge parade sweeps the streets around the time of Vaisakhi. Thousands of people dressed in festive garments celebrate with music, food, and fun. This year, the parade will not be happening, but you can still celebrate at home by having a feast with your family and decorating your home with the colours of red, yellow, and orange. Check out this photo collage to see how Vaisakhi is celebrated throughout the world!





# Green Tips

To keep you sustainable and Safe

1

Get regular nature time. Get outside for an hour or two a day.



2

If you are attending school in-person, try walking or biking to school.



3

If you can please wear a reusable mask as a sustainable choice.



4

Remember:  
Reduce,  
Reuse,  
Recycle!





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