



July 2016

NEWSLETTER

Silver Threads Service 2016-2017 Board of Directors

At the Annual General Meeting on June 15th, 2016, the Board of Directors was elected. The two main purposes of the Board of Directors are to direct and protect the Society. The Board directs Silver Threads Service by ensuring the goals of the Strategic Plan are implemented and attained. The Board protects the Society by following the Constitution and Bylaws of Silver Threads Service and ensuring that the Society always acts within all applicable statutes and laws of British Columbia and Canada.



Barbara Harwood
President

Sara Pash
Vice President

Andy Robinson
Past President

Doug Crowder
Treasurer

Norm Tatlow
Secretary



Kathy Ajas
Director

Margaret Jacobson
Director

Dr. Marjorie Moulton
Director

Nelles Shackleton
Director

Jatinder Chahal
Director

Erik Mitbrodt
Director

Guess Who's Coming to Dinner in July

Wednesday July 20th

Menu: Barbeque Ribs, Barbeque Chicken with Corn and Baked Potatoes Apple Pie and Ice Cream

Entertainment : The Nutones

BBQ Dinners are \$15 for Members, \$18 for Non-members. Book early to avoid disappointment. All reservations are required by 4:00pm on the Monday before. Doors Open at 4:30pm and dinner service begins at 5:00pm.

June Highlights

Membership Drive Prize Winner



Congratulations to June P, winner of our Membership prize package. June is looking forward to her Helijet ride over to Vancouver, staying at the Rosedale on Robson, dining at Original Joe's, visiting the Art Gallery and spending the cash portion of her prize!

Silver Threads Annual General Meeting

On June 15th we held our 2015-16 Annual General Meeting. President Andy Robinson presided, Executive Director Tracy Ryan presented the Operations Report and Treasurer Doug Crowder shared the Finance Report. The 2016-17 Board of directors were nominated and Barbara Harwood was subsequently elected as president. The meeting was followed by a delicious roast beef dinner and entertainment was provided by Shenanigans. It was the most rocking AGM ever! Thank you everyone for attending!



Begbie Green Improvements Ice Cream Social



Silver Threads attended an Ice Cream Social event to mark the improvements made to the Begbie Green spearheaded by the North Jubilee Neighbourhood Association. Ideas for improvements began at a similar event last year. Silver Threads is honored to support the North

Jubilee neighbourhood, and always happy to be apart of neighborhood events. Congratulations to the North Jubilee Neighbourhood Association on helping to beautify and upgrade this area and our parks.

Upcoming Events and Programs

Canada Day Cake

Join us for some delicious cake to celebrate Canada's 149th birthday (a little early) on June 30th!

Date: Thursday June 30th

Time: 10:00 am – 1:00 pm

Place: Both Saanich and Victoria Silver Threads

Cost: Free



1950's Themed Ice Cream Parlour

Celebrate the 1950's with us! We will be turning our centres into Ice Cream Parlours with music from the 50's. Join us for Ice Cream Sundaes and Soda Floats.

Date: Wednesday July 13th

Time: 11:00am—1:00pm

Place: Saanich and Victoria Silver Threads

Cost: Free

Silver Surfers: iPad and Tablet Workshop

Confused or frustrated with all these new phones and tablets? In these professional, monthly classes learn to get the most out of you mobile device, and learn how it can improve your life, enhance your communications with family and friends, and support your hobbies and interests.

Cost: \$12.50 for Members, \$18.50 for Non-members

Date: 4th Tuesday of the Month, Starting July 26th

Time: 10:45am—12:00pm

Place: Victoria Silver Threads, 2340 Richmond Road
Please register by calling 250-388-4268, space is limited

Ever try growing your own cherries?

Arch enemies are the starlings. In the river-marshlands of my youth, they used to attack ripening cherries in huge swarms and had orchard owners hire elementary school kids like me do the walking up one row of the big trees and down another, all the while cranking rattles to shoo the birds away. If truth be known, the wily starlings in their glossy flecked plumage and yellow beaks were just waiting to hear the scary rattles. It was the signal to come like a wheeling cloud, brush the trees above us and drive the attack. They'd usually take only one nip out of each black little cherry they uncannily found, so the sweetest cherries in the fruit picker's basket were those with old or fresh wounds.

Today's cherry growing is somewhat more sophisticated, I imagine, and the cherries are also definitely different: larger fruit, never in bunches of two, three or four, they have heathy and clean skins. They look as though they have been genetically modified. Amazing that such perfection has come about in a relatively few generations of cherry trees.

As you grab a handful to wash and make up a bowl of cherries, one thing hasn't changed: the anticipation of cracking with your teeth the plump and taut shiny globes. Your bowl now offers up a wide choice of glistening lovelies, and naturally, you go for the blackest and most voluptuous one first, then the second blackest, and the best looking cherry after that, and so on, and so forth.

Funny thing is, with the champions gone, your appetite is undiminished. Because, of all the remaining cherries, there will be one that's the most desirable, most glorious of cherryhood until you reach the bottom of the bowl. Believe it or not, the last one is as good as the very first: glassy smooth in your mouth with a firm skin and the pulp like a juicy bite from a fillet mignon.

Peter Z. (Silver Threads Member)



Visit our Crafters at the Moss Street Paint -In

Come and see our Crafters showcase their beautiful mosaic birdhouse at the Moss Street Paint-in hosted by the Art Gallery of Greater Victoria.



Not only will our artistic pieces be displayed and for sale, but we will also be giving live demonstrations on the mosaic process and how to create a mosaic birdhouse.

We will be set up from 11:00am—4:00pm on Saturday, July 16th. Our Booth will be located at 301 Franklin Terrace.

Memory PLUS

Practice, Laughter, and Useful Strategies Corner

Word Fun

In celebration of Summer, see how many 6, 5, 4 & 3-letter words you can make from the summer-friendly words below. Have fun with it – you may be surprised at how many words you come up with!

- | | |
|-----------------|--------------------|
| 1. sandcastle | 5. sweltering |
| 2. thunderstorm | 6. blistering heat |
| 3. sunflower | 7. recreation |
| 4. sunshine | |

1. (6-castle, tassel, 5-irate, 4-neat, near, tear, into, 3-tic
2. (6-sunder, 5-storm, under, 4-norm, morn, 3-tot, sod
3. (6-flower, lowers, 5-sower, flow, 4-snow, flow, 3-sun,
4. (6-shines, 5-shine, 4-shun, nine, 3-sun, sin, nun
5. (6-greets, 5-swing, wets, 4-swig, sing, twig, ring, 3-tin,
ten, wet

Some Memory Plus Corner Answers:

Volunteer Wendy Campbell

When Wendy was preparing to retire from working as a Registered Nurse with Island Health after 48 years, she was not certain what she would do. One day, she saw a bus go by with an advertisement on the side which read, "Go with your passion and purpose". Wendy realized that her passion was health education, something that there was never enough time to do thoroughly during her career.



Wendy Campbell has been volunteering at Silver Threads since June of 2015. Wendy facilitates health and wellness presentations in "The Journey", "Speaker Series" and "Enjoying My Community" as well as running monthly Blood Pressure clinics at both Silver Threads locations.

Wendy loves to share information and inspire individuals to implement new concepts, change old ways and manage age-related diseases. One of her favourite talks is called 'Wellness Is Within Reach': "It is not about what you cannot do, but about what you CAN DO that counts." Wendy is inspired by the wisdom and stories of her groups and says that she receives as much education from them as they receive from her.

We thank Wendy for sharing her knowledge and passion with all of us.



Free Hearing Aids

Island Deaf and Hard of Hearing's Sound Change Initiative will support low-income seniors with hearing loss to access refurbished hearing aids at no cost*! To make an appointment to find out more about this initiative call 250-592-8144.

*There are low income eligibility requirements and IDHHC Membership is required (\$25.00 annually)

Rods and Reels

Victoria Golden Rods and Reels Fishing and Social Club was honoured on Monday June 13 when it received a Saanich Environmental award. It was one of 7 awards given out at the Saanich Council meeting. They were recognized in the Volunteer Organization category for their work on water quality research and stewardship at Elk/Beaver Lake.



Over the last 3 years the club has raised \$30,000 for scientific studies of water quality issues and remediation options. Working closely with an Intergovernmental Steering Committee (BC, CRD, and Saanich) the club managed a dedicated group of volunteers from the fishing and rowing communities who have contributed over 2,000 hours of volunteer labour.

Silver Threads Services Staff

Tracy Ryan - Executive Director
Debbie Erb - Victoria Centre Director
Dustin Lockhart - Victoria Centre Assistant
Anne Nelson - Saanich Centre Director
Ro Fife - Saanich Centre Assistant
Toby Schnoor - Program Coordinator
Brian Penner - Saanich Centre Chef
Brian Peterson - Saanich Centre Cook
Debi Stoness - Bookkeeper

Silver Threads Services Locations

Saanich Centre
286 Hampton Road
Victoria, BC V8Z 1H1
Phone: 250 382-3151

Victoria Centre
2340 Richmond Road
Victoria, BC V8R 4R9
Phone: 250 388-4268

Our Mission

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all.

stay active • stay healthy • stay connected

