



RidgeTalk

Arbutus Ridge Active Lifestyle News

June 2023



CANADA DAY CELEBRATIONS!

Canada Day is a long-time tradition at Arbutus Ridge. Celebrations are back! Saturday July 1st: 9am-3pm in the Village Centre. Mingle with your neighbours, enjoy music, join in the special events and celebrate where we live. Wear your red and whites! Walk, parking may be limited due to the car & motorbike show.

- 9:00 (sharp) Veterans' March; Rod Bergen bagpiper
All Veterans are asked to join fellow service members led by Gary Whiting, appointed veteran parade commander (778-356-2198)
AR Art Club display in Arbutus Room
- 9:15 Choir sings "Oh Canada". Flag will be raised
- 9:30 Dog Parade around Village Square
- 9:45 Decorated Golf Cart Parade
- 10:00 - 10:45 Coffee and Muffins: bring your loonies and toonies
- 10:45 - 12:00 Prizes will be handed out
- 10:45 - 12:00 Group Therapy: local AR music groups will entertain you!
- 12:00 - 13:00 Hotdogs & Hamburgers (organized by the Wednesday morning Men's Breakfast Club - CASH SALES ONLY PLEASE !) Bring your own drinks.
- 12:00 - 13:30 RAD
- 13:00 Garage Sale

All Day: Arbutisans display in the Town Hall

All Day: Vintage and Special Car Showing and Motorcycle Showing: Village Centre lower parking lot

If you want to rent a large table for the garage sale or if you want to volunteer, or if you have an idea for an additional Canada Day activity, please contact Shirley Campbell: campbellshirley07@shaw.ca (250-929-3323)

LOOK FOR POSTERS WITH MORE JULY 1ST INFORMATION

Strata Plan 1601 Administration

Contact Info

Phone: 250-743-3500 Ext. 2
Email: admin@arbutusridge.ca

Mailing Address:
Arbutus Ridge
Strata Plan VIS 1601
600 Fairways Place
Cobble Hill, B.C. V0R 1L1

Property Management Company

NAI Goddard & Smith
Phone: 604-534-7974
Email: VIS1601@naicommercial.ca

Mailing Address:
VIS1601 Arbutus Ridge
c/o NAI Goddard & Smith
5718 Glover Road, Langley, B.C. V3A 4H8

On-site Manager: Jenny Norris, jnorris@naicommercial.ca

Office Hours

Monday, Wednesday,
Friday
9am - 3pm

Tuesday & Thursday
By Appt. Only

Saturday, Sunday,
Holidays **Closed**

Security

Phone:
250-743-2200

For Emergencies,
please call 911

RidgeTalk Submissions

Please email:
admin@arbutusridge.ca

*We ask that all submissions be
a half page or full page at
maximum. Due date is the
15th of the month for next
month's submissions.*

Disclaimer:

Strata 1601 does not endorse, promote, or recommend any of the advertisers in our Ridge Talk and will not be liable or responsible for services provided by the trades and or services. We do suggest you check out the list of service providers on our Residents website:

[https://residents.arbutusridge.ca/ Trades & Services Listing](https://residents.arbutusridge.ca/Trades%20&%20Services%20Listing) – Arbutus Ridge Residents

and of course in our monthly RidgeTalk as a consideration however.

ARBUTUS RIDGE AMAZING RACE

(Presented by the Arbutus Ridge Fitness Club)



Walk, run, jog, or saunter the streets of Arbutus Ridge and get to know the 12 neighbourhoods of your community. Bring your children! Bring your grandchildren! EVERYONE IS WELCOME! Just do what you can.

The 2023 AMAZING RACE will be held on Thursday, June 29th and Friday, June 30th.

Pick up your Race Day Kit (including an Amazing Race bandana) from the Amazing Race Box in the lobby of the Activity Centre anytime after 8:30 am on Monday, June 26th. Using the provided map find the Amazing Race sign somewhere in each neighbourhood along with a container of ribbons. Collect one coloured ribbon from each of the neighbourhoods you visit and wear your ribbons proudly, along with your Amazing Race bandana, at the Canada Day festivities on July 1st. Turn in your registration sheet before noon on Canada Day for a fabulous prize draw. For information contact:

Deborah - deborahtaylor2012@icloud.com

Lisa - lplee3586@gmail.com

Sheila - she.mciver@gmail.com

Andrea - havingas@shaw.ca



MAH JONGG PLAYERS NEEDED

Do you want to improve your short-term memory, attention and logical thinking and have some fun at the same time.

Then Mah Jongg is the game for you!

The club meets every Wed., at 12:30 in the Town Hall.

No experience necessary. Will provide teaching lessons.

Contact: Ann

mermaidcruiser@hotmail.com

ARBUTUS RIDGE E-BIKERS

next ride **Friday 9 June 2023**

For more details please go to Page 24



Here we are in April on the Kinsol Trestle ride

Volunteer of the Month

Wendy Bryan

by Super Sleuth Linda McIntyre

*Be happy while you're living
For you're a long time dead!*

- old Scottish proverb

Ah, those Scottish lasses - hard-working, illustrious and multi- talented! Wendy Bryan, volunteer of the month, has opted to bless us with her time and talents over the last 13 years and has definitely made her mark at Arbutus Ridge.

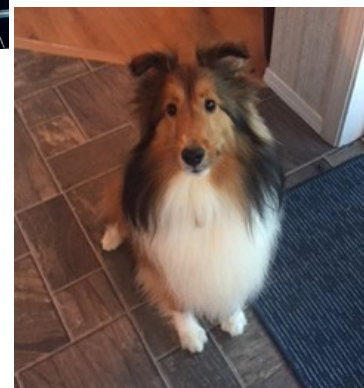
Wendy was born in Scotland, one of three children, and emigrated to Canada when she was 7. The family spent 7 years in St. Catharines. Then her parents bought a small farm in the Niagara-on-the-Lake area, growing a variety of fruit trees including cherry, plum, peach, and pear, as well as vegetables and flowers. Wendy became entrenched in hard work and entrepreneurship, as you know most people that owned farms do. She took teacher training and taught in Nova Scotia for 3 years. She saved money, bought a car and when she decided that teaching was not for her, drove her Meteor car single handed back to the farm, bringing her Dad a 50 lb. bag of PEI potatoes and returning her brother, Rick's, loaner furniture. Sort of like Forrest Gump said, "I am pretty tired and think I will go home now!" It was a great move.

How we get our diverse life lessons and talents is always so interesting. The combination of genetic propensity and training has been a debate of mankind forever. Nature or nurture? Well, Wendy's next job was in construction. In the early 70s, there was a government grant LIP - Local Improvement Programme - and a local resident was the successful applicant. He hired Wendy to aid in the refurbishment of a facility that was built in the 1800s. Wendy was hired as a bookkeeper but ended up being a painter, drywall, plumber's helper, electrician's helper, and bricklayer. Great life lessons! She is still doing construction and recently personally replaced her kitchen floor.

Wanting to use the brain as well as her brawn, she then applied to go to university, graduating from Brock University in Honours Psychology in 1978. Driving herself from Southern Ontario to Edmonton, she continued her graduate studies at the U of A



Wendy



Jessie

(Alberta) in the department of Psychology but after a year decided to work instead. This led to a 31-year career at the University, first as a planning analyst in Budget and Statistics, then as Administrative/Professional Officer in Psychology and Mechanical Engineering. While in Edmonton, she took up Scottish Country Dancing, dancing many a reel and jig at Heritage Days. She studied in Scotland and received her teaching certificate from the Royal Scottish Country Dance Society.

Meanwhile her brother Rick Bryan, whom you may know, had settled at Arbutus Ridge for the access to the golf course and fishing. Wendy fell in love with Arbutus, bought her house in 2009, driving many times back and forth from Edmonton, moving small and fragile items and finally, after retiring, drove her 35-foot rented U-Haul to move here in 2010. Immediately she became involved. Back to nature or nurture ... from a very young age Wendy loved to draw. She is a very talented artist. She has tried most media, mainly as self-taught - acrylics, water and oil - mainly realistic landscapes and birds. She joined the art Club in 2010 and by June, 2011 became the treasurer. She held this position for over 11 years. Meanwhile her brother convinced her the music club needed a treasurer so she joined that executive as well. She is currently the president of the Music choir and doing an awesome job to which I can personally attest. You name it

artistically-speaking, Wendy can do it. She has designed set props for the Performing Arts groups as well in singing in productions. She gives extra practices for the sopranos, has a good grasp of music, and has helped in Canada Day activities.

Her loves include her dog, Jessie. As a child, dogs and cats were part of her family. She got involved with the dog club and as President, in year 2, she named the club "PAWS ON THE RIDGE". Their tee shirt logo, designed by Wendy said: BIG OR SMALL WE LOVE THEM ALL. The printer strategically, but unintentionally, placed the logo right across girls' boobs so caused quite a stir. The tee shirt was, of course, about dogs.

Thank you, Wendy Bryan, multitalented lady for sharing your talents.

MIX N' MINGLE

(Singles dinning)

We had a luncheon at Romeo's Restaurant since it is closing at the end of May!

Our group decided to change the name and location. We will meet for dinner in the summer months, then dinner during Fall and Winter.

Our next outing is June 23, Friday, at 5:30 at Unsworth Winery and Restaurant.

Hope to see you there!

For further information contact Shirley:

Email: campbellshirley07@shaw.ca

or call 250-929-3323



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Chronic Conditions Self-Management Leader Training

May 10, 15, 17, 24, 29, 31 & June 5, 7, 12, 14, 19, 21, 26

Wednesdays and Mondays, from 6:00pm to 8:30pm

Interested? Contact us

Toll-free: 1-866-902-3767 selfmgmt@uvic.ca

Or click: “Become a Volunteer” at selfmanagementbc.ca



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Flower of the Month

by Aimée Thompson



Two of the most fragrant of all flowers, June's birth month flowers are the Rose and the Honeysuckle.

The botanical name for Rose is Rosa. There are roses for every imaginable taste, from climbing roses and shrubs to long-stemmed roses.

In our zone 3 climate there are many varieties of rosebushes to choose from that are hardy, fragrant, fuss free, and still beautiful.

Symbolically, the rose has more meanings than one can count!

A pink rose means perfect happiness; while a red rose means "I love you".

The white rose signifies innocence, purity, and new beginnings; a yellow rose conveys jealousy.

A bouquet of roses means sincere gratitude; whereas a single rose amplifies the meaning of the colour - a single red rose means "I REALLY love you".

A favourite of the hummingbird, the Honeysuckle, is native to northern latitudes in North America and Eurasia, with approximately 180 species of honeysuckle identified.

There are shrub forms of the honeysuckle (*Lonicera fragrantissima*), which make great hedges, and there are vining forms such as the trumpet honeysuckle. Some species are highly fragrant and colourful, so are cultivated as ornamental garden plants.

Renowned for its colourful and fragrant flowers, it is a strong symbol for the everlasting bonds of love.

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June Birthstones

by Aimée Thompson



If you were born in the month of June, you are lucky to have three birthstones to call your own — **pearl, alexandrite, and moonstone**. June is one of the only three months (the others are August and December) that has three birthstones, giving you a variety of beautiful birthstone choices!

The main reason why some months have multiple birthstones is because various ancient stones have become too rare, so it is less likely for them to be available on the market and to satisfy consumer needs.

The **pearl** is the birthstone most commonly associated with June. Iridescent pearls come in golf colours that complement and flatter most complexions, and they are a popular wardrobe accessory for this reason. Pearls can be found in a spectrum of neutrals ranging from creamy white to black, and to an assortment of beautiful hues including pink, yellow, brown, green, purple, blue, and silver.

Pearls have long been thought to symbolize modesty and purity. Many cultures have associated pearls with the Moon. Hindu folklore described pearls as dewdrops from the moon. Pearls are the only gem found within a living creature. Naturally occurring pearls are created by saltwater

and freshwater mollusks, such as oysters, clams, mussels, and abalone. The pearl is the gem given to celebrate the third and 13th wedding anniversaries.

Pearls were once found in many parts of the world, but now, natural pearls are mostly confined to the Persian Gulf. Cultured pearls come from places like China, Australia, Indonesia, and the Philippines.

The **alexandrite**, a rare variety of the mineral chrysoberyl, is often described as “emerald by day, ruby by night”. The stone changes colour depending on the light source. In daylight, it appears as a lovely green or blue-green; under incandescent light, it appears as red or purplish-red.

It was originally discovered in Russia’s Ural Mountains in the 1830s and named in honour of Alexander II, who would go on to become Russia’s tsar.

For alexandrite to form, it requires both beryllium and chromium, which rarely occur in the same rocks. Today alexandrite is found

in Sri Lanka, East Africa, and Brazil, and because of its scarce availability, it is relatively expensive.

The **Moonstone**, a variety of the orthoclase feldspar mineral that displays a pearly and opalescent quality. It is associated with love, passion, and fertility, and is thought to bring good luck. The moonstone has also been considered an alternate birthstone for those born on a Monday, given the day’s name, which stems from Middle English **Monenday** “day of the Moon”.

The moonstone plays a role in many traditional beliefs - cultures associated the moonstone with moonlight, given that the stone’s internal structure scatters light when it hits it. Given the Moon’s effect on the Earth’s waters, moonstone was considered a perfect talisman for sea voyages.

The most common moonstone was mined at a site near Mt. Adular in Switzerland, now the town of St. Gotthard. Deposits of moonstone occur in Armenia, Australia, the Austrian Alps, Mexico, Madagascar, Myanmar, Norway, Poland, India, Sri Lanka, and the United States.

Carol KERR



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VIEWS OF THE SATELLITE CHANNEL + LOCALLY INSPIRED MENU =

T: 250.743.5100

Beef Dip Sunday: \$19

Cod Fish & Chip Monday: \$17, 1pc | \$21, 2pc

Schnitzel Tuesday: \$22, Pork schnitzel

Liver & Onions Wednesdays: \$18, Liver & onions

Prime Rib Thursday: \$34, served with Yorkshire pudding & seasonal vegetables.

Burger Friday: \$20, Choice of cod, teriyaki chicken or BBQ beef. Served with choice of side.

Saturday Night Specials: \$30, Choice of: Bacon Wrapped Beef Tenderloin or chicken cordon bleu. Served with mashed potatoes & seasonal vegetables.

June 14th: International Cuisine Night

June 18th: Father's Day Lunch & Dinner

June 30th: 2-course Diner Night

All regular menu items are available for take-out.

THE SATELLITE BAR & GRILLE
at Arbutus Ridge



Satellite Bar & Grille at Arbutus Ridge Golf Club | Cobble Hill, 10 Minutes from Duncan | satellitebargrille.com

[arbutusridgegolf](https://www.facebook.com/arbutusridgegolf)
[@ArbutusRidgegolf](https://www.instagram.com/ArbutusRidgegolf)

Dear Valued Residents,

Here is a reminder about our new weekly features & upcoming specials:

Weekly Satellite Bar & Grille Specials

Every day: Quick lunch, including soup, salad and ½ sandwich for \$16, full soup & sandwich \$19.50

Beef Dip Sunday: \$19

Fish & Chip Monday: \$17, 1pc | \$21, 2pc Cod fish and chips

Schnitzel Tuesday: \$22, Pork schnitzel, with choice of risotto or roasted potatoes. Served with mushroom gravy

Liver & Onions Wednesdays: \$18, Liver & onions Prime

Rib Thursday: \$34, served with Yorkshire pudding & seasonal vegetables (Members receive 10% off)

Burger Friday: \$20, Choice of cod, teriyaki chicken or BBQ beef. Served with choice of soup, salad or fries.

Saturday Night Specials: \$30, Choice of two, 4oz. bacon wrapped beef tenderloin or chicken cordon bleu. Served with mashed potatoes & seasonal vegetables.

The Satellite Bar & Grille is open daily for a breakfast, lunch & dinner from 9am-9pm.

Did you know... our lunch & dinner menu is available to dine-in or take-out Sunday to Saturday. **Receive 10% off all food take-out orders** (excluding daily & monthly feature). Please call 250.743.5100 ext: 2.

Join us **Wednesday, June 14th**, we will be hosting a monthly International Cuisine Night. Menu Available from 5-close. Menu not available for take-out.

Sunday, June 18th, Treat Dad to Lunch or Dinner with us this **Father's Day.**

Friday, June 30th, is our **Diner Night**; feature a two-course meal and you may bring your own wine for \$10 corkage. Reservations 250.743.5100.

View all specials and menus on our website arbutusridge.com

If you have any comments or questions please contact Debbie Murphy, Arbutus Ridge Golf Club (250.743.5100 ext. 32).

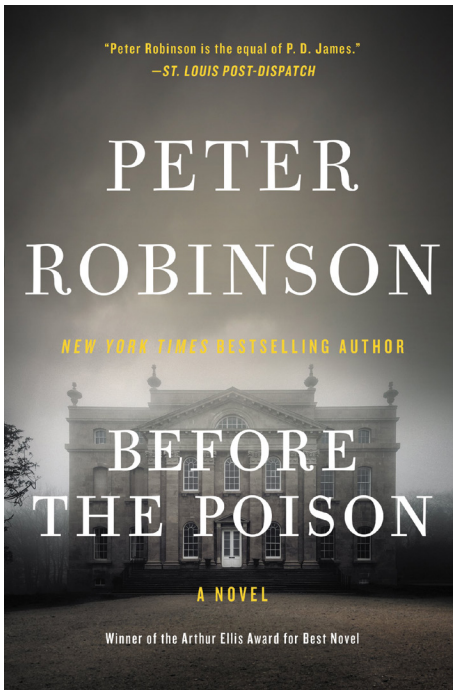
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Debbie Murphy
Accountant/Office Manager
Arbutus Ridge Golf Club
dmurphy@arbutusridge.com



Peter Robinson's BEFORE the POISON

by Fern Anderson



This is a novel written by Peter Robinson, an English writer well known for his Inspector Banks series. He has won numerous awards for Best Novels between 1992 and 2001. This novel was written in 2011 and consists of 436 pages. Goodreads site rates it 3.75 / 5 stars.

The author was born in Yorkshire. He got a B.A. in Honours English from Leeds University and then took a M.A. in English and Creative Writing at the University of Windsor, then a PhD in English at York University in '92-'93.

Before The Poison is a stand alone novel and does not feature Inspector Banks.

This novel is set in the U.K. The main character Chris Lowndes has been a successful composer of music for Oscar winning films. He has now returned to Yorkshire following the death of his beloved wife Laura.

He needs to make a new life for himself. He buys an isolated house, sight unseen, which he hopes will give him space to come to terms with his grief and the quiet to allow him to work. Kilnsgate House turns out to be rather more than he expected, however!

A man dies there, 60 years ago. His wife was convicted of murder and something is pulling Chris deeper and deeper into the story of Grace Elizabeth Fox, who was hanged by the neck until she was dead.

Our composer, cum-detective starts his own investigation and gets further than he thought he would.

Some other readers said the "captivating quality of this story" kept them reading. Another described it as a well written character driven suspense.

I thoroughly enjoyed both the storyline and the authors writing style. He is the author of many books which I will most certainly follow up on in the future. This was a book club pick for "my" club and one of our members had said she loved this chaps writing and recommended this book. I, for one, am glad she did. It is always a "find" to read a book you enjoy and know the author has several more awaiting you to select from!!

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Bamberton Village, Mill Bay's Ghost Town

(continued from *May's Ridge Talk*)

by Maureen Alexander

The Bamberton Village can be traced back to 1912 when Mr. H.K. Bamber, the Managing Director of the Associated Portland Cement Co. of London England, established the Bamberton Cement Plant and company village on the west side of Saanich Inlet, to house the workers and their families.

As the village grew a recreation hall was built with a dance floor as large as the dance floor in Victoria's Empress Hotel. Parties, dances, variety shows and business meetings were held in the hall, with most events being family oriented. There was no trick or treating so the recreation committee organized Halloween Parties with costume contests and treats.

At Christmas the committee would shop for each child to ensure that Santa had something nice for them. At the Christmas party there would also be several turkeys with all the trimmings for the large sit-down dinner.

"When Santa called our name we would be lifted onto his lap and he would ask us if we had been good for our Moms and Dads, then he would check 'Santa's Book' to make sure.

I found out years later the book was actually a large Webster's Dictionary but we were convinced it contained all our misdeeds for Santa to see." (JZ)



When Robert Butchart was the president of the cement company he provided free seeds and plants to village residents. Competition was intense and every year the Bamberton Horticultural Society held flower and garden competitions where the Premier of BC would award silver trophies to the winners.

For the residents of Bamberton, the sense of camaraderie between the children and friendships between the adults, brought a true

sense of community beyond their workplace. It was the activities, the games and sports and the whole community participation that molded the fond memories of so many residents and made the Bamberton village a 'Ghost Town' that is gone but not forgotten.

See more of the Bamberton Cement Plant, please visit

Heritage Museum
2851 Church Way, Mill Bay
Sundays 11-3

BAMBERTON - - - ITS FLOWERS AND CEMENT

By JOHN HUTCHISON, F.R.H.S.

Through the kindness of Mr. E. Tomlin, managing director of the B.C. Cement Company, the writer was enabled to visit Bamberton the other day, on the occasion of the annual flower show held there by the Bamberton Horticultural Society.

Over a period of some years I have seen a large number of flower shows

Mr. Zellinsky is a native son of British Columbia who, we were told, holds a very important position in connection with the production of cement. One of those jobs a man must know all about chemistry, electricity, temperature and a hundred and one other things. If Mr. Zellinsky knows his job as well as he knows how to grow Alpine plants he certainly knows it.

A REMARKABLE GARDEN

He has a large garden and he has

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ARRA Webinar: *The Whole Day Matters: Move More, Reduce Sedentary Time and Sleep Well*

On Tuesday May 16, ARRA hosted a truly excellent presentation by Dr. Kirstin Lane from the University of Victoria's School of Exercise Science, Physical and Health Education.

Dr. Lane clearly explained why we hear it said that "sitting is the new smoking". We learnt that our best efforts to follow exercise guidelines proven sufficient to not only prolong life but also promote a healthy one, are all to no avail unless we also reduce all that sitting!

For this our second health seminar we were able to show the presentation to residents in the Arbutus Room as well as to others choosing to view it via ZOOM in the comfort of their own home. Dr. Lane gave us the evidence of benefit from current exercise guidelines for us somewhat older folk, but also gave extremely helpful practical advice on very do-able ways to follow the guidelines. So, it was very disappointing that our numbers were small for both the Arbutus room and ZOOM attendees. We are pleased to hear that some residents intend to view the recording later but we do encourage viewing the live presentations when at all possible since this allows our questions and participation but also reflects our gratitude to our speakers (who by the way, do not request any honoraria).

The recording will be on the Arbutus Ridge website (or the ARRA website on the AR website).

While ARRA Health and Wellness does have plans for some other presentations, we welcome others' suggestions for health-related topics and speakers since we do want these presentations to be of benefit to lots more of us!

**Fern Anderson
Rosemary Basson
Coordinators of Health and Wellness,
ARRA**

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The Arbutus Ridge Wine Club



Picnic at Enrico Winery

Friday, June 16th - Gates open at 6 pm*

Tickets \$15.00 pp

No muss – No fuss – this time ‘round.

Bring your own picnic meal ... as simple as you like or elaborately planned with your group of friends! Enrico will be providing the first glass of wine and the Wine Club will be providing 3 bottles of wine (a red, a white and a rose) for each table of 8. No BYOB allowed but more wine is always available for purchase at the winery. Wear your comfortable dancing shoes because Mark and Dave will be playing all your favourite tunes!

**Tickets go on sale at 10 am on Monday, June 5th
in the Games Room.**

Members who were on the waiting list for the May event will be given priority and will be contacted before this date.

*Because the winery has to usher out their regular guests and then prepare for the arrival of Wine Club members, please DO NOT ARRIVE before 6 pm!! The gates will not open before 6pm and for safety reasons, we do not want you to block Telegraph Road.

There will be guaranteed seating for all – 96 of you this month!

Good wine – Good music – Good Friends



Arbutus Room, Craft Room, Games Room, Outdoor, Rose Room, Town Hall

June 2023 Calendar

Sun	Mon	Tue
28 7:30am - Reserved lane 9:45am - Sunday Trail	29 7:30am - Reserved lane 9am - Ladies Dup. Bridge 9:30am - Video Aerobics 12:30pm - Bridge Men 12:30pm - Ladies Bridge 1pm - Snooker ladies	30 7:30am - Reserved lane 8:30am - Co-ed Fitness 9:30am - Art Club 9:30am - Pilates 9:30am - Ramblers @ 10:30am - Fitness 101
4 7:30am - Reserved lane 9:45am - Sunday Trail 1pm - Private reservation	5 7:30am - Reserved lane 9am - Ladies Dup. Bridge 9:30am - Video Aerobics 10am - Paws on the 12:30pm - Bridge Men 12:30pm - Ladies Bridge	6 7:30am - Reserved lane 8:30am - Co-ed Fitness 9:30am - Art Club 9:30am - Pilates 9:30am - Ramblers @ 10:30am - Fitness 101
11 7:30am - Reserved lane 9:45am - Sunday Trail	12 7:30am - Reserved lane 9am - Ladies Dup. Bridge 9:30am - Video Aerobics 12:30pm - Bridge Men 12:30pm - Ladies Bridge 1pm - Snooker ladies	13 7:30am - Reserved lane 8:30am - Co-ed Fitness 9:30am - Art Club 9:30am - Pilates 9:30am - Ramblers @ 10:30am - Fitness 101
18 7:30am - Reserved lane 9:45am - Sunday Trail	19 7:30am - Reserved lane 9am - Ladies Dup. Bridge 9:30am - Video Aerobics 12:30pm - Bridge Men 12:30pm - Ladies Bridge 1pm - Snooker ladies	20 7:30am - Reserved lane 8:30am - Co-ed Fitness 9:30am - Art Club 9:30am - Pilates 9:30am - Ramblers @ 10:30am - Fitness 101
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Wed	Thu	Fri	Sat
31	1	2	3
7:30am - Reserved lane 9am - Hatha Yoga 9am - Men's Breakfast 9am - Stretch Video 9:30am - Glassworks 9:30am - Video Aerobics	7:30am - Reserved lane 8:30am - Co-ed Fitness 9:30am - Yogalates 10:30am - Fitness 101 1pm - Ladies Snooker 1:30pm - Knitters	7:30am - Reserved lane 9am - Classic Stretch 9am - Hatha Yoga 9:30am - Art Club 9:30am - Video Aerobics 10:30am - Friday Coffee	7:30am - Reserved lane
7	8	9	10
7:30am - Reserved lane 9am - Aging Wellness & 9am - Hatha Yoga 9am - Men's Breakfast 9:30am - Glassworks 12:30pm - Mahjong	7:30am - Reserved lane 8:30am - Co-ed Fitness 9:30am - Yogalates 10:30am - Fitness 101 1pm - Ladies Snooker 1:30pm - Knitters	7:30am - Reserved lane 9am - Classic Stretch 9am - Hatha Yoga 9:30am - Art Club 9:30am - Video Aerobics 10:30am - Friday Coffee	7:30am - Reserved lane
14	15	16	17
7:30am - Reserved lane 9am - Hatha Yoga 9am - Men's Breakfast 9am - Stretch Video 9:30am - Glassworks 9:30am - Video Aerobics	7:30am - Reserved lane 8:30am - Co-ed Fitness 9:30am - Yogalates 10:30am - Fitness 101 1pm - Ladies Snooker 1:30pm - Knitters	7:30am - Reserved lane 9am - Classic Stretch 9am - Hatha Yoga 9:30am - Art Club 9:30am - Video Aerobics 10:30am - Friday Coffee	7:30am - Reserved lane 4pm - Tennis Club Event
21	22	23	24
7:30am - Reserved lane 9am - Hatha Yoga 9am - Men's Breakfast 9am - Stretch Video 9:30am - Glassworks 9:30am - Video Aerobics	7:30am - Reserved lane 8:30am - Co-ed Fitness 9am - Private Council 9:30am - Yogalates 10:30am - Fitness 101 1pm - Ladies Snooker	7:30am - Reserved lane 9am - Classic Stretch 9am - Hatha Yoga 9:30am - Art Club 9:30am - Video Aerobics 10:30am - Friday Coffee	7:30am - Reserved lane 5pm - Karaoke set up 7pm - Karaoke
28	29	30	1
7:30am - Reserved lane 9am - Hatha Yoga 9am - Men's Breakfast 9am - Stretch Video 9:30am - Glassworks 9:30am - Video Aerobics	7:30am - Reserved lane 8am - Monthly Council 1pm - Ladies Snooker 1:30pm - Knitters 2pm - The Ridge Kids 6:30pm - Table Tennis	7:30am - Reserved lane 9am - Classic Stretch 9am - Hatha Yoga 9:30am - Art Club 9:30am - Video Aerobics 10:30am - Friday Coffee	7:30am - Reserved lane

Karin Ingham - *Our Beloved Fitness Lover*

by *Super Sleuth* Linda McIntyre

As you roam around our community one very noticeable trait is that there are so many active, fit people - walking, playing tennis, golfing, puffing on the tread mill or swimming. In the activity centre you might peak in to see both men and women working out with one of our many wonderful fitness gurus.

Karin Ingram is one of our longest standing fitness instructors. She has weathered the storms of ageism, the pandemic and changing trends of the fitness industry. Personally I am thrilled she has chosen to stay with us, gently dealing with a variety of personalities, body types and ailments as we age. She is very highly trained, professionally certified by the BCRA, and is just an all round lovely gal. She has taught aerobics, pilates, yoga, Aquasize, and lucky for us trained in the 3rd age (over 50) and osteofit fitness. She has to re-certify every year in both First Aid and fitness so this gal knows what she is doing!

Karin is a native Island gal born in Victoria and moved to the Cowichan Valley in 1973. Robin Henderson was the activity director at Arbutus at the time and she recommended Karin as a sub in 1989 and from there Karin taught the Men's Group and her classes grew and flourished from there. She has the knack of assessing

what fitness level you are at and bumping up the level gently. She has never once mentioned my extra rolls, age or lack of flexibility - it is her forte - no fat shaming bones in her body - very needed in our senior community. I adore her approach to fitness. It doesn't seem to matter what age, size or shape you are in - she will help you improve your health and fitness. Luckily she also lives close so has no plans to move.

She is a wife, Mom of two boys, a grandma to a little guy, with a granddaughter on the way and she loves to travel. Wow she could be a travel consultant - I love hearing about her exploits - they usually contain exercise! Her family camps on the island and she runs with her husband, bikes, and rows at Maple Bay. She has also done charity runs. This gal is the ultimate fitness guru and I feel blessed she has chosen to stay with us for over 30 years. Truly a keeper! Thank you Karin Ingham for your dedication to Arbutus fitness.

Her food philosophy is everything in moderation and I can attest after taking a variety of classes from her for 16 years she is an excellent teacher. She refreshes her classes by staying up to date so you are never bored. She teaches here Tuesdays and Thursdays and at Valley Health and Fitness Mondays and Fridays.



If you are interested in her private or group classes please contact her at Kariningham@icloud.com

We also have wonderful yoga and dance teachers. Let's live long and prosper! Move that booty!



**JUNE 7, 2023 - 9:30 AM
ARBUTUS ROOM**

*Aging Wellness and
Safety - Morning
Presentation by*

- RCMP Shawnigan Lake
- South Cowichan
Community Policing
(SCCP)
- ICBC
- Mill Bay Fire Dept.
- VIHA

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Odlum Brown Model Portfolio²	5.6%	14.1%	9.2%	11.5%	12.1%	13.9%
S&P/TSX Total Return Index	5.6%	15.3%	8.3%	8.3%	8.7%	8.5%

¹ December 15, 1994. ² The Odlum Brown Model Portfolio is an all-equity portfolio that was established by the Odlum Brown Equity Research Department on December 15, 1994 with a hypothetical investment of \$250,000. It showcases how we believe individual security recommendations may be used within the context of a client portfolio. The Model also provides a basis with which to measure the quality of our advice and the effectiveness of our disciplined investment strategy. Trades are made using the closing price on the day a change is announced. Performance figures do not include any allowance for fees. Past performance is not indicative of future performance.

I would welcome the opportunity to share more about our independent approach and proven results; please contact me today.



Spencer Pocock, B.Comm, RRC, CIM®, RIAC

Portfolio Manager

250 952 7765 | spocock@odlumbrown.com

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A 'Grab 'n' Go' Kit

by M Jane Rees



In an emergency, you'd be lucky to have an hour's warning to evacuate. In a fire, you'd have minutes, and in an earthquake – seconds.

"Gathering" is one of those irrational behaviours we engage in during emergencies. Rather than heading for safety, many people automatically start looking for things to take with them. This can be the result of our inability to think clearly while our bodies are flooded with adrenaline. It could cost you your life. Instead, you need to have a bag ready to walk out with, at a moment's notice. It's fire season. Let's finally make the bag!

Use whatever bag you have, but backpacks are recommended for their strength and ease of carrying. Add the following:

Identification and Documents: Make copies of your passport, driver's license, health insurance, house insurance, pertinent medical records, contact information, and phone numbers. (Your phone may be lost or dead. Make a list.) Include a charger.

Cash: In small denominations and coins. (Think no bank machines and no credit cards.)

Non-perishable snacks and water. (Add a manual can opener.)

Spare eye glasses or contact lenses and solution. Prescription medication for a week.

Toiletry kit: toothbrush and toothpaste, soap, travel shampoo, feminine hygiene products, razor, comb or brush, vitamins, face cloth and small towel, towelettes,

Toilet Paper, Tissues

Clothing: underwear, socks, T shirt, sweatshirt, waterproof jacket, comfortable walking shoes, pants, a hat.

Emergency Blanket, Flashlight (miner's is best), work gloves, dust masks, whistle, lighter and matches in waterproof container, garbage bags, pen/pencil and paper, photos of family and pets.

Contact Numbers To Use In Case of Emergency (ICE). Enter the names and addresses of your emergency contacts in your cell phone address book under ICE.





SUNDAY TRAIL WALKERS

Like walking? Like meeting new people? Then join the Sunday Trail Walkers. We meet in the Village Centre parking lot around 9:45am Sunday mornings then carpool to a local trail. We choose easy to moderate trails, usually 5-6 kilometres round trip.

After, we often have lunch at a local pub or coffee shop. A notice is emailed to participants on Friday announcing the trail walk location and details. To add your name to the notification list email:

sheilaannpierce@gmail.com

(604) 842-7402

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JUNE 2

"Don't waste your time and talent"

Matthew 7:6

JUNE 16

"Can faith and reason coexist?"

Matthew 7: 15-20



1pm - 3pm

in the
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ROOM**

**1st and 3rd
Fridays**

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250 858 2219

**heddowilson@
gmail.com**

Study guides available
to all on the Arbutus
Ridge website under
Clubs

ARBUTUS RIDGE GOOGLE GROUP

Jim Newman, *ARGG Administrator*

The ARGG is an email-based platform where residents (and only residents) can freely communicate with each other about just about anything. (Politics and religion often frowned upon).

Eleven new members joined this past month bringing the total to over 160. Over the past few weeks, we have seen 40 different topics with over 100 individual postings.

Whether it's plumbers, painters, dentists, or dog care, auto care or appliance and computer servicing, residents are getting advice and reviews from fellow members here. A few items exchanged hands once again; from an office chair to a sink.

There was a some discussion about some residents walking their dog on the golf course property. It is, of course, privately owned. There are signs noting that its use is for golf only. Seems we should respect that. Another recent discussion was posted about the swimming pool regulations. Based on the overcrowding that occurred, it was suggested that "the rules" may need to be reviewed. Or at the least, the existing rules be adhered to.

All in all, it was a busy few weeks on ARGG with lots of useful exchanges of information.

If you think you might like to join our group, send me an email at jimhelen.newman@gmail.com.

If you are a resident of Arbutus Ridge, you are welcome to join. You will receive an invitation which should include all the information you need to use the site. Just remember, you must have a Google account. You do not need to have a gmail address. With regard to what opinions you may wish to post, the only rule is that of civility and respect as outlined in the Arbutus Ridge Code of Conduct.

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Port of Vancouver Active Vessel Traffic Management Update

The Port of Vancouver recently provided an update on its Active Vehicle Management System. Currently, the Port is working on several initiatives, including:

The Port is reviewing its anchorage management protocol. It is seeking input from industry stakeholders on the principles of a modernized anchorage management protocol and vessel arrival framework.

The Port is exploring the feasibility of using a mooring system to increase anchorage capacity at the Port of Vancouver and ease the pressure on anchorages in the Southern Gulf Islands. If such a change was made, that might result in fewer ships mooring off of Arbutus Ridge.

The Port is considering establishing an on-water service to monitor ships anchored in the Southern Gulf Islands.

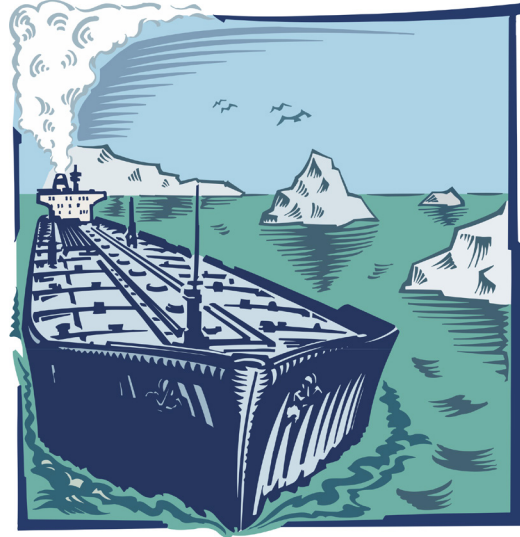
To better understand the disruptive effect of noise from anchored ships in the Southern Gulf Islands, the Port are undertaking, in collaboration with Transport Canada, a review of noise management practices in other jurisdictions and applications, and an analysis of current conditions in the region.

ARRA reminds all residents that If they have a complaint about noise or light from an anchored ship, complaints are to be made through a web form. Here is the form:

<https://www.portvancouver.com/southern-b-c-anchorage-noise-and-light-concerns/>

The Port advertises that all complaints are sent to the Port's operations centre within 2-4 hours of submission, and the identified ship is contacted. The Port states that responses to individual complaints will not be provided.

Other community comments or concerns about anchored ships are to go through the community feedback line, another web form.



Here is that form:

<https://www.portvancouver.com/contact-us/-:~:text=Questions about the collection of,9004.>

For more information about the Active Vessel Traffic Management program, follow this link:

<https://www.portvancouver.com/marine-operations/avtm/>

Cribbage Players Needed!

Everyone knows that board games are fun and provide unplugged family time. But, did you know that games like Cribbage **lower your blood pressure, grow your immune system, and strengthen your memory and cognitive skills?**

The Cribbage Club meets Mondays 6:30 - 8pm in the Town Hall. We collect \$1 for the winner's prize that evening.

Contact: Gudrun Weinstein, 250-743-5898
gudrunweinstein@gmail.com



Arbutus Ridge Emergency Preparedness SAR Training Course

AREP SEARCH & RESCUE Teams will be conducting an exercise during the evening hours of Tuesday, June 20th, 2023.

The entire facilities in the Village Centre will be occupied from 6:PM onward.

On behalf of the Arbutus Ridge Emergency Preparedness (AREP) I hope we are not inconveniencing anyone as this exercise is for the benefit for all the residents of Arbutus Ridge.

Respectfully submitted,
Garry Scott
AREP Training Coordinator

What To Do with Finished Paintings?

by Cecilia



Too often, people seem to have enough stuff on their walls.

I know one couple who have had the same horrible art work on their walls for over 50 years. They do say that when you move you should put new paintings on the walls, giving yourself a whole new life.

Otherwise, you could prop them up on your driveway with a price tag on them, which is exactly what you can do on August 13 for the Art Walk here on the Ridge.

Or you can upload a website and risk getting ripped off after spending money to ship your work.

Or join art clubs and put your work into their shows.

Give them to your darling relatives and friends. (Of course, if you don't like the friend, one of your less successful works is a suitable gift.) Can be risky business with the relatives because art appreciation is very subjective.

I gave a couple to my son and his wife and I didn't see them hanging anywhere on my last visit. Must be hanging in the crawl space. How many can they hang in the crawl space?

I haven't got any more room in my crawl space.

Some of us just paint over old paintings. The paint is getting so thick on some of them, they could support walls.

I haven't got an answer to this problem but I keep on painting.

Here's to bigger crawl spaces.

Singer Wanted!



Be a part of the
Music Club Choir at
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We will sing
"O Canada" and
one or two other
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We will have a
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Meet Barb!

Barb Smith is a community support worker with a lifetime of experience providing care in a wide variety of settings. She has supported adults with a wide range of disability in staffed residential care, end of life care (hospice) and worked extensively with persons who live with dementia.

Barb does it all. Light housekeeping, meals, personal care, accessing your community for appointments and recreation, she will shop, do errands, even dump runs - anything to enhance your life and ensure

\$30 / hour. Min 4 hour shifts
Monday to Friday
References

(continued) My Boxing Career... Conclusion

by Don Deakin

Clayton Powers was a year younger than I, but he was a towering 11 year old boy of Algonquin extraction. One day my younger brother Gary got into one of those “My father can beat your father” dialogues with Clayton. When the repartees soon got to, “My brother can beat you”, the two boys marched up Pringle Drive to where I was casually throwing a red, white and blue rubber ball up against the old chicken coop in our yard. Gary, a shrimp and a wimp until he was late into his teenage years, fetched two pairs of boxing gloves from the house. Remembering my dad’s caution to make sure that a fight was inevitable before taking action, I asked Clayton if there was going to be a fight. He didn’t answer, but he donned the boxing gloves. As he did so, I clocked him hard with a left cross to the right cheek. Clayton dropped his hands by his side, his gloves slipped off and he looked at me for a moment before turning away and plodded his way home.

Wow! 3-0!

The fourth and last fight of my career occurred a year later. Ricky was my best friend and we used to spend hours in winter doing flips off the chicken coop into the snow. Ricky aspired to be a stuntman in the movies and he was daring and cocky and good.

Ricky was also an attention seeker. Since I’d known him and his family for years, I had come to understand that he was starved for his father’s attention. He acted out at school too. One day at recess some boys in the yard goaded Ricky into a fight – with me. Without warning he started punching me. I couldn’t bring myself to retaliate. I covered my face, went down on one knee and he pummeled me until a supervising teacher pulled him off me.

The next day I retired from boxing with a 3 - 1 record. Ricky and I never spoke again.

There are three postscripts to this coming-of-age story. One occurred yesterday, another happened 51 years after the fight with Clayton and the last one occurred 10 years after the fight with Ricky.

1. Yesterday, I conducted a Google search and found to my surprise that my old school, Saint-Pascal-Baylon, is still in operation in the same location across the street from Martin Luther King Park which served as my 1953 escape route. A quick scan of the school’s website informed me that the school has had a No to Bullying policy since 2012 when Bill 56 was adopted by the National Assembly of Quebec to combat school bullying and violence. I couldn’t help wondering how Saint-Pascal-Baylon had handled bullying in the intervening 59 years since I attended school there.

2. One day several years ago a school custodian I knew happened to mention the name Clayton Powers in conversation. What a coincidence! It turned out that many years previously Clayton had relocated from Belleville to the community where I was serving a year as interim principal of a public elementary school. I found out where Clayton lived and pondered the wisdom of a visit with him.

That summer my erstwhile fight-promoting brother, Gary, came to visit me for a few days in Killaloe. We planned a bird-watching day in Algonquin Park. I had earlier told him of the re-emergence of Clayton Powers. True to form, Gary insisted it would be a great idea if, after our Park visit, we dropped in on Clayton to relive old times. So with some trepidation I drove up to Clayton’s front door. Gary got out and rang the doorbell.

Mercifully, Clayton was not home. Later, when I reflected on this non-incident, I came to a sober appreciation of how deep troublesome memories can run.

3. In 1969 I found out from Gary who often visited his childhood friends in Belleville that my former best friend, Ricky, had come to a sad end.

While attending the University of Toronto, Ricky, apparently under the influence of a hallucinogen one night at a party, did a swan dive off a ten - story balcony. I've often wondered if at that moment, he was reliving our antics on the chicken coop roof. I hope he was.

As successful as he was, Joe Louis pocketed only \$800 thousand of the over \$4.6 million he earned during his boxing career. During his lifetime there was no denying Louis' celebrity power. He fought charity bouts in support of numerous causes. He enlisted in the army and was awarded the Legion of Merit and the Congressional Gold Medal for bolstering "the spirit of the American people during one of the most crucial times in the country's history." As a black man the patriotism he exhibited in wartime endeared him to the entire country.

The IRS taxed Louis heavily for years. In his twilight years Louis' friends included former rival Max Schmeling, the man he dispatched in two minutes and four seconds of round 1 of the World Heavyweight Championship fight in 1938. Schmeling provided Louis with financial assistance during his retirement, paid in part for Louis funeral and acted as pallbearer when Louis died of cardiac arrest in 1981.

New York Post sportswriter Jimmy Cannon responded to another person's characterization of Louis as "a credit to his race", stating, "Yes, Joe Louis is a credit to his race—the human race".



Photo by Joseph Costa/NY Daily News Archive via Getty Images

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- * *Aging Wellness*
- * *Friendly Phones*
- * *Block Watch*
- * *Speed Watch*
- * *Volunteer Opportunities*
- * *Fire Prevention*

10:00 am - 10:45 am

FRAUDS & SCAMS, presented by RCMP / SCCP

11:00 am - 11:45 am

DRIVER SAFETY with ICBC, presented by Colleen Woodger

12:00 pm- 12:45 pm

SEE SOMETHING SAY SOMETHING, presented by RCMP / SCCP

Get in touch with us! Visit our official website at <https://southcowichancommunitypolicing.ca>



ARBUTUS RIDGE E-BIKERS

next ride **Friday, June 9**

On **Friday June 9**, Residents and friends riding e-bikes or regular bikes are invited to join the club for an Esquimalt exploration on the paved **E&N Trail** departing Westshore Town Centre in Langford. The destination will be **Spinnakers Gastro Brewpub**, 308 Catherine Street, Victoria, where we will enjoy lunch. The 28 km (round-trip) route will take us around Esquimalt Harbour and then east toward Victoria. Gather at the AR Village parking lot for 11:00 am departure, and we should be back before 2:30 pm. Load your bike on your vehicle, or car-pool with another member for the 30 minute drive to the start point.

Contact Bill to register for this free event to receive a map, and if needed, arrange ride-sharing and/or bike rack sharing.

Contact Bill Low at billjenlow@shaw.ca if you wish to join the club. No fees!

More rides will be scheduled throughout the summer and fall. Get on our e-mail list.

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Bridge Club

We are a social Bridge Group, and we welcome all levels, even beginners.

Ladies Duplicate Bridge

Monday 9am Rose Room

Marilyn Carter, 250-732-6145

Ladies Afternoon Bridge

Monday 12:30pm Arbutus Room

Jordi Ness, 778-356-5033

Men Afternoon Bridge

Monday 12:30pm Rose Room

Dave Weaver, 250-929-7399

Duplicate (mixed) Bridge

Tuesday 6:15pm Arbutus Room

Jennifer & Ray Wheeler 250-743-5277

Social (mixed) Bridge

Wednesday 6:30pm Arbutus Room

Jim Newman 780-200-5016



AR Tennis Club

Where we play....

With the option of both outdoor and indoor facilities, Tennis Club members can play tennis 12 months of the year. All Arbutus Ridge residents have free access to a private outdoor court. Pay-as-you-play is also available year-round at the Arbutus Ridge Golf Club indoor tennis facility.

Join us....

Annual membership dues for the Tennis Club are ten dollars (\$10) from November 1 through October 31. Fees for tournaments and events will be posted.

Contact us...

President, Gary Boyer

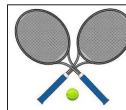
Vice President, Art McIntyre

Treasurer, Mike Mills

Secretary, Sandy Mosher

Men's Coordinator, Geoff Budd

Ladies / Mixed Coordinator, ??



e-Bikers Club



Exploring Cowichan Bay

Join us on our monthly e-bike outings!

No fees, new members are always welcome.

Contact: Bill Low

Phone: 604-657-6361

Email: billjentlow@shaw.ca



Email Ann:

merrmaideruiser@hotmail.com

Ladies Snooker



Where: Games Room

When: Mondays & Thursdays @ 1pm

NOTE: No Snooker in July & August

Interested in joining please contact:

Brenda Franson: 250 246 0896





Arbutus Ridge Wine Club

Gatherings and Special Events

Generally, Wine Club events take place on the third Friday of each month. These gatherings tend to be Arbutus room centred, however, in the past we have enjoyed offsite events at a local vineyard as well as at the Arbutus Ridge Golf Club.

Membership

Membership (for AR Residents only) is \$10 per person for the year to the end of September, (no pro-rating).

Contacts

Jan Eckersley, Secretary email:
eckersley.jan@gmail.com
Visit our website for more details:
<https://residents.arbutusridge.ca/wineclub/>



Glassworks

What do we do?

The Glassworks Club exists for members with genuine interest to acquire the artistic skills using glass as a medium.

When do you meet?

Glassworks meets on Wednesdays from 9:30 am - 4:00 pm; and Tuesday afternoons from 12:00 - 4:00, in the Craft Room.

How much does it cost?

There is a \$25.00 Annual membership fee in September and is prorated if members join later in the year. The fee covers the chemicals, equipment, and general supplies. Additional supplies may be needed for specific projects at the members' expense.

Contact Information:

Pearl Drews:
pearldrews@gmail.com, or call: 778-356-3315
Aimee Thompson:
aimeethompson@telus.net, or call: 250-743-0520

AR Carpet Bowling



Where & When?

We play in the Arbutus Room on Monday nights commencing at 7:00 pm. and every last Friday of each month starting at 7pm

!! No Carpet Bowling July & August !!

Join/ Try it!

Come and join us in this fun, light exercise, no prior experience is necessary. Comfortable clothes and soft-soled shoes are the only criteria, as well as a fun-loving spirit.

How much does it cost?

Annual membership dues are ten dollars (\$10) from September 1 through August 31.

Contact

For further information or if you would like to come out and try it, simply call: Lovey or Roy Pritchard at 250-929-3324.

Arbutus Ridge Ramblers

We hike every Tuesday, and we walk every Sunday. Hike location and other information is emailed to the appropriate Ramblers' Contact List the week prior to each walk.



We meet at the Village Centre parking lot to review the hike, go over travel instructions arrange for car-pooling.

For the Ramblers' Hiking Contact List, please email Diana Dereski at dk.dereski@sasktel.net.

For the Ramblers' Walking Contact List, please email Sheila Pierce sheilaampierce@gmail.com
<https://residents.arbutusridge.ca/ramblers/>

New members are always welcome.



BINGO

October to June

When: Frist Friday of each Month

Where: Arbutus Room

Time: 7:30pm to 9:30pm

Cash only: 3 cards for \$ 2.00
Black-out cards \$ 1.00

Contact: Dave Fowler
250 686 1307
Deejay69@mail.com

Bring your own beverage & snack!

Men's Pea Pool



Every Wednesday afternoons from 2:30-5:00 in the Activity Games Room

Come and join us.

The stakes are high you might win 3 or 4 dimes by the end of the day! So be sure to bring is a pocket full of dimes!

All are welcome, there is no charge. Bring your own beverage and cup!



Want to play American



Mahjong

Join us every Wednesday at 12:30 p.m. in the Town Hall.

No experience necessary

Arbutus Ridge Social Dance

Join us on the second Friday of each month for an enjoyable evening of dancing!

Arbutus Room at 7pm



Keep your vocal cords tuned!

We meet on the last Friday of each month starting at 3pm in the Arbutus Room!

!! NO Roughly Singing July & August !!