

# Gags and Giggles and Brain Teasers

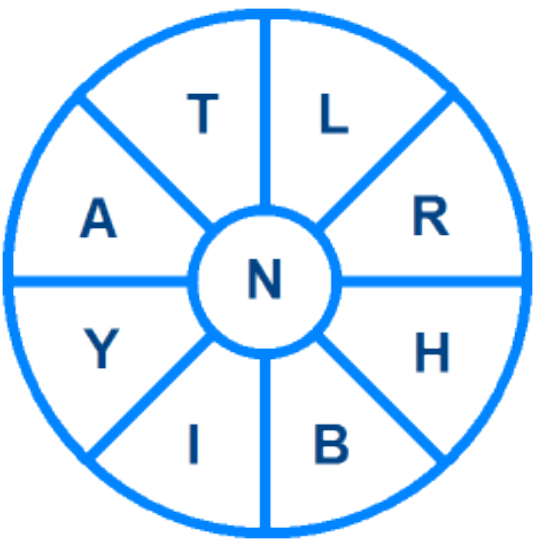
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I don't think the 5 second rule applies to this...



**COMMON SENSE**  
IS LIKE DEODORANT.  
THE PEOPLE WHO  
NEED IT MOST  
NEVER USE IT.



How many words can you make from the letters in the wheel? Each word must contain the hub letter N. Can you find a 9-letter word and at least 25 other words of four letters or more avoiding proper nouns?

## Arbourside Community Newsletter Fall 2018 The Arby

### Military History of Canada

The **military history of Canada** comprises hundreds of years of armed actions in the territory encompassing modern Canada, and interventions by the [Canadian military](#) in conflicts and [peace-keeping](#) worldwide. For thousands of years, the area that would become Canada was the site of sporadic intertribal conflicts among [Aboriginal peoples](#). Beginning in the 17th and 18th centuries, Canada was the site of [four colonial wars](#) and two additional wars in Nova Scotia and Acadia between [New France](#) and [New England](#); the conflicts spanned almost seventy years, as each allied with various First Nation groups.

In 1763, after the final colonial war—the [Seven Years' War](#)—the British emerged victorious and the French civilians, whom the British hoped to assimilate, were declared "British Subjects". After the passing of the [Quebec Act](#) in 1774, giving the [Canadians](#) their first charter of rights under the new regime, the [northern colonies](#) chose not to join the [American Revolution](#) and remained loyal to the British crown. The Americans launched invasions in 1775 and 1812. On both occasions, the Americans were rebuffed by Canadian forces; however, this threat would remain well into the 19th century and partially facilitated [Canadian Confederation](#) in 1867.

After Confederation, and amid much controversy, a full-fledged Canadian military was created. Canada, however, remained a British dominion, and Canadian forces joined their British counterparts in the [Second Boer War](#) and the [First World War](#). While independence followed the [Statute of Westminster](#), Canada's links to Britain remained strong, and the British once again had the support of [Canadians](#) during the [Second World War](#). Since then, Canada has been committed to multilateralism and has gone to war within large multinational [coalitions](#) such as in the [Korean War](#), the [Gulf War](#), the [Kosovo War](#), and the [Afghan war](#). Canada has also played an important role in [United Nations peacekeeping](#) operations worldwide and has cumulatively committed more troops than any other country.



Standoff during the Oka Crisis, in 1990, was a clear demonstration of the patience, civility and loyalty of our great Canadian Forces.



On October 1, 1940 as the [The British Columbia Regiment \(Duke of Connaught's Own\)](#) went to war.

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BRIDGEVIEW ELEMENTARY SCHOOL

Arbourside Court Residents have adopted Bridgeview Elementary School! Taking the philosophy of “It takes a village to raise a child.”, Arbourside Residents have made it their mission to support this school located in the poorest postal code of Surrey. To date, money has been collected and used to purchase necessities of life for these students and their families. Last year over 80 coats were collected and distributed by the school for students and family members in need. Due to the generosity of Kamal and her family, and Staff members, we provided a full Christmas feast, including turkey, gravy, stuffing, mashed potatoes, vegetables and dessert, as well as vegetarian lasagna, served at the school on the evening of December 20th. There were close to 300 in attendance! Following the dinner, Christmas gifts (purchased through the generous donations of Residents, Family, Friends, Vol-unteers and Staff) were distributed to all 135 children, and free raffle prizes were won by parents. We even had enough funds left over to sponsor the first ever Grade 7 Graduation Party in June. We continue to collect new and gently used clothing, school sup-plies, and non-perishable items for those most in need. We are collecting year round, for seasonal wear, cultural events, and any-where else we can help. So far we have accumulated \$1587. 75 towards our goal of \$3200, which would be enough to purchase a Christmas gift of \$15-20 value for all of the 144 students at the school. For some, this will be the only gift they receive this year. If you are interested in helping with this years collection, please see Wendy, and Way to go Everyone—your blessings are so appre-iated. Thank You, and Keep Up the Good Work!

FLU SHOT CLINIC

Our annual Flu Shot Clinic was again being hosted by Pharmasave. Pneumonia vaccinations and the new shingles vaccine were also offered. Open to all Residents, Staff, and Family Members, the clinic was held on Thursday, November 1st. A big Thank You to Amin, Brigita and the rest of the staff at the Phamasave, which is located across the street from Surrey Memorial Hospital.

REMEMBRANCE DAY CEREMONY

Our ceremony was held at 2:30 in the Piano Lounge on November 9th. We paid homage to the great Canadian Veterans, past and present, who have chosen to represent our freedom in the most altruistic way. We honoured 10 Veterans this year and 209 Veterans who are related to our Residents, Staff and Volunteers. Brian and Elizabeth were once again here representing the Le-gion, and Mike, our favourite Bagpiper provided us with music so traditional to this remembrance. Mike also stayed to play more tunes in the Bistro where refreshments were served following the ceremony. Photographs are on page 5.

CHRISTMAS DINNER

Be sure to mark December 13th on your calendar—that’s the day of the Arbourside Family Christmas Dinner. There will be a cash bar cocktail hour starting at 3:30, followed by dinner at 5. See Reception for tickets. This dinner is beyond yummy, and tradi-tional—turkey with all the fixings, vegetables, stuffing, desserts - you get the picture. There is even wine! Make sure to get your

SPECIAL DAYS IN NOVEMBER

- 1 All Saints Day
- 2 Devilled Egg Day
- 3 Sandwich Day
- 4 King Tut Day
- 5 Put Your Clocks Back an Hour Day
- 6 Marooned without a Compass Day
- 6 Saxophone Day
- 7 Bittersweet Chocolate with Al-monds Day
- 8 Cook Something Bold Day
- 8 Dunce Day
- 9 Chaos Never Dies Day
- 10 Forget Me Not Day
- 11 Remembrance Day

- 12 Chicken Soup for the Soul Day
- 13 World Kindness Day
- 14 Operating Room Nurse Day
- 14 World Diabetes Day
- 15 Clean Your Refrigerator Day
- 16 International Tolerance Day
- 17 World Peace Day
- 18 Homemade Bread Day
- 18 National Adoption Day
- 19 Have a Bad Day Day
- 20 Absurdity Day
- 20 Beautiful Day Day
- 20 Universal Childrens’ Day
- 21 False Confession Day
- 21 World Hello Day
- 22 Go For a Ride Day
- 23 National Cashew Day

- 23 National Espresso Day
- 24 All Our Uncles Are Monkeys Day
- 24 Evolution Day
- 25 National Parfait Day
- 26 Shopping Reminder Day
- 27 Pins and Needles Day
- 28 French Toast Day
- 28 Make Your Own Head Day
- 28 Red Planet Day
- 29 Square Dance Day
- 30 Stay at Home Because You Are Well Day

Red Skelton Show! Red graced us with his presence and all our favourite characters, as well as the history of Red. We Love Red!



Eagle watching in Brackendale with lunch at the Watershed Grill. We saw a few eagles, in the treetops across the river, and one flew away so we could see his wingspan. The food was excellent, the company was awesome, and the scenery was beautiful.





Sign Language is being co-taught by Jean and Wendy. We have had a lot of fun and are actually learning to sign basic greetings, numbers, etc. Please feel free to join and receive your own binder to help get you started! We painted Christmas trees this month in anticipation of a warm and white Christmas. Our painters are becoming Masters!

Halloween Party!



Arbourside Community Services

*Church Services*

Just a reminder to our new residents that every Sunday at 2:30 interdenominational Church is held in the Piano Lounge. Catholic mass is held Sundays at 1:00 in the Piano Lounge, with the exception of the second Sunday of the month. It is held on the second Friday of the month at 10:30 am in the library.

*Seamstress Services*

Sabina Fashions offers full seamstress services at market price, and has offered a 10% discount to all Arbourside residents. Sabina is located at 100A 13753 72nd Avenue. Her phone number is 604-502-5040.

*Hearing Aid Clinic*

Christina, a hearing aid specialist will be at Arbourside on the 21st this month. An appointment log has been posted on the Bulletin Board. Please sign your name and choose your preferred time.

*Kathy's Salon – Friendly Service with Great Rates*

Is an in-house service provided by Kathy (Thursday and Friday) to care for the hairdressing and barbering needs of the Arbourside community. See Kathy in her studio on the second floor – she can usually fit you in the same or next day and is available 9:30 am to last appointment. Give her a call at 778-986-2500.

*MK Flowers*

Since 2005, Kay Erickson of MK Flowers has been bringing joy through floral arrangements to many Surrey residents and business. Check out the fresh flowers at reception for an example! Be sure to give Kay a call at 778-688-3863.

*Compassionate Touch Canada*

Chonna and her staff provide therapeutic touch and massage services and Dementia Touch Therapy to their clients every second Tuesday at Arbourside.

You can find out more by calling 604-353-6794.

*Linie's Nails*

Linie's hours will be returning to Thursdays from 9 a.m. to 3 p.m. To contact her please call her at 778-241-1453.

*Tender Care Support Service, Housekeeping & Shopping Services Offered*

Formerly Independence Matters. If you require these services please call Tina at 778-999-3262. We will visit you, get your list and pick the items up for you.

*Visits with Eddy*

If you like well behaved dogs, then be sure to come down early on Thursday mornings to meet Eddy, and his Mom, Jasdeep. Eddy is a King Charles Spaniel, who loves to be loved. He visits to receive as many hugs and kisses and belly rubs as he can from our Residents, which is a wonderful way to start your day, whether you're a dog or a person!

*Fashion Closet*

Fashion Closet attends Arbourside every 2– 3 months to provide in-home shopping for clothing and some accessories for our Residents. Heather fills the Piano Lounge with racks of new clothing in appropriate styles and sizes for Arbourside, all for the same price as in store—what a deal! Be sure to check out your monthly calendars to see if she's coming.

*5th Avenue Jewellery*

Lynn Dosset brings her beautiful jewelry line to Arbourside every 2-3 months, and sets up in the Bistro for your perusing and purchasing ease and pleasure. Lynn is also very generous in donating many valuable items to oour events, such as the Mothers' Day Tea, Bridgeview School, special event raffles, etc. Just ask Rose—she is one of her best customers!

Gift Cards are available for in-house services!!

NEIGHBOURHOOD NEWS

Welcome

Hello to Al & Norma Lonneberg, Anne Gillard, Joanne Laforet, Jake Ruscheinsky, Ken Steiman, Cathy Crozier, Dorothy Gale, Ezzat Ghabriel, Carol Williams and returning Resident Kathy Lavallee. We would like to extend a warm welcome and wish you much happiness in your new homes and neighbourhood.

Get Well Soon

Recuperating in the hospital are Eleanor Clement, Opal Guertler, Frigge Waesch, Theresa Baron and Abbie Sutherland. Best wishes for a speedy recovery from all your friends at Arbourside.

Moving

In the last few months we said goodbye to Lenora, Rita, Marjorie and Josephine.

Passed Away

We mourn the loss of Bernie Doyle. Our sympathies are with his family and loved ones during this time.



There were so many October Birthday Babies that we had to set up 3 tables to fit them all in. Luckily there was enough cake for everyone who attended!



Grace Lacey	3
Ruth Sinkler	8
George Warrener	8
Mark Mah	12
Thomas Hansen	25



Lest We Forget. Remembrance Day Ceremony November 9th at Arbourside Court.



Alan, Verle and George waiting to be piped in. Elizabeth and Brian, our Honour Guard from the Whalley Legion, talking to Rudy, Mike our Piper and Don.



Receiving roses as a symbol of their altruism. We have 10 Veterans from WWII at Arbourside. We also payed homage to 29 Veterans who are related to Residents and Staff, or have passed on.