



# Revelstoke Senior Life

A monthly newsletter for Revelstoke seniors  
March 2023

## The promise of spring - Editor's note by Laura Stovel

As the last month of winter arrives, spring is on my mind. As I head out on walks with my dog Quill, I start to look for the first blooms of the season. My favorite is the hot-pink blossom of the beaked hazel that arrives in late March. This tiny bloom is easy to miss but once you notice it you will see it everywhere in the lower forests.

Spring gives me energy and I look for inspiration. We are pleased to feature two inspiring people in this issue: Paramjit Sanghera, well-known for the delicious food that she sells at the market, and contributor Chris Miller, someone who knows our area and community intimately because he cycles it and takes the time to talk to people while he is out and about. Chris is not a senior but he has an important story to tell.

Finally, we have a new feature courtesy of the Revelstoke Museum and Archives. We are asking long-time Revelstokians to help us identify the story behind a pin donated to the museum. If we solve the mystery, stay tuned for the answer in a future issue.

### In this issue:

Inspiring seniors: Parmjit Sanghera .....	p. 2
Volunteer tax program .....	p. 3
Mystery pin at museum .....	p. 3
Writer's corner: Chris Miller.....	p. 4
Upcoming events and activities .....	p. 5
Regular activities/Service providers .....	p. 6



Paramjit Sanghera in her daughter Goldie's restaurant that was named after her. See p. 2.

### What is the Community Response Network (CRN)?

The Revelstoke CRN is a committee of service providers, including the City, Interior Health, and several non-profits that work together to prevent adult abuse and support vulnerable adults.

We are grateful for the support of our sponsors:



To subscribe to this newsletter or to provide feedback, event announcements or to suggest submissions, please e-mail [revycrn@gmail.com](mailto:revycrn@gmail.com) or call Laura at 250-814-8971.



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## Inspiring Seniors

### **Parmjit Sanghera – “Mom never had a fear”**

Anyone who frequents Revelstoke farmers’ markets knows Paramjit (Pam) Sanghera. Her booth offers the flavours and aromas of India, served with a smile. There are hot samosas skillfully made by her husband Jag, pakoras, chana masala (chickpea curry) and an assortment of frozen curries from her daughter Goldie’s restaurant, Paramjit’s Kitchen. Pam used to make all these things herself but now she focuses on her special fruit chutney.

Pam’s booth is a mainstay at the market but what do we know of Pam herself?

Pam and Jag lived in Jalandhar, Punjab in India with their three daughters, Dimpy, Goldie and Sweetie, and son Sandeep. In 1984, India’s prime minister, Indira Gandhi, was assassinated and the Punjabi economy plummeted. Jag moved to Austria to find work. Four years later Pam took a two-year leave from her job as a fees clerk at a college to join him with Goldie and Sandeep. “We did any job,” she said. While she studied German, she worked in kitchens, as a seamstress and chambermaid. Goldie attended culinary school for five years while they were there.

Goldie describes her mom as “pretty strong.” When they were living in Jalandhar, she said, “a neighbour was really mad at his dad and he had a knife out. The father came running to our house and said, ‘Please help me.’ Mom opened the door, went to the son, slapped his face and took his knife. There were men next door but the father didn’t go to them. He came to our house, to my mom. Mom never had a fear.”

In 1995, 21-year-old Dimpy moved to BC to work for family in Campbell River and three years later she sponsored her parents and siblings. In 2002, Pam’s brother offered them the City Furniture store in Revelstoke.

The first years in Revelstoke were hard for Pam. Her beloved sister in Campbell River died of cancer in 2004 and her mom died soon after. In 2005 Dimpy and Pam started making samosas and pakoras to sell for the Relay for Life, a cancer fundraiser. They were such a hit that people started coming into City Furniture and asking for more.

Pam decided to try selling her food at the market. “I made 60 samosas and some pakoras. In two hours they were all gone. The next week I applied to the health inspector and rented the community centre kitchen one day a week. Day by day people started asking for curries. Then I started to sell butter chicken sauce and curry sauce. Still I sell vegan curries. People can add their own cream” to the butter chicken sauce.

In 2009 Goldie moved to Revelstoke and Pam helped her daughter cook for the first four years.

Today, Pam does less food preparation but she loves selling the family’s food. “I enjoy to talk to the people and people tell me they like my food. Your naan. We make pizza with the naan. I love people. People love me. I’m very fortunate. This is a very nice community,” she said.



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## Would you like help with your income taxes?

The Community Volunteer Income Tax Program volunteers can help you with your taxes

### This is a free service

You qualify if your income is:

- Single person up to \$35,000
- Couple up to \$45,000
- Parent with one child up to \$45,000
- Each additional child \$2,500



Bring your papers to the **Seniors' Centre** and we will be happy to answer your questions or complete and file your taxes

**From March 1st to April 5th 2023**

- **Wednesday mornings 9 a.m. to noon**
- **Thursday evenings 6 to 8 p.m.**

If you have questions, contact Jane at 250-837-5910 or Andrea 250-837-2662

**If you are unable to attend, please call and we will make other arrangements.**

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## Have you seen this? Mystery pin at the Revelstoke Museum and Archives



Cathy English, Revelstoke Museum and Archives curator wrote:

“This pin was donated by a person who found it in a thrift shop, so there is no information about it. I wondered if it had some connection with the Revelstoke Rod and Gun Club. The green section represents an alpine-style hat, which was a popular theme for Revelstoke events in the 1970s. On the front is a pine branch with two cones, and a rifle behind. If anyone has ever seen a pin like this before, or has any information on its origin, we would love to hear from them.”

If you have information about this pin, please contact Cathy at [curator@revelstokemuseum.ca](mailto:curator@revelstokemuseum.ca) or phone 250-837-2067.



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## Writer's Corner

### I get around by Chris Miller

I can't walk, so I roll. Nine years ago, I suffered a brain-stem stroke that changed my life forever. It left me unable to walk but still able to stay active – and I do! I am sure many have seen me around town on one of my trikes.

I was born in Smithers, BC, where I grew up ski racing, biking and participating in any adrenaline-filled activity around. I worked hard and played hard, completing my electrical apprenticeship and qualifying as a certified journeyman electrician.

Twenty years ago, I came to Revelstoke for a four-month job renovating Cooper's Foods (now Save-On). I never left. As the saying goes, I was Revelstuck! I got married and we were gifted with a wonderful daughter, Regan Joy.

My stroke was a life-changing event but I tried to maintain a positive attitude and focus on what I still possess in life, not what I have lost. After months of rehabilitation in Kelowna, it was time for me to come home. People in Revelstoke jumped in to help me succeed. The community set up a bank account to aid our family from financial shortfalls. My friends at Flowt bikes wanted to get me back on the trails so community members pitched in to order me an off-road trike.

This trike has given me a big part of my life back. I use it almost every day, year-round, regardless of weather conditions. It is my most universal means of mobility. I would recommend a trike with off-road capabilities to anyone needing a mobility device for use outside.

Winter poses many challenges. Ordinary scooters are designed for dry concrete, not Revelstoke winters. Sometimes we stay indoors, not because we want to be. But I like the adventure and take my adversity as a challenge. It's great to be able to say "I made it!" once I'm back home.

One day in January, I headed out to Save-On with my mobility scooter. A return trip that usually takes me an hour took three hours as I got stuck in the snow several times. Luckily, helpful hands were only seconds away each time.

Street crossings are a big challenge all year, especially in winter. Cleared sidewalks are fine but the transitions between sidewalks and streets are hard. The danger is tipping over or getting caught on the six-inch-high windrows left by plows. A walker wouldn't notice these things but someone rolling requires a smooth surface.

Over time, I have learned which buildings are accessible. Downtown Revelstoke has many heritage buildings with single-step entries – especially on Mackenzie Avenue. Even when ramps are available in restaurants, bathrooms are often not accessible. Downtown at night, the public washroom near Grizzly Plaza is sometimes my only option. Just last week I was at the theatre and needed an accessible washroom. The public washrooms were locked and I was out of luck.

Despite these obstacles I get around and love life in Revelstoke. See you on the trails.

\* \* \*

*Chris Miller is an avid cyclist and education assistant at Revelstoke Secondary School.*





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## Upcoming events and activities

### Wednesday, March 1

- Brown Bag history, Legacy of Peter Schaerer, Revelstoke Museum & Archives, noon, \$8.

### Friday, March 3

- Winter market – Community Centre, 11-3:30 pm.
- Tea and Tech – Okanagan Regional Library, drop-in tech support, 1:30-3:30, free.

### Saturday, March 4

- Crisis on Planet Z (family series) – Revelstoke Performing Arts Centre, 3 pm, \$10. Info and tickets click [this link](#).

### Sunday, March 5th

- Learn to develop your own film, Revelstoke Visual Arts Centre, 9-11 am & 5-7 pm, \$155. For more information click [this link](#).

### Thursday, March 9

- Exhibition opening, Revelstoke Visual Arts Centre, Viewing 2-5 pm; social 5-8 pm, \$5.

### Friday, March 10

- Ha Ha Harem (Stand-up comedy) – Revelstoke Performing Arts Centre, 7:30 pm, \$25. Info and tickets click [this link](#).

### Saturday and Sunday, March 11-12

- Revelstoke Sewing Group. Revelstoke Seniors' Centre, 9 am to 5 pm, bring your own sewing machine and supplies needed. All crafts welcome.

### Wednesday, March 15

- Brown Bag history, Women in the Mountains, Revelstoke Museum & Archives, 12-1 pm, \$8.
- Drop-in Watercolour nights, Revelstoke Visual Arts Centre, 7:30-10 pm, \$35.

### Thursday, March 16

- Snapshot of History Farewell, Revelstoke Museum and Archives, 7-10 pm. \$10.

### Friday, March 17

- Winter market – Community Centre, 11-3:30 pm.

### Sunday, March 19

- Maddie Storvold (music) – Fable Book Parlour, doors open 6:30, show 7-9:30.

### Wednesday, March 22

- Call Jane (Movies in the Mountains) – Revelstoke Performing Arts Centre, 7:30 pm, \$15. Info and tickets click [this link](#).

### Thursday, March 23

- La Cafamore (Rossland-based classical music chamber group) – Revelstoke Performing Arts Centre, 7:30 pm, \$25. Info and tickets click [this link](#).

### Friday, March 31

- Shane Koyzcan (spoken word) – Revelstoke Performing Arts Centre, 7:30 pm, \$25. Info and tickets click [this link](#).



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## Regular activities

### Mondays

- Soup and a Smile lunch (by donation) – United Church, 11:30-1:00 pm.
- Bingo – Seniors' Centre, 1 pm.
- Bridge – Seniors' Centre, 7 pm.
- Darts – Seniors' Centre, 7 pm.

### Tuesdays

- Carpet Bowl – Seniors' Centre, 9 am.
- Aquafit – Community Centre pool, 10-11 am.
- Cribbage – Seniors' Centre, 1 pm.

### Wednesdays

- Billiards – Seniors' Centre, 9 am.
- Exercise – Seniors' Centre, 10 am.
- PAN – Seniors' Centre, 6:30 pm.
- Whist – Seniors' Centre, 7:30 pm.
- Drop-in Tech Learning – Community Connections Outreach Building, 3-6 pm.

### Thursdays

- Carpet Bowl – Seniors' Centre, 9 am.
- Aquafit – Community Centre pool, 10-11 am.
- Coffee Drop-In – Seniors' Centre, 9:30-11 am. Proceeds go to medical transportation.
- Coffee Social – Community Connections, 416 2nd Street, 10-11 am.
- Indoor Walking Club – Community Centre – 11 to noon.
- Hot lunch – Food Bank – nutritious and delicious hot lunch, 11:30-1 pm, \$10.

### Fridays

- Exercise – Seniors' Centre, 10 am.
- Darts – Seniors' Centre, 7 pm.

### Saturdays

- Pottery workshop, Clay Collective, 6-8 pm, \$70. For more information click [this link](#).

## Service providers

**Community Connections Outreach**, 416 Second Street West, 250-837-2920;

- Better at Home (Support for seniors)
- Food bank
- Social Justice support, counselling and more.

**Revelstoke Community Centre**, 600 Campbell Avenue, 250-837-9351

**Revelstoke Hospice Society**, 250-837-5523

**Revelstoke Seniors' Centre**, 603 Connaught Avenue, 250-837-9456

**Revelstoke Women's Shelter**, Business: 250-837-4382; Emergency: 250-837-1111

- Moving Forward Program (Outreach and workshops) 250-814-8387
- Community Response Network, [revycrn@gmail.com](mailto:revycrn@gmail.com)

**[Revy Unstuck Facebook Page](#)**: Helps seniors with shovelling in the winter.