

Revelstoke Senior Life

A monthly newsletter for Revelstoke seniors

June 2023



Being prepared, looking out for each other - Editor's note by Laura Stovel

The last two summers, June has been hotter than usual. Now is a good time to start planning for how you will handle a heat wave or how you can support your friends and neighbours when the temperature is high. This issue of *Revelstoke Senior Life* features tips on staying cool and safe in the heat this summer. We are also pleased to highlight David Threatful, June's inspiring senior, who shares his passion for butterflies.

We are still looking for seniors who would like to write poetry, stories or articles or submit artwork to this newsletter. If you have something you would like to share, please phone or e-mail me at the contact information below.



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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.



David Threatful in front of part of the butterfly collection that he donated to Parks Canada.

We are grateful for the support of our sponsors and contributors:



Sue Dulley,
volunteer copy
editor

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Inspiring Seniors

David Threatful – A passion for butterflies

David Threatful is one of the town's great walkers. At the age of 78, he can often be seen striding up Mount Revelstoke, along the Greenbelt or to Dose Café, his daily hang-out. People may not realize, however, that David is probably keeping an eye out for butterflies and their habitats. As a local lepidopterist (someone who studies or collects butterflies and moths), he knows a lot about these things.

David was born in Revelstoke in 1945 and worked at his dad's shingle business into his 20s. His love of butterflies came from his third-grade teacher, Eva Burns. Miss Burns was an all-round naturalist who had crayfish and chameleons in her classroom and who regularly took her students into the forest and slough near the present railway museum to identify plants. "She encouraged us to collect and identify birds, flowers, insects – anything natural," David said. "From this early start I began to learn all I could about butterflies.

In his early 20s, David began to correspond with several noted lepidopterists who encouraged him in his studies. He collected butterflies all over BC, Washington, parts of Oregon, northern California and Alberta. For 19 years he collected Parnassius butterflies for Thomas Manley at Yale University, which has one of the largest lepidoptera collections in North America. David's personal collection contained 170 butterflies, including 111 of the 188 species known to be in British Columbia.

In 1980 he paired up with Parks naturalist John Woods to collect butterflies in Mount Revelstoke and Glacier National Parks. The research identified 63 species of butterflies in the two parks. David has documented 70 species in the Revelstoke area, including several in the alpine. Some of his Parks Canada collection can be seen at the Information Centre at the Snowforest Campground. Two publications came out of that work for Parks Canada.

David authored several scientific publications about butterflies in the Okanagan, where he lived for 27 years. In 1984, at McBride, BC, he found the beautiful, black Magdalena Alpine butterfly, the first time it was identified in BC. The Oreas Anglewing butterfly, or *Polygonia oreas threatfuli*, Hübner, (pictured here) was named after David in recognition of his work.

The next time you see David out walking or at Dose Café, ask him about butterflies. You will be amazed.



Did you know? (Source: David Threatful)

- Butterflies can be distinguished from moths by their antennae. Moths have feathery antennae. In North America, butterflies have knobs at the end of their antennae. Also, moths rest with their wings flat, parallel to the surface. Butterflies rest with their wings held vertically.
- There are no endangered butterflies in the Revelstoke area. Butterflies around Revelstoke are found in other regions and have more flexibility, whereas the endangered butterflies are specific to a locale.
- Lepidoptera means 'scaly winged.' It refers to the hairs covering the wings that are flattened or scale-like. These scales overlap like shingles on a roof and give butterflies and moths their brilliant colours.
- Butterflies are heat-loving insects and it takes some time for their wings to warm up. They like the sun, don't fly as much in cloudy weather and don't fly at all in the rain. This means they don't pollinate plants as much as bees do – bees have much greater cold tolerance. Butterflies are not found in deep forests. They like open, unmowed fields.

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Beating the Heat

May was hotter and drier than usual this year and the forecast for June appears to be much the same. For the last two years, the end of June has been very hot, with the heat contributing to hundreds of deaths in BC in 2021.

The good news is that we can take steps to keep ourselves, our friends and neighbours and our pets safe. Here are some tips:

Plan ahead:

1. **Prepare to cool your home:** Do you have fans, air conditioning and/or window coverings? Fans can be helpful but they are not enough to keep you cool. Consider dampening your clothes or sheets to help create evaporative cooling. Fans can bring cool air indoors or push hot air out during late evening and early morning hours. Window coverings, especially reflective coverings can have a dramatic cooling effect. Several meters of reflective foil-covered bubble wrap insulation, available at most hardware stores, is very effective and can be moved from window to window. An indoor thermometer will help you monitor the heat in your home.

The Community Response Network has a few fans, thermometers and some reflective insulating foil that can be loaned out. Please call 250-814-8971 for more information.

2. **Identify cool spaces:** These may be in your home, perhaps a basement or lower floor. Consider how you might modify that space so you can sleep and spend time there. If you don't have a space in your home, think of cool places in the community where you can go. The Revelstoke Community Centre, the library or places like museums, the cinema, stores, a friend's home or shady spaces outside are possibilities. What will you bring with you to keep you comfortable in that space for a prolonged period? How will you get there? Do you have a cooling plan for pets?

The Revelstoke Community Centre, located at 600 Connaught Avenue, will operate as a cooling centre during an extreme heat event, defined as two or more consecutive days of 35° and nighttime temperatures of 18° or more.

3. **Know where to find information.** The City of Revelstoke's Alert Centre, accessible through its website home page is a good place to start – see <https://revelstoke.ca/AlertCenter.aspx>.
4. **Prepare cold meals** or meals that can be microwaved so you don't have to cook.
5. **Keep an eye on the weather forecast.**
6. **Create a buddy system:** If you live in an air-conditioned or cool home, identify friends or acquaintances who may be at risk and invite them to your home or volunteer, drive them to a cooling centre or keep them informed of developments if they don't have access to internet. If you live in a hot space, identify a buddy in a cool home who you can visit, stay with, inform you of developments or drive you to a cool place if you don't have a car.

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People who are most at risk include:

- Seniors aged 65 years or older,
- People who live alone,
- People with substance use disorders,
- People who are marginally housed,
- People who work in hot environments,
- Pregnant women, infants and young children,
- People with limited mobility,
- Those with pre-existing health conditions: diabetes, heart disease, respiratory disease,
- People with mental illness such as schizophrenia, depression or anxiety.

During a heat event (Sources: Interior Health, Vancouver Coastal Health)

7. **Drink plenty of liquids, especially water, before you feel thirsty.** Thirst is not a good indicator of dehydration. Limit alcohol and caffeine.
8. **Cool your body:** Wear a damp shirt or have damp towels ready to promote cooling. A cold shower or bath, placing your feet in cold water or having a spray bottle filled with water also helps.
9. **Activate your cooling plan** by going to a cool space or reaching out to your buddy or other support people to get you there.
10. **Caregivers or heat buddies** should check on vulnerable friends/family several times a day, especially in the evening.
11. **Monitor the indoor temperature:** Temperatures of 26°-31°C may pose risk to the most vulnerable people. Sustained exposure to temperatures over 31°C should be avoided by vulnerable populations whenever possible.

**Get together
for
supper and
conversation**





**Men's
Campfire
Group**

Every
Wednesday
6-8 pm

Revelstoke
Forestry
Museum
Firepit

*Sponsored by the Indigenous
Friendship Society of Revelstoke*



For more information email:
menscampfire@gmail.com or call 778-400-6744

Keep pets cool:

12. **If possible, keep your pet in a cool, well-ventilated place.** Pets don't have the same temperature regulation that humans have.
13. **Never leave pets in vehicles or in direct sunlight on a hot day.**
14. **Avoid exercising your pet at the hottest time of the day.** Exercise should be in shady, green spaces, ideally with water nearby. Avoid walking your pet on asphalt in the heat.
15. **Keep your pet well hydrated.**
16. **Watch for signs of stress,** including excessive panting or drooling, vomiting, diarrhea, weakness, sudden collapse or seizures. Act quickly by getting your dog to a cool place and calling the vet if you see these signs.

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My Heat Plan

My heat buddy:

Contact:

Buddy 2:

Contact:

Prepare: (Fans, reflective foil, food):

.....
.....
.....

Cool space in/around my home:

.....
.....

Cool places in/around Revelstoke:

1. Revelstoke Community Centre (Hours may be extended in heat emergency)

Hours: Mon-Fri 8:30 a.m. to 7:00 p.m.

Saturday 10 a.m. to 5:30 p.m.

2.

Hours:

3.

Hours:

How I will get there and back:

.....
.....

Information:

City of Revelstoke website: Revelstoke.ca

Community Centre phone: 250-837-9351

(If you need help, e-mail revycm@gmail.com or call the CRN coordinator 250-814-8971).



The Better at Home Program will be pairing up with community partners to set up a 3-part workshop; which will provide supplies and information about emergency preparedness. Stay tuned for the dates.

(Poster, right, courtesy of Better at Home)

Emergency

Preparedness Checklist

Often in an emergency or disaster, electricity, water, internet or telephone service may not work. Everyone should have basic supplies in order to survive in the event of an emergency.



An emergency supply kit must be robust and contain enough food, water, medicine, and other consumables to last up to 7 days.



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Volunteers Needed for Emergency Support Services

Emergency Support Services (ESS) is a community-based emergency response program to provide services to individuals and families of BC affected by an emergency or disaster. These can range from house fires, floods, avalanches, earthquakes, hazardous spills, blizzards, landslides, severe weather, power outages, forest fires, disease outbreaks or stranded travellers. ESS provides short-term (up to 72 hours) disaster relief across B.C. in the event of fires, floods or other emergencies. We provide food, lodging, clothing, incidentals and transportation through our many suppliers in Revelstoke.

We need volunteers for our program. If you want to help people, can respond on short notice, have good communication skills, have your own vehicle and work well in a team, **we need you!** Meetings are the first Wednesday of each month at 6:00 pm. Training is available. If you are interested and want to discuss this further, please contact the ESS director, Brenda Jones at: Home – 250-837-5680; Cell – 250-837-1105 or e-mail at: bjess@telus.net.



Rights Don't Get Old.



#WEAAD2023

#RightsDoNotGetOld

Online resources

Tea

Cybersecurity

Games

Help with your devices

and

Government websites

Tech

Ereaders

Every First and Third Friday of the Month

1:30 – 2:30

Drop in – Free – All Welcome!

LIBRARY

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Upcoming events and activities

Monday, May 29 to Sunday, June 4

- Go by Bike Week

Thursday, June 1

- Linocut workshop, Revelstoke Visual Arts Centre, 6:30-9 pm, \$45.

Friday, June 2

- Tea and Tech – Okanagan Regional Library, drop-in tech support, 1:30-2:30, free.
- Linocut workshop, Revelstoke Visual Arts Centre, 6:30-9 pm, \$45.

Sunday, June 4

- Fable Book Parlour book club, 7-9 pm. 'The Sleeping Car Porter' by Suzette Mayr.
- Revelstoke Humane Society walkathon, Paws on Parade. Centennial Park & Greenbelt. 9 am check-in starts. Ceremony at 11. For more info: <https://seerevelstoke.com/event-calendar/paws-on-parade/>. To register: <https://myevent.com/rdhspawsonparade>.

Tuesday, June 6

- Chair yoga (with some standing yoga) – Revelstoke Seniors' Centre, 1-2 pm. Free.

Saturday, June 10

- Indigenous Friendship Society of Revelstoke Spring Gathering. Centennial Park. 2-6 pm. \$10 online or at the gate.

Sunday, June 11

- Learn to develop your own film, Revelstoke Visual Arts Centre, 9 am to 7 pm, \$155.

Friday, June 16

- Tea and Tech – Okanagan Regional Library, drop-in tech support, 1:30-2:30, free.

Tuesday, June 20

- Chair yoga (with some standing yoga) – Revelstoke Seniors' Centre, 1-2 pm. Free.

Wednesday, June 21

- Seniors' birthday party (June and July) – Revelstoke Seniors' Centre, 2 pm. Free for members.

Saturday, June 24

- Beginner's acrylic workshop, Revelstoke Visual Arts Centre, 10 am to 4 pm, \$135.

Sunday, June 25

- Beginner's acrylic workshop, Revelstoke Visual Arts Centre, 10 am to 4 pm, \$135.

Wednesday, June 28

- Seniors' dinner – Revelstoke Seniors' Centre, Cold meat picnic, salad, dessert, \$10. Pay by June 23, 5:30 pm.



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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 and darts – Seniors' Centre, 7 pm.

Tuesdays

- Carpet Bowling – 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.
- Men's campfire group, BC Interior Forestry Museum, 6-8 pm (see poster)

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.
- 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

- Farmer's markets on First Street E. 100 block and Mackenzie Avenue 100 block.

Sundays

- Genealogy group, Seniors' Centre, 1 pm.

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 support and workshops) 250-814-8387
- Community Response Network, revycrn@gmail.com

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