

June
2013



THE CENTRE NEWS

Strawberry Tea



Members and guests are invited to indulge in the tasty pleasures of The Centre's Strawberry Tea. Nothing says summer like the sweetness and flavour of local Peninsula strawberries and freshly whipped cream on top of homemade cake!

Thursday, June 20 at 2 pm

1229 Clarke Rd., Brentwood Bay

Tickets are \$7 at The Centre's reception desk

Looking forward to seeing you all there as we begin to bask in the new summer season!



Check It Out

President's Message	pg. 2
Amazing Feet	pg. 3
Activity Highlights	pg. 4
Activity Highlights	pg. 5
Thoughts by Marianne Brackenridge	pg. 6
'My New Quiet Friend'	pg. 7
Weekly Activities Schedule	pg. 8
Sponsors and Partnerships	pg. 9
Serendipity / Contact Info	pg.10

June Events

Brentwood Bay Festival

- * Saturday, June 1
- * Parade at 10 am
- * Silent Auction at The Centre 10 - 3 pm

CSSCA General Meeting

- * Thursday, June 6 2 pm The Centre

Board Meeting

- * Thursday, June 13 9:30 am

Aviation Museum Parking Lot Sale

- * Saturday, June 15 9 am - 2 pm
- * Admission by donation
- * 1910 Norseman Rd
- * More info on pg. 10

Lunch Bunch

- * There is no luncheon planned for June

Strawberry Tea

- * Thursday, June 20 2 pm
- * Tickets \$7 - The Centre reception desk
- * Bring along friends

Bingo

- * Wednesdays 1-4 pm

Welcome to Our Newest CSSCA Members

Tanga Blackburn Sandra Jones

President's Message

CSSCA President, Gerie Turner

Things are starting to slow down around The Centre in anticipation of our beautiful summer. It seems that our summer holidays from when we were in school stay with us our whole lives. The sense of freedom from responsibility reminds us that WE ARE RETIRED! We can do whatever our spirit moves us to do. However, there are a few things happening at The Centre which will provide little 'anchors' for those lazy days.

One is The Strawberry Tea coming up on June 20th. Local strawberries, home-made cake, whipped cream, shared with friends, what could be better? Please bring anyone you think might be interested in The Centre. The tickets are \$7 from the desk. There will be some worn out kitchen helpers from whipping all that cream! See you there!

We had a very interesting Friday afternoon chatting with Mary Dolan, the trainer in the volunteer organization, *Seniors Serving Seniors*. Her job is to provide the course for the *Senior Peer Counselors*, volunteers who visit seniors on the request of themselves, friends, community nurses, or family physicians. Many people alone in their homes need a 'listener'. To become a *Senior Peer Counselor* you need to have a criminal record check and go through a 12 week course taught by Mary at *Seniors Helping Seniors*. Apparently most peer counselors say they get far more out of the program than they anticipated. The training helped them in their own life with communicating with their own family and in developing many long term relationships with their clients and fellow counselors. If you think you might like to join this worthwhile program contact the *Seniors Serving Seniors* at 250-382-4331.

Another Friday talk was from Marcia Goodwin, R.N. on *Care of the Feet*. In an entertaining way, Marcia explained how our feet are one of the most important parts of our body, even though they are the part farthest away! She explained why it is difficult as we get older, to walk in 'flip-flops'. Our heel lands in different spots on our shoe and since our big toe gets its sense of direction from our heel, it doesn't know which way we want to go! Get shoes that have a definite 'cup' for your heel and you'll find walking a lot easier. Your big toe will be able to tell your brain in a definite way where you're headed! Marcia also said that the flat pad on our feet shrinks with age so our bones and skin rub together more. That's why it's more uncomfortable to walk barefoot when we're ninety! Not like when you were seven years old running barefoot all summer.

Pat and Ron Tranter hosted the final Pot Luck of the season and are stepping down as leaders of this enjoyable activity at The Centre. We all thank them for their strong commitment and their chili! Many shared dishes and stories take place during this informal get-together every month. Food always brings out great conversations sitting around a table!

Please take the time this summer to enjoy the beautiful area in which we live. We are very fortunate to be here. Every time I get home from being away I want to get down and kiss the ground (tarmac) at the airport or Swartz Bay terminal, in gratitude for this great place we call home. We sometimes take The Centre for granted but it's part of what we call home also. Have a wonderful summer and I'll see you around.



The Amazing Feet

How can you possibly look at my big toe and tell me its all in my head? This was the question I was expected to answer from a person in the audience. A strange question perhaps, yet to my ears quite familiar. Thus, as I review my medical chart it all seems so logical to me.

Yes, I am referring to the art of reflexology, a very ancient alternative treatment for so many physical complaints. In today's busy world, many people are searching for a quiet, stress free solution to their demanding lives. Granted, there are many solutions; massage, acupuncture, acupressure as well as reflexology.

Briefly as I explain, if one can view the sole of the foot as a mirror of the whole of the body. The toes represent the head and all areas within, then following downward as far as the heel, one has covered the reflexes to the anatomy of all the body parts.

How can this possibly work? Usual question from the average lay person. My answer, as one views all of nature and human beings, one can understand that there are electrical or energy pathways keeping everything flowing naturally. However, if something interrupts these pathways then the body becomes imbalanced, thus manifests into sickness, disease and other ailments.

Obviously reflexology does not suit everyone; there are sceptics in life and those who view life as black or white. However, through all my years working as a reflexology therapist I have seen tremendous changes in clients. During my time working in palliative care, I found this type of therapy so rewarding.

Unfortunately, I have reached a point in my life where my hands are physically changed, my hands being the tools I use for this therapy. Thus another stage in my life when I can reflect upon the past and feel very grateful for the opportunity I had for so many years.

Marcia Goodwin



HAPPY BIRTHDAY

June Birthdays

- | | |
|--------------------|---------------------|
| 02 Edna Brown | 23 Elsie Eckardt |
| 05 Geoffrey Corry | 23 Brigitte Ullrich |
| 05 Irma Kilner | 26 Loretta Mulessa |
| 06 Bruce Bennett | 26 Wendy Wignall |
| 07 Elena Buicliu | 27 Rayna Hayes |
| 07 Joan Johnson | 28 Sue Tribe |
| 09 Gladys Otto* | 29 Lillian Davidson |
| 10 Margo Wilton | 29 Anita Salmon |
| 16 Barbara Roberts | 30 Elizabeth Small |
| 22 Kathy Rose | |

July Birthdays

- | | |
|---------------------|-------------------|
| 01 Helen Steele | 15 Marilyn Rose |
| 03 Sharon Kleim | 15 Joyce Vezina |
| 06 Jean Thomas | 19 Joan Lewin |
| 07 Ernest Smyth | 23 Jane Charlton |
| 08 Gwen Clark | 23 Rowena Kromm |
| 09 Winota Sluggett | 24 Lynne Kemper |
| 10 Lois Moon | 24 Rolf Ullrich |
| 11 George Swift | 26 Joan Bennett |
| 12 Freda Reid | 26 Eileen Smith |
| 13 Phyllis Thornton | 28 Kathleen Clark |
| 14 John Belsky | 30 Pat Sinnott |
| 15 Ron Brackenridge | |

August Birthdays

- | | |
|----------------------|---------------------|
| 01 Sheila Hobbis | 21 Sharon Wright |
| 01 Maureen Kirk | 24 Dorothy Sluggett |
| 01 Lois Robertson | 25 Belle Jones |
| 06 Margo Styan | 25 Glynn Ward |
| 08 Gwen Bentley | 26 Betty Kraemer |
| 08 Lynne Marotto | 26 David McVie |
| 10 Corinne Marshall | 28 Albert Bateman |
| 12 Mary Wilkinson | 28 Roy Crouse |
| 14 Ann McMillan | 29 Leslie Hicks |
| 17 Braunda Gustafson | 31 Sally Palmer |
| 21 Geoffrey Cochrane | |

Activity Highlights at The Centre

Art Appreciation Group

This popular activity has wrapped up for the season, the new sessions will be starting in October. Watch for the schedule posting in the September issue of The Centre News or on the activity listings on The Centre's website: www.centraasaanichseniorscentre.org

Co-leader, Joyce Wolfe

Shuffleboard

Come join the fun for June. There will be a stop in the action over July and August and we are looking forward to a season start up in the fall! Be sure to watch for the dates and times to come and join the fun.

The Knitting Group

We will be taking a summer break. The last meeting was May 15th and we will reconvene on September 18th.

Group Leader, Lynne Marroto

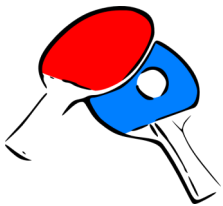


Table Tennis and Snooker

These activities will continue to be available for those who wish to set up games with friends over the summer.

Numbers are very small which surprises me. Perhaps more in the fall. Have a good summer.

Group Coordinator, Don Turner

The Walking Group

To all you hardy walkers:

We would like to invite you to join us for our schedule of walks, for this month, Thursday, June 13 and 27, and every **second** Thursdays after that. No sign up is necessary – just come and enjoy.

We know things happen which means you might be away or enjoying company and that makes it difficult to ask folk to commit themselves, so...regardless whether there are two or twenty of us, we will be walking every second Thursday. Let's take advantage of our good weather.

We will meet at:

The Centre Lounge - 10:00 am
Rides can be shared

Some of the Walk Locations:

Sidney Waterfront; Todd Inlet; Beaver/Elk Lake; Francis King Park; Island View Beach

We are always open to other suggestions.

If the mood hits us and we are near a coffee shop, why not finish off with a coffee or even lunch, if we so wish? Do not forget water and a snack, if thirst or hunger hits you while walking.

If you need to be reminded of dates, please call The Centre between 9am & 1pm in the months of May and June.

Gwen Bentley on behalf of The Centre Walkers

The Centre's Songbirds Choir

Songbirds will wind up June 25 and will return Sept. 3



Activity Highlights at The Centre



Stamp Collecting Group

Philately is the study of stamps, postal history and other related items. Philately involves more than just stamp collecting, which does not necessarily involve the study of stamps. It is possible to be a philatelist without owning any stamps. For instance, the stamps being studied may be very rare, or exist only in museums.

Origins of the Word 'Philately'

The word *philately* is the English version of the French word *philatelie*.

In 1864, Georges Herpin stated that stamps had been collected and studied for the previous six or seven years and a better name was required for the new hobby than *timbromanie*, a name which was very much disliked. He took the Greek root word phil or philo, meaning an attraction or affinity for something, and ateleia, meaning 'exempt from duties and taxes' to form *philatelie*. The introduction of postage stamps meant that the receipt of letters was now free of

charge, whereas before stamps, it was normal for postal charges to be paid by the recipient of a letter. The alternative term 'timbromania', 'timbrophily' and 'timbrology' gradually fell by the wayside.

The following stamp image demonstrates that stamps come in many shapes, sizes and colours

Since our meeting for this month is at the same time as the Strawberry Tea, let us make the big sacrifice and all show up at the Strawberry Tea.

See you then, Group Coordinator Kurt Sommer



Scottish Country Dancing News

We had a fun dance on Friday, April 12th at The Centre. There were over forty-five in attendance with five energetic teenage girls as well. We danced some simple participation dances intermingled with more difficult ones performed by the Scottish Country dancers. There were wonderful refreshments midway through the night. Many thanks to all who attended, brought refreshments, helped in the kitchen, decorated and tidied up after. We were able to contribute \$226 towards the general funds for The Centre.

We will continue with morning Scottish Country dancing throughout June, July and August. However, the evening classes will wind down sometime in June depending on the weather as evenings can get very warm upstairs. We have now concluded eleven years of Scottish Country Dancing at The Centre! One danc-

er has been with me for fifteen years now as she started at our home in Deep Cove.

Please note on Sunday, Sept. 22, 2013 from 2 to 4 pm we will be having a fun Ceilidh Dance fundraiser for the Centre. All ages are invited and the dances will be easy for all to participate. There will be refreshments. Cost is \$5 per person or \$10 per family. Bring your children and grandchildren and come in comfy clothes to have a fun time.

Do consider joining us sometime this summer on Tuesday mornings. The group is friendly and there is frequent laughter as we attempt to navigate new dances.

Volunteer Dance Instructor, Janet Mitchell

The Month Of June

by Marianne Brackenridge

As we move into the month of June when summer officially arrives on 21st, thoughts of summer vacations and relaxation seem uppermost in our thoughts. Almost like New Year, time to ponder our past efforts and plan for the next 6 months of positive living.



June is named for the Roman goddess Juno, the goddess of marriage, thus a very popular month for weddings. The traditional birthstone is the pearl and it is the only gem that comes from living sea creatures. The flower of the month is the rose which is a symbol of love and appreciation. It is also known as the flower of passion.

We are now heading into Summer Solstice which generally falls between June 20-22nd each year; dates do vary a little due to the Gregorian calendar system. The June solstice day has the longest hours of daylight. This occurs when the sun is at its furthest point from the equator and is considered a great advantage to those working outdoors such as farmers.

The word *solstice* is derived from the Latin 'sol' (sun) and 'sister' (to stand still), when the sun stands still before reversing direction.

It is generally known that, according to Celtic tradition, Summer Solstice becomes a festive time when

ceremonies are held at dawn and noon at sacred circles such as Stonehenge. There are celebrations, bonfires, ceremonial bathing, in recognition of and strengthening our connections, to nature at this significant time.

Father's Day is the most well known holiday that takes place in June, celebrated on the third Sunday of the month. Thus June 16th marks the day this year, a day for people to show their appreciation for fathers and father figures. (A reminder to wait on Dad both hand and foot, let his wishes be known!).

There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the sun as the Father of the universe. The idea of a special day to honour fathers was introduced from the USA. Early in the 20th century, a woman named Sonora Smart Dodd was inspired by the American Mother's Day celebrations, thus planned a day to honour fathers began. The first Father's Day was celebrated in Spokane, June 19, 1910.



Happy gardening to all and a reminder to ourselves of the paradise in which we live.

B - I - N - G - O

Bingo at The Centre every Wednesday afternoon has become a nice outing for many and a fun way to enjoy a few hours with friends. Of course there is a side benefit in that it provides much needed funds to keep The Centre looking and feeling like a home away from home. So, if you would like to drop by one Wednesday to check us out, you will find some welcoming faces. There is always a tea/coffee break providing an opportunity to chat. Who knows, maybe your first day will be your lucky day!

You do not need to be a member to enjoy playing bingo. You will find us at 1229 Clarke Rd right next to the Central Saanich (GVPL) Library. Bingo hours are 1 - 4. Some folks like to come a little early for coffee.

My New Quiet Friend

by Gerie Turner

Did you have one of those life changing experiences as a child? I certainly did. I was 10 years old, running barefoot down through the woods to visit my friend Oscar, when I felt something slimy and cool squish under my foot. To my horror, I was guilty of slug-slaughter in the first degree. It was a 6 inch banana slug, most of him ending up on my foot. Yuck and poor slug. I wiped my foot on the deep moss and examined my *lethal weapon*. My feet are farther away from me now than they were in those days. Of course, I felt very badly about the unfortunate slug and have maintained a healthy respect for slugs ever since.

Last year Bill and I installed a drip watering system for the flower pots on our porch. With regular watering, which it had seldom enjoyed during the past, our porch became an oasis for wild creatures. As Langford contractors say, if you build it, they will come.

One spring dawn I was sitting on the porch, enjoying the peace of the world waking up, when a movement on a lily caught my eye. It was a small slug, moving from one leaf to another, Jack-in-the-Beanstalk fashion, travelling up to the more tender leaves at the top of the plant. She would find the next leaf up with her feelers, stick onto the leaf with her chest part, and magically transfer her weight from her bottom half to her top half, finding herself on a new leaf higher up. No bones about it, she knew where she was going. I don't know if slugs can see, I suspect they don't, but you'd never know it, the agile and sure

way they maneuver themselves around. Sluggee, as I call my new porch companion, enjoys lying in the wet space between the saucer and the flower pot, bathing her tummy in the cool water. I watched her one morning passing another slug, like two ferries in Active Pass, knowing the other is there and keeping their distance.

One day as I was peacefully reading Darwin's *Origin of Species*, I heard a tremendous 'plop' sound. There was Sluggee, lying on her back, like a half a dill pickle that suddenly finds itself out of the jar, her flat, slimy tummy exposed to the world. She had fallen from the porch railing, 1 ½ feet above. She didn't look upset, more chagrined, and took a couple of minutes to collect her thoughts, then proceeded to lengthen herself and twist to right side up. The question is, had she fallen or had she jumped on purpose, going the quick way down rather than spending ½ hour coming down the long way? Taking the HeliJet instead of the ferry. Myself, I believe she chose to jump.

For her birthday, April 1st, I'm going to get her some new lilies. There's one called *Epicures' Delight* which I know she'll enjoy. In the meantime, every morning I watch her calisthenics and know, even if I think I'm alone, I have my new friend sharing the peace of a new and exciting day, quietly spending time together, as friends do.

Sidney / North Saanich Library

The Friends of the Sidney/North Saanich Library are having their book sale on Saturday, June 22, between 10:00 a.m. and 2:00 p.m. in the Nell Horth Room at the Library, 10091 Resthaven Drive, Sidney. There will be lots of gently used books for sale plus a Spanish language singing group "Cantemos Juntos" to entertain you. All proceeds go to keeping the Library a great place to visit. We are also looking for donations of books in good condition. For more information, please phone (250) 656-0944 or visit our website at www.virl.bc.ca.

Parking Lot Sale at the Aviation Museum

Saturday, June 15th from 9 - 2

1910 Norseman Road

Admission by donation on that day

We will have kitchen items, sports equipment, office supplies, children's items and lots of books.

Telephone: 250-655-3300

e-mail: inquiries@bcam.net

Website: www.bcam.net

Weekly Activities At The Centre

Monday

Aerobics

9 - 10 am
Barb Jefferies

Mild Fitness

10:15 - 11:15 am
Barb Jefferies

Carpet Bowling

10 - 11:45 am
Leon Rozynski

Drop-In Art Group

12:30 - 3 pm
Resumes in the Fall

Storytelling

Every 2nd Monday
of each month
1 pm

Mah Jong

1 pm

Bridge

1 - 4 pm



Tuesday

Scottish Country Dancing Walk Around

10 am
Janet Mitchell

Carpet Bowling

10 - 11:45 am
Leon Rozynski

Painting

12:30 pm
Marilynn Murray

Songbirds Choir

12:45 pm
Joan Lewin

Poker

1 pm

Tai Chi

1:30 pm
*Participant fee

Line Dancing

2:30 pm
*Participation fee

Scottish Country Dancing

7 - 9 pm
Resumes in the Fall

Art Appreciation Group

7 pm
Gerie Turner
Resumes in the Fall

Wednesday

Aerobics

9 - 10 am
Barb Jefferies

Mild Fitness

10:15 - 11:15 am
Barb Jefferies

Weaving

11:30 - 2:30 pm

Knitting

Resumes in the Fall
Lynne Marotto

Bingo

1 - 4 pm

500 Club

7 pm

* Check The Centre's office for info on CSSCA member and guest participation fees

Thursday

Walking Club

Start up - April 18
Every Thurs.
10am
At The Centre

Watercolour Painting

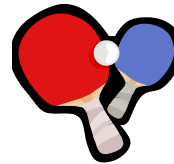
Ruth Fowler
Watch for Fall sign up

Stamp Collecting

2pm
3rd Thurs. of the month
Kurt Sommer

Table Tennis

Don Turner
Time - 2 pm



Friday

Aerobics

9 - 10 am
Barb Jefferies

Mild Fitness

10:15 - 11:15 am
Barb Jefferies

Carpet Bowling

10 - 11:45 am
Leon Rozynski

Scrabble

Casual
10 am
Happy Smith

Cribbage

1 pm
Casual

Scottish Country Dancing

7 - 9 pm
Resumes in the Fall

Chair Yoga

4 - 5 pm
Gail Bradshaw
*Participation fee

Saturday

Floor Shuffle-board

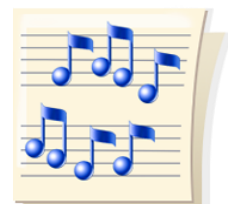
9:30 am
John Belsky

Bridge

1 - 4 pm

Snooker

1 - 4 pm
Casual



Thank You to Our Community Partners



Brentwood Bay Rotary Club has provided funds for our new lounge area furniture and our media centre. We also partner with the Brentwood Bay Rotary Club for the event **Antiques Re-Visited**.



The Central Saanich Lions Club were involved in the initial construction of the CSSC building. Recently they have provided funds and labour for several projects around The Centre.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA and provided funding for various capital projects such as our new roof.



Peninsula Co-op has provided donations towards building maintenance projects and provides on going supplies for annual events. The Centre's Peninsula Co-op annually provides dividend funds to The Centre when members quote The Centre's number **60747**, when purchasing groceries or fuel.



10% off selected items on the 2nd Tuesday of each month when showing your CSSCA membership card.



Fairway Market **Shopper Cards** are available at The Centre to members and non-members for your shopping convenience and to benefit CSSCA. Fairway Market will donate 5% of your purchases to The Centre.



15% off on Tuesdays and Wednesdays, with your CSSCA membership card.



10% discount on purchases made on Wednesdays, when showing your CSSCA membership card.



35% off all regular prices with promo code available from the CSSCA Office, when showing your CSSCA membership card at time of purchase.



Level Ground Fair Trade Coffee is available for sale at The Centre. We offer ground or beans in many flavours at just \$8.00 per 300g bag. A portion of the purchase price goes to The Centre.

A very special thank you to all the Activity Coordinators and Instructors for The Centre. They have shared their skills, interests and expertise with fellow members over the year. We thank them for their contribution to The Centre's commitment to Active Living.

CSSCA Board of Directors on behalf of The Centre Membership

My adventure began over the monthly potluck at The Centre. I was seated next to Cynthia Tandy and she was telling me about the Art Appreciation group who were meeting the following Tuesday evening. It sounded like a great group, so after lunch I approached Gerie about what it entailed, only to find out that the group was going to attend a Fine Art Auction at Lunds (a local auction house) on Fort Street. Gerie said I could ride with her and off the five of us went. It was a great evening. There were paintings from the Old Dutch masters to Norval Morrisseau, and all stops in between, including photographs and sculptures.

Lots 2 and 3 were woodblock prints by a W.J. Phillips. The name rang a bell with me but I could not think of from where. I asked Gerie if she still had the catalogue and she passed it along. I finally figured out why I knew the name. I have 4 framed photographs of his work on my walls.

As we all give a talk, from time-to-time, in the Art Appreciation Group on our favourite artists, I chose to speak on W.J. Phillips. The only information I could get from the library was a piece smaller than Lunds auction catalogue, and it took me to only 1947. From the information on the back of my pictures, I knew he had passed away in 1963. What to do? I knew from our local library that I could get the rest of the information, but I would have to go downtown to the Main Library reference section. So the day before my talk on W.J. Phillips, I hit the library at 9 am and left at 2 pm!

What an adventure! I did get the information on the last 16 years of W.J. Phillips' life. When I told the gentleman at the library reception desk why I was there, he asked for I.D. , which he kept until I left, and then took me to a locked room. He also told me that W.J. Phillips' great grand daughter was ON STAFF at the Library, and did I wish to speak to her?

What a thrill- a really nice helpful person, willing to share family stories with me. Things that I could not glean from the book- like he did not think paintings were 'wallpaper' and therefore should not be hung on the walls. Hence, he made portfolios so you could sit and enjoy the works within and then return them to the folder.

I had a great day and am hoping that this person, Kate Rutherford, the great grand daughter of W.J. Phillips, who is incidentally co-authoring a book on him called, '*Walter J. Phillips*', due out in the fall, can visit our Art Appreciation Group and tell us more stories.



The Centre for Active Living 50+

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The Centre NEWS

Editor / Layout: Wendy Wignall

Printing & Distribution Gwen Bentley

