# OCTOBER



# THE CENTRE NEWS

#### CSSCA President's Message

Welcome back to The Centre for a fall session that's turning out to be interesting and busy. September saw many exciting happenings!

Our Volunteer Appreciation Luncheon on September 21<sup>st</sup> was a great success judging by the hubbub and laughter from volunteers trying to find another who, "owns a Mercedes", "swims in the ocean" or "likes penguins". Goldstream Caterers, a long-time area business, showed us why they are a 'long-time business. Delicious food was enjoyed by all. Tom and Joey, musicians extraordinaire, played mellow tunes later on in the program. The beat could even be felt in our specially hung dance floor at The Centre. Each volunteer took home a beautiful rose to remind them of their contribution to the success of The Centre. Thanks to Sheila Viggers and Glen Sprague who were 'in charge' of the event. They are a true example of what makes our Centre such a wonderful place.

Congratulations to Gladys Otto who was awarded the Queen Elizabeth II Diamond Jubilee Medal for her outstanding contributions to her community (only a part of which is our Centre). At the same ceremony, the family of Cy Lambert, a long-time member and President for five years, were presented with the medal in his memory in recognition of Cy's service to others.

October will see some changes at The Centre. We're moving the books from the lounge to the poker room, along with a comfortable chair. Poker will continue but those participating may find a book on "How to Win at Poker" right beside them on the shelf! Feel free to drop by and browse and/or sign out a book.

Our coffee pot gets a good workout every morning with the best coffee from Level Ground, at the best price in town(\$1.00 a cup) with the best companions. Thanks to the office volunteers that keep the cof-

fee "always on".

Soon we will be able to sit on the most comfortable chairs and couches, as the new season will see new furniture and décor move into our lounge area. Many thanks to the Brentwood Bay Rotary Club for their generous donations for this project.

For your information, if you or someone you know, hasn't two nickels to rub together, you may qualify for the 'Life Program'. Application for this opportunity is available at the Panorama Leisure Centre and upon qualification, would enable you to be a member of The Centre and various other community groups at no cost. If you feel you or your friend might qualify because your income is low, please go to Panorama and apply for this confidential service. Lack of income should never be a factor in participating at our Centre.

You may have noticed brochures about *Elder College*, a series of classes run for seniors by Panorama. Check out the programs and other information by picking up a brochure in The Centre reception area. Panorama Leisure Centre will provide transportation to these courses if a group from The Centre is interested.

I'm looking forward to the series of free talks by different experts on *Navigating Aging, The Journey,* every Friday afternoon at 1:30, starting October 5. The first session is information on making decisions about looking after yourself and getting the help you need when and if you need it.

In this newsletter, have a look at the list of regular activities available to members. Maybe now's the time to get out that old stamp album you haven't looked at since Grade Five, take up line-dancing, or discover the hidden artistic talent you never thought you had. Enjoy spending time with your friends and I hope to see you at Oktoberfest on the 18.

Gerie Turner, Acting President

#### Recognition for Our 'Go Girl'

Tuesday, September 13<sup>th</sup> Gladys Otto was awarded the Queen Elizabeth II Diamond Jubilee Medal for her outstanding contributions to her community over her lifetime. Gladys was among thirty-seven recipients who, along with their families and friends, shared a most enjoyable evening at the Mary Winspear Centre. The medals were presented by The Honourable Elizabeth May, Member of Parliament for Saanich and The Islands.

In many circles, Gladys has been affectionately dubbed, the 'Go Girl'. She has been quoted, "Basically I see myself as a joiner and a doer." Gladys does not feel she has done anything extraordinary, "...just what any

person would do". She could not stop smiling throughout the whole evening. Her son Brian is very proud of his mother and shared in her excitement of this special evening, as did Braunda Gustafson, Penny Furnes and Gerie Turner from The Centre.

Gladys's Medal, with it's red, blue and white ribbon, will have a place of honour in her home and will be treasured by her family for years ahead. She is among a group of Canadians who have been recognized in this very special way. It's difficult for Gladys to look upon herself as 'special', but she must have felt a little of the tribute this award acknowledges during this celebration.

Gerie Turner





Braunda Gustafson, Gladys Otto and Penny Furnes enjoy the ceremony held at The Marywinspear in Sidney. Photos: Gerie Turner

#### Gladys Otto:

#### **Commitment to Community**

- Created Prime 55 Festival for seniors
- Auxiliary member of the Royal Canadian legion, Branch #37
- Executive member and president of the Saanich Agricultural Society
- Council member for St Mary's Anglican Church
- Sunday School teacher and church choir member
- South Saanich Guide Council (founding member)
- Group Captain and Leader
- One of the Foundering Members of the Kingswood Guide Camp
- President and Founding Member of Central Saanich Senior Citizens Association - CSSCA
- Member of the Central Saanich Advisory Planning Commission
- Pioneer Society President

You cannot run a community without a catalyst, and Gladys has been that person. The CSSCA family could not be more proud of Gladys.



The Honourable Elizabeth May was happy to present the award to

The Centre's Board expressed its appreciation for the hard work of all our volunteers by offering us a delicious luncheon and a beautiful rose on Friday, September 21. Approximately 60 people were present and I know several were missing for a number of reasons. We began by participating in an 'icebreaker' game. People were milling about trying to match names with functions in the questionnaire. Ron Trantor got the prize for that one.

Glen Sprague opened the occasion by welcoming everyone warmly. He then asked Gerie Turner, our President, to come forward. Gerie, among other things, said that every person in the room could tell a different story, but what we all have in common is a willingness to serve The Centre in a variety of ways, making it the success that it has been for the last 30 years. She then introduced Zeb King, councellor of Central Saanich and our liaison with the Municipality. Gerie then asked Gladys Otto to come forward. Gladys is one of our founding members and has just recently been honoured with the Queen Elizabeth II Diamond Jubilee Medal for volunteer services. During and after the meal we were entertained with some lovely old time music by Joey Smith, guitar and Tim Ackerman, sax and clarinet.

We enjoy volunteering because we believe in The Centre and the good it does for many citizens in Central Saanich, but encouragement such as this luncheon makes it even better.







### Food for Thought

submitted by Wendy Wignall

"It's easy to make a buck. It's a lot tougher to make a difference."

Tom Brokaw

"We make a living by what we get, but we make a life by what we give."

Winston Churchill

"Here's to all volunteers, those dedicated people who believe in all work and no pay!" Robert Orben

"Volunteers don't get paid, not because they're worthless, but because they're priceless."

Sherry Anderson

Volunteers are paid in six figures...S-M-I-L-E-S

Gayle LaMaire

#### THE PERSONS' CASE 1929

#### by Marianne Brackenridge

How wonderful it feels to be a woman and to be finally recognized as an important addition to society. The younger generation may wonder at such a statement, since feminism has been a very prominent issue within society for several years.

The month of October is celebrated as *Women's' History Month*, an anniversary of this historical event which led to granting the status of *Qualified Persons* to women. It was not until October 18<sup>th</sup> 1929, in this so called civilized society, that women were finally recognized as being a worthwhile species of the human race.

Canada was governed by the British North America Act, based on British Common Law, thus women were not recognized as equal citizens. We must never forget the *Famous Five* as they are known. They were five women who actively lobbied the government and were driven to fight for recognition. Among these women, the name of 'Nellie McClung' is most familiar to us. Their petition requested the Governor General to direct the Supreme Court of Canada to consider whether women were eligible to become Senators.

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Famous Five commemorated on our fifty dollar bill. (Photo: Front L-R) Mrs. Muir Edwards, Mrs. J.C. Kenwood, W.L. Mackenzie, Mrs.Nellie McClung (Back L-R) Senators Iva Campbell Fallis, Cairine Wilson

Why did it take so long for society to realize the important role that women play in this world? Was it the male dominant ego or was it the lack of understanding on their part as to how necessary the female of the species was and always will be? There are of course so many obvious reasons why we women are to be revered, but from a very basic and practical standpoint, without us there would not be any males, reproduction being the most necessary components of human existence.

Today we find women involved and contributing in many roles previously dominated by men. I would like to think that the gender gap is non-existent. On the surface it does appear so, but studies indicate that this is not the case. (I speak now of the western world). Granted men also play a significant role in life and one day perhaps, such issues as equality of the sexes or discrimination of any kind would not factor into the equation.

Women, let's celebrate our wonderful role in this beautiful world and continue to take our rightful place in society as we celebrate in the month of October...along with our fellow men.





By Olivia Anderson

**GVPL Branch Head** 

October is Library Month! Check out the display at Central Saanich Municipal Hall. Join author Adrienne Mason on Saturday, October 6, as she launches the fascinating "Long Beach Wild: A Celebration of People & Place".

Magazines, e-books, downloadable audio and music as well as brand new Staff Picks lists, all on our website! Don't be afraid to register to 'Meet your GVPL Website', a lively librarian conducted demonstration from 10:30 am to 12:00 on October 31.

GVPL is celebrating the 2012 Victoria Writer's Festival Fiction with a great booklist. Check it out by clicking Explore, Staff Picks, Hot Topics.

### The 1000 Club

In May 2012, the Board approved the creation of *The 1000 Club* to create a permanent fund for the Central Saanich Senior Citizens Association. Donations from members would be invested at the best interest rate possible, while limiting risk. The donations cannot be spent, only the interest can be spent. The aim is to generate sufficient interest to support The Centre programs, activities and for any salaried staff deemed necessary. As of Sept 2012, *The 1000 Club* has received 8 donations (for a total of \$10,000) and we are hoping to increase these donations over time. The idea was to set the minimum donation amount at \$1000, but any amount would be helpful. As an example, four members could each contribute \$250 to make up the \$1000.

The Association seeking 1,000 donors who are willing to become a member of *The 1000 Club*. All donors will be given a tax receipt and listed on a commemo-

rative plaque of recognition at The Centre. It is hoped that members and others will see the value of joining *The 1000 Club* to support the social and active lifestyle encouraged and provided through The Centre's programs and activities. Donations are also being sought from the community in partnership with the Association. Business and corporate donations to *The 1000 Club* will be recognized in our monthly newsletter (The Centre News), and on the Centre's website.

Plans are underway to create a local fundraising campaign and to identify a Community Campaign Chairperson. You can find more information on this latter aspect in our November newsletter. Campaign volunteers would be appreciated. If you are interested in becoming a member of The 1000 Club, or if you want further information, please contact Sheila Viggers (CSSCA Treasurer) at 250-652-4611





- 1 litre jar Sauerkraut
- 1 medium onion chopped
- 4 Rashers of Bacon chopped
- 3 Apples cored and chopped with skin on
- 2 cups Chicken Broth
- 2 cups Apple Juice
- 1 tsp Caraway seeds
- 2 tbsp Sugar

Pepper to taste

4 oz. Butter

- Drain sauerkraut well in strainer and wash once in cold water.
- Drain well
- Cook bacon first until almost brown, add onions until translucent
- Add apples and apple juice and broth
- Cover and cook until apples are soft
- Add caraway seeds
- Add drained cabbage and stir well, cover and bring to boil
- Turn down to simmer slow for 3 hours
- Add butter last



#### October Events

#### 'Journey' Speaker Series

- Fridays The Centre 1:30 4 pm
- Week 1 Oct. 5 Home and Community
- Care Options for Better Health
- Week 2 Oct. 12 Power of Attorney (\$)
- \* and Health Care Agreements
- \* Week 3 Oct. 19 Depression in the
- \* Elderly
- Week 4 Oct. 26 Pharmacist

#### **Board Meeting**

\* Thursday, October 11 - 9:30 am

#### Potluck Lunch

\* October date cancelled for Oktoberfest Dinner

#### Oktoberfest

- \* Thursday, October 18 5:00 pm Dinner at 5:30
- \* Entertainment at 7:00 pm
- \* Tickets \$15 The Centre office

#### Fall Studio Tour

- \* Saturday / Sunday October 20 / 21
- \* The Centre 10 am 4 pm
- Sponsored by Saanich Peninsula Community Arts Council

#### Lunch Bunch

- \* Thursday, October 25 11:45 am
- \* Odyssia Restaurant at 9785 5th St., Sidney
- Sign up sheet in The Centre reception area

#### Sunday Social Tea

- \* Sunday, October 28 2:00 pm
- Entertainment Dancers from the Ocean Rain Chinese Arts Academy
- Door Prizes
- Bring along a non-member guest to enjoy this social event

#### Bingo

Every Wednesday, 1 to 4 pm

#### October Birthdays

2 Dick Chudley	15 Lou Reid*
6 Charles Laberge	19 Joan Fisher
7 Grace Frampton	22 Ellen Nielsen
7 Eileen Watkins	22 Patricia Williams
8 Velma Ryder	23 Harry Wellman*
11 Jean Leech	25 Janet Mitchell
12 Beulah Garrison	27 Clare Cochrane
12 Margaret McKelvie	28 Margaret Sharples
12 Walter Monych	29 Adelia Donaldson
14 Brian Hodgson	29 Seija Skovsgaard

#### Oktoberfest

For a great meal, wonderful company and foot tapping music, come join in the fun on the evening of Thursday, October 18. Bratwurst, sauerkraut, potatoes, salads, desserts, tea and coffee will be featured on the menu.





Mary Ross and Ron Sera will get everyone in the mood to celebrate the new fall season!

#### Mark your calendar:

The next CSSCA General Meeting will be on Thursday, November 1 at 2:00 pm. Come and be a part of the active membership and have a voice in the action at The Centre. It is also a great time to catch up with friends over tea and coffee!

#### The Centre for Active Living 50 +

in partnership with

#### **Silver Threads Service, Victoria**

is offering a FREE 6 week course called

#### **THE JOURNEY—Navigating Aging**

Topics: stretching a dollar, still eating well, where to move to and more.

Fridays - October 5 - November 9, 1:30-3 pm

#### **The Centre**

Info - 9 am - 1 pm 1229 Clarke Rd, Brentwood Bay 250-652-4611

or cssca@shaw.ca

#### Sunday Social Tea

Sunday, October 28 - 2:00 pm

As entertainment coordinator, Glen Sprague has been busy organizing and booking wonderful entertainment for our various functions. The upcoming Sunday Social Tea should not be missed so mark your calendar. Coming to The Centre are the *Dancers from the Ocean Rain Chinese Arts Academy*. Come join friends or bring a friend along for an enjoyable afternoon. Door prizes, a chat with friends over tea and coffee and great entertainment, see you there!







#### Fall Studio Tour

Watch for this new event at The Centre sponsored by the Saanich Peninsula Community Arts Council. As a rule, artists featured on this tour each fall and spring are members of the council. Our resident artist, Marilynn Murray approached the council with a mission in mind. She informed the members, of the service and activities provided by The Centre to the local community, and was able to secure a 'one time' opportunity to host a venue, here at The Centre, as part of this popular tour.

The tour stop at The Centre will be showcasing 'our' artists, weavers and the wood turners' group. There will be demonstrations and sales. Small commissions from any sales will be paid to The Centre.

This is not only a way to participate in a fundraiser but in Marilynn's words, "The purpose of joining this tour is to make the public more aware of the Centre and the services it provides, as well as giving our artists a place to show and sell their wares."

Watch for additional information about the Fall Studio Tour in posters and other ads around the community.

> Saturday and Sunday, October 20 and 21 10 am - 4 pm each day The Centre

CSSCA members wishing to be included in the tour, or needing help should contact:

Marilynn Murray at 250-652-4455

#### **Activity Highlights at The Centre**

## Line Dancing: Too Fun Too Be Exercise?

We have had 2 sessions of line dancing with 17 & 20 members participating. Comments heard and repeated have been, "It's so much fun" and "I really enjoyed it".

It is not too late to come if you love to move to music. Dances are simple and short and new comers can join in easily.

Hilda Cook is an excellent instructor and is quite willing to go over steps until we 'get it' After all, it is all about having FUN. We laugh a lot!

We dance every Tuesday at 2:30 PM It's never too late to join the fun!

Braunda Gustafson



# Art Appreciation Club October Happenings

Oct 9<sup>th</sup> Tom Thomson led by Gerie Turner Oct 16<sup>th</sup> Mystery Tour Oct 23<sup>rd</sup> Lawren Harris lead by Joyce Wolfe

Oct. 30<sup>th</sup> Joseph Plaskett lead by Ada Serson

Meets every Tuesday at 7:00 p.m. for lively conversation about selected artists' work. Come join us!

#### Walking Group

Walking Group enjoyed a trek down to Todd Inlet on Thursday, August 23.



#### Ceilidh Fundraiser for The Centre

The Scottish Country Dancers held a successful Ceilidh on Sunday, September 23 from 2 until 4 pm. There were over forty in attendance and we managed to raise \$330 (plus a bit more to come). This will help towards future renovations at The Centre. We danced for an hour, had some yummy refreshments and resumed dancing.

Thanks to everyone for their help and especially to C and C Growers who donated plants for sale. It was a fun afternoon for members and visitors.

Janet Mitchell



#### **Activity Highlights at The Centre**

## Stamp Collecting

Stamp collecting is the collecting of postage stamps and related objects. It is one of the world's most popular hobbies, with the number of collectors in the United States alone estimated to be over 20 million.

#### COLLECTING

Stamp collecting is generally accepted as one of the areas that make up the wider subject of philately, which is the study of stamps. A philatelist may, but does not have to, collect stamps. It is not uncommon for the term philatelist, correctly or incorrectly, to be used to mean a stamp collector. Many casual stamp collectors accumulate stamps for sheer enjoyment and relaxation without worrying about the tiny details. The creation of a large or comprehensive collection, however, generally requires some philatelic knowledge and will usually contain areas of philatelic studies. Postage stamps are often collected for their historical value and geographical aspects and also for the many different subjects depicted on them, ranging from ships, horses, and birds to kings, gueens and presidents.

Stamp collectors are an important source of income for some countries who create limited runs of elaborate stamps designed mainly to be bought by stamp collectors. The stamps produced by these countries may exceed their postal needs, but may also feature attractive topical designs that many collectors desire.

See you all at the next get together on the third Thursday of each month.

**Kurt Sommer** 



"Le Philatelist" by Francois Barraud (1929)

## Scottish Country Dance

Everyone is always welcome at any Scottish Country Dance classes. Tuesday mornings from 10 until 11:30 am are lower impact. Tuesday and Friday nights from 7 until 9 pm are a little more energetic. Beginners are welcome at any class. Anyone who wishes to simply watch is welcome, too. Partners are not needed. We wear comfy, loose clothing with soft soled flat shoes. Dancing

is considered the best form of exercise to prevent dementia. Scottish Country Dancing is especially good because dances are memorized as there is no caller. It is a fun activity. We do performances at nursing homes and stroke support groups as well as having dance parties. Come and give it a try!

Janet Mitchell (volunteer instructor)

## Cabbage A La Carte

by Martha Sommer

This takes me back a few years. Our family lived in a brand new subdivision. The man of the house was working out of town during the week and returned home on weekends. During one of his weekend visits he came with a big smile and a great cardboard box. The children and I were excited to see what was in this humungous box. Our faces dropped when we saw a box full of cabbages. I questioned my man on what I should do with all those cabbages. He said, "Well, they are fresh and the price was right, I could not refuse buying them. You can give some away, and the rest you could make sauerkraut." I protested saying, "I do not know how to do that." Well I got a lot of advice and apparently we had a stone crock pot from his Mother which was great for making this German delicacy.

On Monday I marched up and down the sidewalks of our neighbourhood with one cabbage under each arm. I rang doorbells and gave my best pitch on why they should take a cabbage, telling them how fresh the cabbages were and how healthy and a great help in weight loss. I managed to give away four heads and I was convinced my neighbours only accepted the gift to make me happy. That left me with about twelve more heads of cabbage.

Reluctantly, I checked my German cookbook and low and behold it did have a recipe for sauerkraut. It was not hard, one layer of sliced cabbage and one layer of rock salt in a stone crock. I got busy, very busy. It was suggested to use the flat of the hand, or the fists to press down the cabbage until the juice would rise to the top. Easier said than done! I used all the power in my hands, fists and shoulders. Nothing, not a drop of juice. How could that be? Then I recalled from when I was farmed out to friends and neighbours as a child to stamp the cabbage with my feet and get the juices flowing. I got bowls suitable for washing feet, disinfectant,

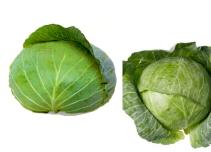
soap and three bowls of clear water to rinse. I wondered if my size 10 feet would fit into the opening of the stone crock. It could be awkward to hop and balance on one foot!

Lo and behold, all went well and so the dance began. I remember humming 'I love to go a-wondering...'. I was in my element and it took no time at all for the juices to flow all over my feet and between my toes. I relived my childhood as there was usually a nice prize at the end of the session, like cookies or a chocolate bar. I am sure my whole body was smiling with success.

I recalled my eldest child would come home soon. He was in his first year of high school and very fussy that everything he touched was absolutely free of germs. He had learned about bacteria and such things in school. Unfortunately, he developed an obsession to make everything sterile. When the meal was served he would get up and rinse his plate and cutlery under hot water, even though it had already gone through the dishwasher. No, he could absolutely not know what I had been doing to the cabbage!

Oh my, just then the front door opened and I had to make a quick decision. Jump out, wash and dry my feet and greet my boy or...the devil's other plan. I called my son's name and enticed him to come downstairs to see what I was doing. He came and asked, "What are you doing?" Mischievously I proclaimed, "Making sauer-kraut". His happy-go-lucky nature changed. He took a few steps back, pointed at the crock pot and exclaimed in a loud voice, "Gross, gross, you don't expect me to eat this! It will not happen, never for sure, I would rather starve to death!" He was shaking his head and pointing his finger at me and retreated to his room. My joy became his greatest nightmare that day.







## Weekly Activities At The Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9 - 10 am	Scottish Country	Aerobics 9 - 10 am	Walking Club Every Thurs. 10 am	Aerobics 9 -10 am	Floor Shuffle- board
Barb Jefferies	Dancing Walk Around 10 am Janet Mitchell	Barb Jefferies	Meet at The Centre Weather Permitting	Barb Jefferies	9:30 am John Belsky
Mild Fitness	Carpet	Mild Fitness	Watercolour	Mild Fitness	Bridge
10:15 - 11:15 am Barb Jefferies	Bowling 10 - 11:45 am Leon Rozynski	10:15 - 11:15 am Barb Jefferies	Painting 1 - 4 pm Ruth Fowler Begins Oct. 18	10:15 - 11:15 am Barb Jefferies	1 - 4 pm
Carpet Bowling 10 - 11:45 am Leon Rozynski	Painting 12:30 pm Marilynn Murray	Weaving 11:30 - 2:30 pm Helen Thomas	Stamp Collecting Sept. 20 - 2pm Every 3rd Thurs. of the month Kurt Sommer	Carpet Bowling 10 - 11:45 am Leon Rozynski	Snooker  1 - 4 pm  Casual
Casual 10:30 am Happy Smith	Songbirds Choir  1 pm  Joan Lewin  Poker	Knitting  2 - 3:30 pm  Lynne Marotto	Joan Hurwood Ron Brackenridge Begins Thurs. Oct. 4 Time - 2 pm	Scrabble  Casual  10:30 am  Happy Smith	
Storytelling Every 2nd Monday of each month 1 pm	1 pm  Line Dancing 2:30 pm \$3 per session	<b>500 Club</b> 7 pm		<b>Cribbage</b> 1 pm Casual	
Mah Jong 1 pm	Scottish Country Dancing 7-9 pm	<b>Darts</b> 6:30 pm		Scottish Country Dancing 7-9 pm	
<b>Bridge</b> 1 - 4 pm	Art Appreciation Group 7 pm Begins Oct. 9	For The	oordination Centre Son - Coordinator	Janet Mitchell	

**Gerie Turner** 

Marilynn Murray - Assistant

#### Welcome New Members

Patricia Bird Sandy Johnson
Michael Bird Linda McCann
Wendy Buchanan Pat Sinnott
Marney Ellis Donald Turner



#### Are You A British Citizen?

If you are receiving a British State Pension or are due to receive one, you may want to know about the Canadian Alliance of British Pensioners. This alliance is applying pressure on the U.K. government to end the injustice and remove the 'freeze' on pensioners in the Commonwealth countries. Information may be found on

www.britishpensions.ca or get a leaflet with details from CSSCA member,

Ken Small, 250-652-0353



## The Centre for Active Living 50+ Central Saanich Senior Citizens Assoc.

1229 Clarke Road Brentwood Bay BC V8M 1E2 250-652-4611 cssca@shaw.ca www.cssca.ca

**Acting President**: Gerie Turner

Past President: Braunda Gustafson

**Corresponding Secretary**: Penny Furnes

Recording Secretary: Lillian Davidson

Treasurer: Sheila Viggers,

**Assistant Treasurer**: Margaret Sharples

Directors: Ivan Marotto Jean Rozynski Kurt Sommer

Marilynn Murray Shirley Monych

Margaret McKelvie Wendy Wignall

#### The Centre NEWS

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#### The Centre Acknowledges & Thanks Our Community Partners















