

November
2012



THE CENTRE NEWS

Busy, busy, busy, that seems to be The Centre this past month. I can't believe we're in the 11th month of 2012! Seems the year just started. I must re-read Ian Cameron's article on the 'speed of time passing' from the June newsletter.

Plans are going ahead to get our electrical system updated. Activities may be interrupted to install new lights, but it's all progress. This upgrade with BC Hydro rebates, will pay for itself in 2.72 years and our Hydro bill will be less in the future. The tiles in the downstairs bingo hall are being repaired as well. You can thank the amazing Revenue Development Committee for finding the funds to accomplish these much needed projects. The Program Committee, headed by Braunda Gustafson, needs another volunteer to assist her. If you love seeing The Centre thrive, this is the spot for you. Many thanks to Sharon Belfie for taking over the Mild Aerobics class while Barb Jeffries was on holiday. All participants were grateful.

Everyone who had the good fortune to attend the *Oktoberfest Dinner* got caught up in the celebration. If we do have rafters up there in our ceiling, they certainly were rocking that night! Volunteers signed up in droves to help put on this remarkable evening. Special thanks to Braunda, Happy, Cathy and Glen for managing things and making sure everything went "tickety-boo".

The Journey Program, with various speakers every Friday at 1:30, has been very well-supported by members and others. Every week we seem to pick up gems of information that help us to "navigate aging". Picking a care facility (either for us or someone close to us) for when and if we need it, is a challenge for all of us. Take every opportunity to visit these residences, whether by guided tours or visiting your friends living there. Remember, you are possibly a future customer. It's like choosing a house or apartment, every place is different with different atmospheres and emphasis. Some spend their extra money on food, others on furni-

ture, others on social settings. Educate yourself so if the time comes and you have to move, you will have an idea of where you'd be happiest.

Last week John Coupar, lawyer, had some good advice for us all. Now is the time to prepare, whether it's a will, a 'power of attorney' for finances or a Representation Agreement so that if you ever become unable to make your own decisions about your illness treatment someone who knows your wishes for your health care later in your life will be in charge. One wise member of the audience pointed out that carrying a card in your wallet with this person's name and phone number would enable medical people to treat you as you would want to be treated, even if you're unconscious!

Depression was the topic on October 19th. The main point was that untreated depression does damage to your brain and will affect your memory in the future. If you suspect you are depressed or have a history of depressed periods in your life, ask for help, which may include medication, *talk therapy*, and other strategies that you can do to help yourself. You only live once!

We have an important motion to deal with at our General Meeting on Nov. 1st at 2:00 p.m. You will be voting on the proposal to raise our membership fee from \$40 to \$45, and \$1 for each activity attended, up to \$2 maximum per week. I believe this is a fair way to spread the cost of keeping the heat and lights on in The Centre and hope you will vote in favour of this motion. It's also the time of year to be thinking about our Board Elections for next year. If you have an interest, please see any Board member or let the office know.

The Centre continues with a buffet of activities. Mark your calendars for Dec 13th, our Christmas Turkey Dinner, and Dec. 17th, the Christmas Light Tour. Until then, we will get through the November rain.

Gerie Turner CSSCA President



Central Saanich Senior Citizens Association



The Centre News



November 2012

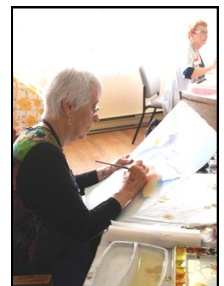
ART TOUR A RESOUNDING SUCCESS

Over 250 people visited our Centre on the weekend of October 20 and 21. As part of the Saanich Peninsula Arts Council Fall Studio Tour, for the first time, The Centre hosted one of the tour sites. We were 'Studio 25' in the tour of various artists' studios around the Peninsula. Visitors were able to see and purchase paintings by The Centre's talented and 'budding' artists from our 'in-house' art classes lead by our gifted, volunteer instructors. Also on display and some for sale, were beautifully turned pieces from the woodturners group which rents our downstairs hall for their sessions.

The purpose in participating in this annual Fall Tour, coordinated by Marilyn Murray, was to increase awareness in the community of what The Centre has to offer. It was also an opportunity to give our 25 artists a venue to display and, possibly sell, their work with a percentage of sales coming to The Centre. Costs for the tour entrance fee were recovered, and a small profit made for The Centre as a form of fundraising. Approximately 75 copies of The Centre News and activity schedules were handed out to interested guests and potential members.

Thanks to the many artists and volunteers who helped put on the show. The hall looked inviting with wonderful displays of art, chances to see artists at work along with a cozy place to relax in our concession area. A sense of welcome was also bestowed by several enthusiastic CSSCA members over the weekend to our guests, providing information and sales services.

Marilynn and her team were rewarded with an event that was extremely well-received while accomplishing the goal to bring more of our community into The Centre. Some comments overheard were, "We had no idea this place was here", "Amazing" and "What other activities go on here?" The Centre is truly a gem and the welcome mat is out!



NEW ART DROP-IN SESSION

Calling all artists, beginners and experienced! Come out on Mondays from 12:30 to 3 pm, in the downstairs hall, to paint with others. Work on your own project and enjoy a social *get together* at the same time. There will be no formal instruction, just friendly support from each other. Gerie Turner and Marilyn Murray will be the sessions' *keepers of the keys*. Charge is \$1 per session, and this is to keep the heat and lights on!

Cy Lambert: Recognition of Dedication and Service

Bernice Lambert receiving the Queen Elizabeth II Diamond Jubilee Medal on behalf of her late husband, Cy Lambert. Cy was a President of C.S.S.C.A. for five years and along with Bernice, was very active at The Centre. Presenting the medal is The Honourable Elizabeth May, M.P. This presentation took place at St. Andrew's Anglican Church in Sidney. Gladys Otto also received a Queen Elizabeth II Diamond Jubilee Medal as reported in last month's news.



A Short History of Stamp Collecting

Postage stamp collecting began at the same time that stamps were first issued, and by 1860 thousands of collectors and stamp dealers were appearing around the world as this new study and hobby spread across Europe, European colonies and the United States.

The first postage stamp, the Penny Black, was issued by Britain in 1840 and pictured a young Queen Victoria. It was produced without perforations and consequently had to be cut from the sheet with scissors in order to be used. While unused examples of the "Penny Black" are quite scarce, used examples are quite common, and may be purchased for \$ 20 to \$ 200, depending upon condition.

As the hobby and study of stamps began to grow, stamp albums and stamp related literature began to surface, and by the early 1880s publishers like Stanley Gibbons made a business out of this advent.

Children and teenagers were early collectors of stamps in the 1860s and 1870s. Many adults dismissed it as a childish pursuit but later many of those same collectors, as adults, began to systematically study the available postage stamps and public books about them. Some stamps, such as the triangular issues of the

Cape of Good Hope, have become legendary.

Stamp collecting is a less popular hobby today than it was in the early 20th century, but today it is estimated that about 25 million people enjoy the hobby in the United States, while worldwide the estimated number of stamp collectors is around 200 million. Tens of thousands of stamp dealers supply them with stamps along with stamp albums, catalogues and other publications. There are also thousands of stamp clubs and organizations that provide them with the history and other aspects of stamps.

Today, though the number of collectors is somewhat less, stamp collecting is still one of the world's most popular indoor hobbies. Submitted by Kurt Sommer



Queen Victoria's profile on a 19th century stamp of the Falkland Islands from the year 1891

I hope to see all of you collectors at one of our next gatherings, always on the 3rd Thursday of each month at 2:00 pm at The Centre.

Kurt Sommer

November Events

Journey Speaker Series

- * Fridays at The Centre 1:30 - 4 pm
- * Week 5 – **Nov. 2** – Frauds and Scams
- * Week 6 – **Nov. 9** – Understanding and Managing Chronic Pain such as Arthritis
- * Week 7 – **Nov. 30** – Healthy Eating

CSSCA General Meeting

- * Thursday, November 1 2:00 pm
- * Be a part of the decision making process and enjoy a cup of coffee/ tea with your friends at The Centre

Board Meeting

- * Thursday, November 8 - 9:30 am

Potluck Lunch

- * Thursday, November 15 - 11:45 am
- * The Mill Bay Carpet Bowling group will be joining the potluck lunch crowd as they visit and play a friendly carpet bowling game with The Centre's team - Welcome to our Mill Bay friends!

Lunch Bunch

- * Thursday, November 22 - 11:45 am
- * Adrienne's Tea Garden at Mattick's Farm
- * 101 - 5325 Cordova Bay Rd.
- * Sign up sheet in The Centre reception area

Sunday Social Tea

- * Sunday, November 25 - 2:00 pm
- * Entertainment: Rachelle Reath and Aaron Watson, "Enjoy a mix of familiar classics from old to new."
- * Door Prizes
- * Bring along a non-member guest to enjoy this Popular social event

Bingo

- * Every Wednesday, 1 to 4 pm

November Birthdays

- | | |
|---------------------|---------------------|
| 5 Laura Van De Laar | 14 Renate Hess |
| 6 Greg Robinson | 16 Frank Priestley |
| 8 Penny Furnes | 16 Eunice Webber |
| 8 Philip Goodhall | 21 Joan Ormiston |
| 8 Glenn Ryder | 21 Cathy Thompson |
| 12 John Davidson | 22 Margaret Smith |
| 13 William Rose | 23 Norman Gustafson |

Full House for October's Social Tea

Anticipation for great entertainment and a chance to visit friends, filled our hall on this otherwise gloomy October afternoon. Table clothes were spread, the finger sandwiches and goodies bountiful, the festive centre pieces on each table were cheerful and happy chatter abounded. However, once Glen Sprague introduced the dancers from *Ocean Rain Chinese Arts Academy*, everyone settled into enjoying the beautiful costumes, music and dance routines featuring dancers ranging from adults to young children. It was a wonderful event!



Thanks to all those that set up and cleaned up the tea, to Inge for arranging for centre pieces and to Glen for organizing the entertainment. It is also important to thank our community partners, Red Barn for the pumpkins and Marigold Nurseries for the flowers, both of which added greatly to the event.

Welcome New CSSCA Members

- | | |
|-------------------------|-------------------|
| Maybelle Hutchison | Mary Savage |
| Mel & Gillian Lightbody | Dawn Gould |
| Laura Van De Laar | Kathleen Chiasson |

HALLOWEEN OR GUY FAWKES NIGHT

Much depends upon where one was born or where one grew up with seasonal celebrations.

At this time of year the big upcoming event for the younger generation (and yes for some adults) is Halloween night. It's a time to let loose, dress up, pretend, take on another image and escape reality for a few hours and not forgetting to stock up on those treats that the younger set expect to receive, and with supervision from parents, are allowed to munch.

Reflecting upon on my young years in Britain, I remember Guy Fawkes Night, which was a fun time, but rather than travelling around the neighborhood, our family had their own rituals as did most other families in the area. Yes, we celebrated a special Guy Fawkes event on November 5th with our family gathering around a huge basin/pail/tub of water in which several apples bobbed. The aim, in order to acquire a treat, was to attempt to pick up an apple in one's mouth without using hands. Naturally with age we became a little more experienced at this test and were able to retrieve several apples at one dunking. Obviously this was a challenge since the apples would float around in the water and were not easy to keep stable with one's mouth. Frustrated after many attempts to win the prize apple, one was allowed to use one's hands and finally retrieve one apple.

As for Guy Fawkes, I really don't remember that his name was mentioned during those fun evenings. How-

ever, Guy Fawkes Night also known as Bonfire Night, was an annual celebration in England. November 5th was observed as an annual public day of thanksgiving when people lit bonfires and made merry. The history began with the event of November 5, 1605, when Guy Fawkes, a member of the Gun Powder Plot was arrested while guarding explosives the plotters had placed beneath the House of Lords in an attempt to kill the King. Thus the attempt upon the life of King James 1st was thwarted.

Now why we celebrated by dunking for apples is a question to me, yes, it was a time of Thanksgiving, however as with many forgotten historical events, there was obviously a good answer somewhere along the way. Perhaps others may enlighten me ?

Happy Halloween
Marianne Brackenridge



Guy Fawkes, also known as Guido Fawkes, the name he adopted while fighting for the Spanish in the Low Countries, was a member of a group of provincial English Catholics who planned the failed Gunpowder Plot of 1605



Another successful Oktoberfest. The sauerkraut (Leon's recipe) was phenomenal, the bratwurst tasty, the potatoes their usual deliciousness and the 2 accordions delightful and fun. People were up dancing and we even had some good old fashioned polkas!

Thanks to everyone who volunteered to help make this a wonderful evening. Thanks also to our Entertainment Director, Glen Sprague, for arranging another special feast of music.

Braunda Gustafson, Program Coordinator



Bozka and Paul Stupka join others on the dance floor, getting into the 'swing of things' in the spirit of the season!



'Life or Death for the Ping Pong Pensioners'

Excerpts taken from *International Express* / Written by Ruby Millington Tuesday, July 24, 2012

Edited by Wendy Wignall

Submitted by Joan Hurwood

Based on a filmed documentary, the story, "...follows the fortunes of eight pensioners from around the world as they prepare to compete in the 'Over 80s' category of the 15th World Veterans Table Tennis Championships. Staged in a massive arena built for the Beijing Olympics, the competition is serious business, attracting huge amounts of publicity. The atmosphere is fiercely competitive with 2,076 players from 51 countries. Competitors come in all shapes and guises.

With her fur coat, blood red nails and gravity-defying blonde up-do, 86 year old Lisa Modlich looks like she should be entering a Glamorous Grandmother contest but is hellbent on winning in the 'Over 85' category. She still displays the fighting spirit that won her the *Croix de Guerre* for her work with the French Resistance in the war. "I didn't kill anyone," she shrugs, "but I certainly distracted a lot of Germans! My (table tennis) playing style is as irregular as my driving, but it's not how hard you play...it's where you put the ball."

The oldest competitive player in the world is from Australia, Dorothy DeLow at 102. She started playing competitively at the age of 70. When she was 97 and in the World Championship in Rio, her opponent was quoted, "When I saw Dorothy being pushed up to the table in a wheelchair, I thought it was going to be an easy match. Then Dorothy pushed away the wheelchair, stood up and proceeded to beat me hands down."

90 year old, Les D'Arcy, is a former body builder who also competes in triathlon, weightlifting, shot put and hammer throw and his family is now actively discouraging his attempts to take up pole vaulting.

The film is the perfect celebration of old age in this, the '*European Year of Active Aging*', but Hugh (producer) also wanted to explore what he calls, 'the serious side of growing old'. "As I got to know the players I began to feel very protective of them," he says. "Then I realized that they don't see themselves as old, they're just happy carrying on and playing. They're adults and they're completely fine and doing what they want to do."

The sport (table tennis) isn't just good for the soul and the social life. Studies have shown that it can help rehabilitate those suffering from Alzheimer's and dementia. Fifteen years ago when Ursula Hermann lost her husband to cancer, she also lost her will to live. Over time she suffered a series of strokes and was admitted to the dementia ward of a care home. Then she discovered table tennis. At first she couldn't pick up the balls and she had to be taught to hold the bat. Now at age 90, she is fully recovered, on the management of the care home and runs a weekly computer science class teaching internet skills to dementia sufferers as well as representing Germany internationally in table tennis. "Table tennis saved my life." she insists.



Dorothy DeLow a World Champion

2012 World Veterans Championships
3500 players in Stockholm, Sweden
133 STIGA tables - The WVC's biggest tournament

Les D'Arcy a World Champion

Activity Highlights at The Centre



The Centre's Walking Group

A stop along the way for The Centre's Walking Group on September 20. What better place than a popular Peninsula location, the Red Barn on West Saanich Road?



Scottish Country Dance

On Sat. Oct. 20, the Scottish Country Dancers went to Sidney Care Home. The residents enjoyed clapping in time to the music, watching children and adults dance, singing songs during the sing along time and hearing two youngsters play short tunes on the piano. Many thanks to all the adults and children dancers and to our iPod operator and picture taker. Well done everyone!

On Nov. 30th, the Scottish Country Dancers will be having a St. Andrew's party from 7 until 10 pm. Come and dance or watch and share in refreshments.

Remember everyone is welcome to attend classes on Tuesdays or Fridays. We meet Tuesdays at 10 am and 7 pm and on Fridays at 7 pm. No partner is needed.

Janet Mitchell (Volunteer Instructor)



HELP! I NEED SOMEONE...

(Yes, a Beatle tune)

As many of you know, the 'Songbirds' choir is a popular program at The Centre, currently boasting over 30 members. However, we find ourselves in dire need of a pianist.

This is a non-audition choir where men and women gather weekly for the pure joy of making music. It's a lively, fun loving group that meets each Tuesday at 12:45 for an hour or so to practice. We then take our show 'on the road', singing at various seniors facilities on the Peninsula. The average commitment is one practice or performance each week, except during July, August and over Christmas.

If you, or perhaps someone you know, enjoys playing the piano with tunes from the 'oldies', 'show music' and a mix of newer pieces, this could be an opportunity for a rewarding experience and the choir would 'sing your praises'!

For further information, please give the Director, Joan Lewin, a call at 250- 652-5746.



LOVE YOUR CROSS

By Ada Serson

Long ago on a far and misty green island there once lived a man named Pat. Pat could have been a happy man. He owned a small farm in the rolling hills of Ireland. He kept some cows, some sheep, some chickens and lived in a charming thatched-roofed cottage, with his wife. Looking into the valley on clear days they could see the village nestled peacefully by the river. Among the houses stood a church which took care of their souls and a pub which took care of their thirst.

Yes, Pat could have been a happy man, were it not that under that thatched roof his wife's nagging was almost unbearable. Pat was nagged in the morning when he got up for not combing his hair the right way, he was nagged at breakfast when he came in from milking the cows for smelling like sour milk, nagged at lunchtime after tending the sheep for stinking like a sheep, and nagged at dinnertime after working on the land for dirt on his pants and so on and so on and so on.

One fine spring morning when the meadows were greener than ever and the skylarks were in love with the misty blue sky, Pat started down the path to the village. The nagging had been particularly bad the day before and he wanted to ask the Priest for help. He could not bear it any longer. He walked down the hills and arriving in the village knocked at the door of the parsonage. The maid let him into the Priest's study. When he was seated opposite the Priest he said "Father, I could be really happy but for my nagging wife. She never lets up. I hate to be home. Please give me some advice".

The priest, after a moment of thought, said: "My son, you must carry your cross with patience and learn to love it." Pat went into the church, said a rosary, lit a candle and went to the pub for some cheering up. That week he tried to be patient and kind to his wife, but the nagging continued unabatedly. The next week he went to see the priest again and said: "Father, please help me, she drives me up the wall with her nagging". The priest again said: "My son, you must carry your cross with patience and learn to love it." So, Pat said another rosary, lit another candle, gossiped

in the pub for a while and slowly made his way home up the hill.

He tried to ignore his wife as much as he could, but found no peace. The following week he went to see the priest again and said: "I beg of you Father, please give me some other advice. My life is being ruined by my wife. The only rest I can find is in the pub". But the priest said once more, "My son, you must carry your cross with patience and learn to love it." So, Pat stood up slowly, dragged himself to the church, said yet another rosary and lit yet another candle. While he lit that candle a thought struck him. His face brightened, he did not go to the pub but ran straight home.

He picked up his wife and carried her around the cottage while whispering "I love you". His wife screamed, she pounded him with her fists and yelled: "Let me down, you oaf." The second day after dinner he picked her up again and carried her around the cottage twice, while whispering "I love you", but she screamed and yelled even louder. The third day after dinner he carried her around the cottage three times while whispering "I love you", whilst she kept yelling for him to put her down. The fourth, the fifth and the sixth day he carried her around that cottage again and again and again while whispering: "I love you", whilst she screamed and screamed and screamed. The seventh day he picked her up and carried her around the cottage six times. On the seventh round she finally stopped screaming and heard him whisper: "I love you".

The next day Pat went down to the Priest again. He said, "Father, I have come to apologize for my thick headedness. I came here for advice three times and only the third time did I follow it up. I want to light seven candles, because my wife stopped nagging me after I carried her lovingly around the cottage for seven days." The Priest only smiled his knowing smile. So, Pat said his rosary, lit seven candles, went to the pub for a good long drink and went home a happy man. Just to be on the safe side, from then on Pat carried his wife in his arms around the cottage once every Sunday after Mass, while whispering his love into her ear. And never was there a happier man named Pat in all of the green hills of Ireland.



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

Scrabble

Casual
10:30 am
Happy Smith

Drop-In Art Group

12:30 - 3 pm

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

1 pm
Joan Lewin

Poker

1 pm

Line Dancing

2:30 pm
\$3 per session

Scottish Country Dancing

7 - 9 pm
Janet Mitchell

Art Appreciation Group

7 pm
Gerie Turner

Wednesday

Aerobics

9 - 10 am
Barb Jefferies

Mild Fitness

10:15 - 11:15 am
Barb Jefferies

Weaving

11:30 - 2:30 pm
Helen Thomas

Knitting

2 - 3:30 pm
Lynne Marotto

500 Club

7 pm

Darts

6:30 pm



Activity Coordination For The Centre

Braunda Gustafson - Coordinator
Marilynn Murray - Assistant

Thursday

Walking Club

Every Thurs. 10 am
Meet at The Centre
Weather Permitting

Watercolour Painting

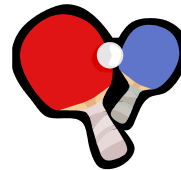
1 - 4 pm
Ruth Fowler

Stamp Collecting

2pm
Every 3rd Thurs. of
the month
Kurt Sommer

Table Tennis

Joan Hurwood
Ron Brackenridge
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
10:30 am
Happy Smith

Cribbage

1 pm
Casual

Scottish Country Dancing

7 - 9 pm
Janet Mitchell



Saturday

Floor Shuffleboard

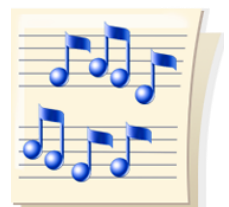
9:30 am
John Belsky

Bridge

1 - 4 pm

Snooker

1 - 4 pm
Casual



The library is bustling this November! Got an E-Reader? We've got E-Books! Register now for the Introduction to E-Books and the Kobo E-Reader, November 15 at 10 a.m. You'll learn how to search for and download e-books and we'll also show you lists of some popular titles. On November 22 at 12:00, Belfry artistic director Michael Shamata and a cast member of A Christmas Carol will take you Behind the Scenes at the Belfry. Drop in for a fascinating question and answer period. Have you been Booksmacked? If you are a booklover, you are in for a treat on November 26 from 2 to 3 p.m. A group of loud and lively library staffers will go toe to toe in a fast paced book reviewing session. How many books can we talk about in an hour? You'll be surprised! Check out all GVPL programs at www.gvpl.ca.



The Centre for Active Living 50+
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Margaret McKelvie Wendy Wignall

The Centre NEWS

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Wendy Wignall

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"lest we forget"

*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*

The Centre Acknowledges & Thanks Our Community Partners

