

April  
2013



# THE CENTRE NEWS

## April Events

### General Meeting

- \* Thursday, April 4 - 2 pm
- \* Candidates for Central Saanich Council will speak briefly at the end of our CSSCA business session

### Friday Speakers Forum

- \* Friday, April 5 - 1:30 pm
- \* Fall Prevention: Step Forward with Confidence

### Antiques Re-Visited

- \* Sunday, April 7 - 10 am - 4 pm
- \* At The Centre
- \* Appraisal Tickets - Up to 3 items - \$25
- \* Advanced ticket sales The Centre (Mon - Fri 9 - 1 pm) or at Discount Printing (Beacon Ave, Sidney)

### Board Meeting

- \* Thursday, April 11 - 9:30 am

### Scottish Country Dance Ceilidh Fundraiser for The Centre

- \* Friday, April 12 - 7 - 10 pm
- \* \$5 per person or \$10 per family
- \* Check 'Activity Highlights' page 6 for more details

### Potluck Lunch

- \* Thursday, April 18 - 11:45 am

### Lunch Bunch

- \* Thursday, April 25 - 11:45 am
- \* Romeo's Restaurant at Broadmead Shopping Area
- \* Please sign up in The Centre reception area

### Sunday Social Tea

- \* Sunday, April 28 - 2 pm
- \* Entertainment - The Centre's 'Songbirds' Choir
- \* Bring a friend
- \* Donations accepted

### Bingo

- \* Wednesdays 1-4 pm

**TICKETS**  
\$25.00 - up to 3 items  
Advance tickets are recommended from the Central Saanich Seniors Centre (9 am - 1 pm, Mon-Fri), from any Brentwood Bay Rotarian or at Discount Printing (250-656-5325) or 2423 Beacon Ave., Sidney. Tickets also available at The Centre.

**Bring in your ...**

- Vintage Jewellery & Silver
- Toys, Dolls, Samplers & Lace
- Native Arts and Crafts
- Porcelain, Pottery & China
- Clocks & Watches
- Stamps & Coins
- Militaria
- Paintings & Prints
- Books

... for a verbal appraisal by some of Victoria's finest expert appraisers.

*NOTE: Buying or selling of appraised items at the event is not permitted*

**Join us for ...**  
**ANTIQUES RE-VISITED**  
**SUNDAY, APRIL 7, 2013**

**Who:** The Brentwood Bay Rotary Club  
Expert Appraisers from Victoria, BC

**What:** Antiquities and Collectibles

**Where:** Central Saanich Seniors Centre  
1229 Clarke Road, Brentwood Bay

**When:** Sunday April 7, 2013  
10:00 am - 4:00 pm

**Why:** Proceeds to Rotary Sponsored Community Projects

*Presented by:*  
**THE BRENTWOOD BAY ROTARY CLUB**  
Inquiries: 250-544-1120,  
250-656-3685 or 250-656-5325

*Venue and light refreshments provided by:*  
The Central Saanich Senior Citizens Association  
Inquiries: 250-652-4611

## Check It Out

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# President's Message

CSSCA President, Gerie Turner

Hello all, another month flown by. And another busy time at "The Centre". You may have seen some members who "were leprechauns in former lives" dancing on the lawn after the "Stew Night". It was a sight to behold. We have seen a few additions to the activities in March. Chair yoga is a great success. I feel as if I've been to Hawaii after just one hour. Would anyone be interested in a new idea? Silent bingo? Every player has cards and just imagines the numbers as the balls are pulled. When they think they have a bingo, they call "bingo". We'll be trialing this in April.

We welcome some new Board members after the February elections. All Board members now are required to drive around with a magnetic sign on the doors of their cars, with the words "**Proud Board Member of C.S.S.C.A.**" in bold letters. This will certainly increase our visibility in the community.

You'll notice that there are some changes to the bathrooms upstairs. I can hardly wait for the new black fixtures with red walls. It will all be accented with 'black light', the latest in bathroom lighting which will make us all look fifty years younger!

Warning to all: On April 1<sup>st</sup>, Telus will be cleaning out the phone lines. Please put a paper bag secured with an elastic band around the hand-set of the phone. If you don't, all the dust and debris will be scattered around the room. Whoever's on the reception desk on that day, please remember that we have a phone downstairs.

*April Fools!* Wishing you all a very happy time at The Centre.

Here's the 'real' president's message. It has been a busy and interesting month at 1229 Clarke Road, behind the new sign. We've had a few problems with the automatic door opener but I'm hoping that the new parts installed will be the end of the issue. Thanks to all who helped with the 'Stew Night'. It was a roaring success. Over 80 people enjoyed the fine stew and very accomplished musicians. We even learned how to clap altogether!

At that General Meeting on April 4<sup>th</sup>, you will be asked to vote in principle, to think about a new heating system for The Centre. The problem we have is that the wooden foundation under the downstairs furnace is rotting because of its many years of being damp. The sump pump also has to be lowered. Spending money in this way would make us more money than the GIC savings is making for us at the present rate. Our building would be cozy. If we go the heat pumps route, we could even be cooler in the summer. If you have expertise in this area, please contact a Board member. We are getting quotes and ideas from several places. You'll understand that it must be done this summer when it's dry.

At this General Meeting, as well, we hope to entice candidates running for Central Saanich Council to speak to us for three minutes each and then stay for coffee afterwards, so you'll get a chance to meet them face-to-face.

We've had many individual requests from these candidates to speak to us. This should be an interesting afternoon. Two of these candidates will go on to become new C.S. councilors so it's a good opportunity to have them see The Centre.

The Journey program has informed and entertained us with stimulating discussions and talks on Friday afternoons. Probably the most important idea to come out of the talks this month is regarding your end-of-life decisions. Talk to those around you about your wishes regarding treatment options at that time. As Woody Allen says of this difficult issue, "It's not that I'm afraid to die. I just don't want to be there when it happens". We are very lucky that VIHA has extended the contract of Bridie, the coordinator of the Journey Program into next year so these talks will start again in the fall. The last one is on April 5<sup>th</sup>, 'Fall Prevention'.

The Songbirds are entertaining at our April Sunday Social on the 28<sup>th</sup>. Come one, come all, and bring your friends to this enjoyable afternoon. It's a great opportunity for guests to experience The Centre. If you suspect they cannot afford our increased membership fee, please ask them to get a 'Life Program' card by applying at Panorama Leisure Centre and then their CSSCA membership fee is waived.

Happy Easter to all. Enjoy the sunshine.

# THE CELEBRATION OF ST. PATRICK'S DAY at THE CENTRE

by Ada Serson.

"May the sun find you smiling each morning,  
May a twinkle be found in your eyes.  
May there be in your heart a sweet melody,  
May each day hold a happy surprise"...

and a happy surprise St. Patrick's Stew Night was. The evening was sold out. Several people who wanted to buy tickets had to be disappointed. Thanks to the Peninsula Co-op who sponsored this event, the price of the dinner had actually been lowered to \$10 instead of the initial \$15. Way to go, Peninsula Co-op! The room was beautifully decorated with dancing Paddies, green hats on the stage, shamrock clovers all over the place and even the mike that Glen Sprague, our master of ceremony used, was decorated with a St. Patrick's tie. White table clothes, green napkins and flowers were on all the tables.

Entering the hall we were given a sheet to fill in, which challenged our Irish knowledge severely as to who could be wearing green socks, who had kissed the Blarney Stone and had we seen Molly Malone? The people who had answers to all the questions were promised a 'return' trip to Sooke, which I personally am waiting to see happen! I mean, who would not want to go to Sooke?

Glen welcomed everyone and urged us to eat lots, because there was an abundance of food. Then our beloved Gladys Otto recited the Grace in the form of the Irish blessing "May the road rise up to meet you..."

The food, as is The Centre's custom, was delicious and copious. There was beef pie or as Jan, one of the caterers called it, Beef Bourgie, baked potatoes, two kinds of salad and buns. Believe it or not, we even had heated plates, thanks to Cathy. A lovely selection of desserts with coffee or tea ended this wonderful meal.

No sooner had we eaten when Glen introduced the four-member Celtic Band called **Cookeilidh** from Victoria to us. Dave Cook sang and played guitar, Kim Cook played the fiddle, Tom Pogson played the bass



guitar and Woody Wilson played flute and drum. They played and sang of sweet maidens, green glens, sapphire lakes, the lovely land of fairies called Ireland, hot summer days and the joy of living. We almost saw the fairies dancing in front of the stage. They are a very accomplished group of musicians with clearly a deep love for the traditional Celtic music. Some of the more familiar songs we sang with the band.

It was a jolly evening. A big thank you goes to all the volunteers, without whom none of this could have happened. For more St. Patrick's day fun visit the Third Annual Tartan Day on Saturday April the 6<sup>th</sup>, from noon to 4 pm. in Market Square, 560 Johnson Str. Victoria.



St. Patrick's Stew Night at The Centre brought on smiles with a delicious dinner, toe tapping music, happy volunteers and everyone joining in with the spirit of the Irish!

# CSSCA GENERAL MEETING

Thursday, April 4 at 2 pm

The Board is inviting candidates running in the local by-election to attend the meeting. When our business session is over, around 2:30 pm, these guests will have an opportunity to introduce themselves. Each will have approximately three minutes for their introduction. There will be no question period due to time constraints, however the candidates are invited to join us for coffee/tea. This will give them an opportunity for informal chats with interested members.



## Cashing In?

April 7th is a special day at the Centre. The Brentwood Bay Rotary Club is again presenting **Antiques Re-Visited**, bringing together twelve expert antique appraisers to have a look at your treasures.

The cost is 3 appraisals (verbal) for \$25. Bring that old jar or watch fob and find out it's worth enough to take you on an Alaskan cruise or at least lunch in Sooke! The Centre benefits financially from this event, also. Gerie Turner

## April Birthdays

- |                         |                         |
|-------------------------|-------------------------|
| 01 Harbhajan Kareer     | 14 Dianne Dunbar        |
| 01 Conny Rasmussen      | 16 Trudy Exton          |
| 04 Mary Law             | 17 Joy De Casseres      |
| 04 Jean Rozynski        | 18 Joyce Wolfe          |
| 05 Charles Brown        | 20 Marguerite McGimpsey |
| 05 Lynda Tucker         | 21 Berniece Lambert     |
| 07 Inge Kohls           | 21 Gwen Nadiger         |
| 08 Patricia Green       | 22 Dorothy McCallum     |
| 09 Catherine Fredriksen | 25 Jean Farmer          |
| 09 Danny Sinclair       | 28 Eleanor Thompson     |
| 13 Caroline McVie       |                         |

## Special Note

*To all members of The Centre, my heartfelt thank you for all the kindness I have experienced after my dear husband Don had his accident and subsequently passed away. I felt overwhelmed by your compassion and it makes me so grateful to belong to our Centre where everyone empathized with me. I know that many of you have also lost a wonderful husband. The Centre is a place where we can come, feel at home and share our feelings and emotions.*

*Thank you again, Ada*



Thank you to Glen Sprague for bringing such delightful entertainment to The Centre. The following ad is in support of Glen and the performers with whom he interacts.

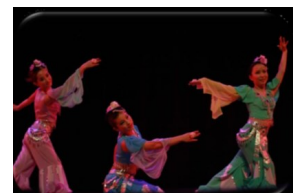
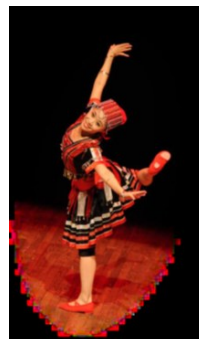
## CHINESE DANCE SPECTACULAR 2013

**Tickets \$20 and net proceeds will support the BC Children's Hospital Foundation.**

**When: @ 7pm, April 27th 2013,  
Where: UVic's Farquhar Auditorium  
For tickets**

**phone 250-721-8480**

Or visit <http://auditorium.uvic.ca/> Or email [ocean-rain.arts@gmail.com](mailto:ocean-rain.arts@gmail.com)



# Activity Highlights at The Centre

## CHAIR YOGA

by Marianne Brackenridge

Gail, our yoga teacher, has been instructing we oldies how to practice yoga sitting in a chair. This idea creates a minds eye view of participants sitting on a chair in the lotus position. Well no, not the case exactly.

This class, with guidance from Gail, is instructed in mindful meditation with appropriate breathing techniques, while sitting comfortably in a chair. As the body is prepared and relaxed comfortably, we are coached into recognition of various muscle groups. We are instructed and shown how to stretch each area of the body to gain its full benefit, always with the understanding that pain is the guide to release one's position and gently back off from any position.

The aim is to release physical tension and bring a tranquil balance to body, mind and spirit through restorative asana.

Although seated in a chair, it is amazing just how far one can safely stretch all those tight muscle groups. Certainly a worthwhile and beneficial exercise from an experienced yoga teacher to a group like ours.

Chair Yoga at The Centre - Fridays - 4-5 pm  
\$5 per session

## SEARCHING FOR STAMPS

It is much appreciated by all club members to receive donated stamps and sometimes even entire collections. We welcome any stamps that are dropped off at the Centre. You can be assured that none of them will be wasted. All of those precious stamps will be used by our members to fill in and help to complete our collections as well as to trade with other collectors. So, from all of us a big 'thank you' for any stamps that you are able to donate to our group at The Centre.

See you on the 3rd Thursday of the month at  
2 pm at The Centre

Stamp Club Leader: Kurt Sommer

This image is of one of the first two Mauritius Post Office stamps.



## We Want You

### To Be Part of The Action

There are a lot of great ways to meet new friends at The Centre! The best way is to come out and join an activity group. The Centre programs are welcoming new participants with open arms at anytime of the season. Here are *some* groups that are currently looking for new members to join in casual fun.

#### Table Tennis

This is a pleasant game and a bit of good exercise. We are a happy and welcoming group.  
Thursdays at 2 pm Leader: Don Turner

#### Snooker

Saturdays at 1 - 4 pm Leader: Don Turner

#### Carpet Bowling

Mondays, Tuesdays and Fridays at 10 - 11:45 am  
No experience is needed to come and join in on the fun and friends!  
Leaders: Leon Rosynski / Braunda Gusafson

## Singing is Healthy!

Studies have proven that singing has many benefits both for your body and your mind including, reducing blood pressure, improving lung function, sending headaches and heartaches on the run. It is also a wonderful way in which to meet new friends.

The Songbirds provide just such an experience. We sing, we laugh and we care about and for one another. So, even if you 'think' you can't sing but wish you could, give us a chance to prove you can!

The choir continues to grow, recently adding another male voice which allows for a 'men only' selection. Of course, the ladies will also have a solo number!

This is a non-audition choir with two key goals, to welcome everyone wishing to reap the rewards of making music; and, to take musical programs to folks in facilities. So, it is a win/win activity.

We meet every Tuesday at 12:45 p.m. at The Centre, unless we are performing. If you would like to chat with our Director, Joan, call her at 250 652-5746.

# Activity Highlights at The Centre

## Scottish Country Dance Ceilidh Fundraiser for The Centre

Friday, April 12 7 - 10 pm

Please mark your calendars for our second fun Ceilidh of the dance season. Those who attended the one in September had a great time. There will be many easy dances for everyone to dance and wonderful refreshments midway through the evening.

If you would like a ride to the Centre, please leave a message at the office and we will find someone to drive you. Anyone who wants to come and watch is also very welcome to come and sit and have refreshments, too.

Simply dress in something comfy that allows for movement and wear soft soled shoes. All ages are invited. Bring along your grandchildren, children, friends and relatives. Cost is \$5 per person or \$10 per family and all money goes to support The Centre. Janet Mitchell, Volunteer Instructor



The smiling 'Scottish Country Dancing' group always welcome new members!

## The Centre's Walking Group

Get ready to lace up those walking shoes and walk through the most beautiful areas the Peninsula can offer. At last the weather is brightening up and The Centre's walkers are looking forward to new members joining them on these casual and social outings on Thursday mornings.

- ◆ Start up date: **Thursday, April 18**
- ◆ Meet at: **The Centre at 10 am and then we head out to our destination for the walk**



## Carpet Bowlers

On Wednesday, March 13th 8 of us took the Ferry to Mill Bay. It was a very pleasant trip on the new Ferry. The Ticket Collector was very friendly and made our journey more fun. We were met by 2 cars provided by the Mill Bay Club.

On arrival lunch was served, we had very nice, tasty sandwiches, cheese, vegetables, fruit and a sweet table of many choices. The atmosphere during lunch was one of friendship and getting to know their new members.

After lunch we bowled a new system for us. There were 3 teams from Mill Bay and 2 teams from Brentwood Bay consisting of 4 players in each team. It was a slow beginning for us. But we had lots of fun playing 3 games. Win some – lose some!

Afterwards we had more coffee, tea and the sweet table. It was time to catch the 4 o'clock Ferry and say thank you for the wonderful and friendly hospitality. Have a nice summer and we'll see you in October. We came home happy, tired - but yes we a great day in MillBay.

Many thanks to Braunda and Corrine for making the numbers up for our teams. **By Leon Rosynski**



Mill Bay Carpet Bowling Team hosts friendly games with our Carpet Bowlers from The Centre

# BEAUTIFUL BUTCHART GARDENS

Although we may be viewing grey clouds and a few drops of rain now and again, the fact is we are really into spring. The mention of spring brings to mind flowers. Where better to view the magical picture of mother nature other than right here on our doorstep at Butchart Gardens?

The day was beautiful, yes a touch chilly but the sun was shining, the sky was blue and in my minds eye pictures of so many spring flowers seemed to beckon me on to walk the pathways of the Gardens. Since I have an annual pass and live quite close to the Gardens, I am fortunate in that I can 'drop' in any time. Upon arriving at the pathway leading up to the gate, I am mesmerized by the beauty of the foliage and floral display. As usual I walked slowly around all the pathways leading to various special garden displays like the sunken garden, the Italian garden, the Japanese garden... all spectacular in their own personal creation.

As I stroll slowly around the gardens I am truly amazed at the beauty of all the flower beds. They seem to be colour coordinated with the next flower bed. Such a variety of plants and some so delicate one has to admire the creation displayed. Nature surely is magical.

As I head further into the sunken gardens I came upon

the dancing water fountain. I am mesmerized by its various displays and consecutive movements creating a different picture every few minutes. It truly appeared to be dancing just for me. I sat quietly, feeling very peaceful, alive and at one with nature.

My next steps took me further up the hill to the carousel, an area I always visit. I generally try to choose a different animal to ride on each time where I am taken me back to my younger years in Britain. How I love the ride, music playing, young and old riding along with me. It is just simple play time, to be in the moment, no worries in the world.

The Blue Poppy Restaurant is transformed each year at spring time into a beautiful garden inside the building. Here I find pathways, bridges, various displays and tropical plants of every colour. The perfume as one enters is so delicate and welcoming.

As I wind up my visit after a wonderful afternoon of pure pleasure, I leave with such ambition, with plans for creating a miniature Butchart gardens at my own home. Always a good feeling to have plans, but whether I follow through remains to be seen. However I do have some daffodils and tulips to brighten my front garden for the time being.

## Sunday Social at The Centre

A good crowd came to The Centre's monthly tea/coffee social on the last Sunday of each month. Always a great time to have a 'cuppa' and sweet with friends and to meet new friends. Glen Sprague introduced this month's entertainment from *O'Brien School of Irish Dance*. These young dancers put on a wonderful show full of energy and intricate foot work. The next Sunday Social at The Centre is Sunday, April 28 when we'll be entertained by The Centre's choir, The Songbirds.



# 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

### **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

### **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

### **Knitting**

2 - 3:30 pm  
Lynne Marotto

### **Bingo**

1 - 4 pm

### **500 Club**

7 pm

## Thursday

### **Walking Club**

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

### **Watercolour Painting**

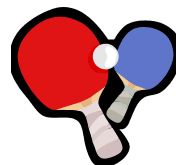
1 - 4 pm  
Ruth Fowler

### **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  
Janet Mitchell

### **Chair Yoga**

4 - 5 pm  
Gail Bradshaw

## Saturday

### **Floor Shuffleboard**

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**. This event will be at The Centre on Sunday, April 7.



The Central Saanich Lions Club were involved in the initial construction of the CSSC building. Recently they have provided funds for our window upgrading project and the labour of its members to renovate the upstairs washrooms.



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 2<sup>nd</sup> 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% of 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.

## Additional Acknowledgement and Thanks To Contributors To The Centre In March



We Serve

Thank you to the Central Saanich Lions Club and the above suppliers for the work being done to upgrade The Centre's upstairs washrooms. Also, thanks again to the Peninsula Co-op for its ongoing support and recently for the St. Patrick's Stew Night event!

## Welcome to Our Newest Members

Marian Chomlack

Alice Gregoire

Sharon Kleim

Margo Wilton



## Volunteerism The Cornerstone of The Centre

Any member who would like to become a little more involved in our Association, check out our volunteer postings at The Centre on the bulletin board near the lounge area or please talk to a Board member or one of the volunteers in the reception area. You can also contact us by phone, email or our website.

250-652-4611 [cssca@shaw.ca](mailto:cssca@shaw.ca)  
[www.centrialsaanichseniorscentre.org](http://www.centrialsaanichseniorscentre.org)

We know there is a niche waiting for you and volunteering is such a great way to meet new friends!

## Many Hands Make Light The Load

On April 4<sup>th</sup> Jean Rozynski is leading the spring clean of the kitchens. Please come at 9:30 with all your energy and enthusiasm. We aim to have both kitchens spotless including all the nooks and crannies by 12 noon so we can go home and get cleaned up for our General Meeting, which starts at 2:00 p.m.

Gerie Turner



## Let the Games Begin

Invitation to all members to check out The Centre's activities to get involved with a group of active and fun loving folks. Check out the sign up sheets in the reception area for new activities possibly being added if there is interest, such as Tai Chi, French and a Foot Care program.

## 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](mailto:cssca@shaw.ca)

[www.centrialsaanichseniorscentre.org](http://www.centrialsaanichseniorscentre.org)

**President :** Gerie Turner

**Vice President:** Margaret Sharples

**Past President :** Braunda Gustafson

**Corresponding Secretary:** Penny Furnes

**Recording Secretary:** Lillian Davidson

**Treasurer:** Thea Revoy

**Assistant Treasurer:** Ian Cameron

**Directors:** Marney Ellis Kurt Sommer

Marilynn Murray Shirley Monych

Margaret McKelvie Wendy Wignall

## The Centre NEWS

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**Printing & Distribution** Gwen Bentley

