

The Centre News

June 2022

cssca@shaw.ca

President's Message

Hello, members!

We are pleased to be able to have our Strawberry Tea again. Mark your calendars for Thursday, July 7. More information in this newsletter.

Some of our activities and programs will be taking a summer break so please check with your activity leader. There are not enough players signed up to start a Whist group, but we will canvas members again in the fall to see if there is more interest.

The Board has confirmed that our annual membership dues will remain at \$60 a year for the period September 1, 2022 to August 31, 2023.

Hopefully we will get some warm weather soon and you enjoy your summer.

Dale Broad
President

The Strawberry Tea Returns!

Our Strawberry Tea is back and will be held on Thursday, July 7, 2022. Drop in between 1:30 and 3:30 p.m. and enjoy a delicious fresh strawberry shortcake served with tea or coffee.

Tickets will go on sale at the front desk starting June 20, 2022. Cost is \$10. Guests are welcome for the same price. Proof of full vaccination is required.

We will need various volunteers and, if you able to help, a sign-up sheet will be posted in the upstairs kitchen.



WELCOME NEW MEMBERS!

Donald Williams
Patricia Williams
Claude Lavoie
Christine Simpson

Happy July Birthdays!

July 2 Randy Mains
July 3 Sharon Klein
July 15 Joyce Vezina
July 20 Nicki McAra
July 21 Ashley Davies
July 24 Rolf Ullrich
July 24 Ruth Charlish
July 26 Eileen Smith

Activities Update

A number of activities take a summer break, while others continue.

Activities continuing during the summer months:

Fitness, both aerobics and mild
Bridge
Jammin' Seniors
Weaving
500 Club
Knitters
Writing Circle

Activities taking a summer break:

Art Appreciation: back on Oct. 11, 2022
Book Club: July and August
Now That's Funny: June, July and August
Raconteurs: June, July, and August
Scrabble: July and August
Speakers' Series: July and August

Note: more players are needed for whist. If you are interested, please sign up at the front desk.

Contributions to the Newsletter: if you would like to contribute news, writing, photography or jokes to the newsletter, please send them to editor Shelly Dennis-Orr at sdennisorr@gmail.com

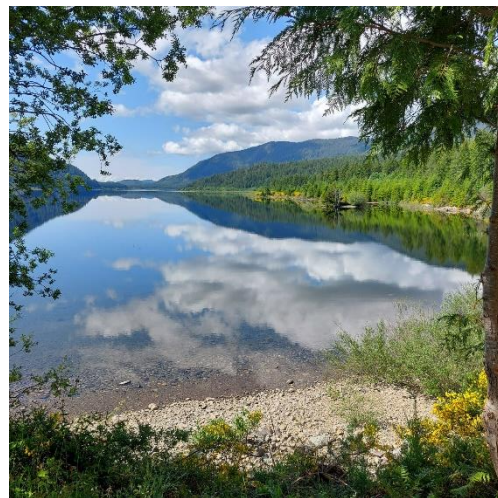
The Watershed Tour



The CSSC Watershed Tour group.



A map of the Sooke Reservoir.



The tranquil Sooke Reservoir.

Writers' Corner

The Beauty of Loss

By Sharon Wright

Throughout our lives we go through many stages. In the early stages we are opening up and receiving so many new things, always learning and growing. In the middle stages we are able to assimilate our learning and use it to steer our lives in various directions. In the end stages we then start letting go and releasing things – and people we care for. I believe one of the important things I have learned about this stage is to try to let go of things as gracefully as possible. When life gives us the message “It is time” we need to pay attention and do what is asked of us.

I used to be a pretty athletic person but over the last 20 years I have had to give up many things that I used to enjoy doing – like skiing mountains and hills, long-distance biking, tennis, and skating. Now I am struggling with one of my last athletic activities – actually selling or giving away my bike and all the paraphernalia I have with it – a bike rack, bike helmet, panniers and various other things I attached onto the bike for picnics. You wouldn't believe how hard it is for me to actually take this step – but I have reached an age where I have started to realize that it could be disastrous if I had a fall. Life is giving me yet another message – “It is time.”

This leads me to a most wonderful poem I want to share with you. It is called –

You Will Lose Everything

‘You will lose everything.

Your money, your power, your fame, your success, perhaps even your memories. Your looks will go. Loved ones will die. Your body will fall apart.

But right now, we stand on sacred and holy ground, for that which will be lost has not yet been lost, and realizing this is the key to unspeakable joy.

Whoever or whatever is in your life right now has not yet been taken away from you.

This may sound trivial, obvious, like nothing, but really it is the key to everything, the why and how and wherefore of existence.

Impermanence has already rendered everything and everyone around you so deeply holy and significant and worthy of your heartbreaking gratitude.

Loss has already transfigured your life into an altar.’ Jeff Foster

As Leonard Cohen wrote – “Ring the bells you still can ring!” There are still many of them. Appreciate every moment.