

The Centre News

October 2022

cssca@shaw.ca



(photo by Joanne McGowan)

President's Message

Hello, members!

Hope everyone is enjoying our extended summer weather. I think the rains will set in soon, so find your umbrella.

The September social was very successful and the Music Variations were well-received. Thanks to all of the volunteers for their hard work in making this an enjoyable afternoon. Hope you have your calendars

marked for the next social on Friday, October 28. More information in this newsletter.

There will be a General Meeting on Thursday, November 3, 2022 at 2 p.m. We encourage members to attend and provide input which is much appreciated. Coffee and tea will be served after the meeting.

Planning is underway for our Christmas Luncheon on Thursday, December 8th and our Christmas Craft and Bake Sale featuring the Weaving, Knitting and Fitness groups on Saturday, December 10, 2022. Stay tuned for more information.

We wish to thank the members who have paid their membership dues for another year. Your support of our Centre is appreciated.

For those who have yet to renew, the Front Desk is open Monday, Wednesday, and Friday from 9 a.m. to noon. Membership dues remain at \$60 per year. We need to increase our membership so please invite your friends to come and try out one of our activities. The first one is free.

*Dale Broad,
President*

Halloween MASKerade!

By Joanne McGowan

Our October social will begin at 2 p.m. on Friday, October 28th with Diana and Paul bringing *What's That Song?* to our stage. Participation will be expected! This interactive experience will be unique, and we anticipate a fun-filled afternoon.

In keeping with the fall and Hallowe'en theme of this event, we are encouraging the decorating and "re-purposing" of those COVID masks that have been part of our lives for so long! Prizes will be awarded for the following:

Category 1 - Decorative Masks – the most creatively decorated COVID face masks.

Category 2 – Re-purposed Masks (one or more) - used to *accessorize or create*

entirely different items of clothing. Hats? Fascinators? Neckties? Sashes? Surprise us!

Judging will be done prior to the program so masks can be removed by 2 p.m. Prizes will be awarded following the musical entertainment.

Our usual social hour with coffee, tea and treats will conclude the afternoon.

A sign-up sheet for volunteers will be posted on the kitchen bulletin board to help with set-up, food donation, and clean up

Cost for Members: \$8 Guests: \$10



Raconteurs

By Joan Boutilier

Our member, Ray Palm, certainly lived up to his billing of "Raconteur Extraordinaire" at our October get-together. He kept us enthralled with stories and anecdotes from his experience as a steam locomotive fireman. His ready wit and natural loquaciousness elicited many chuckles as he

told of mischievous stunts, railroad trivia and taking a stand against racism. Both serious and hilarious, he was a hit. The first Friday of November will feature a mysterious presentation by Krystina Manning. She won't give me any hints except for the intriguing title: "Are we there yet? Seriously, are we there yet?" Come out and solve the mystery on November 4 at 2 at the Centre. There is a drop-in fee of \$2 and a loonie will purchase you a coffee. Hope to see you there.



Happy November Birthdays!

Shirley Jones	Nov. 13
Sharon Bristow	Nov. 19
Leo Vezina	Nov. 20
Janice Mercer	Nov. 23
Tanga Blackburn	Nov. 28



Welcome New Members!

Nancy Darnell
 Catherine Wing
 John McLeod
 Tara Law
 Penny Millway
 Barbara Ashwood-Smith

Activities Update

By Dale Broad

Potluck Lunch: We are very pleased with the positive response to restarting this activity. The first Potluck Lunch will be on October 20, 2022, at noon. Bring your favourite dish to share with fellow members.

If you have any questions, please call the Activity Leader Ann McMillan at 250 652-0127. This activity meets on the third Thursday of the month.

Lunch Bunch: The activity leader for the Lunch Bunch is ready to restart monthly luncheons at various restaurants in the area. This group meets on the 4th Thursday of the month. A sign-up sheet has been placed at the Front Desk to determine whether there is sufficient interest to proceed.

Chair Yoga: Space is still available for Chair Yoga at 2:30 pm on Tuesdays. Drop by if you are interested and speak to the instructor Janet Budden.

I would like to thank all of our activity leaders for their dedication and hard work in providing the many activities and programs at the Centre. A calendar of activities and programs is posted on the bulletin board in the Card Room off the upstairs kitchen and on our website.

Chuckle of the Day

Having a teenager is like living in a haunted house. Every now and then you'll see a figure in the corner of your eye, followed by a moaning sound and then a door will slam shut.



Member Recipe

Fudgy Mocha Toffee Brownies

Contributed by Happy Smith

Ingredients

Combine:

2 tablespoons instant coffee granules

¼ cup hot water

¼ cup butter

¼ cup semi-sweet chocolate chips

Microwave on high until butter melts. Stir until chocolate is smooth.

Stir with a whisk in a bowl:

1 ½ cup flour

1 ¼ cup sugar

½ cup unsweetened cocoa

1 teaspoon baking powder

½ teaspoon salt

Combine coffee and butter mixture, 1 teaspoon vanilla and 2 eggs in a medium-sized bowl and stir with a whisk. Add this mixture to the flour mixture and stir until combined. Spray a 9" x 9" pan with cooking spray and spread the batter evenly. Sprinkle with ¼ cup toffee chips (or Skor bar bits or Hershey's Chipits).

Bake at 350 degrees Fahrenheit for 22 mins. Cool. Makes 20 servings.



Hay Bale décor at Silver Rill Farm

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

CSSA Speaker's Series

Friday, 21st October, 2 p.m.

**“Antarctica: The 7th Continent”,
A comparison with the Arctic**



Dr. John Gunton

The speaker, a retired geologist/geochemist, has enjoyed a career spanning 40 years of exploring for, and developing, hydrocarbon resources around the world. In 2015, he was fortunate to make several landings in Antarctica and to subsequently develop an understanding of how this vast, continent is so different from its polar equivalent.

The Arctic is dominated by the Arctic Ocean whereas Antarctica is the fifth largest continent on the planet, twice the size of Australia and the coldest, driest, and windiest place on earth. But together with the Arctic, Antarctica shares a critical importance in understanding climate change.

This presentation will consider why the Antarctic is unique and distinguishable from the Arctic even though they occupy opposite polar regions of Planet Earth. The Antarctic is a continent whereas the Arctic is an ocean. We will understand how Antarctica came to be. Has it always occupied a South Pole position? Has it always been a land of ice and snow? Why is it that there are huge freshwater lake and river systems under thousands of meters of ice? Are there any land-based plants and animals in Antarctica? In the Southern Ocean circulating around Antarctica, what is the Zone of Convergence and why is it important to life on earth? The Arctic is rich in mineral resources and hydrocarbons...why not the Antarctic? The Arctic has a resident human population of about 4 million including indigenous peoples whereas the Antarctic has no permanent residents and therefore no indigenous population. Why is that? Which countries “own” the Antarctic and how is it administered? What role does the Antarctic play in global climate change and why is it different than the role played by the Arctic?

These are some of the questions which have intrigued researchers and explorers since the Antarctic was first sighted two centuries ago in 1820. This presentation may help towards answering some of these questions and increase our understanding of this mysterious continent.

CSSCA Speaker's Series

Friday, 18th November 2022



Don't get Scammed!

Constable Tristan Gentile from the Central Saanich Police Service has agreed to join us at **2 p.m. on Friday, 18th November** to give a presentation to all interested in learning how to avoid being scammed. From telephone calls to our computers and knocks on our doors, Constable Gentile will tell us what clues to look for to ensure we “**Don't get Scammed**”.



POTLUCK LUNCH

12:00 to 1:30 pm

3rd Thursday of the month

STARTS OCTOBER 20, 2022

Questions? Call Ann McMillan at 250 652-0127

Potluck lunch poster.docx

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	Scottish Country Dance 10 :00am - Noon	Aerobics 9 :00- 10:00 am	NIA Dance 9:30 - 10:30 am
Mild Fitness 10:30 - 11:30 am		Mild Fitness 10:30 - 11:30 am		Mild Fitness 10:30 - 11:30 am	
Bridge 12:00 -4:00 pm	Art Group 12:00 - 3:00 pm	Weaving 11:00am - 3:00pm	Pot Luck Lunch 12:00—1:30 pm 3 rd Thursday Date TBD		Jammin' Seniors 9:30am - Noon
	Songbirds Choir 1:00 - 2:00 pm Date TBD	500 Club 1:00—3:30pm	Lunch Bunch 11:30 AM 4 th Thursday Date TBD	BUS TRIPPERS 2nd Friday Of each month Date TBD	Bridge 12:00—4:00 pm
Scrabble 1:00 pm	Chair Yoga 2:30—3:30pm	Bingo 1:00 - 4:00 pm 1st and 3rd Wed	Book Club 2:00—3:30 pm 2nd Thursday	Raconteur 2:00—3:00 pm 1st Friday Sept 2022	
		Knitting 1:30—3:30 pm	Writing Circle 2:00—3:30 pm 3rd, 4th and 5th Thursday	Now That's Funny 2:22—3:22 pm 2nd Friday Sept 2022	<u>SUNDAY</u> Walking Group 2:00 pm
			Bridge 12:00—4:00 pm	Speakers Series 2:00-3:00 PM 3rd or 4th Friday	
	Art Appreciation 7:00 pm 2nd & 4th Tues Oct 2022				