

February
2016



The
Centre



The **Sadie Hawkins Day** tradition every **leap year** goes something like this: on the elusive February 29th, it becomes fair game for women to ask men to marry them. It was born from a combination of English leap year folk tradition and plotline from the old school Lil'Abner cartoon, which featured the character Miss Sadie herself—spinster in search of a man to call her own. Sadie Hawkins leap day traditions have evolved heavily over the years. When the popular comic broke in 1937, college girls seized their opportunities and began physically chasing after boys and asking them out on dates on campuses across the country. Sadie Hawkins dances, became popular by the 1950s where girls asked boys to dance.

Quote by Courtney Preiss— Tentative Sadie Hawkins Day Plans

Check It Out

| | |
|---------------------------------|---------------|
| <u>President's Message</u> | <u>pg. 2</u> |
| <u>Around The Centre</u> | <u>pg. 3</u> |
| <u>Activities</u> | <u>pg. 4</u> |
| <u>Upcoming Events</u> | <u>pg. 7</u> |
| <u>Weekly Activity Schedule</u> | <u>pg. 10</u> |
| <u>Community Partners</u> | <u>pg. 11</u> |
| <u>Contact Information</u> | <u>pg. 12</u> |

February Events

Speaker Series

- * Friday, February 5 - 1:30 pm
- * Guest speaker Ian Cameron
Baja Bash

CSSCA Board Meeting

- * Thursday, February 4 - 9:30 am
- * Please note: Annual General Meeting will be held **February 11, 2016 at 2:00 pm**. Members must have their dues paid in order to vote.

Lunch Bunch

- * Thursday, February 25th, 2016
- * Glen Meadows Golf Club 11:30 am
1050 McTavish Road N. Saanich
- * Call Corrine Marshall 250-652-7032
Or email corinnemarshall@shaw.ca
- * Please advise if you can provide transportation
- * Come to our friendly lunches and meet other members

Family Day

- * Monday, February 8, 2016 The Centre will be closed

Pancake Breakfast/Brunch

- Tuesday February 16, 2016 9am-11:30am
- * \$8.00 Everyone welcome

Bingo

- * Wednesdays 1 - 4 pm
- * Everyone Welcome

President's Message *CSSCA President, Margaret McKelvie*

Spring is on its way. I can feel it. The sun rises earlier and sets later. A clutch of Snowdrops in the garden. Buds bursting on the limbs of trees awaiting the right moment to emerge. Blades of daffodil leaves peeking up through the soil. A rabbit has tasted the new shoots on the rose bush and left her calling card too. Still, it's a time to be optimistic. To plan.

The Centre has received good news and not so good news. The good news is the promise from Central Saanich Municipality that \$5,000 is coming to us in June. It will help with building maintenance costs. The not so good news is that the Centre will not receive funding from New Horizons for 2016. The Board had hoped to hire a Program Coordinator who would help us with program development. So it's time to plan, to think about what to do next.

In the meantime we continue to enjoy our regular programs and look forward to a Pancake Breakfast/Brunch, a social event in March, guest speakers. New chairs are arriving too, and will supplement the ones used in chair aerobics as the group grows in numbers. The folks attending do a lot of laughing and talking. That's a good sign.

HAPPY VALENTINE'S DAY.

Warm regards, Margaret



A Special Thank you to

John and Lillian Davidson who donated \$550 from 50 hours of volunteer work they did in association with Telus.

Tamzyn Bradley, Vivien's daughter, did an excellent presentation of our AED (automated external defibrillator) and how to use it. Her presentation showed us we had nothing to fear if we needed to use it. She also brought us up to date on CPR and how much energy it takes to perform it effectively. She is willing to present this information again. Tamzyn is a cardiology technologist at Western Cardiology Associates.

Our AED needed a new battery which was noticed by our local Firemen as they did their regular visit. They donated a new one! Many Thanks



It is with a heavy heart that we announce the passing of Leon Rozynski on January 26th. He was our "Resident Chef" and he will long be remembered for his wonderful baked treats and his special sauerkraut made for our Octoberfest celebrations. We send our sincere condolences and love to his wife Jean and family.

Around The Centre

Happy Birthday

FEBRUARY

- 1 Gerie Turner
- 2 Dorothy Sly
Pamela Trueman
- 3 Doreen Martin
Martha Sommer
- 4 Deep Bharaj
- 6 Margaret Caron
- 11 Janet MacDonald
- 14 Donald Williams
- 15 Pamela Brambell
Shelia Viggers
- 17 Ruth Christian
- 20 Ruth Fowler
- 25 Lorna Blackwell
Lorna Wilson



Remember

Annual Membership
Fees of \$60 are Due

Payment by cheque is helpful

WELCOME TO OUR NEW MEMBERS

Pat Browett

Chris McCarthy

Sherry Nesbitt

Isabelle Poirier

Pat Randazzo

Judy Solid

Patricia Wilson

STROKE KNOW THE WARNING SIGNS

If you experience any of these symptoms, CALL 9-1-1 or your local emergency number immediately.



Weakness

Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking

Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems

Sudden trouble with vision, even if temporary.



Headache

Sudden severe and unusual headache.



Dizziness

Sudden loss of balance, especially with any of the above signs.

SEE WHAT HAPPENS WHEN
YOU PUT YOUR HEART INTO IT.™



heartandstroke.ca

February is Heart and Stroke Month

Every 7 minutes a Canadian dies from heart disease or stroke. It is still the leading cause of death in Canada.



Activities



Social Tea January 31, 2016

Our Scottish Country Dance Group provided the entertainment at the Sunday tea. I was very proud of the dancers who did an excellent job. We did four difficult dances and helped participants do three easier dances. The audience enjoyed the dancing and sang nine songs. Special thanks to Lisa Benckhuysen for playing piano for the sing-a-long. Glen Sprague for handling the iPod for the dances, to everyone for helping set up the tables after we performed, the kitchen workers, those that brought food, those that decorated, those that took down decorations, those that helped put out and take in song sheets and the willing volunteers who joined into the easier dances. Thanks to all the dancers for working hard to learn the dances and for doing such a good job. Well done everyone!

Janet Mitchell (Instructor)

Activities Stamp Corner

Quebec Winter Carnival

Since the beginning of the French colony (now the province of Quebec), the inhabitants of New France created a rowdy tradition of getting together just before Lent to eat, drink and be merry. The custom of celebrating from the end of January until mid-February has long been popular.

The first large winter Carnival in Quebec City, the world's snow capital, took place in 1894. Often faced with winter's hardships, the city's population reinvented this popular tradition with a winter celebration that warmed up the hearts of all of its revelers. Interrupted by two wars, then the economic crisis of 1929, the Carnival was held sporadically until the second half of the century. In 1954, in the context of the economic development of the Old Capital, a group of business people re-launched the festivities. That year, *Bonhomme*, (a snowman sculpture) was born and elected the event's representative. Carnaval Bonhomme is not a simple mascot; he acts officially and speaks for and in the name of the Carnival. He proudly wears the traditional red hat and arrow sash. He is a character that moves and dances, expressing his feeling through a unique movement of his legs. He is surrounded by an air of mystery and most of all, an authentic respect.

Since 1955, date of the first annual edition of the Carnival, Carnaval Bonhomme has personified the "joie de vivre" associated with this winter celebration. He is a figure recognized by 96% of Quebecers and about 60% of Canadians.

From one winter to the next, the Carnival enriched it's activity Program. They have since added even more popular activities, such as winter sports, snow sculptures, and activities based on the traditional Quebec lifestyle, such as canoe races and dogsled races. The Quebec Winter Carnival is the largest winter carnival in the world today, and is third on the List of Top Carnivals after the famous carnivals in Rio and New Orleans. This year the carnival is held from January 29th until February 14th, 2016



The Attached stamp was issued by Canada Post January 2004 to help celebrate the 50th anniversary of the Quebec Winter Carnival

Quebec city—Ice Hotel

Our meeting for the Stamp Club for this month will be Thursday, February 4th at 1:00 pm.

A big Thank You to all those members who help us collect stamps. Let me assure you, it is much appreciated.

-Kurt Sommer



Activities

seniorsservings**seniors**



Seniors Serving Seniors

Has 25 Senior Peer Counsellors who provide emotional support and encouragement to seniors facing loss of a loved one, grief and/or change in life-style

No Charge. Phone Seniors Servicing Seniors at 250-382-4331



LUNCH BUNCH GROUP

January 28 at the
Sabhai Thai Restaurant in
Sidney

Up Coming Events

PANCAKE BREAKFAST/BRUNCH



PANCAKES, HERTEL'S HAM,
SCRAMBLED EGGS,
BUTTER/MARGARINE, SYRUP, FRUIT
COMPOTE, JUICE, TEA OR COFFEE

Tuesday, February 16 - 9 to 11:30 a.m.
The Centre, 1229 Clarke Road,
Brentwood Bay BC

Join us at The Centre for Pancake Breakfast/Brunch
\$8.00 per person with all proceeds going to The Centre

Braunda Gustafson - 250-652-6463

**Sponsored by: Sassy's Family Restaurant
Carnivore Meats & More
Jazzaniah Catering**

Upcoming Events

The February Speaker Series will be held on February 5, 2016.

Ian Cameron will be the Speaker, the subject will be "**The Baja Bash!** Sailing from San Diego down Baja California to the Sea of Cortez (Mazatlan, Cabo San Lucas). Ian will talk about his adventure with slides. This should be very informative. Ian has done a Speaker Series previously at the Centre, about his travels in France, which was very interesting.

The March Speaker Series will be held on March 4, 2016. **Sarah Hofing** of the **Boys and Girls Club** will be the Speaker introducing "**Seniors with Youth called—Cyber Seniors**"

One-on-One classes (Computers or eReaders)

We offer **One-on-One** sessions at any branch of **GVPL** including Central Saanich and Bruce Hutchinson branches.

Would you like to learn how to download ebooks or audiobooks from the library with a device or ereader? Want to become more confident when using your computer? We can help! Each session lasts 30 minutes and registration is required. Some of the topics we can cover in a session include:

- Getting started with Digital Collections on your own eReader or device
- Mouse & keyboard basics
- Computer basics
- Setting up an email account & email basics
- Internet basics & beyond
- Microsoft Word basics

Using our website & catalogue
Programs of interest at GVPL



Web Resources for Investing

February 10 at 7 pm at the Bruce Hutchinson Branch*

Join our own Scott M. to find out about the web resources for stocks, mutual funds, account rates, and more! We will explore popular Canadian financial websites to help you make better decisions.

*The **Bruce Hutchinson Branch** is located in **Saanich Commonwealth Place, 4636 Elk Lake Drive.**

For any of these programs register online at gvpl.ca or call the library at **250-940-4875** for more information.

Upcoming Events

Hosted by The Centre's Photography Club

Friday, March 11 , 1:30 pm The Centre's Main Hall By Donation: All Proceeds to The Centre

Artist and Photographer - Brent Cooke

Capturing The Story

Brent Cooke was the recipient of the
2015 Canadian Wildlife Federation: Robert Bateman Award as Canadian Artist of the Year.

"As the Past Director of Exhibits and Visitor Experience of the *Royal British Columbia Museum*, one of Canada's top cultural and scientific institutions, Brent has played leading roles in scientific research and

exhibit development for over four decades. Brent is multifaceted with strength as an artist; as a visionary public educator; marine biologist; film producer; award winning photographer; award winning sculpture artist of wildlife; expert cold-water diver; First Nations historical authority and one of Canada's top museum experts.



In addition, Brent has utilized his position as a Director of the *Artists for Conservation Foundation* to support art and science collaboration with field studies of species and habitats deserving of greater attention. Whether in the Great Bear Rainforest in northern BC, or in China to promote conservation, or diving around the Grand Cayman islands to study sea turtles, Brent is always armed with his camera. These missions help promote wildlife and habitat conservation and environmental education."

Brent currently works with a team in the film industry, *West Eagle Films* (Canada's largest IMAX film producers) and *Masters Digital* (audio/visual producers). He has also been producer of several television series for the Discovery Channel as well as "live" televised events that were international in scope

With a photography focus on wildlife and the natural environment along with the engaging stories behind each photo, Brent is sure to provide our audience with a very entertaining and informative presentation.

Submitted by Wendy Wignall

Quote from Jeffrey Whiting,

Founder of the *Artists for Conservation*

Weekly Activity Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|
| Aerobics 9 - 10 am Barb Jefferies | Scottish Country Dancing Walk Around 10 am Janet Mitchell | Aerobics 9 - 10 am Barb Jefferies | | Aerobics 9 - 10 am Barb Jefferies | Walking Group 9:30 - 10:30 am Centennial Park Vivien Bradley |
| Mild Fitness 10:15 - 11:15 am Barb Jefferies | | Mild Fitness 10:15 - 11:15 am Barb Jefferies | | Mild Fitness 10:15 - 11:15 am Barb Jefferies | |
| Photography Club 1 pm Marilyn Murray | Painting 12:30 - 3 pm Marilyn Murray | Weaving 11:30am - 2:30pm Janis Ball Thea Revoy | Pot Luck Lunch 3 rd Thursday 12:15 pm | | |
| Mah Jong 1 pm Braunda Gustafson | Songbirds Choir 1 - 2 pm Larry Skaggs | 500 Club 1 pm | Lunch Bunch 4 th Thursday 11:45 am Sign-up sheet in office | Scrabble 10:15 am Casual Happy Smith | Snooker 1 - 4 pm Art Pugh Casual |
| Bridge 1 - 4 pm Lynda Tucker Barb Roberts | Poker 1 pm | Bingo 1 - 4 pm Braunda Gustafson | | Chair Yoga 12 - 1 pm Gail Bradshaw | Bridge Clinic 1 - 4 pm Lynda Tucker Barb Roberts |
| | Table Tennis 2 pm Don Turner | Knitting 2 - 3:30 pm Happy Smith | Floor Shuffleboard 2 - 4 pm | Cribbage 1 pm Norm Gustafson | |
| | Scottish Country Dance 7 - 9 pm Janet Mitchell | | Stamp Collecting 1st Thursday 1 pm Kurt Sommer | Speakers Series 1:30 - 3:00 pm 1st Friday of Jan., Feb., March | |
| | Art Appreciation 7 pm Joyce Wolfe Gerie Turner | | | Scottish Country Dance 7 - 9 pm Janet Mitchell | |

Thank You to Our Community Partners



Brentwood Bay Rotary Club has provided funds for our lounge area furniture and our media centre. We also partner with the Brentwood Bay Rotary Club for the event ***Antiques Re-Visited***.



The Central Saanich Lions Club were involved in the initial construction of the CSSC building. Recently they have provided funds and labour for several projects around The Centre such as upgrading washrooms and installing hand railings.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA. Recently, the district provided a 'grant in aid' for the installation of The Centre's new acoustic ceiling in the main hall.



Upon application, The CSSCA received a grant that provided The Centre with the funding necessary to purchase and install two heat pumps. This system now handles the heating and cooling needs in our building.



Provides an annual donation to be used towards supplies for annual events at The Centre. Also, the Peninsula Co-op annually reimburses dividend funds to The Centre accumulated as members quote The Centre's number **60747**, when purchasing groceries or fuel.



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.



The end, finale, closure, finished, complete, how do I use these words ?? I answer to myself now that I am much older, that I can use those adjectives to describe many parts of my life lately. Not that I have had another birthday recently but patterns begin to emerge, events so important to me at one time now seem to take a back seat. I feel the same, but somewhere inside my head (brain) and my physical body I have begun to realize that I don't have the endless energy that I once had and enjoyed. So the words that come to mind now are, acceptance, moving on, finale, new ideas, new methods.

Then to explore those words one by one, allows me to be realistic in my thoughts or ideas, yet acceptance truly is a difficult one for me, yes I know only too well how old my body and mind are, but lets not make excuses. There are many situations I find myself in where by I realize looking around that I am the oldest member of several groups / organizations. Is that important or does this situation give me the idea that it is time to MOVE on, not literally of course. Varied experiences in life allow for a broader world view , how I accept those situations is up to me.

Whilst in this thought pattern I begin to reflect on so many paths I have taken, starting at age 20 to leave Britain and emigrate to a new world, to leave family, to explore a new way of life, new friends, then more travels to other areas of the country. There are so many firsts in my life, yet also so many finales. So looking at the words finale or complete brings to mind so many areas of life that I have fond memories of and have finished, yet so many wonderful experiences, this allows me to realize and accept that there is always an end of some kind, whether it is my own experience or just part of life's patterns set out for me.

Keeping those thoughts in mind allows me to continue in my search for more of life's experiences no matter my age.

Random Thoughts by Marianne Brackenridge

The Centre for Active Living 50+

Central Saanich Senior Citizens Association

CSSCA

1229 Clarke Rd., Brentwood Bay, BC V8M 1E2

250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

CSSCA Executive

President: Margaret McKelvie

Vice President: Mike Bird

Past President: Gerie Turner

Corresponding Secretary: Valerie Park

Recording Secretary: Elizabeth Skaggs

Treasurer: Thea Revoy

CSSCA Board Directors

Marney Ellis Shirley Monych

Penny Furnes Marilyn Murray

Braunda Gustafson Margaret Sharples

David McVey Kurt Sommer

Wendy Wignall

The Centre News

Editor (In training): Laureen Barr

Support Team: Margaret McKelvie

Bety-Lou Verwolf

Photos: Gerie Turner

Distibution: Barb Novak / Braunda Gustafson
Gwen Bentley / Tanga Blackburn