



A Very Special Songbird

Rosemary Wellman, a faithful member of the original Centre choir, the Hummers, and then the Songbirds was honoured at the December 13th Christmas Luncheon. You've heard the expression, "Thanks a million", well the Songbirds took that literally and presented Rosemary with a one million dollar bill and the following certificate:

Be it known in all the land that
Rosemary Wellman
Will always be a
Songbird
In the hearts of her fellow singers



Left to Right: Rene Evan (Retiring pianist), Betty Board and long time Songbird member, Rosemary Wellman

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January Events

Board Meeting

* Thursday, January 10 - 9:30 am

Potluck Lunch

* Thursday, January 17 - 11:45 am

Lunch Bunch

* Thursday, January 24 - 11:45 am

* Sea Glass Waterfront Grill

* 2320 Harbour Rd., Sidney

* Sign up sheet in The Centre reception area

Sunday Social Tea

Tartan Tea~A Taste of Scotland

* Sunday, January 27 - 2pm

* Scottish Variety Show

* Wear some tartan and bring a friend

Bingo

* Wednesdays 1-4 pm



As he calls himself, Mr. Joan Bennett, Bruce is helping himself to turkey gravy at The Centre Christmas Luncheon.

President's Message

In the hustle and bustle of the Christmas season, we reflect on the past year and vow to make 2013 even better. Many activities at The Centre help to improve our lives in countless ways. Let's keep working together to support the momentum!

November ended with the last *Journey* program for this year. From Anna Wren, a VIHA nutritionist, we learned about what we should be eating for maximum health. Anna took us through the *Canada Food Guide* in a lively discussion full of tips on healthy eating. She stressed that seniors should try to drink two glasses of milk per day and get 1000 I.U.s of Vitamin D. She suggested we store bread in the freezer as bread in the fridge will go mouldy. Also, buy fruit in three stages of ripeness; ripe to eat today, medium for a few days away, and green for a week away. *Healthy Eating for Seniors*, a very helpful book, is available free at the CSSCA desk. Watch for more *Journey* programs in February.

After our strenuous 'putting up the Christmas decorations' afternoon, we all sat down on our new living room furniture (courtesy of Brentwood Bay Rotary

Club) and enjoyed Braunda's shortbread by the lights of our Christmas tree. By then we were all in the Christmas spirit, someone remarking, "This is very nice". As indeed it was.

December has been chockfull of activities at The Centre. Approximately 80 members enjoyed our Christmas Luncheon, complete with stuffing and all the trimmings. Thanks to our *Songbirds* and their inspirational leader, Joan Lewin, for their lively entertainment. Christmas Bingo on December 19th was marked by reindeer antlers throughout the room. You could scarcely see the winning hands up for the antlers, some of which proved to be very lucky. Christmas lights dazzled for our Christmas Light Tour. Thanks to Sheila and Bob Viggers for hosting of the "after party".

The Centre is an important part of our lives and I thank you all for being a part of its success. On behalf of the Board of Directors, may you all enjoy a very Happy New Year.

Gerie Turner

Tartan Tea: A Taste of Scotland

Inasmuch as the The Centre is not having a Robbie Burns Dinner this year, it is only fitting that we not allow the birth of Scotland's National Bard go unnoticed.

On Sunday, January 27th at 2 pm, we will present a Scottish Variety show featuring John Davidson, vocalist and storyteller; Ron Berod at the keyboard and Walter Muir, piper. There will also be a mystery guest who will bring a fine touch of humor to the show.

The program will include well known Scottish songs, a rousing sing-along, stirring pipe music, and of course although we will not have dinner, we will have the traditional Haggis which after being properly addressed, will be served at the tea.

We would like tartan to be very much to the fore that day, so please wear a bit of tartan to the tea. Come along and bring a friend.

Entertainment Coordinator Glen Sprague

Christmas Luncheon

On Thursday, December 13, a full house at The Centre enjoyed the ample spread provided by Goldstream Catering. Hot turkey and tender salmon with all the salads and trimmings decked the buffet tables. A sweet selection of desserts were enjoyed as the Songbirds filled the hall with everyone's favourite Christmas tunes. Thank you to all those that planned and oversaw the event, managed the ticket sales, set up the festive scene, served up a fabulous meal and stayed to clean up. This was another wonderful event at The Centre.



Inge, Doreen, Al, Cathy, June, Phil, and Gerie help with decorations



Traci and Lorraine from Goldstream Catering Ltd.



Full house for the Christmas Luncheon



Joan F., Kay and Joan J. win Christmas Bears donated by Brentwood Bay's BC Liquor Store



Marianne, Martha and Kurt share a song.



Flowers of appreciation for Joan

Adding to the success of the Christmas Luncheon, The Centre would like to make a special acknowledgement to the following sponsors:

- ☆ Brentwood Bay Pharmasave for the gift basket door prize - Congratulations to winner, Kathy Rose
- ☆ Brentwood Bay BC Liquor Store for the furry teddy bear draws
- ☆ Fran's Garden for the holly
- ☆ Sheila Viggers for the poinsettias
- ☆ Goldstream Catering Ltd.



Activity Highlights at The Centre

Winner!

CSSCA Weavers Group are pleased to announce the winner of the raffle for our hand woven rug:

Merlane Quon Ticket # 180

Congratulations and thank you to all who supported The Centre with your ticket purchases.



Weaving Group

The weaving group gives a very grateful and sad goodbye to Helen Thomas as she will no longer be leading and teaching our group. Due to her recent move out of Brentwood Bay, she has made a difficult decision to be a supportive friend rather than our leader.

Helen has made a significant contribution to The Centre and the weaving community over the last 11 years. She had given us 3 hours of volunteer time each week from September to June, close to 1500 hours over the time period. In addition to all the teaching, she has inspired us with her creativity, dedication, problem solving and humour. We find it hard to say goodbye to her, but we fully understand her decision and look forward to her continued friendship.

The Weaving Group at The Centre will continue as an interest and support group and will meet every Wednesday from 11:30 am to 2:30 pm. We have sufficient looms for 10 weavers and presently have room for two new members. Though the teaching component is no longer available, we will welcome and support any new members who would like to join us. Please contact us by the end of January if you are interested in joining the Weavers Group.

On behalf of the Weavers Group,
Irma MacKay

Thanks a Million

Yes, there is a story behind the Million Dollar Bill that Joan Lewin, our talented Songbirds leader, presented to Rosemary Wellman at the Christmas Luncheon:

“Regarding this particular bill, I’ve had it for years and have used it on occasion in restaurants, stores, etc. and it always brings an interesting reaction like, “Sorry, I just don’t have enough change!” The owner of *Haultain Fish and Chips* who, with a glint in her eye, said, “Oh, did I win the *Publishers’ Clearing House Sweepstakes*?” I hope Rosemary will have fun with it as well.”



"Ceilidh" at The Centre

Janet Mitchell and Sally Palmer dancing to "Maurie's Wedding" on November 30th with the Scottish Country Dance group and friends.

Magical Happenings

A well deserved thank you goes out to all the elves who came to decorate The Centre for the Christmas Season. It was very much appreciated. Great to see your enthusiasm! It turned a task into joyful team work. A very special thank you for the shortbread cookies, tea and coffee.

Let's do it again next Christmas Season!
Sincerely, K.S. (Senior Elf)



Acquiring stamps

Many collectors ask their family and friends to save stamps for them from their mail. Although the stamps received by major businesses and those kept by elderly relatives may be of international and historical interest, the stamps received from family members are often of the definitive sort. Definitives seem mundane but, considering their variety of colours, watermarks, paper differences, perforations and printing errors, they can fill many pages in a collection.

Introducing either variety or specific focus to a collection can require the purchasing of stamps, either from a dealer or online. Large numbers of relatively recent stamps, often still attached to fragments or envelopes, may be obtained cheaply and easily. Rare and old stamps can also be obtained, but these can be very expensive.

Duplicate stamps are those a collector already has and are not required to fill a gap in a collection. Duplicate stamps can be sold or traded, so they are important medium of exchange among collectors.

Many dealers sell stamps through the Internet while others have neighborhood shops which are among the best resources for beginning and intermediate collectors. Some dealers also jointly set up weekend stamp markets called "bourses" that move around a region from week to week. They also meet collectors at regional exhibitions and stamp shows.

Kurt Sommer



This stamp is called, *The Three-Skilling Yellow of Sweden*. It was sold in 1996 for 2.88 million Swiss Francs (then about US \$ 2,300,000) and sold again for an undisclosed amount in 2010.

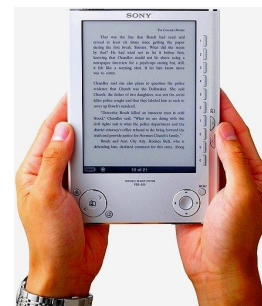


By Phillipa Brown
GVPL Branch Head

Happy New Year! If your New Year resolution is to become more knowledgeable about technological gadgets here is your chance. The Central Saanich Library will be hosting a *Tech Petting Zoo* this January allowing you to play with a small selection of technological gizmos at your leisure, just call the Branch to see when a demo is scheduled.

Got an eReader for Christmas and want to know how to borrow library eBooks on it? Look on our Programs and Events calendar for classes or ask our staff. There are lots of other events to choose from.

Hope to see you at the Library



January Birthdays

- | | |
|--------------------------|------------------------|
| 03 Joan Ruskowski | 21 Marilyn Murray |
| 04 Doug Sly | 22 Lois Guest |
| 05 Jean Bridges | 24 Evelyn Rolinski |
| 08 Patricia R. Cassels | 25 Glen Sprague |
| 09 Ruth Coldwell | 27 Michael Bird |
| 14 Marianne Brackenridge | 27 Ginny Chadwick |
| 20 Shirley Webster | 28 Elizabeth Hodgson |
| | 30 Jacquelyn MacKenzie |

Welcome New Members

Deanna Pumble

Sally Palmer

A NEW BEGINNING

by Marianne Brackenridge

As we reach the end of December many thoughts arise with good intentions for improvement in our daily lives. As many of us 'have been there and done that' many times over, it makes for a feeling of satisfaction or achievement. Yet on the other hand, what if we fail to keep those promises to ourselves? Does one then decide to forgo such changes in our lives? After all, at these "senior" ages why bother.

Then there is the other suggestion floating around the globe, December 21st was forecast to be the 'End of the World'. Who dictates these forecasts? Is this message intended to alarm us so that we may 'put our house in order' so to speak? Does that ring a bell? Does that create a fear within, a sense of feeling unprepared? The thought of preparing oneself to organize all the files, to eliminate (discard) 'stuff', what a mad rush! Can you imagine the chaos if everyone believed in such predictions...mass hysteria!

It appears that we have been through this warning and/or prophecy many times before. Remember when it seemed to appear in the news on other occasions like the Y2K scare the new year 2000? Well we are still here conducting our lives in a routine, normal manner, once again expecting a miracle or a disaster.

One read that December 21st, the supposed end of the Mayan calendar was forecast as the day the world ends. Apparently the Mayan calendar was based on cycles, with 13th of those cycles ending on

Friday, December 21st then it rolls over like an odometer.

Such stories are based on new age mysticism, biblical, 'end times', a solar storm or a giant secret planet preparing to slam into Earth. None has any basis (ref" T/C Dec.16). This type of claim obviously is spawned by the media and alarmists. However scientists will reassure the public of the facts yet still many will jump on the 'bandwagon of fear'.

On the other hand let us just continue with our own traditions of meeting the New Year with a shot of whisky in one hand and piece of coal in the other hand as we go about 'First Footing' in the neighborhood. Welcome the New Year with all its promise and plans for our future and the knowledge that Mother Nature will guide us.

Happy New Year 2013 to all!

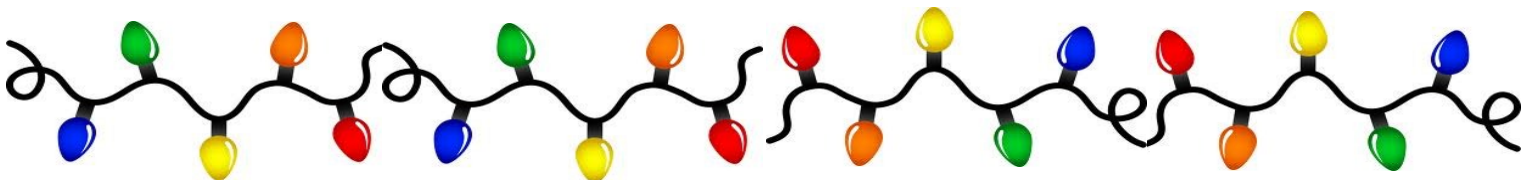


The Christmas Light Up Tour

This popular, annual bus tour was a great success. We had 26 members take part and they all enjoyed it very much. Larry, the bus driver, was very knowledgeable about where to go to view all the big light displays. He also took our group right down town to the Parliament Buildings and around town to see the downtown festive scene. Everyone had a great time in the over two hour tour.

Upon return, there was much discussion about how wonderful it was to take in the Christmas lights. Hot chocolate, with mincemeat tarts, shortbread, candy canes and oranges sweetly topped off the evening.

Thank you to Larry the bus driver and The Centre volunteers who set up and managed this enjoyable evening!



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

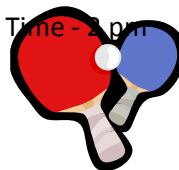
1 - 4 pm
Ruth Fowler

Stamp Collecting

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

Table Tennis

Joan Hurwood
Ron Brackenridge
Time - 2pm



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 Shuffle-board

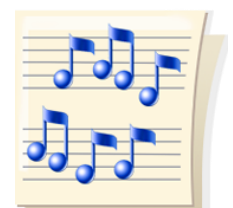
9:30 am
John Belsky

Bridge

1 - 4 pm

Snooker

1 - 4 pm
Casual





Loose Ends?

The Knitting Group is looking for any leftover yarn that can be donated. The group takes this donated yarn and makes items for the single parents resource centre, *1-Up*.

Thank you for your support,
Happy



The Centre for Active Living 50+ Central Saanich Senior Citizens Assoc.

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Assistant Treasurer: Margaret Sharples

Directors: Ivan Marotto Jean Rozynski Kurt Sommer

Marilynn Murray Shirley Monych

Margaret McKelvie Wendy Wignall

The Centre NEWS

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Photos- Wendy Wignall - Gerie Turner

Printing & Distribution Gwen Bentley



The Centre Acknowledges & Thanks Our Community Partners

