



## June Events

### CSSCA Board Meeting

- \* Friday, June 2nd, 6:45 pm

### Ceilidh Dance

- \* Friday, June 2nd, 6:45 pm

### Brentwood Bay Festival ~ June 3rd

### BB Boozing Buddies

- \* De Vine Vineyard June 5th noon
- \* Meet at The Centre to carpool 11:30am

### CSSCA General Meeting

- \* Thursday, June 8th, 2 pm

### Bus Trippers

- \* Friday, June 9th 8:30
- \* Legislative Building

### Father's Day

- \* Sunday June 18th

### Lunch Bunch

- \* Thursday, June 22nd, 11:30
- \* Fireside Grill

### Strawberry Tea

- \* Thursday June 29th, 1:30 pm
- \* Tickets required

### Bingo

- \* Wednesdays 1— 4 pm
- \* Everyone 19 and over welcome
- \* Refreshments available



**HAPPY FATHER'S DAY!**

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JUNE 2017



# President's Message

## President's Message

Wow, what an event. I'm talking about the Vintage Wedding Dress Show held on the last weekend. Thank you goes to all the members who worked so hard to make it the success it was, the flower makers, food preparers, dress steamers, kitchen helpers, pianist, also the lovely young ladies who modelled the dresses. My daughter-in-law and granddaughter came over from Vancouver to attend and enjoyed every minute, made even better by the fact they both won door prizes. Lauren put her heart and soul into making the show happen, now she is probably wondering what to do with all the dresses she now owns.

The event, I am sure, has increased the center's profile in the community and more people know we exist, and where we are located.

Mike Bird  
President

## Can we help?

**Beacon Community Services, Better at Home program has a number of services that helps seniors with simple day to day tasks so they can continue to live in their home independently and remain connected to their communities.**

### **Volunteer Services include:**

- **Drives to medical appointments**
- **Friendly visits, in-person or by phone**
  - **Minor home repairs**
  - **Light Housekeeping**

Fee's may be charged on a sliding scale based on a senior's household income, for light housekeeping

**Please call Deb Greenaway on 250-656-5537 ext:106 for more information.**



# Around The Centre

Hey!  
**WELCOME**  
 We're *very* **GLAD**  
 you're here!

Welcome Marian Davidson



|         |           |          |
|---------|-----------|----------|
| June 1  | Vivien    | Bradley  |
| June 2  | Edna      | Brown    |
| June 7  | Colin     | Dower    |
|         | Joan      | Johnson  |
| June 8  | Judy      | Johnson  |
| June 9  | Gladys    | Otto     |
| June 10 | Mary      | Colbert  |
|         | Diane     | Polson   |
| June 13 | James     | Strand   |
| June 16 | Barbara   | Roberts  |
| June 19 | Elaine    | Drader   |
| June 20 | Ivan      | Marotto  |
| June 22 | Kathy     | Rose     |
| June 23 | Roger     | Tucker   |
|         | Brigitte  | Ullrich  |
|         | Sandra    | Walt     |
| June 24 | Marion    | Vroom    |
| June 26 | Wendy     | Wignall  |
| June 28 | Sue       | Tribe    |
| June 29 | Lillian   | Davidson |
| June 30 | Elizabeth | Small    |



Margaret Sharples, Volunteer of the Month with Jim Leard the emcee for the Vintage Wedding Dress Fashion Show.

## Preventative Healthcare and Knowledge Translation.

They are asking adults ages 65 and over who have accessed healthcare at least one time in their lives to participate in their study on preventative healthcare. The goal of this research is to design and deliver workshops based on the most common knowledge gaps identified in the focus groups and interviews. If you are interested in participating in this study June 15th at 1 pm, the sign up sheet is at The Centre reception.

# Around The Centre



The last potluck luncheon until September. We had a great meal with lots of delicious dishes. Strawberry season will be quickly upon us. Here is a very simple but classy looking dessert to impress your company. Strawberry Shortcake Kabobs. My favorite strawberry dish is strawberries in ice wine honey.



The Jammin' Seniors meet every Saturday morning at 9:30 am to noon. They will be continuing through out the summer months. So come out and join in the fun!

# Stamp Corner

Lucky those seniors who have a hobby or two. As the saying goes, the mind has to be active in order to stay young. May it be singing, puzzles, photography, painting, playing an instrument or what ever, as long as it is enjoyable and interesting, it is ok.

For me, one of my favourite hobbies of course is stamp collecting. So, at this point I would like to thank all the members of the Centre, who over the last years helped me with my hobby and faithfully saved stamps from all over the world. Let me assure you, it is much appreciated. None of those stamps get thrown away, if I can't use them to complete my collection, they will be traded with other stamp collectors. Please don't stop in helping me with this endeavour. I hope you all have a nice and warm summer!



Thank you, sincerely Kurt Sommer.

## The Calgary Stampede.

The Calgary Stampede is celebrating its 105th anniversary in 2017 on July 7-16th and is the highest grossing festival in Canada. The Calgary Stampede is called The Greatest Outdoor Show on Earth for a good reason. For 10 days in July every year they welcome the world to a spectacular celebration of western heritage and values. Thousands of enthusiasts arrive and a huge parade kicks off the ten day event. Competing for \$ 100,000 in prizes cowboys milk wild cows, ride bulls, wrestle steers and race chuckwagons. Over one million visitors are attracted to rodeo competitions, chuckwagon races, a midway carnival, live music, festival events, arts and culture shows, and much more. First Nations enact an age-old Pow-Wow. The captivating experience is unrivalled for a great variety of excitement and consumes the spirit of the whole city. Each night's rodeo event is followed by the Trans-Alta Grandstand Show, starring musical performances and spectacular firework shows.

The Calgary Stampede, brainchild of a young Wyoming cowboy named Guy Weadick, has been synonymous with the best in rodeo since 1912 when the first Stampede was held. That year Calgary's 47,000 residents played host to 13,000 visitors including rodeo participants and Indians (now First Nations) from six different tribes. Calgary now boasts a population of 1,214,839 (as of 2011 Census).

It would be a good idea for this years' summer vacation. The Attachments this time:

- 1.) Calgary's Stampede Parade
- 2.) Chuckwagon race at the Stampede
- 3.) A 5 cent stamp issued by Canada Post in 1955 for the provinces of Alberta & Saskatchewan.

For any questions about stamps please call [778-426-2499](tel:778-426-2499) or e-mail me at [kurtmartha@outlook.com](mailto:kurtmartha@outlook.com)

Sincerely, Kurt Sommer





Vintage Wedding Dresses ready for the doors to open



Elizabeth Adams & Geoffrey Cochrane  
Singing the  
Hawaiian  
Wedding  
Song



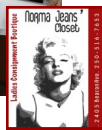
Committee members preparing dainties for the Tea



Keith Finnie and James Coulson our ushers for the event. Brave men in a room full of ladies.



Gillian Lightbody wearing a 1951 bridesmaid dress from the personal collection of Gloria Simmons



Cheryl from Norma Jeans Closet with her line of jewelry, she also brought a door prize and a couple of wedding dresses to the event.



20 models, modeling 31 vintage wedding dresses. What a line up of beautiful ladies. I was so proud of them all.



Janey Paul of Lucky J's Gems was one of the exhibitors for our show.



Photo by Sharon Gagnon  
sg@marriageandfamily.com



Victorian Vogue displayed wedding gowns from 1840, 1870, early 1900s



The ladies from the Red Hat Society joined us for the show



Louise Eldridge playing our members' wedding songs during the event. You can pick up the CDs for \$15 at The Centre. Proceeds go towards new and improved signage for the Centre.



Several workshops were held to make wedding paper flowers. Pinterest has been a wonderful "how to" resource.

The paper flowers are for sale with proceeds going towards new signage for The Centre 50+.



Behind the scene was very busy with last minute adjustments.



Thank you to the Door Prize sponsors.

A special thank you to Excalabor Glass & Aluminum , Island Office Equipment Ltd and Corinne Marshall who made it possible to record a CD of our members wedding songs that can be picked up at The Centre reception.





# Writers Corner

## WHAT DOES TOMORROW BRING

Is this passage of time within ones control ?? I would like to think so but realistically speaking I must accept the fact that it is not. Yes I do have schedules daily, some just routines of daily life. However when life steps in patterns change. Therefore I realize I need to be flexible and find it necessary to adapt to change

There is the often heard quote “Change is good for you” I suppose on some level those changes could present/ offer some positive aspects. Therefore having the ability to change patterns can also open the door to many different paths.

How one situation on any given day can change ones life and send it on a totally different path can be both welcoming and exciting.

I refer to this on a personal level, as many others also can. Then “the other path” no doubt would lead one on to in some cases, a journey that one does not desire or would not have chosen. Well there becomes the challenge! Must I follow this route and or why should I follow this route?

As I measure the pros and cons perhaps the situation looks bleak by following this path. However, how often has a questionable negative situation become a positive situation just by following a different route entirely.

Yet as I view life with all its ups and downs, I truly realize life was not meant to be an easy uneventful path without challenges, so from that aspect I continue along this path that is guiding me and accept circumstances in life that are sometimes sent to challenge me/us.

Another day in beautiful BC (paradise)

- Submitted by Marianne Brackenridge

## Around The Centre



### HOBBY SUPPLIES SALE

Attention artists, crafters, weavers, knitters, jewelers, quilters, etc. Are you downsizing, moving, or retiring and don't know what to do with all the years of accumulated art & craft supplies, fabric, wool, beads, card making & jewellery supplies?

On **September 16<sup>th</sup>** from **9am to 3pm** the **CSSCA** is holding a special sale to help you downsize.

**\$20 / table** ~ or share with a friend

Contact **Lauren Barr @ 250-652-4611** to inquire about renting a table.

**Awesome rates!**



**UNBEATABLE  
UNREPEATABLE  
BARGAINS**

### Friday Fibre Friends present

### *Fancy That!*



ART SEA Gallery at Tulista  
9565 Fifth St. Sidney

Pop Up  
Fibre Arts  
Fashion Show  
June 3rd 1pm

**May 30 to June 4th 2017**  
**10am - 4 pm**

**Come! Expect the Unexpected!**

The Weavers from The Centre have a display at the Art Sea Gallery at Tulista, May 30th to June 4th. Come out and view their creations.

# Up Coming Events



## Looking for something to do this summer?

Come and visit two of the Centre's talented artists, Marilyn Murray and Sharon Kleim at their show of recent works

### Flora and Fauna

August 7th to 13th

Open 10:00 am to 4:00 pm Daily

ArtSea Gallery, Tulista Park

9565 Fifth Street, Sidney, BC



The Beaver Felt Hat

The Beaver Felt Hat was fashionable across Europe during the period 1550—1850 because the soft yet resilient material could be easily combed to make a variety of hat shapes including the familiar top hat. After the severe depletion of the European beaver in the 16th century, the only remaining beaver supply was located in the northern part of North America. The used winter coats worn by Native Americans were actually a prized commodity for hat making because their wear helped prepare the skins and making the pelts more pliable.

There are many stages to the processing of the beaver pelts. Discovered in the 18th century, was the carroting technique applied to rabbit fur to make the felting process easier. This was a solution of mercury salts diluted in nitric acid. Carroting was increasing applied to beaver fur but could not be done without a loss of quality and tended to colour the fur orange, hence the name.

The application of steam to fur in the felting process released mercury fumes into the air. Inhaled by hatters, the wafting mercury fumes had the detrimental effect of poisoning those working with the material. The resulting mercury poisoning from hat production caused serious damage to the nervous system giving rise to the expression "mad as a hatter".

**If you are interested in joining the committee for our 2018 Vintage Hat Exhibit and Fashion Show, our first meeting is June 19th 11:30 am.**





## **STRAWBERRY TEA**

**Thursday June 29th, 1:30 pm**

**\$10.00**

**Entertainment by the Songbirds**

**Art display by Marilyn Murrays' Art Class**



# Up Coming Events

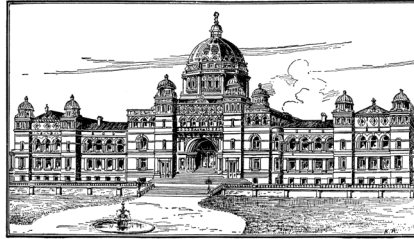


## *Brentwood Bay Boozing Buddies*

Our next Tour & Tasting

Monday, June 5th noon  
at the De Vine Vineyards.  
6181B Old West Saanich

Sign up sheet is at the Centre reception.  
Meeting at the Centre at 11:30 am to carpool.



**The Bus Trippers** visit the government buildings June 9th. We meet at the Centre at 8:30 am

Sign up sheet at the Centre reception

The Lunch Bunch dine

At the Fireside Grill  
4509 West Saanich Rd  
June 22nd at 11:30 am

Sign up sheet at the  
Centre. Please indicate if  
You need a ride

Contact Corrinne at  
250 652-7032  
corinnemarshall@shaw.ca



# Ceilidh DANCE



FRIDAY, JUNE 2nd Piping in at 6:45 pm

**Refreshments  
& Goodies available**

No need to come with a partner  
**Fun easy dances called**

Wear comfy clothes and lightweight soft soled shoes

\$5 per person

\$10 for families

Celebrating 15 years at The Centre

Contact Janet for more information at [janet.mitchell@shaw.ca](mailto:janet.mitchell@shaw.ca)

1229 Clarke Road Brentwood Bay BC V8M 1E2 250-652-4611 [cssca@shaw.ca](mailto:cssca@shaw.ca) [www.centralsaanichseniorscentre.org](http://www.centralsaanichseniorscentre.org)

CENTRAL SAANICH SENIOR CITIZENS ASSOCIATION

# Weekly Activity Schedule

| Monday                                  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday                                |
|---|---|---|--|--|---|
| <b>Aerobics</b><br>9 - 10 am            | <b>Scottish Country Dancing</b><br>Walk Around<br>10 am | <b>Aerobics</b><br>9 - 10 am                      | <b>Scottish Country Dance</b><br>10 am—noon<br>Sept - June 15                          | <b>Aerobics</b><br>9 - 10 am   | <b>NIA Dance</b><br>9:30 - 10:30        |
| <b>Mild Fitness</b><br>10:15 - 11:15 am |   | <b>Mild Fitness</b><br>10:15 - 11:15 am           |  | <b>Mild Fitness</b><br>10:15 - 11:15 am  |   |
| <b>Bridge</b><br>12:30 - 3:30 pm        | <b>Painting</b><br>12:30 - 3 pm<br>Sept - June          | <b>Weaving</b><br>11:30am - 2:30pm<br>Sept — June | <b>Pot Luck Lunch</b><br>3 <sup>rd</sup> Thursday<br>12:15 pm<br>Sept - May            | <b>Bus Trippers</b><br>2nd Friday of each month                                    | <b>Jammin' Seniors</b><br>9:30am - Noon |
| <b>Photography Club</b><br>1 pm         | <b>Songbirds Choir</b><br>1 - 2 pm<br>Sept — June       | <b>500 Club</b><br>1 pm                           | <b>Lunch Bunch</b><br>4 <sup>th</sup> Thursday<br>11:45 am<br>Sept - June              | <b>Chair Yoga</b><br>12 - 1 pm   | <b>Bridge Clinic</b><br>12:30 - 3:30 pm |
| <b>Scrabble</b><br>1 pm                 | <b>Poker</b><br>1 pm                                    | <b>Bingo</b><br>1 - 4 pm                          | <b>Table Shuffleboard</b><br>2 pm<br>Sept - June                                       | <b>Cribbage</b><br>1 pm  |   |
|   |   | <b>Knitting</b><br>2 - 3:30 pm<br>Sept - June     | <b>Armchair Theatre</b><br>1st Thursday<br>Each month<br>2 pm - 3:30 pm<br>Sept — June | <b>Speakers Series</b><br>1;30-3:00 PM<br>First Friday of the month<br>Sept - June | <b>Snooker</b><br>1 - 4 pm<br>Casual    |
|   |   |   |  | <b>Music Bingo</b><br>3rd Friday of each month<br>2—4 pm<br>Sept - May             |   |
|   | <b>Art Appreciation</b><br>7 pm<br>Sept - May           |   |  | <b>Scottish Country Dance</b><br>7—9 pm<br>Sept - June 16                          |   |

# Thank you Community Partners



The District of Central Saanich has honoured a lease agreement of The Centre building to CSSCA



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



Co-op 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.



10% discount on purchases made on Wednesdays, when showing your 2017 CSSCA membership card



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2017 cardholders



10% discount on the first Monday of every month to 2017 CSSCA cardholders



15% off on your purchases at J J 's Coffee House on Tuesdays and Wednesdays with your 2017 CSSCA membership



# The Centre News

Heart of the Peninsula

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

250-652-4611 [cssca@shaw.ca](mailto:cssca@shaw.ca)

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

**The Vintage Wedding Dress Committee** from left to right Shirley Monych, Pamela Trueman, Laureen Barr, Pat Bird, Sue Tribe and Dorothy Pearce. Missing from photo are Gillian Lightbody, Lynn Lineham and Vivien Bradley.

We would like to thank the many many volunteers it took to bring this event to The Centre. Jim Leard our emcee was amazing, the models were absolutely stunning in the members' wedding gowns as they walked the wedding walk to Louise Eldridge playing the members wedding songs. Watching the models return to the stage to Elizabeth Adams and Geoffrey Cochrane singing The Hawaiian Wedding Song teared me up with pride.

Thank you to our sponsors, **Hair Flair** who did up the models' hair, **Thomas Phillips Woodworking Ltd** for making dress stands, **Breadstuffs** for chocolates for the models and committee members.

## CSSCA Executive

**President:** Mike Bird

**Past President:** Margaret McKelvie

**Corresponding Secretary:** Valerie Park

**Recording Secretary:** Elizabeth Skaggs

**Treasurer:** Thea Revoy

## CSSCA Board Directors

Wendy Wignall Shirley Monych

Kurt Sommer Marilynn Murray

Braunda Gustafson Margaret Sharples

David McVey Dale Broad

Renee Nicholls Vic Peters

## The Centre News

**Editor:** Laureen Barr

**Support Team:** Bety-Lou Verwolf /Mike Bird

**Photos:** Laureen and Brittany Barr

**Distibution:** Braunda Gustafson  
Gwen Bentley / Tanga Blackburn

THOMAS PHILIPS  
WOODWORKING LTD.



HAIR FLAIR

