



Friday Speakers Forum

Free Event and Open to the Community
THE JOURNEY @ The Centre
1229 Clarke Road, Brentwood Bay

Friday, March 1 How to Stop your Bladder & Bowels from Running Your Life

Friday, March 8 Advance Care Planning: Allows people to have a say in the health care they will receive if they are too sick to speak for themselves.

Friday, March 15 Senior Drivers Seminar: What you need to know.

Friday, April 5 Fall Prevention: Step Forward with Confidence

(Funded by VIHA - Vancouver Island Health Authority) **"THE BEST TIME TO LOOK FOR HELP IS BEFORE YOU NEED IT."**

For more info call: Bridey
Silver Threads - Victoria (250) 388-4268

March Events

Friday Speakers Forum

- * Every Friday - 1:30 pm
- * See ad for more details and topics

Board Meeting

- * Thursday, March 14 - 9:30 am

St. Patrick's Stew Night

- * Thursday, March 14
- * Doors open at 5 pm - Dinner at 5:30 pm
- * Entertainment : 4 member Celtic band, *Cookeilidh*
- * Tickets at The Centre office : \$15 for members
\$18 for non-members
- * Thank you *Peninsula Co-op* for sponsoring this annual event at The Centre

Sunday Social Tea

- * Sunday, March 24 2 pm
- * Entertainment - O'Brien School of Irish Dancing
- * Bring a friend
- * Donations accepted

Special Bingo

- * Wednesday, March 27 1 - 4 pm
- * Easter Bingo!

Lunch Bunch

- * Thursday, March 28 - 11:45
- * Sassy's Family Restaurant W.Saanich Rd.
- * Sign up sheet in The Centre reception

Bingo

- * Wednesdays 1-4 pm

Check It Out

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Welcome to Our Newest Members

Marylyn Harris
Luella Tolsma
Leo Vezina

Richard Harris
Susan Townsend
Helen West

Spring is here! Snowdrops up all over Victoria. I once met an English gardener who could identify 112 different species of snowdrops, so I've always noticed them since. We are fortunate that we live in an area that has a history of planting bulbs. We are the beneficiaries. Next month all the native bulbs will be bursting forth. You will have noticed a beautiful new sign at the entrance driveway, courtesy of Central Saanich in sprucing up for spring. Speaking of 'sprucing up', we plan a 'spring clean' at The Centre during March. Watch for the notices and bring your enthusiasm and energy!

Our Friday the afternoon talks, 1:30-3:00, started with a chat with the new Central Saanich community liaison officer, Wes Penny. Wes told us various stories of people in our community who have been the victims of criminal scams and urged people to *ASK US FIRST*, a new police initiative offering advice to those with any doubts about a stranger at their door offering services of any kind. Fridge magnets are at The Centre office with the police phone number to call before you commit yourself to services for any work around your home.

On February 8th, Tina Jubinville, our website guru, explained the process of searching the internet. Who knew for example, that to find info about Long Beach you need to enclose the two words in quotation marks? This way you will get only sites that have those two words together, not all the Longs and Beaches in the world! Tina also showed us the new CSSCA website, a magnificent achievement that Bety-Lou Verwolf and Bob Viggers have put together with Tina's help. Go to www.centralsaanichseniorscentre.org and look for yourself.

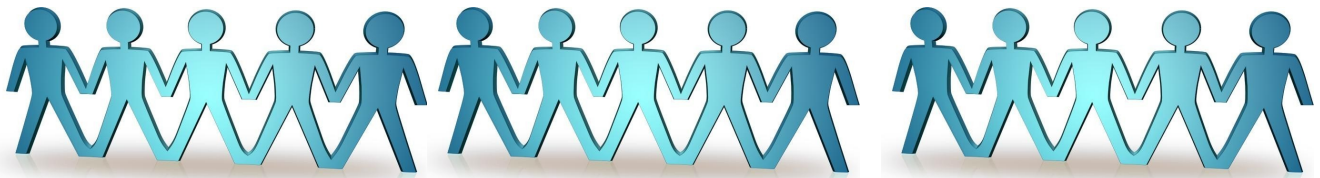
Our next Friday talk was the beginning for this Spring's, *The Journey Program*. Meriel, a psychologist from the Alzheimer Society, talked about the various causes of dementia and how we can all

exercise our minds, bodies, and spirits to help stave off dementia. If you suspect that your brain is not as healthy as you think it should be, go to your doctor. Dementia is not a normal consequence of aging. Go to www.alzheimerbc.org or phone 250-382-2033 for more information. Thanks to Bridie from Silver Threads/V.I.H.A. for bringing these speakers to us. Friday afternoons in March will be just as interesting.

Our AGM was an enjoyable productive afternoon with 56 members in attendance. Thank you for endorsing the current Board and newcomers, Thea Revoy, our new treasurer, and Marney Ellis, our new director-at-large. Thanks to Jean Rozynski and Ivan Marotto for their Board service and for all the other work they have done supporting The Centre. Thanks as well to our former Treasurer, Sheila Viggers, who kept our books straight for nine years! Service beyond the call! We are fortunate as well, that Ian Cameron has volunteered to assist our new Treasurer, Thea. Helen Thomas, who has guided the Weavers for many years, received a warm thank-you from the group, which included a Welsh *flash mob* from the choir members present.

As the now 'real' President of the CSSCA, I thank each of you who continue to support the members of The Centre in your myriad of ways. Now get out and enjoy the smell of spring in the air, the way your brain lets you remember things, the way you go where you want to go and the peace you feel when you hear the robin is back.





CSSCA Annual General Meeting Business and Pleasure

Gerie Turner, our CSSCA president, welcomed a full house to the Annual General Meeting on Thursday, February 14th. Her opening remarks concluded with, "I came to The Centre for the art and now I come for the friends." The business of the meeting quickly got underway with the selection of the 2013 Board of Directors and the filling of various positions required for the Board.

President

Gerie Turner

One Year Directors

Margaret McKelvie

Shirley Monych

Marilynn Murray

Kurt Sommer

Wendy Wignall

Board Positions

Corresponding Secretary: Penny Furnes

Recording Secretary: Lillian Davidson

Treasurer: Thea Revoy

Vice President

Margaret Sharples

Past President

Braunda Gustafson

Two Year Director

Marney Ellis

Expressed appreciation was given to The Centre's growing list of community supporters and corporate sponsors. Check out our website, www.centralesaanichseniorscentre.org or The Centre News for a list of these community partners and the ways we support one another.

Berniece Lambert gave a touching tribute to her husband, Cy, on this first anniversary of his passing. Berniece provided a poster with a historical outline depicting both her and Cy's commitment to The Centre over the years. This has been posted and can be viewed by members and friends at The Centre.

Special mention and presentations for service to The Centre were included at this meeting. Recipients were Ivan Marotto, Jean Rozynski, Sheila Viggers, and Don Rivington. Again, thank you to these dedicated friends!

The Weavers group organized a special tribute to Helen Thomas for her commitment and leadership of their group and honoured her, with the support of The Centre's Songbirds choir, with a surprise 'flash mob' singing the Welsh song, *All Through The Night*.



Getting down to business at the CSSCA's Annual General Meeting on February 14



Recognition to Sheila Vigger's for her nine years of 'balancing the books' as CSSCA Treasurer



Berniece Lambert makes a very special tribute

Stay Calm and Carry On

Class Is Out but Pat's Still Painting

Pat Green's service to The Centre began seventeen years ago. With her nursing background in gerontology and certification in art therapy, Pat recognized a need at The Centre that she could fill. Her primary focus started with an art program that would benefit CSSCA members that had suffered brain trauma and other mental health issues. By encouraging creativity and stimulating both the left and right brain functions, Pat saw her art mentoring as a way to provide therapeutic exercises to restore and support participants, mentally, physically, spiritually and emotionally.

Over the years, the participants have changed with less need to focus on specific brain issues, but instead replaced with those that thrive on Pat's teaching philosophy in general. "This is not a competition," she stated, "there

is no pressure and the expectation is that those participating should be relaxed. Everyone can be creative with paint. And the fun part...they all have a finished product in the end to show for their efforts. Many of my students like to give their work to grandchildren and other family members."

Having a talent or skill and recognizing a way to fill a community need is often the key for many volunteers. Pat's enthusiasm and sense of humour endeared her to her 'students' and it is likely that Pat will never really know the impact and 'ripple effect' that she has had within each of her students' lives over the years.

Excerpt from February 2012 The Centre News

By Wendy Wignall Editor



Retired...but busy as ever! Yes, I refer to Pat Green. Although Pat has officially retired last June from her position as a volunteer art teacher at The Centre for the past 17 years, she remains active within the current art classes and drop in events, always available to help wherever needed.

We recognize the value of Pat's teaching over the years. Many of us were raw beginners, yet she took on the challenge and very patiently guided us to eventually produce a presentable piece of art work. For those of us who had never painted before, we were obviously thrilled and are so grateful for the time she gave to each of us.

Along with her teaching, Pat has a wonderful sense of humor. Despite periods of difficult personal problems over the years, she continued with her art class. In her enthusiasm to painting, Pat organized an art show with local TV and radio stations present. Watercolor art pieces were for sale and yes, several pieces were sold where 10% of each sale went to the CSSC.

Pat, we are all so grateful for the time you have given to each one of us and having you close by in the current drop in painting group at The Centre, is most comforting as for those of us that are forever learning. Volunteers in all areas of The Centre are so valuable and we do appreciate the hours they give to keep the Centre, a welcome place to visit.

Once again Pat, thank you for all your hard work in showing us the way. This is not goodbye or farewell but keep up the good work.

*Much appreciation, Marianne Brackenridge
on behalf of all your 'Centre students'*

Pancake Breakfast at The Centre

Our Shove Tuesday Pancake Breakfast event was held on Tuesday, February 12. It was coordinated by Braunda Gustafson and hosted by The Centre Carpet Bowlers and Shuffleboard players. Generous portions of pancakes, carved baked ham, scrambled eggs, fruit, syrup, butter, coffee/tea and orange juice was served up with gusto by a great group of volunteers. As Gerie Turner commented, "Members lingered over coffee, reminding me of the atmosphere of a sidewalk café. All we need now is an espresso machine and a barista!"



It was hard to tell who was enjoying themselves more...the volunteers or those digging into a great breakfast!



Thank you to Braunda and the Carpet Bowling and Shuffleboard groups for overseeing this annual event. Also a big shout out to:

Sassy's Family Restaurant and Goldstream Catering Ltd.

for providing the supplies for a very, tasty breakfast!



February's Sunday Social Delighted in the Light, Swift Steps of The Veselka Ukrainian Dancers



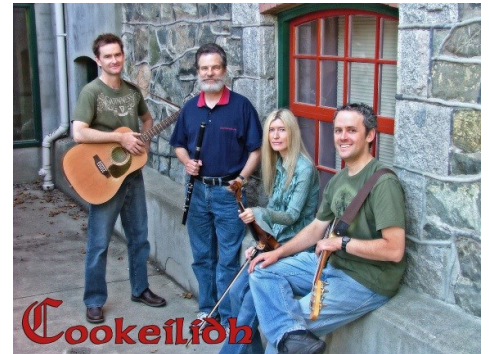
Mark Your Calendars: The Centre Is The Place To Be

Thursday, March 14 *St. Patrick's Stew Night*

Doors open at 5:00 pm Dinner at 5:30 pm Entertainment following dinner
Tickets on sale at The Centre office \$15 per member \$18 per non-member
Thank you to our event sponsor and community partner, Peninsula Co-op

Cookeilidh is a 4 member Celtic band residing in Victoria, BC, comprised of 12-string guitar, fiddle, wooden Irish flute, electric bass, bodhran, and vocals.

Driven by a passion for the timeless and traditional Celtic music of past generations, they weave their own special blend of "Trad with Attitude".



Sunday, March 24

Sunday Social at The Centre

2:00 - 3:30 pm Donations accepted at door Bring a friend Tea / Coffee and lots of treats

Entertainment: *O'Brien School of Irish Dance*

The *O'Brien School of Irish Dance* offers both recreational and competitive dance programs for children to adults. Registration is open all year for classes both in Victoria and Nanaimo. Highly energetic classes taught with toe tapping music. Dancers are taught the basics of traditional Irish step dance and ceile dancing (group), as well as show steps similar to those seen in *Riverdance* and *Lord of the Dance*.



Central Saanich Lions Drop In

Members of the local Lions Club joined the fun at The Centre's Sunday Social in February. Bob Viggers took this opportunity to give them a tour of The Centre as the Lions Club look for ways to support some of our needs in maintaining this wonderful facility.

Left: **Ed Wignall, Glen Sprague, Ron Basi (CS Lions President), Bob Viggers, Sheila Viggers, Gerie Turner, Ken Burkowski**



Central Saanich Lions members take a look at The Centre's electrical room.



Activity Highlights at The Centre

Scottish Country Dance Ceilidh Fundraiser for the Centre

Friday, April 12 7 - 10 pm

Please mark your calendars for our second fun Ceilidh of the dance season. Those who attended the one in September had a great time. There will be many easy dances for everyone to dance and wonderful refreshments midway through the evening.

If you would like a ride to the Centre, please leave a message at the office and we will find someone to drive you. Anyone who wants to come and watch is also very welcome to come and sit and have refreshments, too. Simply dress in something comfy that allows for movement and wear soft soled shoes.

All ages are invited. Bring along your grandchildren, children, friends and relatives. Cost is \$5 per person or \$10 per family and all money goes to the Centre.

Hope you can come!
Janet (Volunteer instructor)

Chair Yoga

With Gail Bradshaw, M.Ed., CYT
Increase flexibility — Relax and energize

FRIDAYS 4:00—5:00 pm

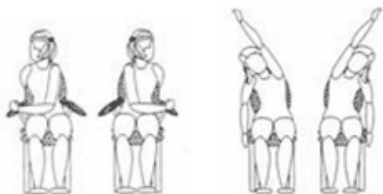
Everyone Welcome — No experience required

Register at CSSCA Reception Desk

\$20 for 4 classes

Join the group any time

Wear layers of
loose clothing



Announcing

A New Class at the Centre

On **Friday, March 22**, there will be an introductory presentation about a new class, ***Embracing Elderhood***. This will be offered free of charge in 3 sessions, Fridays **April 12, 19, and 26** from 1:30-3 pm

As seniors we've lived through years of childhood and of adulthood, but we're new to this unknown third phase of life, Elderhood.

In this class, which is based on Rabbi Schacter-Shalomi's book, ***From AGE-ING to SAGE-ING***, we will learn an intentional, positive, and spiritual way of living the years ahead of us with new purpose, passion, and peace of mind. There will be opportunity for both introspection and attentive conversation - and laughter! We will be sharing wisdom we've garnered from our long life experience that can deepen our connections with other people as elders for mutual benefit.

The class will be led by new CSSCA member, Lynda Miller, a retired nurse educator who lives in Saanich-ton. Her presentation is part of her internship with the non-profit organization,

Sage-ing® International.

For more information, visit their website www.sage-ing.org, or contact Lynda at dr.lwmiller@gmail.com

New Offerings to Consider

We are always open to activity, services and program ideas. Two new activities / services being considered now are a **French Club** and a **Foot Care** service. If members show an interest in either one of these areas then schedules can be put in place. Please help us determine numbers by signing up at The Centre office.

Knitting Group News



The parking had been a nightmare. I was trudging up the steps carrying my trash-can sized container when I spotted the sign on the door, "Thanks to your generosity we are overstocked with toys. What we really need is warm clothing." A big smile spread over my face as I walked into the office of **'One-Up'**, a not for profit charitable support group for single parents in the Victoria area.

"I have just what you need—lots of warm clothing," I said. "Everything is hand crafted by the Knitting Group of the **Central Saanich Senior Citizens Association**. Everything is brand new and machine washable."

Now it was the receptionist who had a big toothpaste grin all over her face as we sorted through the donation of sweaters, slippers, scarves, hats and crib blankets. Her jaw dropped open when she saw the hand knitted socks.

"Wow," she said. "I better call the Director to see how we will distribute all these lovely things. Thank you so much for your donations. They are especially welcome early in December with Christmas just around the corner."

I told the receptionist that the Knitting Group did not need a thank you card this time, as I would tell the group about the enthusiastic welcome our donations received.

Our Knitting Group has a membership of approximately 12 ladies. We meet every Wednesday from 2—4 pm. Over a cup of tea we share knitting projects, conversation and laughter. In this way we have really gotten to know each other.

We have raised community awareness of The Centre by our donations of hand crafted garments to **'One**

Up'. We contribute hand knitted cotton face clothes to a joint project with Hilda Shilliday. She takes them to Africa. Also for this project two ladies make dolls in bright coloured yarns.

Through the sale of our work we have contributed financially to the **CSSCA**. We raised approximately \$200 in the Bake and Craft Sale of November 2011. We raised another \$200 in the Silent Auction in the summer of 2012. In November of 2012 we doubled our take thanks largely to the sale of Pat William's wonderful quilting work and Shirley Webster's electric coloured crocheted afghan.

The Weaving Group overlaps with ours meeting time and since we have a shared interest in yarn there has been many interesting ideas exchanged between us. As a result of these discussion I now know all the weavers by at least their first name. Helen Thomas was very inspirational, often contributing yarn along with her pattern ideas.

The donation of yarn is very important to our group. It is always exciting to get a donation of lots of balls of the same yarn however, we appreciate any amount of yarn as we have developed innovative ways to use up scraps.

Some of our knitters are beginners and some are experienced. Sometimes they crochet and sometimes they quilt. Sometimes we work on personal projects and sometimes we work on projects for donation. Either way we always share a laugh. We operate in a drop-in fashion so why don't you drop by for a cup of tea to check us out. We start at 2 pm and put the kettle on at 3 pm.

by Lynne Marotto

Co-leader of the Knitting Group

THE MONTH OF MARCH 2013

by Marianne Brackenridge

There are many reasons to celebrate and observe special events during the month of March, sometimes just an excuse to have a party, put on the dancing shoes or just to get together are all we need.

First day to celebrate is March 1st, St. David's Day, followed by March 8th, International Women's Day, when a 100 plus years ago more than a million men and women marched in Europe for women's rights to work, vote, hold public office and to be educated. Dating back to 1909, the first Women's Day was observed across United States on February 28th.

This date was observed until 1913 when a second International Conference of Working Women was held in Copenhagen on 1910. After a tragic fire (1911) in New York City took the lives of 140 working women, most of them immigrants this disaster became a focus for major changes in working conditions and labour legislation in US. Thus in March 1911 a women's movement called "Bread and Roses" campaign was born. Following discussions globally it was determined to celebrate this special day as March 8th. This IWD day has grown to become a day of recognition throughout the world.

To quote a comment from a speaker in Norway, "No one would dare to say today that women are more stupid or less competent. In fact today it is understood that if we use men only in the work force we lose much potential and many opportunities." Progress has been made but there is still room for recognition in many areas of the work force, thus we need to continually take a stand.

On a bright thought, it is daylight saving time on March 10th, giving one a lift after the grey days of

winter. Time now to think of planting seeds etc. and putting aside our heavy winter clothing... with fingers crossed of course.

March 11th is Commonwealth Day, the Honorable Judith Guichon, Lieutenant Governor of BC, will host a luncheon at Government House when she will read the message from Her Majesty Queen Elizabeth 11.

The Annual Senior Expo takes place this year on Tuesday March 12th at Pearkes Recreation Centre. This is an opportunity to check out many senior activities, with 125 exhibitors and all day entertainment. Also a good place to advertise your talents or business.

Of course it's St. Patrick's Day on March 17th, a time to dance, drink green beer and generally celebrate those Irish roots. This day marks a secular celebration of Irish culture in general. The shamrock and wearing of the green are symbolic of the day. Once again an opportunity to bring out the tartan (Irish of course) and partake of Irish stew.

March 20th brings us to the first day of spring. Then on to the second 'winter' holiday weekend for many on March 29th, Good Friday followed by Easter on March 31st, which means lots of chocolates and daffodils!

I know we have many members who are athletic and involved with some type of exercise or sport, I wonder if any are interested in competing in the *BC Seniors Games* this year. They take place on August 20-24th in Kamloops. The games include table tennis, pickle ball, swimming, lawn bowling and whist among other activities. Contact, www.bcseniorgames.org.

Stamp Catalogues

Submitted by Kurt Sommer

Stamp catalogues are the primary tool used by serious collectors to organize their collections, and for the identification and valuation of stamps. Most stamp shops have stamp catalogues available for purchase. There are hundreds of different catalogues, most specializing in particular countries or periods. Your local library also has stamp catalogues available for your use.

There is a wealth of information available by just getting together with other stamp collectors. It is fun, and everybody get's home a lot richer in knowledge.

Just recently I was able to trade some stamps with a fellow collector. I thought I had a fair collection of British stamps in my possession, but by trading some of my "German Doubles" for some of this collectors British stamps, I was able to increase my collection by 408 stamps. I thought I went to heaven and came back.

Hope to see you at our next meeting on the 3rd Thursday of each month at 2 pm at The Centre.

PS: The image above shows the main components of a stamp.
1. Image 2. Perforations 3. Denomination 4. Country name



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

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

12:45 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

Knitting

2 - 3:30 pm
Lynne Marotto

Bingo

1 - 4 pm

500 Club

7 pm



Thursday

Walking Club

Every Thurs. 10 am
Meet at The Centre
Start up: April

Watercolour Painting

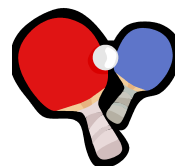
1 - 4 pm
Ruth Fowler

Stamp Collecting

2pm
3rd Thurs. of the month
Kurt Sommer

Table Tennis

Joan Hurwood
Ron Brackenridge
Time - 2 pm



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 am
Happy Smith

Cribbage

1 pm
Casual

Scottish Country Dancing

7 - 9 pm
Janet Mitchell

Chair Yoga

4 - 5 pm
Gail Bradshaw



Saturday

Floor Shuffleboard

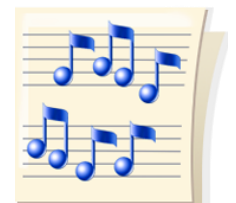
9:30 am
John Belsky

Bridge

1 - 4 pm

Snooker

1 - 4 pm
Casual



Community Supporters

Brentwood Bay Rotary Club



Rotary has donated funds for new lounge furniture and our media centre.
The Centre has partnered with Rotary to present **Antiques Re-Visited** for those interested

Central Saanich Lions Club



The Lions were involved in the initial construction of the CSSC building.
Recently they have provided funds for our window upgrading project.

Peninsula CO-OP



Generous donations towards building maintenance projects and supplies for annual events. The Centre's Peninsula Co-Op number (**60747**) annually provides dividend funds to The Centre when members quote this number.

Centre-Friendly Merchants

Fairway Market



Fairway Market "Shopper Cards" are available at The Centre to Members and Non-Members for your shopping convenience and to benefit CSSCA. Fairway will donate 5% of your purchases to The Centre.

Level Ground Trading



Level Ground Fair Trade Coffee is available for sale at The Centre.
We offer ground or beans in many flavours at just \$8.00 per 300g bag.

For Members Only:

Don't forget to carry your up-to-date Membership Card!

Breadstuffs Bakery



10% discount on purchases made on Wednesdays

JJ's Coffee House



15% off on Tuesdays and Wednesdays

Brentwood Bay Pharmasave



10% off selected items on the 2nd Tuesday of each month

Domino's Pizza – Royal Oak



35% of all regular prices with promo code available from the CSSCA Office



The Peninsula Co-op steps up to support several events at The Centre. We very much appreciate this corporate sponsorship from our community. When our members quote The Centre's Peninsula Co-op number(60747) at the point of purchase for gas or groceries, an annual rebate cheque is sent to The Centre to go towards our operating costs.
Thank you Peninsula Co-op!



Audrey Fox points out the Weavers Group appreciation for their retiring leader, Helen Thomas. Gerie Turner helps out with the presentation.



The Centre for Active Living 50+

Central Saanich Senior Citizens Assoc.

1229 Clarke Road Brentwood Bay BC V8M 1E2

250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

President : Gerie Turner

Vice President: Margaret Sharples

Past President : Braunda Gustafson

Corresponding Secretary: Penny Furnes

Recording Secretary: Lillian Davidson

Treasurer: Thea Revoy

Assistant Treasurer: Ian Cameron

Directors: Marney Ellis Kurt Sommer

Marilynn Murray Shirley Monych

Margaret McKelvie Wendy Wignall

The Centre NEWS

Editor / Layout: Wendy Wignall

Photos: Wendy Wignall Gerie Turner

March Birthdays

02 Jessie Kelly	18 Grace Frampton
03 Renee Nicholls	18 Grace Laberge
03 Rosemary Wellman	20 Bette Kinch
03 Helen West	20 Lynda Miller
07 Barbara Wilson	20 Deanna Pumple
10 Esther Farr	23 Pat Randazzo
11 Thea Revoy	25 Nancy Miller
17 Gwenyth Ames	29 Betty Board
	29 Robert Viggers

