



Sheila Dick Mike Larry

The Volunteer Appreciation Lunch

was enjoyed by all 79 in attendance.

“Thank You” Certificates were presented to Central Saanich Lions’ members Larry Griffith, Dick Gibson and Mike Shoesmith for their volunteer work at our Centre.

Thank you to Gary Preston and Anita Bonkowski for the wonderful entertainment, and Jazzaniah Catering for the delectable lunch they served.

A BIG thank you to the Revenue Development Committee—Glen, Sheila and Kareer—for all their work putting on a terrific luncheon.

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October Events

Friday Speakers Forum

- * For topics and dates see notice on pg. 5

Board Meeting

- * Thursday, October 10 9:30 am

Ceilidh Dance Fundraiser

Scottish Country Dance Group

- * Sunday, October 20 2 - 4 pm
- * All ages invited to participate or spectate
- * \$5 (\$10 per family)

Oktoberfest

- * Thursday, October 17 4:30 pm
- * Catered dinner along with “Leon’s” Sauerkraut
- * Ron Sera & Mary Ross on accordions
- * Tickets at The Centre’s reception desk
- * For detailed info see special notice on pg. 4

Lunch Bunch

- * Thursday, October 24, 11:45 am @ Prairie Inn
- * Let Corinne know if you will attend by:
signing the sheet in the office
or phone: 250-652-7032
or e-mail: corinnemarshall@shaw.ca

Sunday Social

- * October 27 2 - 4 pm
- * Entertainment: Brad Rachuk - Young Magician
- * Bring a guest to enjoy this social event

Bingo

- * Wednesdays 1 - 4 pm
- * **October 9th - Special Thanksgiving Bingo** with prizes and complimentary refreshments.

President's Message *CSSCA President, Gerie Turner*

It's a beautiful day, again! As The Centre gets back to the busy times of year, I think about the things that happen here. Lots to choose from this fall. If you have an idea about an activity that you would like to see happen, there are probably others who would be interested too. Talk to the Program Committee or a Board member. We need good ideas.

Many of you will be relieved to hear that the Central Saanich Council voted to rezone "Area D," between the parking lot and the baseball field, for the Boys & Girls Club building. Safety was the main concern re the flagpole area. Thanks to all who gave their in-put. Our Councilors listened to our concerns.

In the next few weeks, you may notice a box labelled "A E D" beside the first aid kit in the main hall. A E D stands for "Automatic External Defibrillator." Our Board voted to purchase a defibrillator as much exercise is sweated over in this area. My grandson learned to use this machine when he was 12 years old in a St John Ambulance course, so I know we can manage it! It won't let you make a mistake and treatment within the first minute of a cardiac arrest makes a huge difference in the survival rate. The Central Saanich Fire Dept. has offered to train us. Watch for the training session. Here's hoping we never have to use it.

October will be an interesting month at The Centre. The Friday Talks are starting again, Oktoberfest is October 17th (tickets are now being sold!) and there is a Scottish Ceilidh on the 20th. As well, many activity groups are getting into full swing. If it's raining on Wednesday afternoon, bring your friends to Bingo—it remains a major source of fun and funds for our Centre.

We had a surprise visitor at our Pot Luck Lunch in September. George Collussi, our activity director a few years back, dropped in as he was passing, happening to arrive on Pot Luck Day. But we think it was the good cooking smells wafting onto West Saanich Road that drew him in! He sends best wishes to you all.

Enjoy the falling leaves, raking chestnuts and the darkening evenings. Maybe think about studying something new. Remember, what you do each day becomes your future. See you around.



Gary Preston
on keyboard
and harmonica
and Anita
Bonkowski on
bass



entertained at
the Volunteer
Appreciation
Lunch



Hungry Diners
waiting to be called to the buffet table!

Brief History of Oktoberfest

Submitted by Kurt Sommer

Oktoberfest isn't just for Germans anymore. For over 200 years people have flocked to Germany from all parts of the globe to participate in the world's largest annual festival. In addition to the two-week celebration in Munich, the Bavarian capital where the tradition began, Oktoberfest is enjoyed in one form or another in cities and towns worldwide.

So how did this global party get started? (And why didn't anyone think of it sooner?)

Prince Ludwig of Bavaria, who was later crowned King Ludwig I, wanted his people to share in the celebration of his marriage to Princess Therese of Saxony-Hildburghausen on October 12, 1810.

Remember the castle *NEU SCHWANSTEIN* ?

Ludwig organized a horse race and invited all the people of Munich. The royal party drew about 40,000 guests, a major event by ordinary standards, but only a small fraction of the 6.4 million people at the Oktoberfest in 1997, for example. A good time and copious amounts of beer were apparently had by all that first year. It was decided that the horse race would be held again in 1811. This time in conjunction with the state agricultural show.

Although the horse race was eventually abandoned, many characteristics of the early Oktoberfest celebrations have been retained, if not expanded upon. Munich's annual celebration is still held on the original site, at the *THERESIENWIESE*, Theresa's fields, in front of the city gates.

The agricultural show continues to be a feature,

though it is only held every third year now. The tradition of beer and food stands, as started in 1818, continues today and is perhaps the most significantly developed aspect of Oktoberfest.

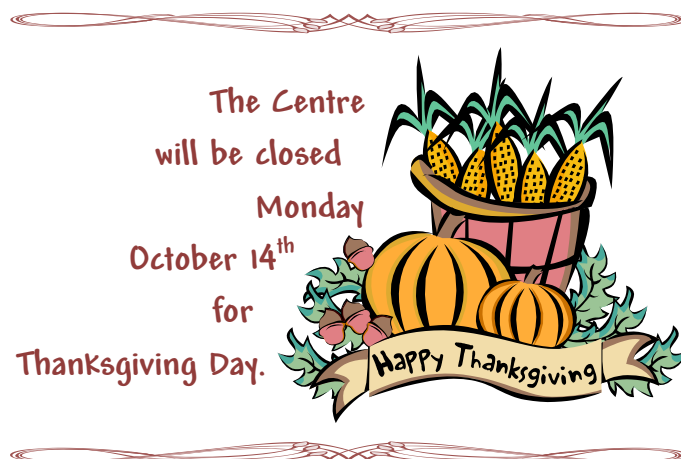
The modern celebration has replaced the small tents with giant brewery-sponsored beer hall tents that can hold up to 5,000 people each. The party has also grown in length to become a 16 day extravaganza ending the first Sunday in October. The Oktoberfest in Munich has been cancelled at times in the past due to war and cholera. The festival opens with a grand parade of the Oktoberfest *Landlords* and breweries, and features traditional dancers and costumed performers, the Riflemen's Procession, music and most definitely beer!

Some Oktoberfacts

1. In 1997, Oktoberfesters consumed more than 5½ million liters of beer, about 45,000 liters of wine and almost 165,000 liters of nonalcoholic beer. No milk.
2. The local name for Oktoberfest, "Wies'n," is derived from Theresienwiese, the name of the field on which the festival is held.
3. The festival halls in Munich can seat 94,000 people at one time.
4. The beers that the Munich breweries produce specially for Oktoberfest contain 4.5% alcohol.
5. Cincinnati, Ohio, which claims to hold the "largest authentic Oktoberfest" in the U.S., draws about 500,000 people to its celebration.



Seventy-nine members attended the Volunteer Lunch in September enjoying delicious food, entertainment and conversation. Yes, it does take that many volunteers to make The Centre the success it is. Volunteers do need breaks and that is why we ask the support of all our members to fill in when needed. Let Front Office know of your willingness. It will be appreciated.



Activity Highlights at The Centre

Oktoberfest at The Centre

Thursday, October 17th Doors open @ 4:30 pm Dinner served @ 5:30 pm

This year's Oktoberfest promises to be a whole lot of fun!

- * Dinner will be German food catered by **Jazzaniah Catering** and, for those who come for the sauerkraut, there will be plenty of "Leon's" sauerkraut on hand.
- * Of course there will be music by our favourite accordion players **Ron Sera** and **Mary Ross**.
- * The colour theme is Bavarian blue and white. Wear a dirndl, lederhosen or Bavarian hat and you might win a prize!
- * There will also be a beer stein decoration contest with a prize for the best decorated.
- * Bring an item from home that you do not want, we will sell tickets and raffle off the items during the evening.

Don't miss the fun — get your tickets at The Centre's reception desk before they sell out!

\$21.00 - Members

\$24.00 - Non-members

Our Oktoberfest Entertainers



Ron Sera

has been playing music since he was 10 years old. He studied accordion through his school years and continued playing throughout his working career. Since retirement, he is even more actively playing.

He plays a variety of music styles (40s, 50's, oldies, big band, country, rock, folk, ethnic and modern). He has played many times at the Victoria Edelweiss Club at various functions, including Schnitzel Night, Oktoberfests, club anniversaries and special events.

He performs regularly at many seniors' and retirement living residences for special events and activities. He coordinates the Victoria Accordion Club band groups and is an active member of the local music community.

SeraMusic

Website: www.seramedia.ca

Email: seramedia@shaw.ca



Mary Ross

was totally captivated by the accordion as a child and her enthusiasm only seems to grow.

She is honoured to be a member of the BC Accordion Orchestra and to help showcase the versatility of this wonderful instrument.

She lives in Victoria and travels across Canada and the US to perform with her accordion.

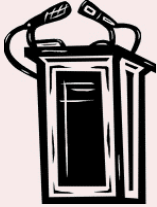
Mary's other accordion related ventures include Dance Musician for Irish Dancing Competitions, Scottish Country Dance Events and German Schuhplattler Dancers and Oktoberfests

Most unusual job locations:

- * Top floor of a double decker bus
- * Strapped to a mast on a 50 foot yacht
- * Impromptu show on an Air Canada flight
- * CNN train Vancouver to Calgary
- * Floating pub off Nanaimo.

Activity Highlights at The Centre

Friday Speakers Forum



The Centre for Active Living invites you to any or all of the following Speakers at

1229 Clarke Rd., Brentwood Bay

Fridays @ 1:30 pm

- Oct. 4** **Co-operative Housing** - If you are curious to learn something about co-op housing, or perhaps you are not aware that co-op housing exists, do come and hear Kerry Panter, Member Services Director Co-operative Housing Federation of BC, and find out what it's all about.
- Oct. 11** **"Dying With Dignity"** - Avery Stetski is a speaker and graduate of the Dying With Dignity Ambassador Training Program. He is passionate that all should have informed choices for the end of life.
- Oct. 18** **Southern France & The Midi Canal** - Ian Cameron (a member of "The Centre") spent a month with his EBB (Victoria's over 40 rugby team) touring Southern France including one week on the Midi Canal. He has an excellent PowerPoint presentation, with some helpful suggestions.
- Oct. 25** **Mt. Newton Centre** - Patsy Berger-North is the Executive Director for Mt. Newton Centre and is pleased to have this opportunity to speak with citizens about the many services Mt. Newton Centre provides. Many of you know it is housed in the first building just west of our Saanich Peninsula Hospital. What a great opportunity to learn more and ask questions.



Songbirds

Need a Pianist

**We're a merry band
of music makers
welcoming all who want to sing.
Joy and fun guaranteed!**

Tuesdays 12:45 – 2:00 pm

Please call Joan

250 652-5746

Carpet Bowling

Monday - Tuesday - Friday

10:00 am till noon

We are starting up and looking for new members.

Join us for fun and good exercise.

For information contact:

Nona Frew (250-652-3043)

Pat Tranter (250-652-5822)



Activity Highlights at The Centre

New Class at The Centre

EMBRACING ELDERHOOD

As seniors we've experienced childhood and adulthood, but we're new to the third phase of life –

Elderhood. Wondering what we might learn about it together?

Lynda Miller, a retired nurse educator and now a Certified Sage-ing Leader, will facilitate a 3-session class.

- ⇒ Thursday mornings 10:00 - 11:30 am
- ⇒ November 14, 21, 28
- ⇒ class size is limited to 12
- ⇒ no cost for CSSCA members
- ⇒ non-members are welcome with a registration fee of \$12
- ⇒ **pre-registration is required by November 7**

We will explore intentional, positive and spiritual ways of living fully the years ahead of us with true purpose, passion and peace of mind. Based on Rabbi Schachter-Shalomi's book *From AGE-ING to SAGE-ING*, there will be opportunities for both introspection and attentive conversation—and for laughter! We'll share wisdom we've garnered from our long life experience and nurture meaningful connections with others in our daily lives.

Registration forms are available in The Centre office or contact Lynda directly at 250-652-0658 or dr.lwmiller@gmail.com (For more general information, visit the Sage-ing® International website www.sage-ing.org)

Scottish Country Dance Invitation

Sunday, October 20 2 - 4 pm

We will be having a Ceilidh Dance fundraiser for The Centre.

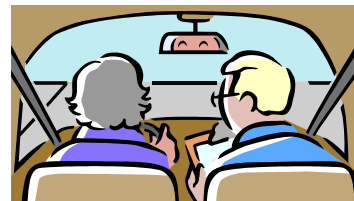
All ages are invited and the dances will be easy for all to participate, or even come as a spectator. There will be refreshments.

Cost is \$5 per person or \$10 per family.

Bring your children and grandchildren and come in comfy clothes to have a fun time.

Volunteer instructor: Janet Mitchell

VOLUNTEER DRIVERS

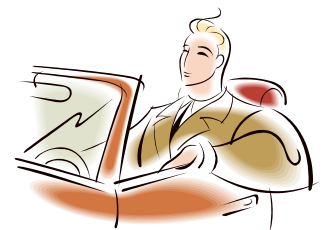


Some of our Members are no longer able to drive, especially at night, but would like to attend special functions at The Centre.

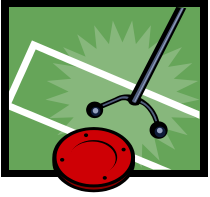
Therefore, we are looking for volunteers who would be willing to drive Members to The Centre on an occasional basis.

Anyone willing to volunteer this service, please add your name and phone number to the list in the office.

With thanks!



Activity Highlights at The Centre



SHUFFLEBOARD

NEW SEASON - NEW FLOOR

The new floor surface brought a challenge to the SHUFFLEBOARD players at their first game this season. The floor was a beauty to behold but playing on it was a different story. It was one smooth puzzle. Those old bumps and scratches were no longer there. A new technique had to be found in order to score. The second game found our skills improved, especially for Ann McMillan who scored in the 30's easily. We look forward to next time.

We meet every Saturday morning at 9:15 and ready the court for the 9:30 start. This includes mopping the floor, laying the powdered wax, getting out the equipment and making coffee. Eight players are needed for the 2 lanes. If we have more than eight, the extras sit to cheer the players on and then join the second game. If there are only seven, one stalwart person plays for two. We play 2 games each session.

John Belsky is the leader of our group, an accomplished player who has been with us since shuffleboard started ten or twelve years ago. He gives new members a big welcome and looks forward to having our numbers grow again. He remembers when persons waited patiently for a chance to play at the twice weekly games.

Our present group truly enjoys it for the fun, the exercise and getting to know one another. Coffee is always available and snacks on occasion. Drop in any Saturday morning and help us get to know our new floor. You can get further information from John at 250-652-1266, or myself.

Joyce Wolfe
250-652-5289

Laughter, fun and fellowship
at the Volunteer Appreciation Lunch



A delicious array of food
prepared by Jazzaniah Catering

Activity Highlights at The Centre

OCTOBER STAMP CLUB CORNER

THE IMPORANCE OF THE CONDITION OF STAMPS

Of far more importance than rarity is the condition of stamps. The collector should not allow a dirty or damaged copy to appear on any page. If unused, they should be in "Mint" condition, as when they left the Post Office. If used, every vestige of paper or foreign matter must be carefully floated off the back—best in a lukewarm waterbath. Under NO circumstance just pull a stamp straight off the envelope. Never allow a new "Mint" stamp to become wet.

For the month of October, the meeting will be **cancelled** due to the Oktoberfest at The Center, so our next meeting of the Stamp Club will be Thursday, Nov. 21, 2013 at 2:00 pm.

Keep on collecting.

Kurt Sommer

Art Appreciation

Tuesdays @ 7:00 pm

The Art Appreciation Group will gather around the table in the lower hall at 7 p.m. on Tuesday, October 8, our first meeting this season. Joyce Wolfe will bring us the life story of Canadian artist Alex Colville.

Drop in on this easy, informal group that enjoys conversation about art and related subjects.

Social Tact:

Making people feel at home when you wish they were.

PARTICIPANTS NEEDED!

Some of The Centre's activities are in danger of being cancelled due to lack of attendance!



LINE DANCING & MAH JONG

will both be cancelled if more people do not participate soon.

Walking Group has already been cancelled due to lack of participation!

It would be a shame to see more activities disappear from our roster. If you have thought of attending any activity please come out this month to boost attendance, encourage leaders/instructors and keep favourite classes running.

Try: Table Tennis



Carpet Bowling



Snooker



Mah Jong



Line Dancing



500 Club Cards



And many more!

Activity Highlights at The Centre

Bus Trip to Chemainus Theatre



The Program Committee is arranging a bus trip to the Chemainus Theatre to see the Holiday musical “It’s a Wonderful World.”

Date: Saturday, December 7, 2013

Time: 2:00 pm Matinee Performance

Cost:

A. Ticket prices for the Theatre:

Economy Seats	\$25
Standard Seats	\$37.80
Premium Seats	\$46.80

B. Plus \$10 each for the bus ride to and from Chemainus

This trip is open to members and non-members alike so
BRING A FRIEND!

PLEASE NOTE:

Full payment is required by November 1, 2013.

There is a sign-up sheet posted in The Centre office with a diagram of the theatre’s seating arrangement and seat prices. Please sign up soon as 40 passengers are required to keep the bus ride at \$10.

For those who might already have tickets to this December 7th performance you are welcome to ride with us on the bus for \$10—due by November 1st. Sign up sheet for rides only, also in The Centre office.



Remember: A hug is a great gift—
one size fits all and it’s easy to exchange.

Sunday Social at The Centre

October 27 - 2:00 pm

As entertainment coordinator, Glen Sprague has been busy organizing and booking wonderful entertainment for our various functions. The upcoming Sunday Social should not be missed so mark your calendar.

Coming to The Centre is Brad Rachuk, a clever young magician. Join friends, or bring a friend along (non-members always welcome), for an enjoyable afternoon of tea/coffee, goodies and entertainment.

See you there!

Thank you

I’d like to thank Bety-Lou Verwolf for kindly helping me out with this October issue of The Centre News. I was out of town over the month of September and Bety-Lou accepted the responsibility of receiving submissions from various newsletter contributors and helping with the layout needs and the editing requirements before sending The Centre News off to our members for October. Bety-Lou took on this task in addition to all her other important commitments around The Centre behind the scenes. Thank you so much Bety-Lou!

I look forward to returning for all the activities at The Centre in October and preparing the November issue of The Centre News.

Wendy Wignall
Editor of The Centre News

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	Floor Shuffleboard 9:30 am John Belsky
Mild Fitness 10:15 - 11:15 am Barb Jefferies	Carpet Bowling 10 - 11:15 am Pat Tranter	Mild Fitness 10:15 - 11:15 am Barb Jefferies	Line Dancing 11 am - noon Hilda Cook	Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Carpet Bowling 10 - 11:15 am Pat Tranter	Painting 12:30 - 3 pm Marilynn Murray	Weaving 11:30 am - 2:30 pm Janis Ball Margaret McKelvie	Pot Luck Lunch 3 rd Thursday 11:45 am	Carpet Bowling 10 - 11:15 am Pat Tranter	
Drop-In Art 12:30 - 3 pm Ruth Fowler	Songbirds Choir 12:45 - 2 pm Joan Lewin		Lunch Bunch 4 th Thursday 11:45 am Sign-up sheet in office	Scrabble 10:15 am Casual Happy Smith	Snooker 1 - 4 pm Don Turner Casual
Bridge 1 - 4 pm June Baker Lynda Tucker	Poker 1 pm	Bingo 1 - 4 pm Braunda Gustafson	Watercolour For Beginners 10 sessions 1 pm Marilynn Murray	Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm June Baker Lynda Tucker
Mah Jong 1 pm Lavana Kilborn		Knitting 2 - 3:30 pm Lynne Marotto	Table Tennis 2 pm Don Turner	Cribbage 1 pm Norm Gustafson	
	Scottish Country Dance 7 - 9 pm Janet Mitchell	Darts 6:30 pm Harbhajan Kareer	Stamp Collecting 3 rd Thursday 2 pm Kurt Sommer	Speakers' Series 1:30 - 3:00 pm	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner Start Up Oct. 8	500 Club 7 pm		Scottish Country Dance 7 - 9 pm Janet Mitchell	SUNDAY Oct. 27 2 - 4 pm Social Tea with Magician Brad Rachuk

Thank You to Our Community Partners



Brentwood Bay Rotary Club has provided funds for our new 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 was involved in the initial construction of the CSSC building. Recently they have provided funds and labour for several projects around The Centre.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA and provided funding for various capital projects such as our new roof.



Peninsula Co-op has provided donations towards building maintenance projects and provides on going supplies for annual events. The Peninsula Co-op annually provides dividend funds to The Centre when members quote The Centre's number **60747**, when purchasing groceries or fuel.



10% off selected items on the 2nd Tuesday of each month when showing your CSSCA membership card.



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 CSSCA membership card.



35% off all regular prices with promo code available from the CSSCA Office, when showing your CSSCA membership card at time of purchase.



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. A portion of the purchase price goes to The Centre.

Jazzaniah Catering

This month's special thank you to
Jazzaniah Catering
250-656-2021

for the delicious meal they served for The Centre's Volunteer Appreciation Lunch

October Birthdays

02 Dick Chudley	19 Joan Fisher
06 Cynthia Tandy	22 Ellen Nielsen
07 Grace Frampton	22 Patricia Williams
07 Sandra Sherman	23 Harry Wellman*
08 Velma Ryder	25 Janet Mitchell
08 Susan Townsend	27 Clare Cochrane
11 Jean Leech	28 Margaret Sharples
12 Margaret McKelvie	29 Adelia Donaldson
12 Walter Monych	30 Richard Harris
15 Lou Reid*	30 John (Jack) Reid
18 Gillian Lightbody	31 Gordon Boyd
19 Jean Farmer	31 Joan Winchell



The Centre for Active Living 50+

Central Saanich Senior Citizens Association

CSSCA

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 / Bety-Lou Verwolf

Distribution Gwen Bentley

Welcome New CSSCA Members

Lynda Poole	Faythe Novak
Barbara Royston	Carmen Robertson

Mark your calendar:

The next CSSCA General Meeting will be on Thursday, November 7th at 2:00 pm. Come and be a part of the active membership and have a voice in the action at The Centre. It is also a great time to catch up with friends over tea and coffee!



Potluck Lunch **cancelled** this month for the Oktoberfest Celebration.

Look forward to seeing you again for the Potluck on November 21st @ 11:45 am

