



OKTOBERFEST

THURSDAY, OCTOBER 16

THE CENTRE - DOORS: 5 PM - DINNER: 6 PM

Come join the fun at The Centre. The Jazzaniah Catering is promising an authentic German dinner with all the trimmings. There will be lots of fabulous prizes with Kurt's arm length raffle tickets. To add to the prizes, bring along an item from home to add to the raffle pool, from a household knick knack to a bottle of wine all will add to the raffle fun. Mary and Ron will fill the hall with toe tapping music and there will be an opportunity to sing-a-long and, for any dancers, to get out on the dance floor!

We are looking forward to the best Oktoberfest yet! Do invite friends and buy your tickets early as we sold out last year.



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October Events

Board Meeting

- * Thursday, October 9 - 9:30 am

Friday Speakers Series

- * **1:30- 3 pm in The Centre Hall**
- * Oct. 3 - Driving in Our Senior Years
- * Oct.10 - Brain Survival Through Retirement
- * Oct.17 - Dementia Care Interventions
- * Oct. 24 - Taking Risks, Embracing Change
- * More information on page 4

Oktoberfest

- * Thursday, Oct. 16 - Doors 5pm / Dinner 6pm
- * Jazzaniah Catering with Oktoberfest menu
- * Entertainment: Music with Ron Sera and Mary Ross
- * Tickets available at The Centre's reception area
- * Cost: Members -\$23 Non-members - \$25

Scottish Country Dance Ceilidh

- * Friday, October 17 7 - 10 pm
- * Everyone invited to participate / watch
- * Fundraiser for The Centre
- * \$5 per person or \$10 per family
- * More information on page 3

Lunch Bunch

- * Thursday, October 23 11:30 am
- * Meet at the Zanzibar Restaurant (corner of W. Saanich Rd. and Stelly's Cross Road)
- * Sign up sheet in The Centre's reception area
- * For transportation help or needs contact Corinne Marshall at 250-652-7032 or email at corinnemarshall@shaw.ca

Sunday Social

- * Sunday, October 26
- * Coffee / Tea and refreshments
- * Entertainment: Victorian Vogue Fashion Show
- * Guests with members welcome
- * By donation at door

Bingo

- * Wednesdays 1 - 4 pm
- * Everyone welcome!

President's Message *CSSCA President, Gerie Turner*

Braunda and I had a wonderful time at the Peninsula Market spreading the word about the CSSCA. It seemed that almost everyone we know was there, buying the local produce and meeting friends for coffee and a 'sticky bun', really sticky! We were happy that the entertainment was 'our own' Gareth Hurwood, who sang for the entire morning. By the end, we had quite a gathering enjoying the shade around our table. I look forward to next year. They already have a reservation for us. Next year we're thinking about having a tap dancer to attract an even larger crowd to our table.

You may have noticed on the financial report given out at the September General Meeting that Fairways Market, through the Fairways card that so many of you use when we shop, has so far this year provided The Cen-

tre with \$800. This is the 5% that is returned on the cards. Thank you. Your effort and penchant for eating really pays off! Cards are available to members and their families at the CSSCA reception.

Yesterday morning, Bill and I were awakened at 5:20 by a very loud, "hoo, hoo, hoo", so close that it seemed to be in our bedroom. When we got up, an owl flew to a fir tree about 30 feet from us and perched. If we had not seen him (or her) fly, we'd never have noticed, he was so camouflaged against the trunk of the fir tree. It was a young Great Horned Owl and we felt very privileged to have seen him. Speaking of privileged, am I lucky or what? By the time you read this, I will be sitting on the Spanish Steps in Rome, enjoying a pear gelato and watching the world go by. Whoo, hoo, hoo!



VOLUNTEER LUNCHEON

by Wendy Wignall



Invited Guests, Zeb King, Councilman for Central Saanich Municipality and Larry Griffith (Mike Shoemsmith not in photo) from CS Lions Club



The Centre's volunteers enjoyed a wonderful lunch prepared by Jazzaniah Catering



Harpist, Gwyneth Evans provided lovely music

The Centre's volunteers arrived to lovely table settings decorated with long stemmed roses. Everyone had a few minutes to meet with friends and to introduce themselves to other volunteers. Harpist, Gwyneth Evans filled the room with elegant music. Margaret McKelvie, The Centre's vice president, gave the opening welcome which included a note that volunteers keep The Centre running. Glen Sprague also pointed out that it even takes volunteers to provide the organizational needs for the Volunteer Luncheon and a special thanks went out to Sheila Viggers, Gerie Turner, Cathy Gillis-Crooks and Corrine Marshall. Also, Glen Sprague and Inge Kohls were thanked for organizing the catering and entertainment while leading the event. Before 'digging in' with the buffet lunch, John Davidson gave the grace over the meal with the key message...Bless us with content. Door prizes were drawn throughout the luncheon. These prizes were provided by our community supporters: Adriana's Whole Enchilada, Thrifty Foods, The Roost, Country Grocer and Victoria Butterfly Gardens.



Around The Centre

Scottish Country Dance

Ceilidh (Dance Party)

Friday, October 17th - 7 to 10 pm

Everyone is welcome, you can dance or watch! We will be doing several easy dances for everyone to participate. It is lots of fun! All easy dances are called and walked through before dancing them with music. Regular dancers will be able to help visitors navigate the easy dances as well.

This is a fundraiser for the Centre so there is a cost of \$5 per person or \$10 per family. There will be refreshments. All ages are welcome. Bring your children and grandchildren! Dress to allow for movement and wear soft soled light weight shoes.

Remember you are always welcome to come to any of our classes: Tuesday mornings 10 to 11:30 am, Tuesday and Friday nights from 7 to 9 pm. We will be practicing dances for the Ceilidh prior to Oct. 17th so coming soon to a class would give you a head start!

If you would like to attend and need a ride, please contact me. Volunteer Instructor, Janet Mitchell



Trip: Legislature Building and Session

- * Tuesday, October 21 Cost: \$6
- * Leave Brentwood - 9 am
- * Question Period - 10 am
- * Tour - 11 am
- * Lunch - 1:30 pm
- * Return to Brentwood - 3 pm

Stamp Club

The Canadian Seven Years War

The Seven Years War capped a bitter struggle between France and England to determine who would rule both Canada and the Ohio-Mississippi Valley. During the first years of the war, the French led by the General Marquis de Montcalm, achieved brilliant victories.

In 1756 Gen. Montcalm captured Oswego; in 1757, Fort William Henry. One year later, on July 8, 1758, he achieved his greatest triumph at Ticonderoga, where 3,800 French troops repulsed 15,000 British soldiers. On the heels of victory, however, came defeat. Louisbourg fell to the British on June 26, 1758, and in 1759 three more French forts fell. By June of that year Gen. Montcalm was in Quebec, trying to defend the city against Gen. James Wolfe.

The odds facing Gen. Wolfe at Quebec were formidable. He had less than 9,000 men, while Gen. Montcalm had 16,000 troops. In June he began to siege the city, but to no avail. Three months later, on the night of September 12, 2,800 troops under Gen. Wolfe's command slipped into Foulon cove (Wolfe's cove), and scaled the cliffs of the Plains of Abraham in Quebec City. At dawn Gen. Montcalm hurried to the defence, but the French, surprised by Gen. Wolfe's maneuver, were routed by the British. Gen. Wolfe was killed in the battle; Gen. Montcalm, mortally wounded, died the next day. Four days later Quebec was occupied and the tide of victory had turned to the British. In 1763, when the Paris Peace Treaty brought the war to an end, all of Canada was ceded to Great Britain.



Above are 2 stamps about the 7 Years War.

1.) Nr. 100 is honouring Gen. Wolfe and Gen. Montcalm, issued by the Canadian Post in 1908.

2.) The second stamp was issued 1959 to remember the battle of the Plains of Abraham fought in 1759.

Our next Stamp Club meeting will be on October 16, at The Centre. Hope to see you all there.

Kurt Sommer

Sunday Social at The Centre

October 26 - 2 - 4 pm



VICTORIAN VOGUE



Victorian Vogue is a non-profit, volunteer group who enjoy studying the lifestyles and fashions of mainly Victorian and Edwardian times. A few of our fashions extend to periods before and after the reign of Queen Victoria. The broader spectrum of fashions includes styles worn from the time Frances Barkley stood on Vancouver Island shores in 1787 to the era of the flappers in the 1920s. Our members have researched their costumes using fashion illustrations found in books, paintings, photographs and through the internet. The models and/or their seamstresses have spent endless hours creating these replicas of period clothing. Not only do we bring to life previous fashions we also attempt to link the clothing to the social history of the time and to specifically the city of Victoria if possible.

Friday Speaker Series

At The Centre - 1:30 - 3 pm

- October 3 - Guest speaker - Steve Wallace
Topic - Driving in Our Senior Years
- October 10- Guest Speaker - Irene Barnes (RN)
Topic - Brain Survival Through Retirement
- October 17- Guest Speaker - Irene Barnes (RN)
Topic - Dementia Care Interventions
- October 24 - Guest Speaker - Dr. Lara Lauzon
Asst. Prof. at U.Vic
Topic - Taking Risks and Embracing Change



Beginning in November, The Centre will be hosting the Friday Speakers Series only on the first Friday of each month.

* Please note there will be **no** Speaker Series on October 31 or for the month of December.

The Centre's Lunch Bunch



September's Lunch Bunch met in the lobby of the Oak Bay Beach Hotel. A number of us toured the hotel and had lunch in the hotel's Snug Pub. Afterwards there was an open house and a few of us had the privilege to see the hotel's penthouse that was for sale.

These Lunch Bunches are the last Thursday of each month. Check *The Centre News* or our website www.centraasaanichseniorscentre.org or call 250-652-4611 for information of each location and transportation. Everyone welcome. Come join us, Corinne Marshall



Just Down The Hall



Great programs are coming up at the Central Saanich library this fall! Talking about writing memoirs and reading from her book "Some Sort of Life," will be author Naomi Beth Wakan, Nanaimo's first poet laureate, Oct 16. Learn more about creating or preserving wealth with Peter Dolezal, author of "Smart Canadian Wealth Builder," Oct 28th. Knit a scarf in one hour without needles! Learn Arm Knitting November 13th. Register at gvpl.ca or call 250-940-GVPL (4875) for more information. Registration begins September 2.

At Central Saanich Branch:

Author: Naomi Beth Wakan: 'Some Sort of Life'

Age Group(s): Adult

Date: 16/10/2014

Time: 1:00 - 2:00 PM

Essayist and Nanaimo's first poet laureate, Naomi Beth Wakan, will be talking about writing memoirs and reading from her book "Some Sort of Life". Register at gvpl.ca or call 250-940-GVPL (4875) for more information.

Library: Central Saanich Branch

Presenter: Naomi Beth Wakan

Author Peter Dolezal: 'Smart Canadian Wealth Builder'

Age Group(s): Adult

Date: 28/10/2014

Time: 2:30 - 4:00 PM

Planning for retirement or already retired? Learn more about wealth creation and wealth-preservation with Peter Dolezal, consultant and retired corporate executive. Register at gvpl.ca or call 250-940-GVPL (4875) for more information.

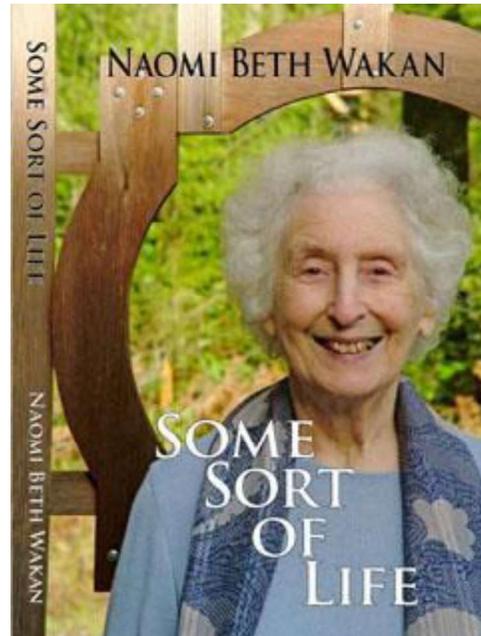
Library: Central Saanich Branch

Presenter: Peter Dolezal

Gwenyth Windsor

Branch Librarian

Greater Victoria Public Library



I will be reading from my recent memoirs and talking about memoir-writing at the Central Saanich Public Library on Thursday, October 16th at 1 pm. Since my readership is mainly 60+, I thought you might like your members to know of this event. They should register by calling 250-940-4875 or, as I notice that you are close to the library, they could just register when they make a regular call at the library. My readings are lively, often funny and very warm.

Naomi Beth Wakan



Ist das nicht ein(e) Schnitzelbank? By Kurt Sommer

You may or may not have heard this song before at an Oktoberfest or at some German lessons. Now what is a Schnitzelbank?

It has nothing to do in any way with a Wiener Schnitzel (Veal Cutlet) or any other type of Schnitzel. It also is not connected with any bank such as CIBC or RBC as such.

We all know that the Flintstones had invented the wheel. But after a while those carts with the stone wheels were getting too hard to pull, so they replaced the wheels with wheels made of wood. But these did not last too long either, they wore off quickly. Then someone had the bright idea and re-invented the wheel and, voila, the spoke wheel was invented. Remember, at this time there was no electricity so every part of the wheel had to be manufactured by hand. For this reason there was a bench (bank) to do the carving (schnitzen) of the different parts of the wheel like the hub, rim and spokes. Hence the word, 'schnitzelbank'.

When I was a young boy, I was lucky to have been shown and explained about one of those. The person operating this straddled over a bench, and a piece of wood was fastened in front of him, so he could schnitz (carve) the part with ease. Over time the worker was called Schnitzer and so it became his family name. At this time there was no such a thing as radio, TV or i-Pod. The working in the shop at those long hours became kind of boring and to break the monotony, he started to sing "Ist das nicht ein(e) Schnitzelbank?" All the workers in the shop fell in by answering his question, singing "Ja das ist ein(e) Schnitzelbank". The song goes on with whatever came to the Schnitzer's

mind and went on and on.

Beside the Schnitzelbank there was also a hobelbank (joiners or carpenters workbench).

Later in time the Schnitzelbank was modernized with electric machinery such as the drehbank (lathe). The person operating the drehbank was known as the dreher, thus the name also used as a family name, in English became the name 'Turner'.

The owner of the company was known as the wagner just because he was mostly making wagons.

The Schnitzelbank is not in use any more, I am sure that it was a big part with the pioneers in the olden days as they went across the prairies in North America to discover the west.



In recent times the word *Schnitzelbank* was picked up by the restaurant business and somehow changed a little into a *Schnitzelfest* having a different meaning.

Does any one care to organize one for The Centre?

Welcome New CSSCA Members

Dorothy Wolosch

Dee Heston

Ken Weatherill



October Birthdays

02 Dick Chudley

02 Jim Cowie

06 Cynthia Tandy

07 Grace Frampton

08 Velma Ryder

08 Susan Townsend

11 Jean Leech

12 Margaret McKelvie

12 Walter Monych

15 Lou Reid*

18 Donna Jack

18 Gillian Lightbody

19 Jean Farmer

19 Joan Fisher

21 Lindy Cathryne Watson

22 Ellen Nielsen

22 Patricia Williams

23 Christina Morrill

25 Janet Mitchell

27 Clare Cochrane

28 Margaret Sharples

29 Adelia Donaldson

30 Richard Harris

30 Jack Reid



As summer slowly fades and autumn displays itself in the wonderful colors of trees etc., one is reminded of the fast pace of life. It hardly seems possible that just a few weeks ago I was sitting on the deck in the warm sunshine of the month of July. One can observe time once again as fleeting by so quickly.

However we are now preparing for the month of October and all it has to offer. Thanksgiving is uppermost, October 13th this year when we find time to gather with family and friends to celebrate and be thankful for what we have in our lives. Thanksgiving is a statutory holiday in most jurisdictions of Canada, with the exceptions being the Atlantic Provinces of Prince Edward Island, Newfoundland, New Brunswick and Nova Scotia, where it is an optional holiday. Locally, we will no doubt be gathering the supplies for Thanksgiving Turkey dinner with all the trimmings. How fortunate we are con-

sidering the plight of the world globally.

This brings me to another important day that is *United Nations Day* which falls on October 24th. In 1971, the United Nations General Assembly adopted Resolution 2782 declaring that United Nations day shall be an international holiday and recommended that it should be observed as a public holiday by all United Nations member states. This day is devoted to making known to peoples of the world the aims and achievements of the United Nations Organization. It is also part of United Nations Week, which runs from October 20-26 .

Current affairs, as they are today leaves much to be desired. However on a personal level one can perhaps remind oneself of the achievements and goals of this important National Day and trust that better times are on the horizon.

On The Road

by Wendy Wignall



As we pulled off the driveway this past May, my mind began to race with sensible questions... a sign of my more mature years... "Why were we leaving one of the most beautiful places on earth?" Followed immediately by the 'what if' thoughts... "What if the truck breaks down? What if we get caught in some natural disaster? What if one of us gets sick? What if something happens to our house while we're away?" After all, being on the road for 2 to 3 months to drive across Canada, a bucket list trek we only dreamed about, now somehow seemed... daunting.

My last minute jitters soon faded as our travels began to take on a comforting rhythm. Ed, my husband, while busy navigating our 45 feet of vehicle and trailer would enjoy pointing out various points of interest and unusual trucks and cars; Ryder, our golden retriever, would pop up from the back seat of our crew cab from time to time to look around for a new dog park or large body of water and then settle back to sleep; I was busy with my camera shots as well as jumping in and out of the cab to lug another 'must have' rock for our garden, while also being in charge of finding the CBC signal on the radio; Tom chatted on about directions and where the closest 'Tim Hortons' was... of course Tom felt compelled to keep us on track as he was our GPS voice. I must say to his credit, it's one thing to be going east... forever... on the TransCanada, but it was

okay for him to be smug as we navigated freeways and streets of Toronto, Montreal, Ottawa and Quebec City.

As the most fabulous scenery spread all around us and the TransCanada stretched over the horizon, I was struck to the heart by the beauty that is Canada. The colours, the 'living skies', the rocks, the natural beauty of the mountains, lakes, grasslands and coasts along with the scenes of Canadian industry. All have left a permanent gallery of artful images in my mind. There were so many interesting people that we met. We had no schedule so each day unfolded with a plan only of either travelling, relaxing or touring, and then each day would take on a life of its own as we rounded the next turn or made a new acquaintance.

Ryder swam in the Red River, in all of the Great Lakes, the St. Lawrence River, all around the Atlantic provinces' shorelines to the Bay of Fundy to name just a few places... although he would probably have been just as thrilled to go to Island View Beach each day! But for Ed and me... O Canada, we were left in awe over this incredible country. Other than the hurricane in Fredericton, and the two tornado events that we experienced on our way home through the US... this 18,000 kilometre trip truly was an amazing adventure of a lifetime!

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 10 am John Belsky |
| Mild Fitness 10:15 - 11:15 am Barb Jefferies | Carpet Bowling 10 - 11:15 am Jessie Kelly | 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 | |
| | Painting 12:30 - 3 pm Marilynn Murray | Weaving 11:30 am - 2:30 pm Janis Ball Thea Revoy | Pot Luck Lunch 3 rd Thursday 12:15 pm | | |
| Mah Jong 1 pm Happy Smith | Songbirds Choir 1 - 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 Art Pugh Casual |
| Bridge 1 - 4 pm Lynda Tucker Barb Roberts | 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 Lynda Tucker Barb Roberts |
| | | Knitting 2 - 3:30 pm Happy Smith | | Cribbage 1 pm Norm Gustafson | |
| | Scottish Country Dance 7 - 9 pm Janet Mitchell | | Stamp Collecting 3 rd Thursday 1 pm Kurt Sommer | Speakers Series 1:30 - 3:00 pm | |
| | Art Appreciation 7 pm Joyce Wolfe Gerie Turner | 500 Club 7 pm | | 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 new windows, upgrading washrooms, installing hand railings and foundation work for new sump pump.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA. The district has provided funding for various capital projects such as our new roof and more recently for upgrades to The Centre's sump pump.



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. 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.



10% discount on purchases made on Wednesdays, when showing your 2014 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.

Thank You to Our Community Partners

LIVE WELL WITH



10% off selected items on the 2nd Tuesday of each month when showing your 2014 CSSCA membership card.



15% off on your purchases on Tuesdays and Wednesdays, with your 2014 CSSCA membership card.



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.



35% off all regular prices with promo code available from the CSSCA Office. Must show your 2014 CSSCA membership card at time of purchase.

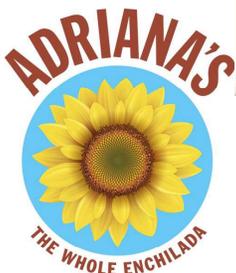


Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2014



10% discount on the first Monday of every month to 2014 CSSCA cardholders.

Thank you to September's Community Sponsors



Creative License Is This Your Niche?

From Wendy Wignall

The Centre is looking for someone who would be interested in putting their creative stamp on The Centre News. As current editor over the last few years, I can honestly say it has been a pleasure putting together the newsletters and being in touch with so many wonderful members of our active centre. However, the time has come for me to 'pass the torch' as my time is needed elsewhere. For anyone interested in assuming this editor position, I would be happy to work along side of you over any of the October to December's issues to share details of the monthly process. The position will be open beginning with the January 2015 issue. If you are interested in being involved as The Centre News editor, contact me at wwignall@shaw.ca



CHOCOLATES

I just want our members to know that I will be coordinating the Purdy's Group Purchase Plan this fall. Our members will save 25% off their orders.

Purdy's has sent me the order brochures and I will have them at The Centre as of Monday, Sept. 22.

Please leave your completed order form and payment at The Centre reception desk.

The order deadline - Noon, **Wednesday, November 5**
Delivery date to The Centre - **Monday, November 24**

Orders from friends and family (along with payment) may be included.

Thank you, Happy Smith



The Centre for Active Living 50+

Central Saanich Senior Citizens Association

CSSCA

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250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

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Past President: Braunda Gustafson

Corresponding Secretary: Penny Furnes

Recording Secretary: Elizabeth Skaggs

Treasurer: Thea Revoy

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