

April  
2014



# THE CENTRE NEWS

## *Don't Miss This!*

Performance by our own choir **The Songbirds**

### **The Centre's Sunday Social**

**Sunday, April 27 at 2 pm**



Since last appearing about a year ago, the choir has grown in size as lots of new folks have joined our group. Some members, *most importantly*, have made radical changes to their musical offering.

We encourage you to come along, bring your friends and neighbours. You won't be disappointed!

See you there, Joan Lewin

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## April Events

### CSSCA General Meeting

\* Thursday, April 3 - 2 pm

### Board Meeting

\* Thursday, April 10 - 9:30 am

### Pot Luck Lunch

\* Thursday, April 17 - 12:15 pm

### The Centre Closed

\* Friday, April 18 **and** Monday, April 21

### Lunch Bunch

\* Thursday, April 24 - 11:45 am

\* **Pier 1** - Beacon Ave., Sidney

\* Please look for sign up sheet in The Centre's reception area

### Sunday Social

\* Sunday, April 27 2 - 4 pm

\* Entertainment - The Centre's **Songbirds Choir**

\* Tea / Coffee and Goodies

\* Guests with members welcome

\* By donation at door

### Bingo

\* Wednesdays 1 - 4 pm

\* Special Easter Bingo - Wednesday, April 16

\* Everyone welcome!



# President's Message *CSSCA President, Gerie Turner*

Another month has whizzed by – here we are at April already. The grass around the flagpole is beautifully lush and green. Maybe we can do a Maypole dance on May Day.

An important issue has been brought to the Board's attention. The government of Canada is looking for candidates for the Senate and has asked us, as a volunteer organization of 30 + years (we must be doing something right!) to nominate a worthy individual. The person must be a member of CSSCA and have the ability to travel. There is a sign-up sheet in the office.

We have had a kind offer from a Saanichton business that gives CSSCA members a 50% discount on hair extensions. Get the long thick hair you've always wanted! Many colour choices available in lengths from 2 to 4 feet. Watch for the implant offer for the men next month.

Toodleoo for now. Happy April Fool's Day!



We've had another month full of 'those events which alter and illuminate our time' and I must say how fortunate we are to have such a comfortable and useful Centre. We are truly one of the 'hubs' of the community. Remember that it is our Centre and it's up to us to use it for what interests us.

You will get to know many members along the way. As some wise person once remarked, 90% of success is 'just showing up' (it sounds like something Gladys might say!). When I'm downstairs at art I love to hear the singing from the choir upstairs. It is a very pleasant added feature of doing art on Tuesday afternoons. Moving the paint around on the paper doesn't make much noise! And we're all concentrating so hard on our masterpieces.

The Journey Program from Silver Threads, organized through Island Health by Bridey Morrison Morgan, gave us some very interesting and informative Friday talks, ranging from what Service Canada can help you

with: trusts and estates; sleeping well; de-stressing; through to hearing loss. I've caught myself lying awake going over the list of things I can do to help myself go to sleep! Friday afternoon talks continued to the end of March, thanks to Marney Ellis who arranged the speakers and Heidi Basic who made sure that the refreshments were ready.

Last Sunday Bill and I went to Butcharts just for fun (and for coffee!). As the rose bushes are completely bare in the oval rose garden, the millions of purple and white crocuses are the shining stars in a spectacular arc seen from across the lawn. It's certainly worth a visit and certainly says spring. I expected the Easter bunny to hop out from behind a flower pot any minute. I hope you get to smell the flowers and breathe deeply of the cool spring air and hear the frog chorus!

See you around The Centre



# March Highlights

## Robert Bateman Centre Tour

The trip to The Robert Bateman Centre was originally scheduled for the 25th of February. Due to the snow, we had to reschedule for the 11th of March.

We were sorry that some people could not make the change of date work for them but some others were able to take advantage of it.

Most of the participating seventeen members took advantage of the transportation provided by HandiDart to and fro from The Centre.

We had a guided tour given by Jessie, the assistant curator. She was very knowledgeable about Robert Bateman. We learned about the man and his art. It made the viewing very interesting for all of us.

Sue Tribe, on behalf of the  
Robert Bateman Centre Tour planning committee



## Sunday Social on March 30

Due to the late date in the month of this event and the distribution date of the April issue of The Centre News, a recap of March's Sunday Social and the entertainment by the local group, Mile Zero, will be in May issue of The Centre News.

## Heart of the Community Awards Honour Braunda Gustafson



A piper from the 443 Squadron, R.C.A.F., Scott Ringrose welcomed nominees and their guests to the Heart of the Community Awards ceremony at the Mary Winspear Centre on Feb 25<sup>th</sup>. Twenty-one individuals and groups of amazing volunteers were honoured. The first prize was awarded to the Sidney Volunteer Fire Department.

Beacon Community Services and Peninsula News Review have sponsored this very enjoyable event for 16 years. Attendees were treated to excerpts from *The Music Man*, by Stelly's Secondary School performing arts students followed by lunch.

Our CSSCA member, Braunda Gustafson, was among the 30 volunteers honoured. Braunda exhibits the true spirit of caring in the way she has constantly supported The Centre over the years. Braunda's volunteerism goes back to The Centre's initial years when the CSSCA moved from conception to reality.

Throughout the years, Braunda has had her hand in all the organizational work required to provide a vibrant place for seniors. Whether it was/is running our Bingo, leading programs, setting up or taking down special events or heading the CSSCA Board as president...Braunda has done it all with enthusiasm, purpose and commitment. Thank you to Braunda on behalf of The Centre community.



# March Highlights

## Irish Night at The Centre

Thursday evening on March 13<sup>th</sup> was our annual celebration of all things Irish. Our main hall was a sea of green of various shades from moss to eye-dazzling popsicle! One member even wore cabbage leaves!

Would-be Irish tenors and Blarney filled the room. We even had leprechauns squished into the corners as members and guests competed for the next table to go to the Jazzaniah catered Irish dinner buffet. Guinness was in the air, along with the stew and the cake!

Oh the music! Gareth Hurwood and Alexander MacCuaig (Black Angus) sang “...transform me to a fish and let me swim in a glass of Guinness forever!” Deep down we all want to be Wild Rovers and were carried away singing “No, Nay, Never” (clap, clap, clap), Black Velvet Band, and Shenandoah.

Happy Birthday to Gareth, his 46<sup>th</sup>, from all present, especially his proud parents Eric and Joan Hurwood, former CSSCA members who now live in Sooke, but still remain in our hearts.

By Gerie Turner



Gareth and his dad, Eric Hurwood



# This Month

## Stamp Club



Long, long ago, a lonely ship sailed up the St. Lawrence . The ship was from Honfleur, and was commanded by Samuel de Champlain. He was the Aeneas of a destined people.

On July 3, 1608 a remarkable gentleman chose a cliff overlooking a strategic spot on the St. Lawrence as the place on which to build a tiny settlement of three two-storied buildings and a warehouse. On that day Samuel de Champlain founded Quebec City, thereby earning for himself the title, *Father of New France*.

Champlain was born in Brouage, France, about 1567. In 1603 he sailed up the St. Lawrence. The following year he accompanied the Sieurs de Monts and Poutrincourt to Acadia where he participated in the founding of St. Croix in 1604 and Port Royal in 1605. Returning to France in 1607, Champlain was sent by the Sieurs de Monts to build a settlement by the St. Lawrence, gateway to the fur trade. This move led to the founding of Quebec, the first permanent settlement of New France.

From 1608 until his death in 1635, Champlain worked to develop the new settlement, to promote the valuable fur trade, and to chart Canada's interior. An inveterate explorer, he discovered the lake that bears his name in 1609 and Lake Huron in 1615. A tough, determined leader with a deep concern for justice, he guided Quebec through its difficult, first years and made many trips to France to establish trade between the little settlement and its mother country.

Our next meeting will be Thursday, April 17 at 1pm at The Centre. Hope to see many of you coming out.

Sincerely, Kurt Sommer



Stamp at top: Samuel De Champlain  
Above, Canadian Stamps celebrating Champlain:  
- Champlain's first home in Quebec  
- Champlain's departure for the west  
- Champlain's Monument  
- Founding of Quebec.



NEW at your local library: thousands of fiction and nonfiction titles for all ages now available through a new eBook lending service, 3M Cloud Library. Movies, TV shows, music and audiobooks are also available through Hoopla Digital. Visit your local library and ask how to access these services.



Into gardening? Join us at the Bruce Hutchison Branch for '**How to Save Seed, How to Sow**'. We will dig into the details of how to safely save and store seed and troubleshoot common issues with growing some common seed crops.

You will also hear about '**LifeCycles**' and GVPL's new seed library.

To register call your library or go to [gvpl.ca](http://gvpl.ca)

Gwenyth Windsor  
Branch Librarian  
Greater Victoria Public Library  
Nellie McClung Branch

## April Birthdays

- |                          |                             |
|--------------------------|-----------------------------|
| 01 Harbhajan Kareer      | 14 Dianne Dunbar            |
| 01 Conny Rasmussen       | 16 Trudy Exton              |
| 04 Mary Law              | 18 Joyce Wolfe              |
| 04 Jean Rozynski         | 20 Marguerite McGimpsey     |
| 05 Charles Brown         | 21 Berniece Lambert         |
| 05 Lynda Tucker          | 21 Gwen Nadiger             |
| 07 Inge Kohls            | 26 Deborah Ainsworth        |
| 09 Catherine Frederiksen | 28 Eleanor Thompson         |
| 12 Donna Flood           | 30 Ingrid Schmidt-Ostrander |
| 13 Caroline McVey        |                             |



## A Name and Face Around The Centre

# Elizabeth Skaggs

by Marianne Brackenridge



Our members are leading such interesting lives, as the *Life Stories* presenter stated at our Speaker Series recently, "We all have a story to tell." This is Elizabeth Skaggs's unique story. Another example of a woman's role in the so called 'man's world'.

From children, animals, a cable ferry ride across the Kootenay river to dress re-

hearsals for the Pacific Opera, along with children bilingual in both Russian and English, let's say a most interesting life story unfolds.

Born in Ontario, Elizabeth with her family moved to BC in 1952 when her father, an electrical engineer, was transferred by the Aluminum Company of Canada (Alcan). He worked on the underground power plants being built in Kemano to power the new smelter at Kitimat. Industry was booming in British Columbia bringing many families from the east to settle in BC. The family lived in North Vancouver while her father flew in and out of the north for the duration of the project. After a year or two, they bought a house in West Vancouver where Elizabeth and her brother grew up and completed their schooling.

Elizabeth left to join the work force after a year at UBC. After marrying and moving to the East Kootenays, one of her early jobs, was working for the Canada Manpower and Immigration Centre in Fernie in the early 1970's. Coal mining was expanding into the Sparwood and Elkford areas and underground miners from the UK were recruited to work in the mines. These British miners were used to working underground but, above ground, they had quite an adjustment getting used to the long, cold winters and deep snow in the Elk Valley. Initially, only the miners came to the area but their families soon followed. Along with the harsh winters, Sparwood & Elkford must have seemed like frontier towns to these UK immigrants.

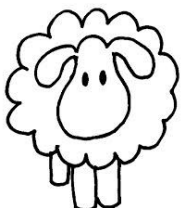
With a move to the West Kootenays, Elizabeth and her family found a small acreage between Castlegar & Nelson that was accessed by a cable ferry across the Kootenay River. The family now numbered two small children, two dogs, assorted cats, chickens, several cows, two horses and a dozen sheep. There weren't enough sheep to bring a shearer in, so Elizabeth sheared the sheep. Word got around about this amateur shearer and she was asked to shear in a *Sheep to Shawl* contest held between the local spinning and weaving clubs. Imagine her surprise when she arrived at the fairground the morning of the contest to find a very large Romney ram (to hand spinners this means choice, long staple) had been selected!

Elizabeth was soon working for the Canada Manpower and Immigration Centre in Nelson. Local Doukhobor neighbours provided babysitting services and the children quickly became bilingual in English & Russian!

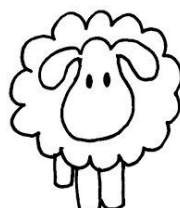
Another move brought the family to the Gulf Islands and self employment for a number of years. As the children neared middle school age, the prospect of having them on water taxis daily through the winter storms was not appealing. The next stop was Victoria and the schooling it provided with extra-curricular activities not previously available in the islands. Attending dress rehearsals of Pacific Opera was a favourite! Elizabeth again found work with the federal government for several years and then did administrative work for the provincial government until she retired in 2012. Retirement has allowed more time for friends, gardening and dog training with the North Saanich Dog Obedience Club.

Now with more free time, Elizabeth came to The Centre last fall to try out the Aerobics class with a friend. Elizabeth jumped right in and offered her service to The Centre by volunteering in the office at the reception desk. Since then Elizabeth kindly assumed the role of advertising duties. Elizabeth has since taken on another important position on the executive as Recording Secretary.

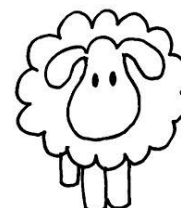
Perhaps one day Elizabeth will share her sheep shearing talents at the Saanich Fairgrounds?



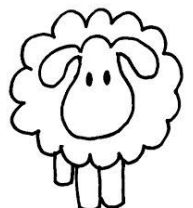
Central Saanich Senior Citizens Association



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# My Impressions of Cuba

by Ada Serson

Cuba, a land of contrasts. Rural pastoral areas, cows, goats and horses grazing by the roadside, large cities, plateaus and swamps, long periods of sunny weather and sudden violent downpours, and pristine beaches with a warm ocean lapping lazily at its shores.

Ellen Nielsen, my friend and member of The Centre, and I along with about 50 Canadians from several parts of Canada, arrived on January the 28<sup>th</sup> in the evening at the all inclusive Cameleon Villas Resort in Jibacoa, an hour's driving east of Havana. Music, singing in particular, and of course the weather, led us there. Peter Dentz, our conductor, took us through a series of practices every morning from 10 am to 1 pm for that first week, after which on Sunday we had a performance for the local population in a town called Hershey. We had hired a local band and even some dancers to teach us to move to the beat of the Cuban folksongs we were singing. It was a jolly evening with lots of dancing after the performance was over. The following week we played being tourists, enjoying the beach, the free drinks (the Cubans make a spectacular Spanish coffee) and the fairly bland but abundant food.

The resort was quite remote, so we went on organized tours. One tour took us to the beautifully laid out city of Havana, earlier in history defended by a very impressive fort, with wide promenades, grandiose buildings, some in disrepair and some in the process of being restored, and many statues. Of course images of Fidel Castro dominate the Plaza de la Revolucion where the administrative and political centres of the government are housed. There is also a beautiful statue of Hose Marti (1853-1895), the national hero cum poet. He led the independence movement that ended with Fidel Castro being the first leader in Cuba's communist government in 1959. Castro allied with the Russians for 30 years until 1991 when Russia's borders began to crumble and the world economy collapsed. In 1994 the tourism industry began to make a difference in the Cuban economy. Currently Canada and several European countries invest in the tourism industry in Cuba.

Another visit took us from North to South right across the Island. We visited a Farm Co-operative and had a boat tour with eight people crammed in a tiny dilapidated boat with an extremely powerful outboard that raced us first through a canal at top speed and then careened us over a huge choppy lagoon to an island. I happened to sit in front, no windshield and no seat belts, no life jackets and not particularly dressed to be blown about and sprayed on. However, as always, we do survive and were dropped off at Guamo Island, a heritage site devoted to the Taino people, an Amerindian class of people who have completely vanished, through

small pox, slavery and terrible cruelty by the Spanish. Statues were in place depicting these peaceful people, who were small in stature and lived off agriculture and fishing. It was there that I drank my first coconut milk directly from the coconut with a straw. Yummy! Just before we were to board our craft, the heavens opened and the rain came down in buckets full. Had we been on board ship I'm sure we would have drowned. As it was we flew back over the lagoon in gloriously hot sunshine. It was great.

Our next trip was to Matanzas, 45 minutes from our Resort by hired car and driver. We learned a lot about the slavery that the Spanish initiated. It went on for about 200 years. The slaves were forced to harvest sugar canes and had to build the fort in Matanzas. The pictures and stories were gruesome and difficult to absorb.

The people in Cuba seem to be very happy, I suppose it helps to have sunshine and warmth most of the year. Family ties are very strong and a necessity, seeing how poor these people are. Although in theory medical services and education are free for all people, to be able to get a bed in a hospital requires bribery. There is an enormous shortage of work. All people are paid by the government a minimum payment of the equivalent of CUC 8.00, (\$1.20. per CUC) per day which soon will be taxed. The unemployment rate is 45%. Everywhere you go you see people hanging about, parks are full of young people just talking or playing a ball game. We drove through Santa Cruz, a small town not too far from the resort and saw houses that we would call hovels. Of one house only the façade was still standing and the garbage behind that wall was piled to the glassless windowsills. Children were playing there. In our resort, personnel were paid the same CUC 8.00, but of course they were much better off, because we paid them tips as well.

Farmers have a bit of leeway too, because of vegetables and fruit they can grow and of chickens and other livestock they own. The government forbids them to slaughter a cow or a horse as that has to be done at a slaughterhouse. However, if your cow is old and is not economically useful anymore, you could tell the inspector that you tried to kill a chicken and somehow the hatchet fell out of your hands and killed the cow. Liking steak, the inspector could believe that story, give you a certificate for the cow's accidental death, and walk away with a good size piece of meat.

I hope that tourism will take off in a big way because it seems to be the only way these people can better their circumstances. I am ever so grateful to live in Brentwood Bay, much as I dislike rain.

# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am Barb Jefferies	<b>Scottish Country Dancing</b> <b>Walk Around</b> 10 am Janet Mitchell	<b>Aerobics</b> 9 - 10 am Barb Jefferies		<b>Aerobics</b> 9 - 10 am Barb Jefferies	<b>Floor Shuffleboard</b> 10 am John Belsky
<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies	<b>Carpet Bowling</b> 10 - 11:15 am Pat Tranter Nona Frew	<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies	<b>Line Dancing</b> 11 am - noon Hilda Cook	<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies	
<b>Carpet Bowling</b> 10 - 11:15 am Pat Tranter Nona Frew	<b>Painting</b> 12:30 - 3 pm Marilynn Murray	<b>Weaving</b> 11:30 am - 2:30 pm Janis Ball Margaret McKelvie	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday 12:15 pm	<b>Carpet Bowling</b> 10 - 11:15 am Pat Tranter Nona Frew	
<b>Mah Jong</b> 1 pm Happy Smith	<b>Songbirds Choir</b> 1 - 2 pm Joan Lewin		<b>Lunch Bunch</b> 4 <sup>th</sup> Thursday 11:45 am Sign-up sheet in office	<b>Scrabble</b> 10:15 am Casual Happy Smith	<b>Snooker</b> 1 - 4 pm Art Pugh Casual
<b>Bridge</b> 1 - 4 pm Lynda Tucker Barb Roberts	<b>Poker</b> 1 pm	<b>Bingo</b> 1 - 4 pm Braunda Gustafson	<b>Watercolour</b> For Beginners 10 sessions 1 pm Marilynn Murray	<b>Chair Yoga</b> 12 - 1 pm Gail Bradshaw	<b>Bridge Clinic</b> 1 - 4 pm Lynda Tucker Barb Roberts
		<b>Knitting</b> 2 - 3:30 pm Happy Smith	<b>Table Tennis</b> 2 pm Audrey Boyd	<b>Cribbage</b> 1 pm Norm Gustafson	
	<b>Scottish Country Dance</b> 7 - 9 pm Janet Mitchell		<b>Stamp Collecting</b> 3 <sup>rd</sup> Thursday 1 pm Kurt Sommer	<b>Speakers Series</b> 1:30 - 3:00 pm	
	<b>Art Appreciation</b> 7 pm Joyce Wolfe Gerie Turner	<b>500 Club</b> 7 pm		<b>Scottish Country Dance</b> 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 will provide The Centre the funding necessary to install a new heat pump. This system will handle the heating and cooling needs in our building to ensure comfortable conditions for all CSSCA activities.



Peninsula Co-op has provided donations towards building maintenance projects and provides on going supplies for annual events. The Peninsula Co-op annually reimburses dividend funds to The Centre when 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

**PHARMASAVE**

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



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

*JJ's Coffee House*

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.

**Peninsula U-Brew Winery**

Serving the Peninsula since 1988

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



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

## Also involved with our CSSCA community in March

**C & C GROWERS**



# Welcome New CSSCA Members

Christine Doney  
Marlene Hartley  
Maureen Braun

Margaret Mather  
Iris Tappin  
Helga Hinton



## Maintenance at The Centre

Unfortunately, there are no elves who keep The Centre a safe and comfortable place for our members to enjoy. However, we do have a combined team of hired and volunteer folks from The Centre who work hard to maintain The Centre's needs. If you have any concerns regarding The Centre's maintenance, please contact CSSCA member, David McVey at 250-881-5426.

## No Scents Makes Sense

It has become apparent that many of our members find that perfumes, strong aftershaves, and various scented sprays and lotions create a mix in the air that makes breathing difficult. In consideration of others by insuring The Centre is a comfortable place for all, please avoid using these products at The Centre activities and events. Thank you.



## The Centre for Active Living 50+

Central Saanich Senior Citizens Association

**CSSCA**

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)

### CSSCA Executive

**President :** Gerie Turner

**Vice President:** Margaret McKelvie

**Past President :** Braunda Gustafson

**Corresponding Secretary:** Penny Furnes

**Recording Secretary:** Elizabeth Skaggs

**Treasurer:** Thea Revoy

### CSSCA Board Directors

Michael Bird

Marney Ellis

David McVey

Shirley Monych

Marilynn Murray

Margaret Sharples

Kurt Sommer

Wendy Wignall

### The Centre News

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