

The Centre News

January 2022

cssca@shaw.ca



over from tireless leader, Lynda Miller. This group meets on Zoom on the second Thursday afternoon of every month and welcome new members and new ideas for book discussions. Any questions? Her email is: gilig@shaw.ca.



Editor's Message

Welcome to a special Members' edition of the newsletter! Thank you to everyone who contributed news items, photos, jokes, and anecdotes.

New Activity Leader!



Gillian Lightbody is now the *Next Chapter Book Club* Activity Leader, having taken

Welcome, New Baby!



Hannah Audrey Craig

Vivien Bradley reports that, on Dec. 26th, her family welcomed a baby girl into the world. A lovely little sister for Lawson, Hannah Audrey arrived on Boxing Day at 6 am, a healthy 8 lbs, 2 oz. As you can see, big

brother approves. The family wishes a Happy New Year to all!



Vivien's grandchildren Lawson and Hannah with Tamzyn, their mom.

New Activity Leaders for the Walking Group

The Walking Group has two new activity leaders: Linda Parry and Joyce Vandall. A big *Thank You* to Roger Boutilier for his past service leading this activity.

Thoughts from Mary Grant

Humour

I'm a very strong believer in humour. One group to which I belong begins each meeting with a joke. Another ends each meeting with a joke. There is no dynamic like an entire room of people erupting in a good belly laugh.

I like to include humour in a club newsletter that I write. It is not easy to choose a suitable joke -- one that is not mean-spirited or unkind - even though I have eleven books of jokes. Titles include *Over the Hill and on a Roll*, *Age Happens*, *A Right Old Giggle (growing old disgracefully)*. I tend to fall back on my trusty *Reader's Digest* copy of *Laughter Really is the Best Medicine*.

There is laughter in good times and in bad times. Sometimes you have to laugh or you will cry.

To laugh at oneself is to acknowledge that you are not perfect -- and that is OK. Just carry on ...laughing.

Books, Books, Books

Sitting in my comfy chair surrounded by books of many genres, I think how very fortunate I am.

Over many decades I have read millions of words... words from the fertile minds of many authors. So much of what is the essence of me has been assimilated from their offerings.

I have traveled the world and into space, marveled at the complexity of science, enjoyed the beauty and diversity of nature, studied human relationships and acquired many skills.

And the joy is ... there is always another page.

Wonder

I WONDER. When we cease to wonder we lose the inquisitive nature that has been with us since infancy, we lose colour and richness in life

Sometimes we wonder WHY? --looking back for an explanation. Sometimes we wonder IF? -- looking forward to create some future condition or experience. Such musings come to mind unbidden but are fun to explore, to let the imagination free. These moments are part of your private life -- probably never spoken -- but part of what makes you YOU.

New 2022 *Raconteur* Series Begins February 4

Interested in pet rescue? Join us at the Centre on Friday, February 4 for an informal information session about the rescue, rehabilitation and adoption of everything from cage birds to horses.

Again, attendees must be vaccinated. Please bring a \$2 activity fee.

Happy February Birthdays!

Gerie Turner	Feb. 1
Pamela Trueman	Feb. 2
Dorothy Sly	Feb. 2
Margaret Caron	Feb. 6
Joan Boutilier	Feb. 8
David Wilson	Feb. 14
Pamela Bramwell	Feb. 15
Ruth Christian	Feb. 17
Paul Bird	Feb. 22

How to Keep Fit

By Shelly Dennis-Orr

With the Centre closed down and no fitness classes, I had to find a good way to burn some calories. A vast amount of Christmas goodies had done serious damage to my Barbie-doll waist and I needed some indoor exercise during the cold weather.

My son-in-law's mother is a slim lady in her 80's. She works out every day to a low-impact aerobics CD. Inspired, I started looking for exercise videos on YouTube. I quickly scrolled past the lithe teenagers with the fake eyelashes and dagger-like fingernails whose outfits seemed to have been painted on. These are not my people.

Eventually I found an exercise video full of white-haired women in t-shirts and capris. I thought I might be able to keep up with them.

At first I couldn't tell whether I was red-faced from exertion or embarrassment. After 15 minutes of flailing and stumbling around the living room, I found that I

could no longer move. That's because I was standing on my own foot.

Those silver-haired gals were as fit as firefighters. On the fourth day, I made it to the end of the hour-long routine and rewarded myself with lots of chocolate.



Lame Joke Department

From Dorene Palm

Q. What did the banana say to his doctor?

A. I'm not peeling well!!

Happy New Year, everyone

A Leftover Christmas Joke

Q. In which department in his workshop does Santa keep the first aid kit?

A. The Elf & Safety Department



(Sent in by Shirley Roberts)

2022 Speakers Series

Many thanks to Joyce Vezina for her hard work organizing the *Speaker Series* again this year! See the next page for the first two speakers of 2022.

CSSC Speaker Series – Zoom presentations



Friday, January 28th

Ian Fawcett presents...

Sheringham Point

Lighthouse:

A History

Standing 20 metres high, above the rocky coastline of southwest Vancouver Island, the Sheringham Point Lighthouse has served as a beacon of hope and salvation for more than 100 years.

Join **Ian Fawcett**, a member of the Sheringham Point Lighthouse Preservation Society who has worked diligently on the restoration of this lighthouse for many years, as he shares his knowledge of the history of this local landmark via Zoom. Its history is rich and touches many families in this area. It is a reminder of our deep connections to the land and the sea, and it has always been seen as a symbol of security for our community.

Friday, February 25th at 2 pm



“Charles Aznavour, For me Formidable”

Dr. Cazes has kindly agreed to a return visit to the Centre on February 25th to present: “**Charles Aznavour, For me Formidable**”. And if COVID is still prevalent and the Centre is closed, Dr. Cazes will present via Zoom.

Dr. Hélène Cazes is a Professor at UVic, Department of French, earned her PhD in Paris and has been teaching at the French Department at UVIC since 2001. She has published collections of essays and numerous papers on editorial mediations, book culture, friendship in the Republic of Letters, medical humanities and bibliography. She is the director of the Open Journal [*Topiques, Études Satoriennes*](#) and Associate Editor of [*Renaissance and Reformation/Renaissance et Réforme*](#). Dr. Cazes was the recipient of the [Faculty of Humanities Award for Research Excellence](#) for 2013 and received the UVic Community Leadership Award in 2014.