



# Reflections of Red



- ★ Brought back many happy memories
- ★ Great Show
- ★ Haven't laughed so hard in years
- ★ Refreshing
- ★ Highly Recommended

Bring back the memories of yesterday with a whole sum comedy routine. Visit our web site for more details or contact Alan Greenwood

Written and performed by Alan Greenwood

## A Tribute to Red Skelton

[www.reflectionsofred.com](http://www.reflectionsofred.com)

Sunday Social at The Centre

Sunday, February 22nd at 2 pm

By donation at the door

## February Events

### CSSCA Board Meeting

- \* Thursday, February 5 - 9:30 am

### Friday Speakers Series

- \* Friday, February 6 - 1:30-3 pm
- \* Guest Speakers: Alan Perry and Jennifer Cairns of **eGurus** and CFA's show **Tech Talk**
- \* Topic: Latest Helpful Hints for Seniors' Technology

### CSSCA Annual General Meeting

- \* Thursday, February 12 - 2pm
- \* Come and be an active member of The Centre

### Pancake Breakfast

- \* Tuesday, February 17 9 - 11 am
- \* Tickets available in The Centre office - \$7
- \* More info on page 3

### Pot Luck Lunch

- \* Thursday, February 19- 12:15 pm

### Lunch Bunch

- \* Thursday, February 26 - 11:30 am
- \* Seahorses Cafe - End of Verdier Ave. in Brentwood Bay
- \* Sign up sheet in The Centre's reception
- \* For transportation needs contact Corinne at 250-652-7032 or email at [corinnemarshall@shaw.ca](mailto:corinnemarshall@shaw.ca)

### Sunday Social

- \* Sunday, February 22 - 2 pm
- \* Coffee / Tea and refreshments
- \* Entertainment: **Reflections of Red** - Comedian Alan Greenwood presents a 'Tribute to Red Skelton'
- \* Everyone welcome
- \* Donation accepted at the door

### Bingo

- \* Wednesdays 1 - 4 pm

## Check It Out

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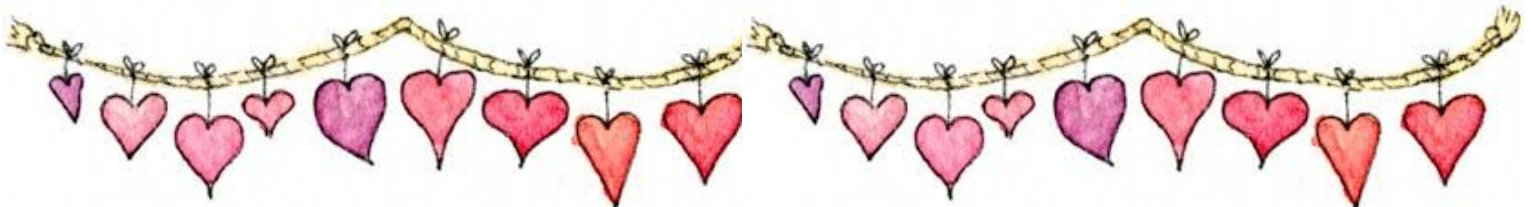
# President's Message *CSSCA President, Gerie Turner*

One of the rewards of being retired, I'm finding, is to spend more time in your home. I've been noticing the lowness in the sky of the winter sun, streaming through the windows, making a very different 'glow' than the overhead summer sun. I guess when you're away all day working, you don't often see your home lit with the winter sunlight. Ah, just another joy of retirement! (Maybe I need to get out more!)

You'll be pleased to know that we're nominating Gwen Bentley for the *Hearts of the Community* award this year. Gwen has truly been, and continues to be, the 'heart' (well, at least the left ventricle!) of The Centre. I can't even estimate how many hours per year she spends in the office doing 101 jobs, never mind the hours at home on the phone. Gwen understands our history and purpose and keeps that in her radar. Astronaut Chris Hadfield's favourite saying is, "There is no problem so bad that you can't make it worse." And Gwen Bentley invariably comes up with solutions that succeed. Regardless of the outcome of the *Hearts of the Community* award, Gwen is certainly our winner. Thank-you, Gwen, for all you do.

Happenings in February include the Annual General Meeting on the 12<sup>th</sup> (be there), our Pancake Breakfast February 17<sup>th</sup>, and Al Greenwood as Red Skelton at our Sunday Social on the 22<sup>nd</sup>. Not to mention Valentine's Day.

This will be my last *President's Message* as my term is up in February. Thanks to all of you who have been so supportive and helpful to me over the past two years. It was a privilege to serve as President of such an inspiring and valuable group. I've noticed, however, that many of the current CSSCA 'movers and shakers' are past presidents so I realize commitment does not cease at the end of your term. My wish is that your next President, who will be elected at the February 12<sup>th</sup> AGM, will get as much pleasure from this responsibility as I have. The Tuesday morning executive meetings, The Board meetings, and the General Meetings have been a very worthwhile use of everyone's time. Every week I've learned a new bit of information about the history, current activities, and nooks and crannies of The Centre. I think we could write a book!



## CSSCA Annual General Meeting

Thursday, February 12 at 2 pm

Come and be an active member in the election of the new CSSCA Executive and Board of Directors for 2015. You can hear what's new around The Centre and share ideas for any upcoming projects.

This is a great time to meet new members and to visit with friends over coffee and refreshments.

**Let's Meet at The Centre!**



## Welcome Back to Membership

Eileen Watkins

Bill Lipp

Don Turner

Margaret Smith

Evelyn Rolinski

Luella Tolsma

Sandra Sherman

## Welcome New CSSCA Members

Rayana Reece

John Durkin

Vivien Bradley

Bill Turner

Merv & Barbara Novak

Julie Smith

Muriel de Greef

Trisha House

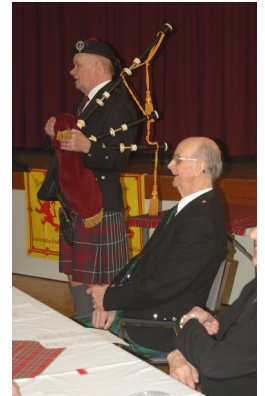
Dianne Durkin

Lilly Botting

# Around The Centre

## January's Sunday Social - Tribute to Robert Burns

We all became Scottish for a couple of hours on Sunday afternoon at our Sunday Social, which happened to be on Robbie Burn's Day this year. Organized by John Davidson with help from Glen Sprague, a crowd of 90 members and guests enjoyed a wide variety of Scottish ditties. Highlights included Jonelle McLellan singing 'Bluebell Polka' which John had not heard since his childhood. Mary Ross and her accordion got people up dancing to 'The Gay Gordons'. Walter Muir and John McLellan piped in *The Haggis*, which was addressed with great passion by John Davidson (words by Robbie Burns). The audience was moved to quietly sing along to Walter's 'Amazing Grace'. After the program, everyone enjoyed the 'Scottish Tea', complete with haggis, oatcakes, scones, and a myriad of other treats. Thanks to all who 'had a hand' in this lovely afternoon. By Gerie Turner



## Thank You

We would like to give bouquets to everyone who very kindly provides us with sandwiches and baking for our monthly Sunday Socials.

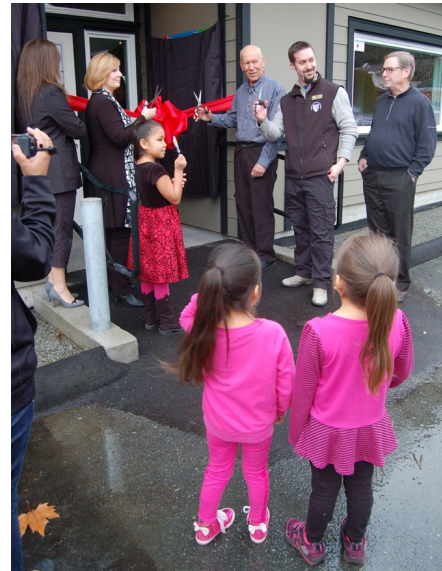
Thank you so much! You come through every time and your donations are greatly appreciated.

Submitted by Pat Bird  
on behalf of The Sunday Social Kitchen Crew



## Welcome to our Neighbourhood

January 24th marked the opening ceremony and the cutting of the big red ribbon of our new neighbours, **The Boys and Girls Club.**



On behalf of the CSSCA, Gerie Turner presented our new neighbours with a *Sports Traders* gift certificate for equipment to be used in their beautiful new building.



# Upcoming Events



Gwenyth Windsor  
Branch Librarian

Greater Victoria Public Library

## Black History Month: Underground Railroad: Adam's Journey to the Promised Land

**Event Type:** History & Genealogy  
**Age Group(s):** Adult, Teen, Tween  
**Date:** February 7, 2:30-4:00

### Description:

While the earliest Black Pioneers of BC came to Victoria by ship from California, others came to Canada by a much more difficult and dangerous route called "The Underground Railroad". Presented by the BC Black History Awareness Society. Register at [gvpl.ca](http://gvpl.ca) or call 250-940-GVPL (4875) for more information.

**Registration** begins January 2

**Library:** Central Saanich Branch

**Presenter:** Ron Nicholson



# February Birthdays

- |                  |                    |
|------------------|--------------------|
| 01 Gerie Turner  | 11 Janet MacDonald |
| 02 Dorothy Sly   | 14 Donald Williams |
| 03 Doreen Martin | 15 Pamela Brambell |
| 03 Martha Sommer | 15 Sheila Viggers  |
| 03 Angie Swift   | 17 Ruth Christian  |
| 04 Deep Bharaj   | 20 Ruth Fowler     |
| 10 Helga Hinton  | 25 Lorna Blackwell |

## Pancake Breakfast at The Centre

**Tuesday, February 17 from 9 - 11 am**

- ◇ All you can eat pancakes
- ◇ Scrambled eggs
- ◇ Ham
- ◇ Fruit toppings / syrup
- ◇ Juice, coffee, tea
- ◇ Tickets: \$7



## Friday Speakers Series At The Centre

- \* **Friday, February 6** - 1:30 - 3 pm
- \* **Guest Speakers:** Alan Perry and Jennifer Cairns of **eGurus** and **CFAX's show Tech Talk**
- \* **Topic:** Latest Helpful Hints for Seniors Technology
- \* **Friday, March 6** - 1:30 - 3 pm
- \* **Guest Speaker:** - Dwight Owen of University of Victoria, Department of Ocean Networks Canada
- \* **Topic:** Sea of Plastic: Trash in Our Oceans



## Photography Group



### Get The Picture?

Come join The Centre's newest group activity. This group will begin with participants gathering together to plan projects, share photography experiences and to set up information exchanges with invited guests and one another. This is not about specialized cameras and professional experience; this group just needs you to bring any camera and a love for the beautiful sights we see everyday!

**Sign up sheet :** The Centre's Reception  
**Time :** Mondays at 1 pm  
**Place:** The Centre's downstairs hall  
**First session :** Monday, February 2  
**Future sessions:** Everyone welcome / drop in  
**Contact Member:** Marilyn Murray 250-652-4455



## Knitting Group

The Knitting Group is putting out an appeal for anyone who may have unused yarn and would be interested in donating this yarn to their group.

The knitters also welcome requests for various knitted items. All proceeds would be donated back to The Centre.  
Contact member: Happy Smith  
The Centre 250-652-4611

## Art Appreciation Group

Tuesday nights have become one of my favourite nights of the week. On January 13<sup>th</sup>, the Art Appreciation Group hosted, at the instigation of Ada Serson, our guest speaker Elma Tankink. Elma has been the designer/framer at The Peninsula Gallery in Sidney for 25 years. I wonder how many residents of the Saanich Peninsula owe a large measure of the pleasure they get from their pictures to Elma's skill and 'eye' for choosing the right frame. Hundreds, I'm sure.

Elma enthusiastically told us about the joys that the right frame can bring to the viewer. She related the story of a customer who brought three paintings that she had had for many years into the Gallery to sell. The Gallery reframed them and the customer bought her own reframed painting back! Elma suggested that, just as we change our furniture and wall colours over the years, we should think about having our art work reframed as well. We will see it with fresh eyes.

A tragedy that Elma sees quite often is an old treasure of a painting that has been passed down in the family over generations and no one knows anything about its story. Any information that you have on a family piece should be written down and put in an envelope on the back of the picture. Please!

Another interesting discussion was about the colour of frames. Did you know that an eastern Canadian supplier of framing materials stopped making stainless steel grey 4" wood frame because it was not a big seller. The west coast was the only area that wanted it. Grey fog, mist, sky, distant forests prevail in our coastal art, but not in the east. Grey is one of our colours.

You never know what you'll learn in the Art Appreciation Group. Thanks to Elma for a very interesting evening.  
By Gerie Turner



# Activity Notes

## Stamp Club Notes: St. Valentine : The Patron Saint of Love

St. Valentine's Day is celebrated on February 14 by the custom of sending greeting cards or gifts to express affection to a chosen partner. The cards or valentines are generally sent anonymously and are often designed with hearts to symbolize love.

The holiday probably derives from the ancient Roman feast of Lupercalis (February 15). Originally a festival for shepherds, it was celebrated in honour of Faunus. Its primary purpose was to secure fertility for the fields, the flocks, and the shepherds themselves. The festival gradually became associated with the feast day (February 14) of two Roman martyrs, both named St. Valentine, who lived in the 3rd century, but about whom nothing specific is known.

In Japan, the object of a person's affections is not given in a bouquet of flowers by her admirer. In fact, ladies working in companies present the men (their superiors, whether they like them or not) with chocolates. This custom appears to have been introduced by department stores with a good eye for business after World War II. Japanese men return the compliment one month later, on March 14th, which is called White Day.

The practice of calling oneself a '**Valentine**' and asking one's beloved to be the same, is referred to in the Paston Letters, the largest surviving collection of 15th century English correspondence.

Valentine stamps are now issued by many countries around the world, such as Sweden, Korea, Norway,

Belgium, Denmark etc. The first heart-shaped stamps for St. Valentine were issued by France in 1999. At that time they were a true sensation. There are two stamps in the set, one saying, "Je t'aime", and another one with a rose inserted in the heart. Oddly shaped stamps were already on the market; Olympic circular or oval football stamps, banana-shaped stamps, bottle-shaped stamps, fish-shaped and many more, but the French Valentine greeting was the first of its kind.

Our next meeting will be on February 5th at 1 pm at The Centre. Looking forward to seeing you there,  
Kurt Sommer

Above: Two French stamps.



1. A Valentine stamp issued by France in 1985.
2. One of the heart-shaped stamps issued by the French post office in 1999

## Note From a Friend of The Centre: Hilda Shilliday

(Hilda is a member of The Centre's Knitting Group. She is delivering the knitted dolls provided by the group, to the children at an orphanage in Uganda.)

Mom arrived in Uganda on Friday evening our time. Here is her first email to let us know she is safely settled at Mengo Hospital.MCW:

*"Just a very short note to say we arrived safely at the guest house about 1 to-day. Wonderful reception from many friends here, another couple from England here for a week. The flights were good although it was very long. We arrived in Entebbe Uganda late last evening and it was a very good idea to stay overnight there and not take the busy roads in the dark, I will write another note after I have been here for a week. My love to everyone and huge hugs to my children and grandchildren."*

Hilda

# 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>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>Photography Club</b> 1 pm Marilynn Murray	<b>Painting</b> 12:30 - 3 pm Marilynn Murray	<b>Weaving</b> 11:30 am - 2:30 pm Janis Ball Thea Revoy	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday 12:15 pm		
<b>Mah Jong</b> 1 pm Happy Smith	<b>Songbirds Choir</b> 1 - 2 pm Larry Skaggs		<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 For Beginners</b> 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>Cribbage</b> 1 pm Norm Gustafson	
	<b>Scottish Country Dance</b> 7 - 9 pm Janet Mitchell		<b>Stamp Collecting</b> 1st Thursday 1 pm Kurt Sommer	<b>Speakers Series</b> 1:30 - 3:00 pm First Friday of each month	
	<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 upgrading washrooms and installing hand railings.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA. Recently, the district provided a 'grant in aid' for the installation of The Centre's new acoustic ceiling in the main hall.



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 at The Centre. 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.



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.



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.



# Membership Cardholder Benefits



10% discount on purchases made on Wednesdays, when showing your 2015 CSSCA membership card.

*JJ's Coffee House*

15% off on your purchases on Tuesdays and Wednesdays, with your 2015 CSSCA membership card.

LIVE WELL WITH

**PHARMASAVE**<sup>®</sup>

10% off selected items on the 2<sup>nd</sup> Tuesday of each month when showing your 2015 CSSCA membership card.



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2015 cardholders.



10% discount on the first Monday of every month to 2015 CSSCA cardholders.

**Thank you to last month's CSSCA Event Sponsors:**



# BC Family Day

Monday, February 9th



## 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

**Editor / Layout:** Wendy Wignall

**Support Team:** Gerie Turner Bety-Lou Verwolf

**Photos:** Wendy Wignall Gerie Turner

**Distribution:** Gwen Bentley

Braunda Gustafson Tanga Blackburn



**Membership Fees - 2015**  
**Due by February 12<sup>th</sup>**

The Centre office is open Monday to Friday 9:00am until 1:00pm to accept payment of your 2015 fees. Just \$60 for a year of varied and interesting programs.

