

The Centre News

Heart of the Peninsula



JUNE 2016

Happy
Father's
Day

In This Issue

<u>June Events</u>	Pg. 1
<u>President's Message</u>	pg. 2
<u>Around The Centre</u>	pg. 3
<u>Activities</u>	pg. 8
<u>Upcoming Events</u>	pg. 10
<u>Weekly Activity Schedule</u>	pg. 11
<u>Community Partners</u>	pg. 12
<u>Contact Information</u>	pg. 13



June is . . .
National Fresh Fruit & Vegetables Month
www.NationalDayCalendar.com

June Events

CSSCA General Meeting

- * Thursday, June 2nd, 2:00 pm

Brentwood Days

- * Saturday, June 4th— 10 am parade

CSSCA Board Meeting

- * Thursday, June 9th, 9:30 am

Strawberry Tea/Art Show

- * Thursday, June 16th - 1:30 pm
- * \$8 member \$10 non members

Fathers' Day

- * June 19th

Bingo Appreciation Luncheon

- * Wednesday, June 22, noon

Lunch Bunch

- * Thursday June 23rd - 11:30 am
- * Sea Glass Restaurant
- * 2320 Harbour Road - Sidney
- * Sign up sheet at The Centre or email corinnemarshall@shaw.ca or phone 250 652-7032
- * Advise if you need a ride or can drive others

BINGO

- * Wednesday 1 - 4 pm
- * Everyone Welcome
- * Must be 19 and older

Presidents Message

PRESIDENT'S MESSAGE June 2016

A visit to Cuba was on my "bucket list", and I took the opportunity to join the University of Victoria historical and cultural tour in May. There were 25 of us who travelled 3200 KMs from west to east, and south to north on the island. The population is 12,500,000. Life expectancy is about 75 years. The export of sugar cane has dropped 80% due to external competition. The demand for tobacco is dropping as smoking levels drop. The major source of financial income is tourism. Most travelers go to Havana (pronounced 'lavana') and one of the resorts such as Varadero. We met people on tours from Germany, France, and the USA, plus Quebec and Ontario. It's a 3 ½ hour flight from Montreal or Toronto. The rainy season was about to begin and the daytime temperature ranged from 31-36 degrees Celsius during the day with humidity at 80% or more.

It is as if time has stood still since the Russian economic downturn in 1991. Formerly beautiful buildings are in disrepair and decay. Highways, mostly two-lane, are patched and bumpy. The average person lives on 55 pesos (US dollar equivalent) per month, and some items are rationed including rice and cooking oil.

We are so fortunate to live here. I count my blessings once again.

I wish you all a healthy, happy and enjoyable summer.

Namaste,

Margaret



SCHOOL'S OUT!!! As a grandparent it was Time to head to Calgary and pick up my granddaughter for one month each summer. After months of chatting over the phone discussing plans, my excitement, I am sure, matched my granddaughter's. As is often the reality for a lot of young families, it is a financial struggle just to put a roof over their head and food on the table. Unfortunately for some, being a single working parent has added to the inabilities both financial and time wise to give those happy summer memories I had grown up with. The previous Time we had camping, fishing, swimming, picking berries, hiking, biking, packing that picnic lunch and heading to the lake or local park. That Time we created those happy summer memories will be with me forever, something as a Grandparent that I feel is so important to pass on. We don't remember the things we could not afford to do, but we sure remember what we did in the summer and who we did it with. Summer memories are not costly, it's the cost of Time. So grab those grandkids and start creating Summer Memories. Before you know it, Time has passed by, they are 21 and graduating nursing but I know I had the Time and satisfaction of being responsible for creating Happy Summer Memories.

Things to remember when grand parenting this summer

Take the Time to keep up your own health, get enough sleep and do not skip meals

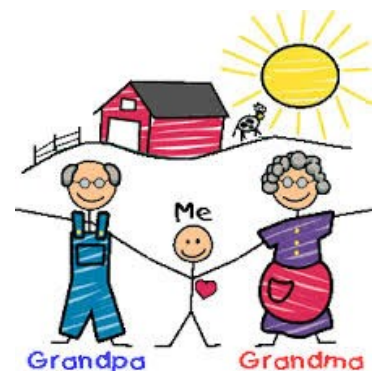
Take the Time to walk or exercise at least 3 times a week for 30 minutes to reduce stress and promote wellness. It also helps to wear out the grandkids.

Insist on quiet Time. Everyone needs a Time out, be it a nap or just Time to yourselves.

Take the Time to listen to your grandkids and laugh with them.

Have fun and be silly, pitch a tent in the living room, because we can, we have that Time. But remember Time has its limits so use it wisely, and take Time to hug and love those previous grandkids.

-Submitted by Laureen Barr



Around The Centre



The Potluck Group enjoyed **Fruit Pizza** filled with local berries

Crust

2 cups Flour
1/2 cup brown sugar
1/4 cup icing sugar
1 cup butter, softened

Topping

2 - 8 oz. pkg cream cheese softened
1/2 cup sugar
1 tbsp fresh orange peel
Fresh berries to cover

Glaze

1 cup apricot jam or orange marmalade
1/4 cup water

Mix crust ingredients and press into a pizza pan. Bake 350 for 10—15 minutes. Cool. Beat together cream cheese, sugar and orange peel. Spread on cooled crust. Add layer of fresh berries.

Combine apricot jam and water together, drizzle over fruit.

Chill

Serve and enjoy!!!



Vivien Bradley	June 01
Edna Brown	02
Joan Johnson	07
Colin Dower	07
Gladys Otto	09
Mary Colbert	10
James Strand	13
Barbara Roberts	16
Elaine Drader	19
Ivan Marotto	20
Kathy Rose	22
Brigitte Ullrich	23
Sandra Walt	23
Marion Vroom	24
Wendy Wignall	26
Lillian Davidson	29
Elizabeth Small	30



Have a wonderful summer. See you in September.

Till We Meet Again

Smile the while you kiss me sad adieu,
When the clouds roll by I'll come to you.
Then the skies will seem more blue,
Down in lovers lane, my dearie,
Wedding bells will ring so merrily,
Every tear will be a memory
So wait and pray each night for me
Till we meet again

Around The Centre

CENTRE COORDINATOR POSITION TO START SEPTEMBER 1, 2016

CENTRAL SAANICH SENIOR CITIZENS ASSOCIATION (also known as the Centre for Active Living) is a non-profit organization with approximately 200 members from diverse backgrounds who participate in a variety of programs available at the Centre located at 1229 Clarke Road in Brentwood Bay.

We are looking for an exceptional individual to fill a half-time position (20 hours/week) on a contractual basis. This individual will report to the Executive and work with our volunteer Board and members in providing, developing and promoting activities and services that will grow and enhance our membership in the Central Saanich area.

Desired Skills include:

- Relevant postsecondary education;
- Recent experience coordinating volunteers;
- Excellent interpersonal, verbal and written communication skills;
- Ability to create cooperative and productive working relationships within CSSCA and into the community;
- Computer literacy and Website skills;
- Well-developed organizational skills with the ability to plan and complete work independently, and effectively;
- Knowledge of the non-profit sector, and volunteering trends.

Must possess a valid driver's license and be able to pass a Criminal Record Check. Remuneration will be \$20/hour. Three month probationary period. References will be checked.

Competition closes June 30 at 5 PM. Send applications in CONFIDENCE to:

Margaret McKelvie, President

Central Saanich Seniors Centre

1229 Clarke Road

Brentwood Bay, BC V8M 1E2

We thank in advance all those who apply. Only those individuals shortlisted will be contacted.



The **Songbirds**
performing at Sidney All Care May 31st

Stamp Club

What is KofC

The *Knights of Columbus* is the world's largest Catholic fraternal service organization. Founded by Father Michael J. McGivney in New Haven, Connecticut, in 1882, it was named in honor of the mariner Christopher Columbus. Originally serving as a mutual benefit society to low-income immigrant Catholics, it developed into a fraternal benefit society dedicated to providing charitable services, promoting Catholic education and actively defending Roman Catholicism in various nations.

There are 1,883,598 members in nearly 15,000 councils, with 302 councils on college campuses.

Membership is limited to "practicing" Catholic men aged 18 or older. Membership consists of four different degrees, each exemplifying a different principle of the Order. The Order is a member of the International Alliance of Catholic Knights.

Councils have been chartered in the United States (including the territories of Puerto Rico, the Virgin Islands and Guam), also in Canada, the Philippines, Mexico, Poland, the Dominican Republic, Panama, the Bahamas, Cuba, Guatemala, Saipan, South Korea, Ukraine, Lithuania, and on US military bases around the world.

The Knight's official junior organization, the Columbian Squires, has over 5,000 circles and the Order's patriotic arm, the Fourth Degree, has more than 2,500 assemblies.

For their support for the Church and local communities, as well as for their philanthropic efforts, Pope John Paul 11 referred to the Order as a "strong right arm of the Church". In 2014, the Order gave over US \$173 million directly to charity and performed over 71.5 million man-hours of voluntary service. Over 413,000 US pints (195,000 liter; 344,000 imp pt) of blood were donated in 2010.

The Order's insurance program (voluntarily only) has more than 2 million insurance contracts, totaling more than US \$100 billion of life insurance in force. This is backed up by \$21 billion in assets as of 2014. Within the United States on the national and state level, the Order is active in the political arena lobbying for laws and positions that up hold the Catholic Church's positions on public policy and social issues.



Sir Knight Kurt S.



The Emblem of the Knights of Columbus



Postage Stamp issued by Canada Post in 1997 to honor the **KoC**

Our next meeting for all stamp collectors will be June 2, 2016 at The Centre.

Sincerely Kurt Sommer

Around The Centre

We have our last session coming up for Cyber Seniors. We had a total of 4 seniors come to the sessions. We are hoping for more seniors to sign up in September when we begin again. Lots of learning happened including: how to use google earth, sending emails, photography and apps. Those who participated seemed to enjoy themselves. If you are interested in signing up for September or wanting to know more information, please contact Sarah at Shofing@bgcvc.org or 250-686-9117 from 1:00pm to 5:00 pm



Boys & Girls Club
Services of Greater Victoria

Sarah Hofing
Education Program Supervisor
Boys and Girls Club Services of Greater Victoria



The LUNCH BUNCH GANG enjoying a delicious meal at the Crooked Goose Bistro. I had the ceaser salad with crab cakes, well worth the trip. A number of us ended the meal with the scrumptious desserts. I am always impressed when larger groups get their meals hot and all at the same time.



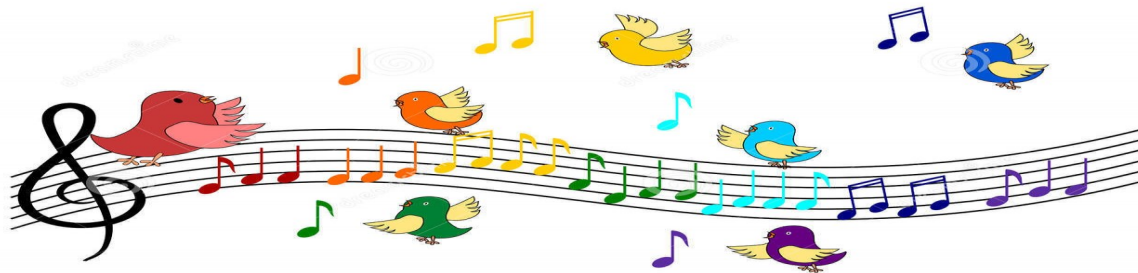
The Art Appreciation Group held the last get-together for the season by attending the Fine Art Auction at Lund's. We came away with some beauties that just nicely fitted into the car trunk. As usual it was an enjoyable time. Our next venture will be the Sooke Fine Arts Show. So, until October, we will be preparing for more good programs. Watch for the start-up date. Wishing a happy summer to all.

- submitted by Joyce Wolfe

Around The Centre

News from the rousing **“SONGBIRDS”**

Well, the moment is almost here. We have been practising for many weeks on our new repertoire. We have had great advice from our director Larry, our pianist Louise and our soprano soloist Janet. Our lips are puckered, our tummies are pulled in, our posture is straight and our voices are tuned. On May 31st, 2:00 pm, we will be standing on the stage of the All Care Residence in Sidney. Then noon on June the 6th we are performing at the Stroke Recovery Centre in North Saanich. Our first song is called “June is bustin’ out all over”, followed by “You are my Sunshine” and two more “Sunny songs”. Then we have 4 songs with audience participation. Oldies like “By the Light of the Silvery Moon”. “The Man on the Flying Trapeze” and “Music, Music, Music”. Our next part contains “Chatanooga Choo Choo” with John Davidson yelling “All Aboard” and Shirley Monych blowing her train whistle. Many other songs follow. Our final rendition is part of the Musical “Show Boat” (1927). Geoffrey Cochrane is our baritone soloist. We sing Ol’Man River. Geoffrey sings the introduction to it, we sing the song with him and Geoffrey sings the last verse “Ol’Man river, dat Ol’Man River” accompanied by the choir’s humming. It gives me the shivers, every time we sing that song. Our audiences are always very appreciative. Many of the residents participate heartily in any song they remember from days back when. This will be the end of our singing season. Consider trying out your voice box in September with us when we start our new repertoire. We are a happy bunch and always welcome newcomers.



The Ceilidh Dance at
The Centre
on May 6th



With Janet Mitchell
teaching us the
steps and guiding
us through an
evening of fun.



Around The Centre

What Is Armchair Theater?

According to Wikipedia as of 1999 there were only 79 senior theatre companies in the US. To date there are over 1000 in North America. Ages usually span between 50 to 90 years, but most are in their 60's and 70's. While not all the theater groups are the same, the intent is always to provide physical, intellectual and social stimulation, not to mention it is the best two hours of your week. They laugh, get teary, meet new people, solve all the issues facing modern society, stretch our faces and our muscles, and come away with a passion to return. What skills do you need? The ability to laugh at yourself.

Armchair Theater—take senior activity ideas with book clubs one step further—into drama. Get a script for a favorite play with enough characters for the members of the group. Some members may play two parts. Characters can be drawn from a hat or volunteered. Members take the script home to become familiar with it and to get into the feel of their character. At the next meeting members perform by simply reading aloud in a circle with great expression as if acting on stage. There is no audience unless desired.

Members can also bring small props or costume pieces to enhance it, adding an element of surprise and fun. So does the way members interpret and act out their characters.

WANTED those who previously performed and are no longer on stage and/or those like myself, members who just want to have fun and give it a try.

To date I have collected over 25 short plays and numerous hats as props.

If you are interested and want to become involved in getting an Armchair

Theater Group going at The Centre, please email Lauren at



lauren.barr@gmail.com or phone at 778 351-3304



So many times we read of the **Charter of Rights and Freedoms**, perhaps absorb the content or file away details until another convenient or appropriate time presents itself. Until a certain problem or obvious negative issues becomes a problem on a personal level, one perhaps just accepts the fact that all is well in the world.

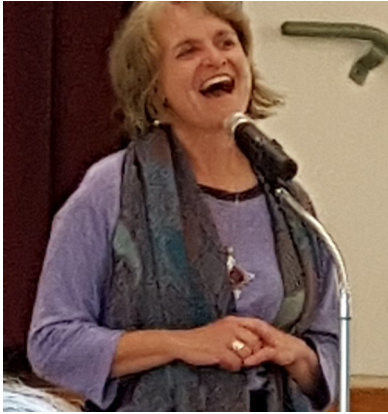
As a reminder to myself, I look back on the past 30 years when the Charter of Rights and Freedoms came into force and how the Charter has impacted the lives of Canadians with regard to equality. Discrimination in many forms, with regard to employment benefits for women; the human rights of incarcerated mothers; the reproductive work of women to be fully recognized in programs, disability programs where benefits are denied etc.

Most recently a bill was tabled that would offer an opportunity to educate British Columbians about the importance of human rights to foster an environment of mutual respect and understanding, where all are equal in dignity and rights.

One can question in this day and age how such restrictions remain a part of our so called civilized society, however it appears that improvement with regard to the Canadian Human Rights Act is alive and functions, thus discrimination etc should become a thing of the past.

- Submitted by Marianne Brackenridge

Around The Centre



The many faces and expressions of Professional Storyteller **Faye Mogensen** who entertained us with her personal stories from the time she was a park naturalist at Manning Park and folktales such as The Noble Deer, The Trouble with Cheese and Putting Your Anger Aside. Faye even had the audience practise their storyteller abilities.



Congratulation to the door prize winner of a Sassy's gift certification, Albert Bateman

A special Thank you to Glen Sprague, The Centre Entertainment Coordinator for bringing us such great entertainment for the Sunday Socials

Once a month The Sunday Social is a lovely way to spend an afternoon at The Centre being entertained and spending time with friends. A core of dedicated volunteers provide delicious sandwiches and treats which are enjoyed by all! The Sunday Social Kitchen Crew wishes to thank all those members who provide sandwiches and goodies for these occasions. We deeply appreciate your help in making the Sunday Social a treat.

Thank you from the heart
-Submitted by Pat Bird
Kitchen Crew Member



Upcoming Events

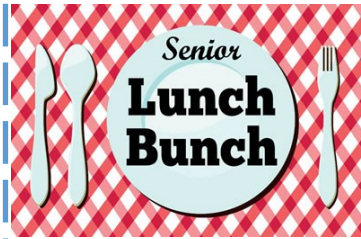


Thursday June 16th 3:00 pm to 6:00 pm

is a Boys and Girls Club Year End BBQ

ALL WELCOME

Expect lots of activities and laughter



The Lunch Bunch is heading to the Sea Glass Waterfront Grill on 2320 Harbour Road Sidney

June 23 at 11:30

Please note that there will be an automatic 15% tip charge as it is a group



Contemporary West Coast Dining



Strawberry Tea

Thursday June 16th 1:30 pm

Come out and enjoy the Art from Marilyn Murray's Art Class



\$8 members

\$10 Non-members



BINGO

APPRECIATION

June 22nd, Wed

Lunch Noon

Bingo 1 pm - 4 pm

EVERYONE 19 and older WELCOME!!!!!!



Volunteers are seldom paid; not because they are worthless, but because they are PRICELESS!



Weekly Activity Schedule JUNE

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	Walking Group 9:00 - 10:00 am Centennial Park Vivien Bradley
Mild Fitness 10:15 - 11:15 am Barb Jefferies		Mild Fitness 10:15 - 11:15 am Barb Jefferies		Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Photography Club 1 pm Marilyn Murray	Painting 12:30 - 3 pm Marilyn Murray	Weaving 11:30am - 2:30pm Janis Ball Thea Revoy			
Mah Jong 1 pm Braunda Gustafson	Songbirds Choir 1 - 2 pm Larry Skaggs	500 Club 1 pm	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	Game Board Group 1—3 pm	Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm Lynda Tucker Barb Roberts
Game Board Group 1-3 pm	Table Tennis 2 pm Don Turner	Knitting 2 - 3:30 pm Happy Smith	Floor Shuffleboard 2 - 4 pm	Cribbage 1 pm Norm Gustafson	
	Scottish Country Dance 7 - 9 pm Janet Mitchell		Stamp Collecting 1st Thursday 1 pm Kurt Sommer		
				Scottish Country Dance 7 - 9 pm Janet Mitchell	

Thank you Community Partners



The District of Central Saanich has honoured a lease agreement of The Centre building to CSSCA



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



Co-op 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 Centres' number **60747** when purchasing groceries or fuel.



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 2016 CSSCA membership card



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2016 cardholders



10% discount on the first Monday of every month to 2016 CSSCA cardholders



15% off on your purchases on Tuesdays and Wednesday with your 2016 CSSCA membership card

POINTS TO PONDER

Another opportunity to reflect on past events and to welcome the month of June with its promise of summer vacations, flower and garden exhibits and many more wonderful events.

We now head into Summer Solstice which generally falls between June 20—22nd each year. Dates do vary a little due to the Gregorian calendar system. Solstice day falls on June 20th this year, when we have the longest hours of daylight. This occurs when the sun is at its furthest point from the equator, thus a great advantage for those working outdoors. Certainly a benefit to farmers. The month of June is a very popular month for weddings, the flower of the month is the rose which is symbolic of love and appreciation; also known as the flower of passion. At this time of year celebrations and sacred circles take place at Stonehenge, all part of a Celtic tradition.



Another very important date in June, is the day to celebrate Fathers. A day to show our appreciation, love and gratitude for Fathers and other Father figures. (A time to wait on Dad and to ensure all his needs are met). This year Father's Day falls on June 19th, the third Sunday of June. In Canada there are generally many public events, charity runs, etc that take place on this day of celebration. There are some suggestions that Father's Day originated in pagan sun worship and was introduced from the USA. The first Father's Day celebration was in Spokane, Washington June 19, 1910.

To be fair we have already celebrated Mother's Day, obviously necessary then to honour the Man of the Family.

Happy gardening and allow Father to leave the shovel/digging to others on this special day

- Submitted by Marianne Brackenridge



THE CENTRE FOR ACTIVE LIVING 50+

1229 Clarke Rd., Brentwood Bay, BC V8M 1E2

250-652-4611 cssca@shaw.ca

www.centralsaanichseniorscentre.org

CSSCA Executive

President: Margaret McKelvie

Vice President: Mike Bird

Past President: Gerie Turner

Corresponding Secretary: Valerie Park

Recording Secretary: Elizabeth Skaggs

Treasurer: Thea Revoy

CSSCA Board Directors

Marney Ellis Shirley Monych

Penny Furnes Marilyn Murray

Braunda Gustafson Margaret Sharples

David McVey Kurt Sommer

Wendy Wignall Renee Nicholls

The Centre News

Editor: Laureen Barr

Support Team: Margaret McKelvie

Bety-Lou Verwolf

Photos: Laureen Barr

Distibution: Braunda Gustafson

Gwen Bentley / Tanga Blackburn

