

# The Centre News

From the Heart of the Peninsula



NEWSLETTER OF THE CENTRAL SAANICH SENIOR CITIZENS ASSOCIATION (CSSCA) — VANCOUVER ISLAND, BRITISH COLUMBIA

# March 2015



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## First Day of Spring

March 20 @ 3:46 pm PDT

## Daylight Savings Time

Next change:

MAR

8

1 hour Forward  
Mar 8, 2015, 2:00 AM

Start DST: Sunday, March 8, 2015  
1 hour forward

End DST: Sunday, November 1, 2015  
1 hour backward

## March Events

### CSSCA Board Meeting

- Thursday, March 12 - 9:30 am

### Friday Speakers Series

- Friday, March 6 - 1:30 - 3 pm
- Guest Speaker:** Dwight Owen of University of Victoria, Dept. of Ocean Networks Canada
- Topic:** Sea of Plastic: Trash in our Oceans

### Pot Luck Lunch

- Thursday, March 12 - 12:15pm

### Lunch Bunch

- Thursday, March 26 - 11:30 am
- Breadstuffs Bakery & Cafe** - 1191 Verdier Ave  
Sign-up sheet in The Centre's reception
- Transportation:** Contact Corinne:  
250-652-7032 or Email: [corinnemarshall@shaw.ca](mailto:corinnemarshall@shaw.ca)

### Irish Night

- Thursday, March 12 - 5:00 pm
- Irish style buffet dinner catered by Jazzaniah  
Catering @ 5:30pm
- Entertainment: [Cookeilidh](#) @ 6:30pm
- Guests with Members
- Tickets:** \$20 for members, \$23 for guests

### Sunday Social

- Coffee/Tea & refreshments
- Entertainment: To be announced
- Guests with Members welcome
- Donations accepted at door

### Bingo

- Wednesdays 1 - 4 pm
- Everyone welcome!



# President's Message

CSSCA President: Margaret McKelvie

What was I thinking? When I was asked to be Vice-President a few years ago, I did not expect time would fly past so fast before I became President. But that time is here and I will do my best. I am fortunate that Gerie Turner will be our Past-President. Her experience will be most helpful and provide continuity as CSSCA meets its challenges and opportunities in the future. Many thanks to Gerie for her leadership and generous contribution of time and talent that has contributed so much to the ongoing success of the Centre.

I moved to Central Saanich less than two years ago, and will need the support and guidance of long time residents and members to augment my knowledge of local history and politics related to the Centre. I welcome your input and look forward to working with you.

**Margaret McKelvie**

## CSSCA Annual General Meeting

On Thursday, February 12, members gathered at The Centre to hear of the progress and projects over the past year. A membership report was presented; the financial records were available for review; improvements and maintenance information of The Centre's facilities and structure were outlined; and proposed projects and fundraising updates were announced. Also an important part of the meeting was the election of a new CSSCA executive and directors for 2015.

Thank you to all who have given of their time and talents to The Centre over the past year. Volunteerism is the cornerstone of The Centre and it is evident in every activity and throughout the very atmosphere of our homey space. Most volunteers will tell you that by volunteering, they

themselves receive much more in return.

A special thank you to Gerie Turner, now our past president, for her dedication and good grace in service to The Centre for the past three years. Margaret McKelvie is now stepping in as our CSSCA president and she brings with her a tremendous background of 'people' experience and enthusiasm. We will continue to be in 'good hands' with her and all our other fabulous volunteers.

**Wendy Wignall**



Gerie Turner received a token of appreciation for all her work as CSSCA president along side of (L) Margaret McKelvie, our incoming president and (R) Braunda Gustafson our past president and now board director.



Wendy Wignall received a token of appreciation for work done as editor of The Centre News over the past few years. Kind words from previous editor (M) Joyce Wolfe and (L) Braunda Gustafson.



# Friday Talk Recap

"Latest Helpful Hints for Seniors' Technology"

It was a full house for the February 6th "Friday Talk" with radio personality Alan Perry. Alan, who is the host of the CFX Saturday morning Tech Talk show and a computer consultant for eGurus, gave a fascinating presentation about his personal highlights from the recent Consumer Electronics Show in Las Vegas.

3600 exhibitors showed their best technological innovations to 150,000 people over five days. One of his colleagues walked 21,973 steps the first day.

## Artificial Hand and Asthma Monitoring

Alan told us about an artificial hand, made by a 3D printer, the hand sells for about \$500, making it affordable for the first time to many people around the world. There was also a device called ADAMM (Automated Device for Asthma Monitoring) which monitors a person's lungs and starts beeping to indicate that you are shortly going to have an asthma attack, enabling you to use your preventative puffer—sooner rather than later.

## Lightbulbs and Washing Machines

He also saw an LED SmartCharge light bulb that lasts for 25 years and has a 4 hour battery backup for when the power goes off! Alan didn't understand the excitement about an LG brand washing machine that had two machines in one – a regular sized washer and a small load washer mounted underneath that takes 10 minutes. Many in the audience saw the advantage of this super idea.

## Skype Real-time Translator

Clare Cochrane spoke German to "Skype Translate" and the program spoke back to us in English.

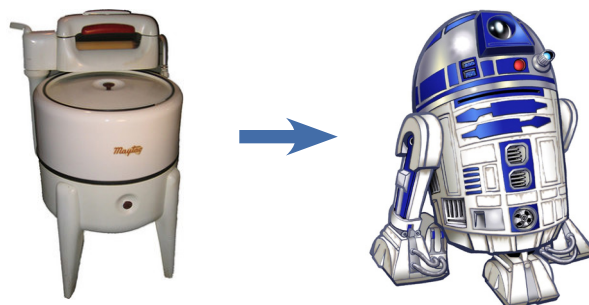


Alan Perry of CFX's "TechTalk" presenting at our Friday Speaker Series on Feb 6, 2015.

## Smart Bicycle Jacket

One of Alan's favorite "technological gadgets" was a bright yellow bicycle jacket (VISIJAX) with a built-in smart flashing light system that, when you raise your right arm to signal a right turn, lights flash all along your right arm. Ditto the left. You have to be careful about pointing out rare birds or particular sights to your companions – you might be sending out the wrong signal! Never fear, if you have a 'little crash' and get mud all over your beautiful new yellow jacket, you can take out its "brain" and throw it in your "Small Load" washing machine!

Alan's presentation was amazing and he answered dozens of questions, zipping around the cyber world with aplomb. We are very happy that he has agreed to come back soon, with another talk.



We've come a long way!

# A Piece of the Past



## History of the Saanich Peninsula

About 14,000 years ago, the [Saanich Peninsula](#) emerged from under thick glaciers of the last Ice Age. As the ice melted and vegetation returned to the barren landscape, herds of large mammals – including now-extinct mammoths and giant bison – roamed the developing grasslands.

### First Peoples Arrive

Soon the First People arrived in the region. For thousands of years the **Coast Salish people of the WSÁNEC (Saanich) First Nation** thrived on the Saanich Peninsula including at the historic village site of STÁUTW ([Tsawout](#)).



Royal BC Museum  
Courtesy of BC Archives collection - Call Number E-0539  
http://www.bcc.ca/royal-bc-museum/royal-bc-museum-archives  
© - Provided for Research Purposes Only - Other Use Requires Permission  
Title: Employees of the E and W Shops on Russell Street, ...

More Europeans settled in the Valley and up the slopes into Saanichton, establishing a thriving farming community.

### The Prairie Tavern

By 1859, settler **William Simpson** built the original Prairie Tavern on a site adjacent to the current Prairie Inn (1893). In 1862, St Stephen's Church was built in the Valley, also serving as the first school. Two years later, the second school on the Saanich Peninsula was established at what is now Ravenhill Farm.

The historic [Saanich Fair](#) was first held on McTavish Road with several following at Thomson Farm in Mt. Newton valley before permanently moving into Saanichton in the 1870s. The Fair operated for 120 years until 1992, when it moved to its current site on Stelly's Cross Road.

### The Victoria & Sidney Railway

Saanichton was also a railway centre. The [Victoria and Sidney Railway](#) (V&S) steamed through Saanichton from Victoria on its way to Sidney, from 1894 to 1919. At the time the Saanich Peninsula was mostly forested with only limited areas under cultivation. The **BC Electric Railway** ran passenger service along Wallace Drive, beginning in 1912 and continuing operations into the 1920s.



Saanichton's train station at Wallace Drive and Mt. Newton X Road.

### HBC Fort Victoria

Following establishment of [HBC Fort Victoria](#) in the 1840s everything changed as the first Europeans began to set down roots on the Saanich Peninsula in the beautiful Mount Newton Valley just west of present-day Saanichton. In 1854, **Angus McPhail** built his cabin on what is now Woodwyn Farm.

**William Thomson** followed soon after, with two cabins, increasing in size, until finally building a permanent house at Bannockburn to accommodate a growing family—today a beautiful heritage home.



You can learn more about the colourful history of [Saanichton](#) with a visit to the Log Cabin Museum (managed by the [Saanich Pioneer Society](#)—who also maintain archives on the site), located in Saanichton Green.

[www.saanichpioneersociety.org](http://www.saanichpioneersociety.org)

Reprinted by permission of the Saanich Pioneer Society.



# HIGHLIGHTS

of our recent



Jan, Happy, Gerie, Doreen, Margaret busy in the kitchen. (Bety-Lou and Margaret S. - not in photo).



Nothing like morning sunshine and a breakfast with friends to start the day!

It was a great way to start the sunny day on Tuesday, February 17th.

Homey breakfast smells of pancakes, ham, eggs and coffee wafted around The Centre. Whether it was the helpers in the kitchen or the gang tucking in for a feast, everyone enjoyed their breakfast among friends.



Incoming CSSCA president, Margaret McKelvie blends in well with breakfast preparations!

## Irish Night

Thursday, March 12

Doors open: 5:00 pm



Irish style buffet dinner

Catered by [Jazzaniah Catering](#): 5:30 pm

Entertainment by [Cookeilidh](#)

@ 6:30 — 7:30 pm

<http://www.cookeilidh.com>

Tickets: \$20 members, \$23 guests

## Reflections of Red

Many of our members and their guests were treated to a rerun of their earlier years, entertained by Al Greenwood and his tribute show to Red Skelton.

Clem Cadiddlehopper determinedly and painfully sewed on a button. Clem also confessed that he now wears glasses as he's reached the age where curiosity is greater than vanity.

We heard some of Red's poetry, in particular a poem "Frogs" which was a hilarious take-off of Rudyard Kipling's "Boots". We heard two men deciding they would keep a bottle of wine on the shelf "for medicinal purposes". One went to get the bottle of wine as he was feeling a bit "off" to have his friend tell him that "Oh, you're too late. I was sick all day yesterday!"



Al's Red transformed himself into a Scotsman, his jacket sleeves tied behind his back to make his kilt and somehow played the red painted chair as his bagpipes.

Gertrude and Heathcliffe, the beloved seagulls,

flying high, discussed the "Ship of Fools" below—fools because they're all "looking up". An hour went by very quickly and then Al, very scruffy looking in his Clem make-up, said he would have tea after he "went downstairs for a shave."

Door prizes were won by Rowena Kromm (a gift certificate to CenSai Roll Japanese restaurant) and John Reid (a gift certificate to Adriana's The Whole Enchilada Mexican deli).

Thanks to Glen Sprague and those who brought treats and helped with the tea serving.

 We all had a very fun afternoon. 

## Hearts of the Community.

Our CSSCA nominee for 2015 Hearts of the Community Awards was Gwen Bentley. Since 1995 Gwen has been at the "heart" of the Centre, organizing the myriad of volunteers that "man" our reception desk and generally keeping the office on track.

Gwen was honoured among 17 other individuals and groups, at a celebration February 19th in the Mary Winspear Centre, sponsored by Peninsula News and Beacon Community Services.



Stelly's students entertained us and then Parklands students prepared our lunch. We all came away in awe of the tremendous amount accomplished by volunteers on this beautiful peninsula that we call home.

Our quality of life owes a large measure to their efforts. Thank-you, Gwen, for all you do and for being our "Heart" of our community.



Beacon Community Services

AWARDS

Peninsula NEWS  
Black Press



# A little Acadian History

—from the Stamp Club



"Ships take Acadians into Exile" by Claude T. Picard

France and England had both claimed [Acadia](#), a part of Nova Scotia and New Brunswick, for a hundred years before the Treaty of Utrecht ceded it to Britain in 1713. To Acadia's French residents, however, a piece of paper was not sufficient to convert them into British subjects. They would not swear allegiance to the British king; nor would they leave their homes and move to Cape Breton, a less fertile land ruled by the French.



The Acadians, who called themselves "the neutral French", lived in peace until 1754, the year in which the Seven Year's War really began in North America. In 1755, the British governor and council decided to deport them to the Atlantic colonies. As a result of this decision, about 6,500 Acadians were removed from their homes. Families were separated, and many fled to France or Louisiana.

When the war ended many Acadians returned to Canada. In Nova Scotia, other settlers had taken their old lands, so in 1768 the township of Clare was laid out for them. In 1788, 16,000 acres in New Brunswick were reserved for them.

Our next meeting is scheduled for March 5th, 2015 at 1:00 PM at the Centre. I hope to see many of you .

**Kurt Sommer**

## Photography Group

This new group for The Centre has had a great start up. With weather cooperating, participants have been out and about capturing some beautiful images around our neighbourhood. Be sure to check out the bulletin board in The Centre's lounge area to see local scenes taken by experts-to-experienced from this group. Better yet, come join this group for an outing and coffee with friends!

**Place:** The Centre's downstairs hall  
— Outings announced

**Time:** 1 pm on Mondays

**Contact:** Marilynn Murray— 250-652-4455



Kathleen and Jan getting the picture.



Sharon holds steady for her shot.

# ST PATRICK'S DAY



**S**aint Patrick (Latin: Patricius; Proto-Irish: \*Qatrikias; Modern Irish: Pádraig), was a 5th-century Romano-British Christian missionary and bishop in Ireland. Known as the "Apostle of Ireland", he is the primary patron saint of Ireland along with Saints Brigit and Columba.

[Saint Patrick's Day](#), or the Feast of Saint Patrick (Irish: Lá Fhéile Pádraig, "the Day of the Festival of Patrick"), is a cultural and religious celebration occurring annually on **March 17th**— the death date of the most commonly-recognised patron saint of Ireland, Saint Patrick (c. AD 385–461).

Saint Patrick's Day was made an official Christian feast day in the early seventeenth century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church and Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, as well as celebrating the heritage and culture of the Irish in general.

Celebrations generally involve public parades and festivals, céilíthe, and the wearing of green attire or shamrocks.



Christians also attend church services, and the Lenten restrictions on eating and drinking alcohol are lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

Saint Patrick's Day is a public holiday in the Republic of Ireland, Northern Ireland, Newfoundland and Labrador and Montserrat. It is also widely celebrated by the Irish diaspora around the world; especially in Great Britain, Canada, the United States, Argentina, Australia and New Zealand.

## Early Life

Much of what is known about St Patrick comes from the Declaration, which was allegedly written by Patrick himself. It is believed that he was born in Roman Britain in the fourth century, into a wealthy Romano-British family.



His father was a deacon and his grandfather was a priest in the Christian church. According to the Declaration, at the age of sixteen, he was kidnapped by Irish raiders and taken as a slave to Gaelic Ireland. It says that he spent six years there working as a shepherd and that during this time he "found God". The Declaration says that God told Patrick to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick went on to become a priest.

## The Three-Leaved Shamrock

According to legend, Saint Patrick used the three-leaved shamrock to explain the Holy Trinity to Irish pagans.

According to tradition, Patrick returned to Ireland to convert the pagan Irish to Christianity. The Declaration says that he spent many years evangelising in the northern half of Ireland and converted "thousands". Tradition holds that he died on 17 March and was buried at Downpatrick. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint.





# The District of Central Saanich



The District of Central Saanich - "Land of Plenty"

<http://www.centrialsaanich.ca/Home.htm>

# Greater Victoria Public Library

## 1-on-1 sessions

Now at Central Saanich Branch.

You can sign up for a half-hour session of one-on-one learning. Register at [gvpl.ca](http://gvpl.ca) or call 250-940-GVPL (4875) for more information.

### Topics Covered

Topics we can cover in our one-on-one sessions include:

- Mouse & keyboard basics
- Computer basics
- Setting up an email account & email basics
- Internet basics & beyond
- Microsoft Word basics
- Using our website & catalogue
- Using our eResources
- Getting started with Digital Collections on your own eReader or device

(If you have already been using our Digital Collections and are experiencing problems please submit a feedback ticket.)

### Topics Not Covered

Topics we can't cover in our one-on-one sessions include troubleshooting and repair of your personal electronic device or computer and topics involving personal information such as online banking or credit card transactions.

Please bring your own eReader or device for Digital Collections training. While we do our best to keep up with the latest technology we may have to direct you to other resources to help you learn about your own computer or device.

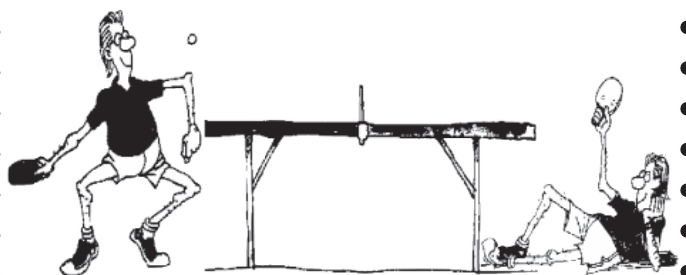
**Gwyneth Windsor** - Branch Librarian

Register at [gvpl.ca](http://gvpl.ca) or call  
**250-940-GVPL (4875)**  
for more information.

# Table Tennis

- The table tennis table has been pretty idle for about a year.
- It feels it would like to get back into activity again.
- So there must be several of you who used to play in your youth and would like to renew your enthusiasm and get a bit of a work-out so come downstairs on Tuesdays after 2 o'clock and get a bit of a work-out.
- Look forward to seeing you there.

**Don Turner**



### March Birthdays

- 02 Sheila Mosher
- 02 Barbara Novak
- 03 Renée Nicholls
- 03 Rosemary Wellman
- 07 Barbara Wilson
- 09 Sandra Jaycox
- 10 Esther Farr
- 13 Dianne Durkin
- 17 Gwennyth Ames
- 17 Mary Strand
- 18 Grace Laberge
- 18 Rayana Reece
- 20 Bette Kinch
- 20 Lynda Miller
- 29 Betty Board

### New Members

- Shirley Roberts
  - Lionel Evans
  - Larry Skaggs
  - Mary Isitt
- 
- ### Welcome Back to Membership
- Dorothy McCallum
  - Sheila Dench
  - Marg Fink



# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am <i>Barb Jefferies</i>	<b>Scottish Country Dancing</b> Walk Around 10 am <i>Janet Mitchell</i>	<b>Aerobics</b> 9 - 10 am <i>Barb Jefferies</i>		<b>Aerobics</b> 9 - 10 am <i>Barb Jefferies</i>	<b>Floor Shuffleboard</b> 10 am <i>John Belsky</i>
<b>Mild Fitness</b> 10:15 - 11:15am <i>Barb Jefferies</i>		<b>Mild Fitness</b> 10:15 - 11:15am <i>Barb Jefferies</i>	<b>Line Dancing</b> 11am - noon <i>Hilda Cook</i>	<b>Mild Fitness</b> 10:15 - 11:15am <i>Barb Jefferies</i>	
<b>Photography Club</b> 1pm <i>Marilyn Murray</i>	<b>Painting</b> 12:30 - 3pm <i>Marilyn Murray</i>	<b>Weaving</b> 11:30 am - 2:30 pm <i>Janis Ball</i> <i>Thea Revoy</i>	<b>Pot Luck Lunch</b> 3rd Thursday 12:15 pm		
<b>Mah Jong</b> 1pm <i>Happy Smith</i>	<b>Songbirds Choir</b> 1 - 2 pm <i>Lary Skaggs</i>		<b>Lunch Bunch</b> —4th Thursday 11:45 am <i>Sign-up sheet in office</i>	<b>Scrabble</b> 10:15 am Casual <i>Happy Smith</i>	<b>Snooker</b> 1 - 4 pm Casual <i>Art Pugh</i>
<b>Bridge</b> 1 - 4 pm <i>Lynda Tucker</i>	<b>Poker</b> 1 pm	<b>Bingo</b> 1 - 4 pm <i>Braunda Gustafson</i>	<b>Watercolour</b> For Beginners —10 sessions 1pm <i>Marilyn Murray</i>	<b>Chair Yoga</b> 12 - 1 pm <i>Gail Bradshaw</i>	<b>Bridge Clinic</b> 1 - 4 pm <i>Lynda Tucker</i> <i>Barb Roberts</i>
	<b>Table Tennis</b> 2pm <i>Don Turner</i>	<b>Knitting</b> 2 - 2:30 pm <i>Happy Smith</i>		<b>Cribbage</b> 1pm <i>Norm Gustafson</i>	
	<b>Scottish Country Dance</b> 7 - 9 pm <i>Janet Mitchell</i>		<b>Stamp Collecting</b> 1st Thursday 1 pm <i>Kurt Sommer</i>	<b>Speakers Series</b> 1:30 - 3:00 pm <i>1st Friday of each month</i>	
	<b>Art Appreciation</b> 7 pm <i>Joyce Wolfe</i> <i>Gerie Turner</i>	<b>500 Club</b> 7 pm		<b>Scottish Country Dance</b> 7 - 9 pm <i>Janet Mitchell</i>	

# Vegetable Planting Chart • Coastal British Columbia

Vegetables	LEGEND											
	WINTER			SPRING			SUMMER			FALL		
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Amaranth						—						
Artichoke	.....				**							
Arugula			—	—	—	—	—	—	—	—	—	—
Asparagus		.....	.....	.....	.....	***						
Broad beans		—	—	—	—	—				—	—	—
Soya beans					—	—		—	—	—		
Beans, bush & pole					—	—	—					
Beets				—	—	—	—					
Broccoli			.....	.....	.....	.....	.....	.....				
Broccoli, overwinter						—	—	—	—			
Brussels sprouts					.....	.....		**				
Cabbage			.....	.....	.....	.....						
Cabbage, overwinter							—	—	—			
Carrots				—	—	—	—	—	—			
Cauliflower			.....	.....	.....	.....	**					
Cauliflower, overwinter							...	**				
Celery/Celeriac			.....	.....	.....	.....	**					
Corn						—	—					
Corn salad			—	—	—	—			—	—		
Cucumbers					...	—						
Eggplant			.....			—	—	—	—	—		
Endive/Radicchio				—	—	—	—	—	—	—	—	—
Fennel		.....	.....	.....	.....	.....						
Garlic			—	—	—	—	—	—	—	—	—	—
Kale & Collards			—	—	—	—	—	.....	**			
Kohlrabi				—	—	—	—	—	—			
Leeks		.....	.....	.....	.....	.....						
Lettuce			.....	.....	.....	.....	.....	.....	—	—		
Melons				..	****							
Onions, sweet	.....	.....	.....	**								
Onions, storage				—	—	—	—	—	—			
Onions, overwinter							.....	—*				
Onions scallions				—	—	—	—	—	—	—	—	—
Pac choi & choi sum	—	—	—	—	—	—	—	—	—	—	—	—
Parsley		.....	.....	.....	.....	.....	.....	.....	**			
Parsnips				—	—	—	—	—	—			
Peas		—	—	—	—	—	—	—	—			
Peppers			.....	.....	.....	**						
Quinoa												
Radish	—	—	—	—	—	—	—	—	—	—	—	—
Rutabaga						—	—	—	—			
Spinach	—	—	—	—	—	—	—	—	.....	**		
Squash				.....	.....	.....						
Swiss chard				—	—	—	—	—	—			
Tomatoes			.....	.....	**	*						
Turnips				—	—	—	—	—	—	—	—	—

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**West Coast Seeds**

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Retail Store: 4930A Elliott Street, Ladner, BC, Canada, V4K 2Y1  
Warehouse: 3925 64th Street, Delta, BC, V4K 3N2

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# 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 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



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.



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.



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.



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.



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.

# Benefits for Membership Cardholders

*Brentwood Barber Shop*



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

LIVE WELL WITH  
**PHARMASAVE**

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



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

**Peninsula U-Brew Winery**

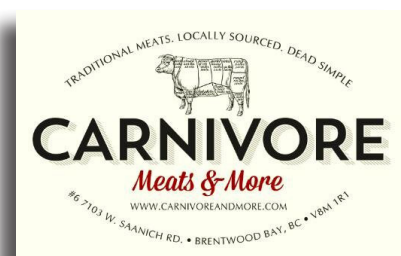
Serving the Peninsula since 1988

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

*JJ's Coffee House*

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

# Thank you to last month's CSSCA Event Sponsors





*Whoo-Hoo!*



## Search for Newsletter Editor

The long search for a volunteer newsletter editor is finally over.

Bruce Conway, who lives down by the ferry terminal in Moodyville has stepped in to fill the role.

When he's not working in the garden, baking bread or practising his flute he rushes to and from his laptop to check emails and make the frequent updates necessary to keep our little publication in shape.

He tries to resist the temptation to write in spirals (see above) using his varied computer skills, but does not always succeed.

We welcome him to the group and wish him every success.



CENTRAL SAANICH SENIOR CITIZENS ASSOCIATION



THE CENTRE FOR ACTIVE LIVING 50+

### CSSCA

	1229 Clarke Rd
	Brentwood Bay, BC V8M 1E2
	<a href="http://www.centralsaanichseniorscentre.org">www.centralsaanichseniorscentre.org</a>
	<a href="mailto:cssca@shaw.ca">cssca@shaw.ca</a>
	250-652-4611

### CSSCA Executive

PRESIDENT	Margaret McKelvie
VICE PRESIDENT	Michael Bird
PAST PRESIDENT	Gerie Turner
RECORDING SECRETARY	Elizabeth Skaggs
CORRESPONDING SECRETARY	Valerie Park
TREASURER	Thea Revoy

### CSSCA Board Directors

Braunda Gustafson	Marney Ellis
David McVey	Shirley Monych
Marilynn Murray	Margaret Sharples
Kurt Sommer	Wendy Wignall
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