

The Centre News

Heart of the Peninsula

Newsletter of the Central Saanich Senior Citizens Association (CSSCA - Vancouver Island British Columbia)



MARCH 2016



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DAYLIGHT SAVINGS TIME

March 13, 2016

Springing Forward

March Events

Speakers Series

- * March 4th, 2016 1:30 pm
- * **Sarah Hofing** of the Boys and Girls Club
- * Introducing "**Seniors with Youth – Cyber Seniors**

Photography Club Hosts

- * Friday, March 11 - 1:30 pm
- * Guest speaker **Brent Cooke** –Artist and Photographer—Capturing The Story

CSSCA Board Meeting

- * Thursday, March 10th 9:30am

Pot Luck Lunch

- * Thursday, March 17, 11:45 am - 2 pm

St. Patrick's Dinner

- * Thursday March 24, 2016 5 - 7 pm
- * \$25 for members - \$28 for guest

Easter Bingo

- * Wednesday March 23, 2016 1 - 4 pm
- Everyone Welcome

Easter Weekend ~ The Centre

- * Closed March 25th, reopening on the 29th

Lunch Bunch

- * Cancelled for March
- * Sassy's Restaurant April 28, 2016



President's Message *CSSCA President, Margaret McKelvie*

"When one door closes, another opens." These words are spoken by Maria (Julie Andrews) in the Sound of Music although I understand Alexander Graham Bell was the original spokesperson. I thought of those words recently. CSSCA's application to New Horizons for funding was denied for 2016, and our hopes for getting a Program Coordinator were dashed. Then members of the Saanich Peninsula Fruit Growers Association asked to come to a Board Meeting, and presented the Centre with a cheque for \$25,000. What a wonderful surprise! Now the Board can resume our original plans. Thank you. Thank you. Hopefully we will have an individual selected in time to start next September.

Easter comes very early this year, occurring the first Sunday after the first spring full moon. In our Gregorian calendar the date can vary between March 22 and April 25. This year it begins with Good Friday on March 25 and ends with Easter Monday on March 28. However, you spend this time and whatever traditions you observe, I hope you have some fun, and maybe some chocolate too.

Namaste

Margaret McKelvie

Fixing the flag

In the severe wind storms around Christmas time, our flag became tied around the top of the flagpole.

It was wrapped tightly, it could not be lowered to repair it. Once tied as it was, the wind tore it to pieces. The only way to bring it down to replace it was to get either a bucket truck or a mobile scaffold.

Either option would have cost a considerable amount had we had to pay for this equipment and an operator.

On January 11th we contacted the **Central Saanich Volunteer Fire Department**, explained the problem and asked if they could help.

There was no problem they said, they would be around in a few minutes to fix it for us. About 15 minutes later they arrived with 'Ladder 1', set up the aerial ladder and about 10 minutes later the 'rescue' was completed.

This was a very kind act of community on the part of the firefighters. A new Canadian flag now flies proudly on the mast at the Centre, thanks to our good friends at the **Central Saanich Volunteer Fire Department**.



Special Thank you



At the February CSSCA Board Meeting, the Peninsula Fruit Growers Association presented a cheque to The Centre for \$25,000. Fruit has not been handled through their building at the corner of Keating and Veyaness for over 20 years. The property has been sold and the group of former growers is disbanding. Proceeds from the sale are being distributed throughout the Peninsula community. This surprise visit during the January Board meeting was met with much appreciation in its recognition of the value our association offers the community.

W.Wignall

Right to Left

Tom Scott, Phil Holloway, Thea Revoy, Harold McCarthy, Margaret McKelvie

NEWS REVIEW

Saanich Fruit Growers Assn. donates \$100,000

A \$100,000 donation from the Saanich Fruit Growers Association will mean that each year three graduating students will receive \$1,000 scholarships to help them with their further education. One scholarship will be awarded to a student at Claremont, Parkland and Stelly's high schools.

The donation was made to the Saanich School District on November 29 and will allow the District to establish the scholarship fund, making the annual scholarships possible. It is only the latest in a series of charitable donations made by the Fruit Growers Association.

"We are very grateful for this generous donation. It's an investment in our students' continuing education and in their future," said Mark Fraser, the District Superintendent of School District 63.

"Since mid-October, we've awarded donations to a variety of deserving groups within the community," said McCarthy, adding donations have been made to such diverse groups as the Saanich Peninsula Hospital Foundation, The Boys and Girls Club, Mount Newton Centre, the provincial 4H Society and the SHOAL Centre.

The history of the funding source is a fascinating bit of the Peninsula's history. Nearly 100 years ago, the Saanich Fruit Growers Association was formed and created a shipping and processing plant on Keating Cross Road. In the late 1970s the property was leased to local businesses with a focus on agricultural products and processes. The land was recently sold and Association members voted to use the proceeds to support a variety of local causes.

"With development in the area, a lot of the farms were lost," said McCarthy. "As well, a lot of the farmers were 'aging out' and their families weren't interested in continuing with the berry industry. There was also a change in the industry with direct marketing and u-pick operations." In the end, the need for the property that had been used as a central shipping location was no longer necessary.

"We're happy to be able to give back to the community," said McCarthy. "This is our home, after all."

— Tim Collins/News staff

Activities

Get Ready For Walking!



Anyone who enjoys walking is welcome to join us on Saturday mornings at 9:30 sharp. We welcome those who enjoy exploring the surrounding areas on foot. Most walks last approximately one hour, we are always ready to try new routes. We have done several walks through and around Centennial Park and parks in Saanichton. I love walking and am so lucky to have found others to join me. Shirley is a wonderful source of information on the history of various places we pass. Thea, Shirley and Linda are a few who accompany me most Saturdays. If you are interested, please call me at 778 677-9540 to learn more and to get the location for our starting point. Vivien

Walking Right

1. **Keep your chin up and shoulders back**
2. **Walk so that the heel of your foot touches the ground first, then roll your weight forward.**
3. **Swing your arms as you walk: this increase the intensity of your walk**
4. **Start and finish with a few minutes of gentle stretching.**

www.pamf.org/patients/walking.html

Don't forget
to pick up
your coffee

Coffee sales are once
more back at

The Centre.

The bags are bigger,
1 lb weight for the price
of \$12.

Bring Cheque or exact
change.



BINGO
EVERY
WEDNESDAY
1 PM—4 PM

Welcome New Members

Helen West

Mary Colbert

Vic Peters



Shelly Cadorin	March 02
Sheila Mosher	02
Barbara Novak	02
Renee Nicolls	03
Rosemary Wellman	03
Barbara Wilson	07
Sandra Jaycox	09
Esther Farr	10
Thea Revoy	11
Laureen Barr	11
Dianne Durkin	13
Gwenyth Ames	17
Mary Strand	17
Grace Laberge	18
Rayana Reece	18
Bette Kinch	20
Lynda Miller	20
Pat Randazzo	23
Nancy Miller	25
Betty Board	29
Thomas Moore	30
Helen West	30

Activities - Stamp Corner

St. Patrick (Patron Saint of Ireland)



St. Patrick, also called the Apostle of Ireland, is --- along with St. Nicholas and St. Valentine --- one of the world's most popular saints. His traditional feast day is March 17. There are many legends and stories about him, but this is said to be the true one. He was born around 385 in Scotland, probably in Kilpatrick. His parents were Calpurnius and Conchessa, who were Romans living in Britain in charge of the colonies. His British name

was Succat

As a boy of fourteen or so, he was captured by Irish marauders and taken to Ireland as a slave to herd and tend sheep. Ireland at this time was a land of Druids and pagans. He learned the language and practices of the people who held him.

The young herdsman saw visions in which he was urged to escape, and after six years of slavery he did so. He went to the coast where he was found by sailors who took him back to Britain, where he reunited with his family.

Once back in Britain, he had another dream in which the people of Ireland were calling out to him

"We beg you, holy youth, to come and walk among us once more."

He travelled to the northern coast of Gaul (now France), where he began his studies for priesthood under St. Germanus, the Bishop of Auxerre, who ordained him as priest.

Later Patrick, when ordained bishop, was sent to take the Gospel to Ireland. He arrived in Ireland March 25, 433, and began preaching the Gospel throughout the island converting thousands, and began also building churches all over the coun-

try. Through 40 years Patrick converted most of the inhabitants, and is also said to have worked many miracles. After years of living in poverty, traveling and enduring much suffering he died March 17, 461. He died at Saul, where he had built the first church.

17th of March is his traditional feast day, celebrated by Irish communities world wide. Irish Americans celebrate St. Patrick's Day with parades and pageantry. The holiday honours the man who brought Christianity to Ireland in the 5th century. According to legend, Saint Patrick used the three leaves of the shamrock to explain the Christian doctrine of the Trinity.

The insert are:

- 1.) A picture of St. Patrick by an unknown artist
- 2.) Three stamps, issued on the 28th February 2003 by the Irish Post office to honour St. Patrick
 - a.) a classical portrait of the Saint himself.
 - b.) a view of the St. Patrick's Day parade in New York City.
 - c.) The parade in NYC in front of St. Patrick's Cathedral.
- 3.) A recent stamp released in 2015 by the Irish Post to honor St. Patrick.

Our next meeting will be March 3rd 2016 at the Centre at 1:00 PM.

Sincerely Kurt Sommer.



SING ALONG

DROP-IN

ALL WELCOME

FRIDAYS 1:30 TO 3:00 IN THE MAIN HALL
(When there is no Friday talk).



*When Irish eyes are smiling,
Sure it's like a morn in Spring,
In the lilt of Irish laughter
You can hear the Angels sing,
When Irish hearts are happy.*

*All the world seems bright and gay,
But when Irish eyes are smiling
Sure they steal your heart away.*

Activities



The Lunch Bunch at Glen Meadows Golf Club. What a view while enjoying the great meal with friends and new comers.

Melt away your stress by turning to your favorite childhood pastime, colouring. Senior Centres are destressing by organizing Drink and Draw tea groups. I gave several adult colouring books at Christmas to very happy relatives



Activities

Scottish Country Dancing Group

We invite anyone interested to come and try a class. The Tuesday morning class 10-11:30 am is a good place to start. Friday nights 7-9 pm are also more laid back. However, we accommodate beginners in every class including our Tuesday night 7-9 pm class. Scottish Country Dancing is especially good for the mind and body. It requires memorizing the dances and doing the patterns without a caller. When we learn the dances, I do call out the moves, but with practise we manage to remember the sequences. It is social and fun and gives us a sense of accomplishment when we master a new dance. We also get great satisfaction from performing at nursing homes. There is an opportunity to learn a dance with your grandchildren and perform at a nursing home. Our next Ceilidh (fun, easy dances for all ages) will be in May. Email me for more information: janet.mitchell@shaw.ca

A wonderful afternoon at the Sunday Social. Entertainment by **Bob Meikle**



Our hard working volunteers taking a moment to dance to the "Saints Go Marching On"

I have been the editor of The Centre newsletter for the past couple of months. So far I have played Bingo, sung with the Sing A Long Group, gone to the Sunday Social and Pancake Breakfast, listened to the Friday feature speaker. I am totally amazed by the hard working volunteers who bring us all these fantastic events.

Thank You to all the volunteers and sponsors.



Kurt and Martha Sommer at the February Social.



The Sunday Social door prize winner **Jean Leech** gift certificate from Brentwood Bay Village Empourium

Upcoming Events



Wednesday March 23, 2016

1 - 4 pm

Special Prizes and Treats

Complimentary Tea, Coffee and
Sweets

Everyone Welcome

Pot Luck

Thursday, March 17, 2016

11:45 am - 2 pm

Bring enough to share

Let's have fun and make it Green!!!!!!



ST. PATRICK'S DINNER
WITH ENTERTAINMENT BY



Coastline Fiddle Band

A STRING ENSEMBLE OF BC'S TOP YOUNG MUSICIANS
COACHED BY IVONNE HERNANDEZ



Ivonne Hernandez

AN INTERNATIONALLY ACCLAIMED FIDDLER

Thursday, March 24 at 5:00 p.m.
The Centre, 1229 Clarke Road,
Brentwood Bay BC

Glen Sprague, Entertainment Coordinator - 250-217-0144

Doors Open at 5:00 p.m. Buffet Dinner at 5:30 p.m.
Followed by Entertainment with Coastline Fiddle Band

Members \$25.00 Guests \$28.00

Catered by Jazzaniah Catering

"THE CENTRE" FOR ACTIVE LIVING INVITES YOU
TO THE FRIDAY SPEAKER SERIES:

Friday, March 4, 2016

1:30- 3 pm

Cyber Seniors
Connecting Generations

Speaker: Sarah Hofing
of the Boys' & Girls' Club

Everyone welcome

Admission is by donation. Refreshments served.
Join the Centre for more activities!

Come and meet new friends at activities you enjoy - luncheons and teas,
interesting speakers, fitness, dancing, card games, shuffleboard, carpet bowling,
art classes, choir, crafts, bingo, Sunday socials and more.

Contact the Centre for more information: 250-652-4611

2129 Clarke Road Brentwood Bay BC V2M 1E2 250-472-4611 www.centreforactiveliving.ca
CENTRAL SAANICH SENIOR CITIZENS ASSOCIATION

Do you like decorating? The Centre has the materials for St Patrick's in March. It would be good to have them up for the Green Pot Luck on the 17th and Irish Stew on the 24th..



Capturing The Story

Presentation by Photographer and Artist Brent Cooke

- ◆ Robert Bateman Award - Artist of the Year 2015
for Canadian Wildlife Federation
- ◆ Producer of several series for the Discovery Channel
- ◆ Winner of the Medal of Excellence and Best in Show
for Artists For Conservation - 500 artists - 27 Countries
- ◆ Winner of many world class underwater photo competitions



With a focus on wildlife and the natural environment and the engaging stories behind each photo, Brent promises to provide a very entertaining and informative presentation.

1:30 pm - Friday, March 11th - The Centre
Hosted by The Centre's Photography Group
By donation at the door
1229 Clarke Road, Brentwood Bay

Weekly Activity Schedule

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 9:30 - 10:30 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	Pot Luck Lunch 3 rd Thursday 12:15 pm		
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		Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm Lynda Tucker Barb Roberts
	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	Speakers Series 1:30 - 3:00 pm 1st Friday of Jan., Feb., March	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner			Scottish Country Dance 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.



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.

INTERNATIONAL WOMEN'S DAY

Although I find it not always necessary to remind ourselves of the importance of International Women's Day, yet by the same token this truly was a memorable occasion and I feel we should applaud the occasion.

During the early 1900's oppression and inequality encouraged women to become more vocal and to push for change and their right to work, vote, hold public office and to become educated citizens. In 1908 thousands of women marched the streets of New York demanding equality in the work force, with regard to salaries and voting rights. The first National Women's Day celebration was observed across the United States in 1909, February 28th, this date was observed until 1913

Although much progress has been made to protect and promote women's rights in recent times, the fact remains that nowhere in the world can women claim to have all the same rights and opportunities as men (quote UN). A large percentage of the 1.3 billion plus of poor people are women.

Over the years major changes have been made in working conditions after a huge fire in N Y. factory area took the lives of 140 working women.

To note, in 1975, in order to draw attention to women's concerns, the United Nations called for an international Women's Year; the UN General assembly then proclaimed March 8 as the UN day for Women's Rights and International Peace in 1977. The day aimed to help nations worldwide eliminate discrimination against women and focused on helping women gain full and equal participation in global development. This is obvious today as we note many women in high powered global positions and currently an average of 20% of parliamentary positions are held by women. Note also the field of sports whereby after many years of restrictions women athletes are allowed to compete in all areas of the Olympics.

The International Women's Day logo is coloured purple and white and features the symbol of Venus, which is also the symbol of the female. Various posters/ promotions capture the true meaning with displays of women from all backgrounds, ages, nations.

How fortunate we are to be a part of such progress and to share in many more possibilities; the door is open !!!!

Marianne Brackenridge



The Centre for Active Living 50+

Central Saanich Senior Citizens Association

CSSCA

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www.centralsaanichseniorscentre.org

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