

Sunday Social at The Centre

Sunday, May 25 2 - 4 pm

Miz Daisy (Irene Frederichs) and the Kaptein (Mark Kostain) were recently featured on the cover of Senior Living Magazine. They “feel passionately that laughter is the best medicine” and are a pair of entertainers whose exuberance is contagious. “We blend a lot of humour in our music. Stories from Pine River, Manitoba . . . always generate waves of laughter.”



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May Events

Board Meeting

- * Thursday, May 8 - 9:30 am

Pot Luck Lunch

- * Thursday, May 15 - 12:15 pm

The Centre Closed

- * Monday, May 19 (Victoria Day)

Lunch Bunch

- * Thursday, May 22 - 11:45 am
- * Adrienne's Tea Garden (Mattick's Farm)
- * 5325 Cordova Bay Road
- * If a ride is needed contact Corinne Marshall at 250-652-7032 / corinnemarshall@shaw.ca
- * Please use sign up sheet in The Centre's reception area

Sunday Social

- * Sunday, May 25 2 - 4 pm
- * Entertainment - Miz Daisy and the Kaptein
- * Tea / Coffee and Goodies
- * Guests with members welcome
- * By donation at door

Bingo

- * Wednesdays 1 - 4 pm
- * Everyone welcome!



President's Message *CSSCA President, Gerie Turner*

What I think are exciting happenings are in store for May. You will notice people in construction gear working on the SonoSpray ceiling in the main hall and our heat pumps being lifted by a crane up onto the roof. Let's make sure we use these improvements – talk as loud as you want at Sunday Socials and enjoy the coolness in the building, even when it's sweltering outside.

Do you know that you will retire from driving some day? We thought it would be a good thing for a group of us to get together and go places on the bus so that it won't be so much of a shock when we have to give up our licenses. We have many members who use the bus all the time and are a tremendous fount of knowledge about transportation in the Victoria region. Watch for the sign-up sheet. Maybe a trip to Willows Beach or coffee and treats at the Dutch Bakery. I will be the first to sign-up.

On April 22, six of our members attended a financial seminar for non-profit organizations put on by Volunteer Victoria, facilitated by Susan Lucato, CGA. It was a very interesting and a worthwhile experience. I came away feeling that we are very fortunate for all the checks and balances we have in place regarding CSSCA finances. There are a few changes we can make that will improve our system and we certainly are

on the right track. Some things in 'common practice', for instance, the two people signing cheques also initialing the invoice, were new to me. Many things we do right, like having the cash handling and bookkeeping separated and not making up 'new' amended budgets through the year. By the way, Ian Cameron, our Assistant Treasurer, appreciates all who use the plastic baggies and information slips for depositing money at The Centre. As well, it is extremely rare for him to find a discrepancy between the actual amount of cash and the slip. Thank-you!

Sad news with the deaths of Marguerite McGimpsey and Harry Wellman. Marguerite was a faithful and talented member of the Tuesday afternoon art group and often told about her latest enjoyable cruise with Don. Her eyes shone brightest, though, when she was proudly relating the latest accomplishments of a member of her family. We also lost another long time and dear CSSCA member, Harry Wellman. His deep roots at The Centre date far back to his contribution to the very building of The Centre. Over the years, he remained very involved with The Centre's activities, making many friends and serving as a very capable and inspiring President. Harry and Marguerite will be sorely missed. Our condolences go to their families.



Central Saanich Lions, as part of their commitment to building better communities, is offering their volunteer services to those in their community who require help in modifying their home with adaptations to enable them to remain living in their own homes as they get older.

Examples of the types of projects that the Lions are looking for are access ramps that would make a home accessible to a resident who can no longer manage stairs. The Central Saanich Lions also have power chairs to loan residents to improve accessibility to shopping etc.

Note that there is a grant available from the federal and provincial government www.bchousing.org/HAFI which could perhaps cover the capital costs of many projects while the Central Saanich Lions would volunteer the labour.



We are fortunate to have such a neighbourly group as the Lions Club in Central Saanich!

Looking Back

Best Practices



The Board elected to send our financial committee members and interested Board members to a financial workshop sponsored by Volunteer Victoria .

The workshop was held Tuesday, April 22 from 6 to 8 pm. There were 7 CSSCA members attending. The speaker, Susan Lucato, CPA, CGA has a specialized practice providing consulting and accounting services to non-profits and charities who could use sound financial advice. She previously worked as the Director of Finance for The Victoria Foundation.

The Board believed this was an excellent opportunity to assist our volunteer members, concerned with our finances, to become informed about 'best practices'.



A Whole Lotta Fun

March 30, was a very special day as the audience at the Sunday Social, were treated to an exceptional jazz concert by Mile Zero, a five member band headed by Central Saanich Lion, Ken Marriette. Besides Ken on the trumpet, there was Malcom on Sax, Hugh on Trombone, Tim on a very unusual 'thin base', and Bill on piano. They were all such skilled musicians that it was a treat for those of us listening to follow them playing a familiar song, then 'losing it'. Gradually they would find their way back! Their enthusiastic performance was enjoyed so much that no one wanted it to end. Thank-you to Mile Zero for a wonderful session.



April's Sunday Social

The Centre's Songbirds Soar

The Songbirds choir, led by Joan Lewin, provided a very impressive performance for an appreciative crowd at The Centre's Sunday Social on April 27. The choir is a popular activity for both women and men. Judging from the singers' smiling faces and the toe tappers in the audience, everyone at the Sunday Social had a very enjoyable time.

Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Plato

Abkhazi Garden Tour

We started off from The Centre and it was dry. It rained on our way but we kept our hopes up that the weather man was correct and the weather would improve. It did... until we got to the Abkhazi Garden and then it started to rain again. We chose to have our tea first and then tour the gardens. That worked out perfectly. After a delicious tea with homemade asparagus soup and scones (that were so good that some people purchased extras to take home) we headed out for the tour. It had stopped raining again. We had both a historian and a plant expert to guide us through the gardens. Impressive would be an understatement. The rhododendrons and azaleas were in bloom along with many other ground covers and bulbs. All too soon the bus was there to pick us up. As we started back for The Centre, the rain started again. I am sure everyone will agree that we had a wonderful time and stayed dry!

By Sue Tribe



May Events

Scottish Country Dancing

Ceilidh

Fundraiser for the Centre
Friday, May 23 7-10 pm

Come watch or try some simple dances at the Ceilidh. Refreshments will be served midway through.

Wear comfy clothes that allow for movement and wear light weight soft soled shoes. Those watching or dancing always have a terrific time. All ages are welcome.

Cost \$5 per person or \$10 per family. All proceeds to the Centre. Singles, couples or families are welcome. Bring your children, grandchildren, sisters, brothers, friends and neighbours.

Why not come out and see what Scottish Country Dancing is all about? All dances taught and called. Regular class attenders will be there to help newcomers to guide them through the patterns. Scottish Country Dancing is a 'team effort'. A group of dancers called a 'set', work together to do certain patterns which make up a dance. It is really fun.

Janet Mitchell (volunteer teacher)

A Special Invitation

Saturday, May 3rd 2 - 4 pm

Celebration of Life for
Harry Wellman

At The Centre
1229 Clarke Road, Brentwood Bay

Sunday Social on May 25

Miz Daisy (Irene Frederichs) and
The Kaptein (Mark Kostain)

Mark is a songwriter with a recording studio in his home, where he produces CDs and videos. One of their popular songs, a tune the couple first played and sang at the *Senior Living's* Victoria Senior Expo in 2006, is called "On the Cover of *Senior Living Magazine*." A parody of "The Cover of the Rolling Stones," by Shel Silverstein, recorded by Dr. Hook, the song is a lively lament that Miz Daisy and The Kaptein have never had their picture on the cover of *Senior Living* magazine.

In addition to music, Irene enjoys art and poetry, "although I don't write much of it," she says. She attended the Victoria College of Art in the 1990s and took lessons from several artists. Her eclectic painting style ranges from Abstract Expressionism to Spiritual Realism. She held her first art show at the Fernwood Inn in the spring of 2013. Partial proceeds went to support the Mustard Seed Food Bank and Every Step Counts.

May Birthdays

- | | |
|-----------------------|----------------------|
| 01 Grace Ferg | 11 Margaret Pollard |
| 01 Gini Foley | 13 Linda McCann |
| 01 Eric Fowler | 13 Elizabeth Skaggs |
| 01 Irma MacKay | 17 Rosalind Coleman |
| 03 Sharon Belfie | 19 Eileen McConville |
| 05 Melvina Giles | 20 Ian Cameron |
| 05 Maybelle Hutchison | 20 Ingrid Huhn |
| 05 Barb Jefferies | 22 Marion Elliott |
| 06 Michael Simmons | 23 Vicki Caldwell |
| 09 Jim Dunbar | 23 Doris Julian |
| 09 Marlene Hartley | 25 Pat Bird |
| 10 Brenda Beckstrom | 25 Carol James |
| 10 Etiola Pettyjohn | 27 Ilene Tiszauer |
| 11 Nona Frewa | 29 Mary Donnelly |



Merry Month of May

By Marianne Brackenridge

A month that marks many new beginnings, a sense of new energy as we welcome spring in all its glory, with flowers blooming, birds singing, warmer temperatures, time to reflect and a time for action. This seems to be the time of the year when one thinks about keeping, tossing or donating items. It is so comforting to have all those memories, things around us that we cherish. Culling sometimes can be a difficult task, however what a cleansing of the mind this becomes, thus, a fresh, new beginning.

The month was named for Maia, the Roman Goddess of spring and growth, generally associated with celebrating spring time fertility. Traditionally, May Day is a bank holiday when the May Queen of each community is crowned and dancing around the Maypole is enjoyed by many. As I peer out of The Centre's windows I could well imagine a Maypole erected and some of our dancers performing. Now who wants to nominate the Queen of The Centre? Wouldn't that bring the crowds?

Mother's Day falls on May 11th this year, this gives ample time now for the men and children to prepare a day of celebration when Mom can be waited on hand and foot and praised for her most important role in life. The following week with another holiday, Victoria Day May 19th. This is generally a time for traditional parades and celebration throughout Canada.

Poems to the Month of May

Alfred Lord Tennyson : But I must gather knots of flowers
And birds and garlands gay,
For I'm to be Queen of the May,
Mother,
I'm to be Queen of the May.

Sir Thomas Mallory: Month of May was come when every
lusty heart beginneth to blossom
And to bring forth fruit: and for like as
herbs and trees bring forth
Fruits and flowers in May, in like
were every lusty
Heart that is in any manner a lover,
Springeth and flourisheth
For it giveth unto all lovers courage
that lusty month of May.

Enjoy our beautiful Peninsula and if possible, a trip to Butchart Gardens will nourish the soul.

Songbirds of Today and Yesteryear

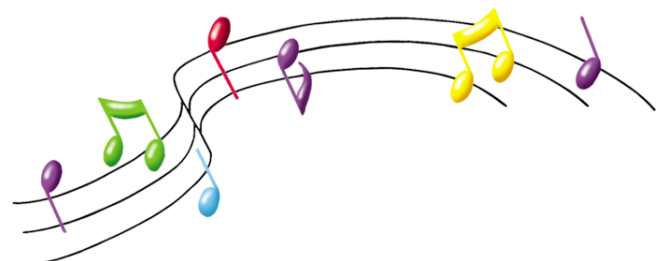
Three singers from the original Hummers choir are still members of The Centre; Rosemary Wellman, Gladys Otto and Betty Board. While all were Songbirds for some time, Betty is the only one remaining. I ask her



today what has kept her involved for some 25 years and she quickly responded, "I live to sing and sing to live! I've sung since I was a little girl. At around 12 years of age, every Sunday evening I would sit in the stairwell and sing for the family." She summed up her feelings about participating in the Songbirds choir by saying, "I love it, I wouldn't miss a chance to sing."

Watch for more profiles of folks in this wonderful group of singers. In the meantime, all are welcome to drop in to see what we are all about. You do not have to audition, in fact, you may even think you can't sing, but if you love music, you might just find this is for you. Unless you try, you'll never know.

You are always welcome! For further information, give Joan a call at 250 652-5746.



Why Victoria Day?

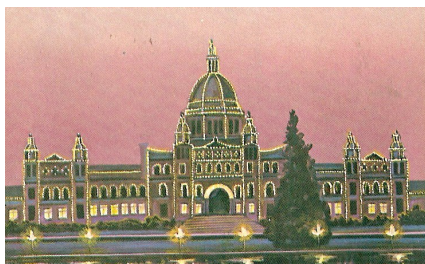
The birthday of Queen Victoria, May 24, 1819, was a day of celebration in Canada long before Confederation. The first legislation regarding the event was in 1845, passed by the parliament of the Province of Canada to officially recognize May 24 as Queen Victoria's birthday.

Following the death of Queen Victoria in 1901, May 24 was made by law to be known as *Victoria Day*, a date to remember the late Queen, who was deemed the *Mother of Confederation*. In 1904, the same date was by imperial decree, made *Empire Day* throughout the British Empire. Over the ensuing decades, the official date in Canada of the reigning sovereign's birthday changed through various royal proclamations until the haphazard format was abandoned in 1952. That year, both *Empire Day* and *Victoria Day* were, by order-in-council and statutory amendment, respectively, moved to the Monday before May 25 and the monarch's official birthday in Canada was by regular vice regal proclamations made to fall on this same date every year between 1953 and January 31, 1957.

When the link was made permanent by royal proclamation. The following year, *Empire Day* was renamed *Commonwealth Day*. In 1977 it was moved to the second Monday in March, leaving the Monday before May 25 only as both *Victoria Day* and the *Queen's Birthday*.

Several cities will hold a parade on this holiday, with the most prominent being that which has taken place since 1898 in the Monarch's namesake city of Victoria, British Columbia.

Victoria (1819-1901), Queen of England and Empress



of India, ruled the British Empire from 1837 to 1901. During her reign, the longest in English history, far-reaching social reforms were effected, industrialization was achieved, and colonial expansion reached its height.

The Diamond Jubilee of 1897 was a celebration held in honour of the sixtieth year of her reign. Canada, one of the self-governing colonies represented at the Jubilee, was also the only British colony to issue a complete set of commemoratives to honour the event.

Canada's Jubilee Issue consists of sixteen stamps, different only in colour and value. Each stamp shows two portraits of the Queen, one painted shortly after her coronation in 1837, and one showing her in later life. The 1837 portrait, said to be Victoria's favourite likeness of herself, is the work of Alfred Edward Chalon, a fashionable artist of the day. The 1897 portrait painted in 1886 by Professor von Angelo, shows the Queen in the robes of state she wore when she became *Empress of India* in 1876. The letters V.R.I. between the portraits stand for *Victoria Regina Imperatrix* (Victoria, Queen and Empress).

The whole set of stamps was placed on sale on June 1897. It was Canada's first and longest commemorative issue.

I hope to see you all on our next Stamp Club meeting, Thursday, May 15 at 1 pm at The Centre.

The stamp images below are:

- ◆ Legislative building in Victoria, BC
- ◆ Part of Queen Victoria's Diamond Jubilee set



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	Floor Shuffleboard 10 am John Belsky
Mild Fitness 10:15 - 11:15 am Barb Jefferies	Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	Mild Fitness 10:15 - 11:15 am Barb Jefferies	Line Dancing 11 am - noon Hilda Cook	Mild Fitness 10:15 - 11:15 am Barb Jefferies	
Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	Painting 12:30 - 3 pm Marilynn Murray	Weaving 11:30 am - 2:30 pm Janis Ball Margaret McKelvie	Pot Luck Lunch 3 rd Thursday 12:15 pm	Carpet Bowling 10 - 11:15 am Pat Tranter Nona Frew	
Mah Jong 1 pm Happy Smith	Songbirds Choir 1 - 2 pm Joan Lewin		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	Watercolour For Beginners 10 sessions 1 pm Marilynn Murray	Chair Yoga 12 - 1 pm Gail Bradshaw	Bridge Clinic 1 - 4 pm Lynda Tucker Barb Roberts
		Knitting 2 - 3:30 pm Happy Smith	Table Tennis 2 pm Audrey Boyd	Cribbage 1 pm Norm Gustafson	
	Scottish Country Dance 7 - 9 pm Janet Mitchell		Stamp Collecting 3 rd Thursday 1 pm Kurt Sommer	Speakers Series 1:30 - 3:00 pm	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner	500 Club 7 pm		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 new windows, upgrading washrooms, installing hand railings and foundation work for new sump pump.



The District of Central Saanich has honoured a lease agreement of The Centre building to the CSSCA. The district has provided funding for various capital projects such as our new roof and more recently for upgrades to The Centre's sump pump.



Upon application, The CSSCA received a grant that will provide The Centre the funding necessary to install a new heat pump. This system will handle the heating and cooling needs in our building to ensure comfortable conditions for all CSSCA activities.



Provides an annual donation to be used towards supplies for annual events. 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.



10% discount on purchases made on Wednesdays, when showing your 2014 CSSCA membership card.



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.

Thank You to Our Community Partners

LIVE WELL WITH

PHARMASAVE

10% off selected items on the 2nd Tuesday of each month when showing your 2014 CSSCA membership card.



35% off all regular prices with promo code available from the CSSCA Office. Must show your 2014 CSSCA membership card at time of purchase.

JJ's Coffee House

15% off on your purchases on Tuesdays and Wednesdays, with your 2014 CSSCA membership card.



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.



Peninsula U-Brew Winery offers

10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2014 cardholders.



10% discount on the first Monday of every month to 2014 CSSCA cardholders.

Special 'Thank You' for last month's contribution to The Centre from:

Hair We Are provided The Centre with a gift certificate to be presented as a door prize at April's Sunday Social.

Hair We Are

Beauty Salon
West Saanich Rd.,
Brentwood Bay

Welcome New CSSCA Members

Donna Jack Fern Harrison Les Hall
Gwen Horrocks James Strand Madeline Jeselon
Lynn Lineham Mary Strand Christina Morrill
Don Farmer

Home Away From Home

It's like being home at The Centre and it's the little things really add up; like people knowing your name; having a shared experience in playing together; learning together and working together. The sum leads to a healthy and happy life. Another thing that makes The Centre a 'home away from home' is eating and having a coffee or tea together.

Thank you so much to those volunteers that take the time, effort and cost to prepare delicious treats and sandwiches for our monthly Sunday Socials. We all look forward to these wonderful afternoons at The Centre.

If you are, or would like to be, one of these greatly appreciated volunteers who provide goodies or sandwiches for this monthly event, please use the sign up sheet in the kitchen area of The Centre. The sign up sheet is very important in helping our 'food' coordinator, Pat Bird, plan and prepare for the Sunday Socials held every last Sunday of the month, September to June.



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

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