

The Centre News

Heart of the Peninsula



MAY 2016



In This Issue

<u>May 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. 11
<u>Weekly Activity Schedule</u>	pg. 13
<u>Community Partners</u>	pg. 14
<u>Contact Information</u>	pg. 15

May Events

CSSCA Board Meeting

- * Thursday, May 12th 9:30 sharp

Ceilidh Dance

- * May 6th, 7—10 pm
- * **\$10 Families \$5 person**
- * **Refreshments served**
- * **Wear comfy shoes**

Pot Luck Lunch

- * Thursday, May 19th - noon

Victoria Day

- * May 23rd. The Centre -Closed

Lunch Bunch

- * Thursday May 26 - 11:30 am
- * Crooked Goose Bistro
- * 4136 Wilkinson Road Victoria
- * 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

Sunday Social

- * Sunday, May 29th 2 pm
- * Fay Mogensen—Professional Storyteller
- * Coffee/Tea –Sandwiches and sweets
- * Admission by donation

BINGO

- * Wednesday 1 - 4 pm
- * Everyone Welcome



Presidents Message

PRESIDENT'S MESSAGE

It's so good to come to the table in the morning and hear something that makes me laugh. This year the robins did not return to nest under the eaves, and we miss them. We watched their two offspring leave the nest and were hoping for that to happen again. Last year we watched their two offspring. Recently my son sent a photo of three beautiful blue eggs in a nest in his magnolia tree. That gave Allan an idea. We filled our empty nest with three eggs from the refrigerator, placed it in the apple tree, and took a photo. We sent it to another son with the caption, "Look what we found in our apple tree!" His reply the next morning was, "Breakfast." What fun to be a little silly.

Recently a friend sent me the caption that was inside a birthday card that her mother received. It reads as follows:

Senior Birthday Prayer

God grant me the senility to forget
The people I never liked anyway,
The good fortune to run into the ones I do,
And the eyesight to tell the difference.

Wishing everyone a little fun in the Merry Month of May.

Namaste,

Margaret



photo by Brian Sagar



Many Thanks to the
volunteers who came out
on April 28th to
clean
The Centre from
top to bottom

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.

If any seniors have the green transit tickets bought before the price went up April 1st (10 tickets for \$15.00), I contacted BC Transit and was assured that these tickets would be honored. However, transfers are no longer provided and you would need to pay another ticket to transfer. However a \$5.00 day pass allows you to get on and off buses going in any direction for one day. If you are just taking one bus to your destination and one bus home, then one ticket each way would suffice.

-- Penny Furnes



Around The Centre



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.



Members

Karin Johnston
Betty-Jean McDonald
Lilly Botting
Ian Sherlock



Grace Ferg	May 01
Eric Fowler	01
Ken Weatherill	03
Melvina Giles	05
Barb Jefferies	05
Vic Peters	10
Brenda Beckstrom	10
Etiola Pettyjohn	10
Don Turner	10
Nona Frew	11
Margaret Pollard	11
Linda McCann	13
Elizabeth Skaggs	13
Wendy Buchanan	16
Eileen McConville	19
Ian Cameron	20
Ingrid Huhn	20
Norm Alton	23
Victoria Caldwell	23
Patricia (Pat) Bird	25
Shirley Roberts	27
Ilene Tiszauer	27
John Durkin	28
Mary Donnelly	29

Around The Centre



April 22nd saw a good crowd at The Centre to attend a Friday Talk by realtor Agustin Torres from Remax Camosun on “What’s Happening in Real Estate in Our Area”. Agustin, who came here from Argentina 23 years ago, became a journeyman carpenter and can still build you a set of cupboards. He changed careers 5 years ago and went into real estate. He said that realtors who have been working in real estate for the past 25 years have never seen the market as hot as it is now. However, if you do sell your present home for a high price, keep in mind that you still need a place to move to, and it will also have gone up in price. Regarding renovating before you sell, he recommends that you leave it as you like it unless the 70’s wallpaper is falling off the wall. The buyer will always change things to their liking. Something to keep in mind on unconditional over-the-asking price offers is that the bank or mortgage

company won’t give a mortgage for more than the appraised value. Surprising to me was that more people work on the Saanich Peninsula than live here. Some would like to get rid of their time-consuming commute to work, making the homes in this area very saleable. Agustin answered many questions throughout his presentation, ranging from asbestos, depreciation reports, property disclosure statements, strata situations (you have rules to follow instead of doing completely as you wish), and about \$10,000,000 houses. We certainly appreciated his informative and enjoyable presentation.

- Gerie Turner



**GREATER VICTORIA
PUBLIC LIBRARY**

At the Central Saanich Branch

Asian Heritage Month: Growing Bonsai on Southern Vancouver Island -

Thursday May 19th 7—8:30 pm

Join Teague Griffin and Mark Paterson of the Vancouver Island Bonsai Society for an introduction to growing bonsai. Various styles of bonsai will be displayed and discussion will include basic techniques and most suitable types of plants. Register at gvpl.ca or call 250 940-GVPL(4875) for more information.



Strawberry Tea

Thursday June 16th 1:30 pm

**Come out and enjoy the
Art from Marilyn Murray’s
Art Class**



Around The Centre



The Lunch Bunch enjoying great conversation with friends and members at Sassy's Restaurant



The Gustafson family enjoying The Centre Sunday Social
Wanda, Diana, Braunda and Barb



The Art Appreciation Group has gleefully swerved a bit off track lately. Over to one side has gone Varley, Monet and Kandinsky. Banksy emerged. We admit that we have never heard of Banksy before Gerie Turner told us of his prominence in England. He is a first class graffiti artist. His works are all over the place. Seldom painted in the light of day but emerging from the darkness at sunrise they are found on flat open spaces. Walls of buildings are of course the best but even trains carry his art far and wide. Each portrayal is well done and usually gives a message to all. One never see Banksy. He is a person of mystery . You can read about him in a book from the Brentwood Library.

Another program a bit off track was in the Art of Cooking, present by Ada Serson. Queen Margherita of Savoy (1851– 1926) on a visit to Naples requested a pizza made by celebrated pizza chef Rafael Esposito. Rafael sent three to her. The favorite was one garnished with basil, mozzarella cheese and tomatoes, the colours of the Italian flag, green, white and red. She sent him a thank you note which hangs today in the Pizzeria Brandi, owned by Esposito descendants. We watched a video of a Margherita pizza being made and then tasted slices heated in The Centre's microwave with an appropriate fizzy drink. (We wonder if Rafael Esposito played hockey)

We shall return to our normal interests with Trisha House presenting a program on B.C. artist Carol Evans. Margaret Pollard will tell us of another famous B.C. artist, Bill Reid. On May 17th we will try to sit on our wallets at Lund's Fine Art Auction.

We welcome all who join our table in the Lower Hall on Tuesday evenings at 7 pm — Joyce Wolfe 250-652-5289

Around The Centre

Summary of Surveys of Senior/Activity Centres January - March 2016

Carried out by Thea Revoy & Penny Furnes

Centres Visited:

Cordova Bay Plus 55 Association; Goward House; Silver Threads (Victoria Centre); James Bay New Horizons Centre

The following are ideas these Centres incorporate in their operations which assist them to be well organized and reasonably financially stable.

1. With the exception of Cordova Bay Plus 55 these Centres have at least one (or more) paid employees.
2. Office hours continue through all or part of the afternoon.
3. There is a consistency with regard to charging for activities and programs and all monies go through the office as opposed to group leaders. This charge could include: the cost of a professional leader; inclusion of coffee/tea/snacks; materials required for the activity/program; etc.
4. The 'management plan' or 'lease arrangement' these Centres have with their municipality varies, but can include such items as janitorial services, hydro, capital costs, employee salary.
5. Funding is an ongoing item for each Centre and rentals, grants, good communication with the Municipality and local organizations, play an important role. Our Centre can certainly relate to this.
6. The array of activities offered is exceptional. We could draw from these and perhaps introduce something new and inspiring to our members such as Chi Gong, Tai Chi, beginners ukulele, current events. In suggesting this we recognize that the addition of a paid employee would make it much easier to introduce new programs.

(We have copies of each Centre's activities and certainly will provide same to any member interested.)

Art & Stamps

Art comes in many forms, and I believe, in one way or another, there is an artist in every one of us. Recently I found an interesting article, combining the artist, her work and a series of 3 stamps, issued 2011 by Canada Post.

A Canadian artist of Aboriginal ancestry, *Daphne Odjig* was born September 11, 1919, and raised on the Wikwemikong Unceded Indian Reserve (now First Nation) on Manitoulin Island (Lake Huron), Ontario. Her father, Dominic Odjig, and her grandfather, Chief Jonas Odjig, were Potawatomi, descended from the great Chief Black Partridge. Her mother, Joyce Peachy, was an English war bride. Her family migrated north and settled in Wikwemikong after the War of 1812. The Potawatomi (Keepers of Fire) were members, along with the Ojibwa and Odawa, of the Three Fires Confederacy of the Great Lakes.

Both athletic and musical, Daphne was an avid student at the Jesuit Mission in Wikwemikong. Her favorite subject was art and she would spend time sketching with her father and grandfather, both of whom also had artistic ability. She also helped her mother design needlepoint patterns for linens for the church. Unfortunately, in 1932, when she was in grade seven, her formal education was cut short when she developed rheumatic fever and suffered a long illness.

After losing her mother and grandfather just weeks apart, Daphne and her brothers and sisters went to live with her grandmother in Perry Sound, Ontario. Here, for the first time in her life, she felt the sting of racism and that her options were limited due to her last name and her native appearance. To counter these problems, she and her siblings changed their last name to "Fisher".

Like many young women of her generation, Odjig moved to Toronto during World War II, where factory jobs were plentiful and easy to obtain since employers had lost much of the male workforce to the war effort. She began to frequent the art gallery at the Eaton's College Street store, the Royal Ontario Museum and the Art Gallery of Toronto (now the Art Gallery of Ontario). Over the next decade, she would teach herself how to paint.

At the end of the war, Odjig married Mohawk/Metis war vet Paul Somerville and moved to Coquitlam, B.C. with her new husband. She gave birth to a son in 1948. Even as a young mother, she found time to explore her art and experiment with oils on homemade stretchers and tent canvas, at the time painting naturalistic landscapes. She developed an interest in Cubism and Abstract Expressionism, learning the techniques of the Modernists from books and magazines. However, tragedy struck in 1960, and widowed, she became the sole caretaker of the strawberry farm she had owned with her husband, tending the farm in summer, then in winter painting and spending time at the Vancouver Museum of Art to study brush strokes up close. Influenced by the Impressionists, she experimented with light effects, broken brush strokes and Cloisonnism, and took top honours at her first juried show.

In 1964, Odjig met the elder women of the community at the Wikwemikong Pow-wow and learned about the old Nanabush tales, which she later painted. An exhibit of this collection was seen by then Prime Minister Lester B. Pearson, an encounter which led to it being purchased in its entirety by the Federal Department of Cultural Affairs

A few years later, Odjig made her first private sale and in 1967, her first solo exhibition, of 78 pieces, which showed at the Lakehead Art Centre in Thunder Bay, Ontario. The following year, she accepted a commission to paint a series of erotic illustrations for *Tales From the Smokehouse*. Meeting Bernard Polly, an art instructor at Brandon University was a significant turn in Odjig's career. From Polly, Odjig learned collage techniques and began a series of mixed media collages incorporating natural materials. A looser expressionistic style began to emerge in her work. In 1973, Daphne Odjig cofounded the Professional Native Indian Arts Inc., often referred to as the "Indian Group of Seven," which included Norval Morrisseau, Alex Janvier, Joseph Sanchez, Jackson Beardy, Eddy Cobiness, Carl Ray and herself.

Many more commissions followed, as well as exhibits with private galleries and finally, a solo show at the Gallery of Canada, the first of its kind by a First Nation woman artist.

Daphne Odjig has been extensively awarded, receiving seven honorary degrees, the National Aboriginal Achievement Award, the Order of British Columbia and both the Order of Canada and the Governor General's Laureate, Visual and Media Arts, Canada's highest honour in the field of visual art. On her work being chosen as the subject for this stamp series, Odjig says, ***"I am pleased and honoured to once again have had my art selected for an issue of my country's postage stamps. I am proud of my First Nations heritage and equally proud of being Canadian. It is my hope that these images of my paintings may help create a vision of the unique possibilities within Canada, for us all, and particularly for our youth."***

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Con't

This Art Canada issue celebrating her work includes three paintings representative of her powerful style:

- 1.) 59 cent stamp, Pow-wow Dancer,
- 2.) \$ 1.03 stamp, Pow-wow
- 3.) \$ 1.75 stamp, Spiritual Renewal

According to designer Helene L'Heureux, each painting is totally different from the other two. But they are all so very much Odjig's work, they represent the whole of what her work has been about over the years. Odjig draws her ideas from a vast range of sources - she paints legends, she paints erotica. She's open to a wide range of inspirations and subject matter, which she makes her own.

The decision to create three stamps for this edition of the series was made for both aesthetic and practical reasons, in addition to providing collectors with three unique examples of Native Canadian art on stamps.

Our next meeting for stamp enthusiasts will be May 5, 2016

-Sincerely Kurt Sommer



Pot Luck Luncheon April 21st . Enjoying great home cooking



Nordic Potato Salad

- 750 gr. Red-skinned baby potatoes
- 4 eggs
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 2 tsp lemon juice
- 1/2 tsp curry powder
- 20 gherkins, thinly sliced
- 1 granny smith apple, finely chopped
- 1/4 red onion, finely chopped
- 3 Tbs chopped dill, optional

Thank you Happy Smith, it was so tasty good!



BOARD GAMES GROUP

Monday and Thursday 1-3 pm

Any Board Games people choose to play.

Sign up sheet at reception.

April Sunday Social



Victoria Mandolin Orchestra entertained us with baroque, classical, ethnic and other popular music



Mike Bird the door prize winner of a gift card to Adrienne's Restaurant & Tea Garden—Mattick's Farm



A special Thank you to Glen Sprague, the Entertainment Coordinator for The Centre for bringing in the wonderful entertainer.

Upcoming Events

FAYE MOGENSEN



A professional storyteller who offers an afternoon of tales – some tall, some true. The stories are bound to trigger your memories, kindle your imagination and comfort your heart.

**Sunday, May 29 at 2:00 p.m.
The Centre, 1229 Clarke Road,
Brentwood Bay BC**

**Join us for entertainment from 2:00 to 3:00 p.m.
Followed by coffee/tea, sandwiches and sweets
Admission by Donation**

Glen Sprague, Entertainment Coordinator – 250-217-0144

Upcoming Events

Ceilidh Dance at the Centre Friday, May 6, 2016 (7-10pm)

1229 Clarke Rd., next to the library in Brentwood Bay
Families \$10, \$5 per person proceeds to the Centre



Wear comfy clothes and lightweight soft soled shoes

Fun easy dances called. Refreshments

No partner needed! Come watch or dance!

Contact Janet for more information: janet.mitchell@shaw.ca

The **LUNCH BUNCH** is heading to the Crooked Goose Bistro, come join us for great conversation and food with friends and members.

Sign up sheet at the Centre or email corinnemarshall@shaw.ca or phone 250 652-4611.



Performance Dates

May 31st — at the Sidney All Care Residence

June 6th — they sing at the Stoke Recovery Centre

Come have fun with **The Songbirds** every Tuesday afternoon at 1 pm for an hour of good fun.

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	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	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		
	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.

MOTHERS DAY



May is one of the most beautiful months of the year in the North Temperate Zone, usually the snow and ice are gone and the hot temperatures haven't arrived. The gardens begin to sprout, wild flowers blooming, trees showing their new leaves. All in all a wonderful time of appreciation for all that is around us.

On another note, time for appreciation in a slightly different form, the celebration of Mothers Day which takes place on May 8th here in Canada.

This is the time to honor not only the mother of the family but also the influence of mothers in society.

The celebration of Mothers day began in the United States in the early 20th century. The earliest history of Mothers Day dates back to the ancient annual spring festival the Greeks dedicated to maternal goddesses. Ancient Romans celebrated a spring festival which lasted for three days, this cycle began some 250 years before Christ was born.

Early Christians celebrated a Mothers Day on the fourth Sunday of Lent in honor of the Virgin Mary. In England this holiday was expanded to include all mothers, then it was called Mothering Sunday.

The custom of celebrating Mothering Sunday died out almost completely by the 19th century, however the day came to be celebrated again after World War 11, when American servicemen reintroduced the custom, this then became a time for commercial enterprises. Thus followed many types of festivities all honoring the Mothers of the World.

Now as we approach this special day it seems time for husbands, brothers et al to think of waiting on MOTHER hand and foot and showing her just how much she is really appreciated. A token of flowers always appreciated etc etc and a little pampering will go a long way !!

Thus history continues as mothers around the world are honored on this special day.

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FYI: In Hindu tradition, Mother's Day is called "Mother Pilgrimage Fortnight", the holiday is observed on the new moon day during either April or May. This celebration is based on Hindu religion and it predates the creation of US inspired celebration by at least a few centuries.

-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

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