



Sunday Social Tea

St. Andrew's Day

Sunday, November 30

Sunday, Nov. 30th is St. Andrew's Day, the patron saint of Scotland. The theme for the tea will be Scottish with Scottish Country dancing and Scottish songs to sing.

There will be children* and adults dancing and a chance for the audience to participate in a dance or two and sing some Scottish songs. Audience members are invited to dress up in tartan if they wish!

There will be shortbread and other tasty treats, too. Come and have some fun! Janet Mitchell

(* If you have grandchildren who wish to perform contact janet.mitchell@shaw.ca. Here is a chance for them to learn some simple Scottish Country dances at no cost and have an opportunity to perform them. Teens can earn volunteer hours



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November Events

CSSCA General Meeting

* Thursday, November 6 2 pm

Friday Speakers Series

* **1:30- 3 pm in The Centre Hall**

* Friday, November 7

* Guest Speaker - Dr. David Docherty

* Topic - *Getting Stronger: You're Never Too Old!*

More info on the Speakers Series on pg.6

The Centre Closed

* Remembrance Day - Tuesday, November 11

Board Meeting

* Thursday, November 13 - 9:30 am

Municipal Election Day

* Saturday, November 15 - Cast your ballot

Lunch Bunch

* Thursday, November 27 - 11:30 am

* Blue's Bayou Café - 899 Marchant Rd., Brentwood Bay

* Sign up sheet in The Centre's reception area

* For transportation help or needs contact Corinne Marshall at 250-652-7032 or email at corinnemarshall@shaw.ca

Bake Sale / Knitting & Weaving

* Sunday, November 30 - 1 pm (before Sunday Social begins)

Sunday Social

* Sunday, November 30 - 2 - 4 pm

* **St. Andrew's Day** - Scottish Theme

* Coffee / Tea and refreshments

* Entertainment: The Centre's *Scottish Country Dancers* - More information on the left

* Guests with members welcome

* By donation at door

Bingo

* Wednesdays 1 - 4 pm

* Everyone welcome!

President's Message *CSSCA President, Gerie Turner*

Less than two months until Christmas! Where has 2014 gone? Bill and I have been away for a month so the 'fall' has been very short for us. I did have pear gelato in Rome and even saw it being made...out of real pears!

We had a wonderful time. First a 120 km walk over 5 days, up hill and down dale, rain and shine in northern Spain from Ferrol to Santiago de Compostella, "The English Way". I tackled the biggest hills by counting steps up to 30 and then starting at '1' again. I grew to dread going downhill as it meant uphill was just around the corner! Generous farmers gave us figs, apples and walnuts along the way. I would recommend the trip and was grateful for all the "practice walking" here before we left.

Dubrovnik (where I couldn't get lost because it's a walled city) and Rome (where we learned to cross roads the easy way – get close behind a Roman) were our other destinations. I feel very privileged to have been on this trip. Going away certainly makes you appreciate home (our Rome apartment was 72 steps up). We're lucky that everywhere here isn't an archeological site; that the few smokers in Victoria try to stay away from the rest of us; that our policemen usually smile at us; and that we see birds other than crows, pigeons and seagulls. Even the McTavish Interchange looks not so bad – at least it doesn't have the Coliseum rising in the middle of it!

At The Centre, activities are 'back to normal', whatever that is. The highlight for me was Oktoberfest. I thought Kurt was going to lead the 'marching line' out and

around the parking lot! Thanks to all who had a part in the Oktoberfest success.

Since coming to The Centre, I've learned that different times in our lives are busier, some less busy. If you are experiencing one of the 'less busy' times, we need some help over the next year or two with our fabulous newsletter. Wendy Wignall is having to 'step down' at the end of this year as she is approaching one of those 'busy times'. Thanks to Wendy for being the editor for 3 ½ years - that is 35 remarkable, interesting and informative newsletters!

If you can help out, please talk with Wendy or any other Board member. We need you! Thanks.



Here I am, walking along the Appian Way in Italy.



Fitness Groups' Bake Sale & Crafts from our Knitters and Weavers

Raffle Tickets - \$2
Sunday, November 30 at 1 pm
The Centre's Sunday Social follows at 2 pm



Around The Centre

Oktoberfest: A Fine Time

Blue and white flags, beer steins, lederhosen – it was Oktoberfest. Over 75 members and guests had a rollicking good time on October 16 at The Centre’s celebration, organized by Kurt, Martha, Inge and Glen.

Fabulous food as the sausages were superb with Leon Rosynski’s excellent sauerkraut recipe (Leon says Jazzani-ah gets better every year), wonderful music from Ron Sera and Mary Ross, and great company made for a perfect evening.

Door prizes, raffles, and an auction were interspersed with crowning of Renate Waterlow, our dirndl-clad Oktoberfest Queen. The chicken dance by the ladies and whole tables swaying to the singing completed the festive evening. Our rendition of Edelweiss would have sent shivers up and down your spine! Ron and Mary invited us all to go on the road with them! They seemed to be having as much fun as everyone else.

Again, thanks to all who helped make Oktoberfest such a rousing success. Gerie Turner

L - R *Ada and Jean
* Ron and Mary *
Glen and Oktoberfest Queen Renate
* Leon with the winning ticket.



Legislative Building Tour

Rattenbury, question period and a beautiful day! Members of CSSCA rode the # 72 bus right down to the legislative buildings on Tuesday, October 21. We went through security and observed “Question Period” for its 30 minute allocated time. We were kindly introduced to the Legislative Assembly by our MLA Gary Holman, who asked us not to throw things or drop anything onto the members below! Topics of the BC Place Stadium roof, Fort St. John medical care waiting lists, and deputy ministers’ rights occupied much of the time.

We were then given an informative and thoughtful tour of our Legislative Building by Rachel of the Parliamentary Education Centre. We were then privileged to enjoy lunch in the Legislative Dining Room with the fall sunshine streaming through the windows.

Thank you to Penny Furnes and Sue Tribe of the Program Committee for organizing a memorable day.

Gerie Turner

Nora Frew and Winota
Sluggett tucking into the
lunch in the Legislative
Dining Room.



Splendor sine occasu
("beauty never ending") with
Gary Holman, our MLA

Around The Centre

Scottish Country Dance

October's Ceilidh

We had a fun time at our dance on Friday, October 17. There were about 32 people in attendance and representation of all ages: children, teens, people in their twenties, thirties, forties, fifties, sixties, seventies and eighties. It was fun to have three Japanese teens who were here for a week visit.

The group did so well, we completed the program of simple dances by 9 pm and stopped to have goodies.

Thanks to Kurt Sommer, for leaving up the blue and white flags and some other decorations from the dinner the night before. We just added a few Scottish objects and the blue and white Scottish flag.

Thanks to everyone who helped make the night a success and to all who came.

Our next Ceilidh will be in the spring. We were able to donate \$145 to The Centre from the evening.

Janet Mitchell



Group demonstrating a dance



Round the room changing partners



Tall and short....dancers at the Ceilidh changing partners

The Centre's Art Appreciation Group



Sooke Fine Arts Show

The Art Appreciation Group is back meeting in the lower hall at 7 pm on Tuesdays. The program on our first night was *Art We Encountered This Summer*. For eight of us the *Sooke Art Show* was one of our highlights. It was a superb exhibit of many art forms. Kathy Chiasson's memory was of a showing of the many artists who have painted in the Rockies. We envied Ada as she told of her trip to Dublin and seeing *The Book Of Kells*.

Gerie gave us a taste of the next week's program on *Bernini* and *Michaelangelo*. Earlier this year she shared programs on each of these greats. She was so enthused that she vowed to visit Rome should she ever again be in Europe. That happened this Fall and she returned to tell us of seeing Bernini and Michaelangelo's work firsthand.

We made plans for future evenings. Two will be of old masters, *Rembrandt* and *Manet*. Another, of new artists *Copeland* and *Pritchard*. We hope to invite an owner of a local gallery to tell us of that phase of the art world.

We will not meet on November 11th and we will close our Fall session on December 2nd. We welcome all who would like to come on any evening.

Joyce Wolfe 250-652-5289.

Around The Centre

Stamp Club

Submitted by Kurt Sommer

Canadian Stamps honor the Establishment of *Canadian Confederation*

On July 1, 1867, the British colonies of Nova Scotia, New Brunswick, Upper Canada (Ontario) and Lower Canada (Quebec), joined in a confederation, the first in the British Empire, under a central government. The British North America Act, which created the Dominion of Canada, was passed by the British Parliament in response to the request of the colonies.

The idea of Confederation had been suggested many times before, but with the growth of the United States, Canadians drew together and Confederation began to approach reality.

In 1864, at the Charlottetown Conference, the Great Coalition Ministry of John A. Macdonald, George-Etienne Cartier, and George Brown presented a plan for Confederation. Agreement on specific proposals was achieved one month later at Quebec. In 1866 a third conference was held in London, after which the British North America Act was passed.

Starting on July 1, 1867, Canadians could elect a central government. By 1871 the new nation stretched from sea to sea. In 1931 Canada, long independent in domestic matters, achieved equal status with Great Britain in the Commonwealth. The Statute of Westminster, passed by the British Parliament in that year, offered legal recognition of Canadian independence, stating that: "Dominions are autonomous Communities within the British Empire, equal in status, in no way subordinate to one another..."

Our next Meeting: Thursday, November 20 at The Centre. I hope to see many of you there,

Kurt Sommer

The insert shows stamps issued by Canada Post in commemorating our Canadian history.

1. Honouring 50 years of Canadian Confederation
The Fathers of Confederation
2. The 60th Anniversary of Canadian Confederation
3. The Parliament Building in Ottawa
4. To honour the Charlottetown Confederation Conference
5. Charlottetown Conference Issue
6. Quebec Conference 100th Anniversary
7. Honor the British North American Act of 1866 which granted Confederation.
8. Map of the New Canada as Canada became a nation in 1867.
9. Canada's 100th Anniversary.



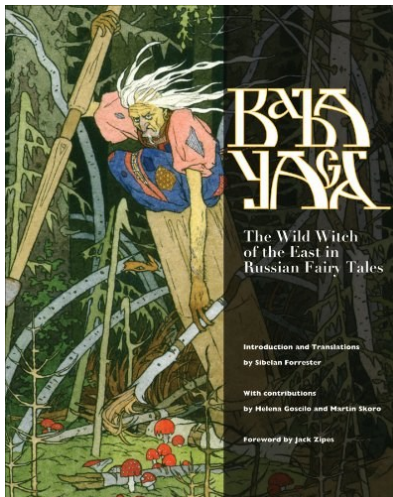
Upcoming Events

Greater Victoria Public
LIBRARY

Gwenyth Windsor
Branch Librarian

Library: Bruce Hutchison Branch
Bookmaking: Create a Word-Based Self-Portrait
Event Type: Crafts & Hobbies
Age Group(s): Adult, Teen
Date: 12/11/2014
Start Time: 6:30 PM
End Time: 8:30 PM
Description:
Create a word based self-portrait with Ground Zero Printmakers, using colours, letters, patterns and images transformed through printmaking. Materials supplied. Register at gvpl.ca or call 250-940-GVPL (4875) for more information.
Presenter: Ground Zero Printmakers

Library: Saanich Centennial Branch
Baba Yaga, the Russian Wild Witch of the East
Event Type: Writers Readers & Storytellers
Age Group(s): Adult
Date: 04/11/2014
Start Time: 7:00 PM
End Time: 8:30 PM
Description:
Professor Sibelan Forrester (Swarthmore College, Pennsylvania) invites you to take a walk into the Russian fairy tale world as she talks about the most iconic magical character of Russian folklore - the terrifying witch Baba Yaga. Register at gvpl.ca or call 250-940-GVPL (4875) for more information. Sponsored by the University of Victoria's Lansdowne Lecture series.
Location: SC Living Room

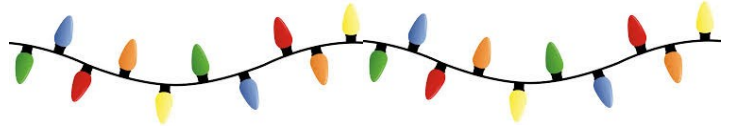


Christmas Light Tour

Monday December 15th
6:30 to 9:00 pm
Back to The Centre for Mince Tarts and Hot Chocolate.

Bus Tour cost: \$17
Sign up sheet in the front office - November 15th.
Payment is due when signing up.

We can only take 29 people so if you are interested in going please sign up early.
Tour Coordinator, Sheila Viggers



Friday Speakers Series

Friday, January 9

Guest Speaker: Gilles Lacroix, Area Manager of St. Elizabeth Non-Profit Society
Topic: Home Health Services

Friday, February 6

Guest Speaker: Jennifer Cairns and Alan Perry of eGurus, also known from CFA's show, Tech Talk
Topic: Seniors Technology (latest helpful hints)

Friday Speakers Series will continue with various guest speakers and topics. Please note that the **Friday Speakers Series** will be held on the **first Friday of the month** for January to March and in the Fall of 2015, from September to November. Also, future sessions will be open to all by donation. A donation basket will be located at the entrance to The Centre's hall.

Thank you to Marney Ellis and Sue Tribe for arranging these informative and interesting sessions for The Centre.

THOUGHTS: by Marianne Brackenridge

Are you where you want to be? Where you should be? Where you need to be?

These are loaded questions. Are we ever satisfied with our lot in life? Do we really need to follow the *pure* state that Plato envisioned? No, let's just live our own lives by our own personal moral standards.

Personally speaking, right now I am just where I want to be. In time perhaps that situation may change. Many times as each day progresses, I reflect upon times in my life when I wished or hoped to be in a different place, whether physically or geographically. As time unfolds though, the wishes I had have come true. However looking at the present day, this question while it relates to or becomes more important as one ages, rises again.

When we reflect upon early years, the question then, whilst important, was really out of our hands, with generally a parent or care giver or spouse having control over life's situations. Now in the present day this question looms uppermost in my mind. I examine the question seriously from a different angle, "Do I want to be in any other situation or place?" Answering I say, "Yes, geographically, I have reached paradise. Physically...I'm not bad for my age! I'm where I should to be as a wife, mother and friend. I am right where I need to be and ...where I want to be.

Seniors' Centre by Muriel Ackinclose



The sun was beating down in burning fury. It bounced off the tarmacked parking lot and then from the wall of the Seniors Centre. What a relief to enter the building and close the door on the stifling heat. But, after all, I had a purpose.

All my friends and family were constantly pressuring me to get out, get involved, join classes in fitness, painting, yoga, or anything else that interested me. They were all concerned in keeping me busy, rather than let me sink into a depressed state of widowhood.

It was cool inside and remarkably quiet until I passed by the little library, where three people were playing a card game. They looked up in surprise. "May we help you?" "Yes," I replied. "I thought there was an Art Class on today." "Not here. Maybe it is in the downstairs room. If you cross the next big room, there is a door on the left that will take you to the stairway that goes downstairs." I thanked them and proceeded to follow their instructions.

I opened the door and went down the first flight of stairs, then turned right and down another flight. Finally arriving at the basement level I found the big downstairs room, but no people. Of course, I surmised, the class must have been cancelled for the summer. So I climbed the stairs and went to open the door, but it would not move. It was locked, solid, try as I might. I banged on the heavy door a few times with no result. Of course, the card players would be engrossed in their game. After all,

they were seniors, too, maybe hard of hearing, or maybe gone home. A spate of panic ran down my spine. I thought, nobody knows I am here. They'll never miss me for days. I must keep calm. A little spark, like a star in the blackness of despair shone through my intellect. I remembered seeing an Exit Emergency door somewhere. And there it was, down the first flight of stairs, and it was open, at least from the inside. I stepped out into the deliciously hot oven of outside, and visited my cousin close by for a welcome glass of sherry

I remembered that in the midst of my pseudo-panic attack I was shocked to find Agatha Christie coming to mind. Perhaps it was the TV program of her life I had found interesting while channel-surfing the night before. The fascinating fact was revealed of how she wrote her murder mysteries. She always started with a body, a dead body, and the plot developed around that. Then I thought what a wonderful setting this would be for Agatha—a dead body in a downstairs room of a senior's club. I can just imagine the Detective Inspector saying, "No signs of a struggle." or "What is that clenched in her hand? Who were the three card-players upstairs, and where are they now?" Maybe Hercule Poirrot would be brought in. Agatha would have a ball with that.

Never mind, I have now had my time of stress, and a bit of fun. All stories should have a happy ending, just like this one.

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 Jessie Kelly	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	
	Painting 12:30 - 3 pm Marilynn Murray	Weaving 11:30 am - 2:30 pm Janis Ball Thea Revoy	Pot Luck Lunch 3 rd Thursday 12:15 pm		
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		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 First Friday of each month	
	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 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. 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.



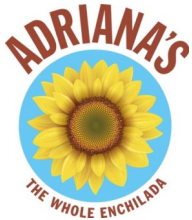
Thrifty Foods supports our various social events with grocery gift cards for The Centre's doorprizes and giveaways.



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.

The Centre ~ Community Sponsors ~ 2014-2015

The following businesses have generously supported
Central Saanich Senior Citizens Association — "The Centre"



Peninsula Panthers Junior Hockey Club



Brentwood Pharmasave



Sassy's Family Restaurant



Sea Cider Farm & Ciderhouse



Seahorses Cafe



Sluggett Farm



Welcome New CSSCA Members

Ruth Christian Sandra Jaycox
Brian & Betty Hodgson Nikki MacKenzie

November Birthdays

08 Penny Furnes	20 Leo Vezina
08 Philip Goodhall	21 Joan Ormiston
12 John Davidson	21 Cathy Thompson
13 Shirley Jones	23 Norman Gustafson
15 Dianna Coumont	23 Janice Mercer
16 Hazel Best	24 Irene Dunn
16 Eunice Webber	28 Tanga Blackburn



THE CENTRE FOR ACTIVE LIVING 50+



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

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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: Janet Mitchell Gerie Turner

Distribution Gwen Bentley

Braunda Gustafson Tanga Blackburn