

October
2015



THE
CENTRE
NEWS



Come join the fun at The Centre. Jazzaniah Catering is promising an authentic German dinner with all the trimmings. There will be lots of fabulous prizes. Mary and Ron will fill the hall with toe tapping music. There will be an opportunity to sing-a-long and, for any dancers, to get out on the dance floor!

We are looking forward to the best Oktoberfest yet. Do invite friends and buy your tickets early. Tickets will be available during The Centre's office hours. More information to the right in 'October Events'.



Check It Out

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October Events

Friday Speakers Series

- * Friday, October 2 - 1:30 pm - 3 pm
- * Topic: Laughter Is Really Good Medicine
- * Presenter: Dr. Clem Persaud
- * Donations accepted at the door

CSSCA Board Meeting

- * Thursday, October 8 - 9:30 am

Thanksgiving Monday

- * Monday, October 12 -The Centre office closed

Oktoberfest

- * Thursday, October 22
- * Doors - 5 pm Dinner - 6 pm
- * Authentic German Buffet
- * Music by Mary and Ron
- * Sing-a-Long and Dancing (partner / non-partner)
- * Door Prizes and More
- * CSSCA members: \$20 Guests: \$23
- * Tickets at The Centre's office - 10 am - 12 noon

Lunch Bunch

- * Wednesday, October 21
- * **Bleue Coyote Bar and Grill** - 11:30 am
- * 7100 Wallace Drive
- * Sign up sheet in The Centre's reception or call The Centre at 250-652-4611
- * For transportation needs contact a driver from someone on the list
- * Great opportunity to get to know one another

Scottish Country Dance Ceilidh

- * Friday, October 30 - 7 pm
- * Details on page 5

Sunday Social

- * Sunday, **November 1** - 2 pm
- * Coffee / Tea and refreshments
- * Everyone welcome
- * Donations accepted at the door

Bingo

- * Wednesdays 1 - 4 pm
- * Thanksgiving Bingo Special - Wed., Oct. 7

It's good to make a new start in September, and by now almost all our programs have begun. To have this happen, many volunteers are putting forth their best efforts as leaders and participants. The Volunteer Lunch was one way to acknowledge their contributions of time and talent so that others can enjoy their time at The Centre. Thank you all.

Recently I travelled to south eastern Oregon. The trip was an eye opener in many ways. On the I-5 highway there was a line of trucks as far as the eye could see. It made me realize how dependent we are on long haul truck drivers and the movement of goods and services needed to maintain our way of life and standard of living. Also I thought of the many people who earn their living by driving a truck. Some are away from home for days at a time. Some drive for many hours at a stretch over the same routes. The speed and amount of traffic must be very stressful.

Driving from west to east across Oregon, we passed many small towns that are almost completely boarded up. This beautiful area with tall pine trees and mountainous terrain was once a winter sports and summer boating/fishing area. No snow and less rainfall have lowered water levels, devastating the area, and there

are many cottages plus other accommodations and businesses for sale. For me, it was another reminder of the effects of global warming.

A highlight of the trip was a visit to Crater Lake National Park. The crater was formed in 5700 BC when Mt. Mazama erupted, forming a large caldera. Ash spread as far as Yellowstone Park, Nevada and southern BC. Some 700 years later the lake itself was formed. There are no streams in or out, and the lake is filled by direct precipitation from rain and snow. Water is lost through evaporation and subsurface seepage. There was lots to see and the views were magnificent.

There is a lovely old hotel on site, with high wooden beams, dark wood floors, a big fireplace, and hanging chandeliers. In the restaurant we sat by a window to enjoy the view while we ate our lunch. An interesting day.

Watch for the upcoming events at The Centre. The Sunday Social, Octoberfest, and the trip to Chemainus are but a few. I look forward to seeing you all soon.

Margaret

Volunteer Luncheon

On September 18, the cornerstone of The Centre was celebrated and volunteers were honoured. Jazzaniah Catering served up a wonderful lunch and members enjoyed visiting one another. Well deserved winners of the prize draws were Gladys Otto and Marney Ellis. A huge 'Thank You' goes out to all The Centre's wonderful volunteers!



Around The Centre



For all chocolate lovers in time for Christmas. Purdy's is offering 25% off on all orders to members of CSSCA and their families and friends. The order forms will be available in October. Please check out The Centre at that time.

Thanks, Happy



Here's the recipe of the cookies that I brought to the last General Meeting. There were many requests, so I thought I'd put it in the newsletter. Happy Smith

DOUBLE GINGER CHOCOLATE CHIP COOKIES

Ingredients:

1 ½ c. brown sugar

1 c. butter, softened

2 eggs

1 Tbsp. vanilla extract

2-3 in. fresh ginger, grated

2 ¼ c. all-purpose flour

1 ½ tsp. baking powder

1 tsp. salt

1 c. chocolate chips

1 c. finely diced candied ginger beating until thoroughly combined.

Position racks in the oven, one near the bottom

and another near the middle. Preheat oven to

375 degrees. Use parchment paper on the cookie sheets.

Beat sugar and butter until creamy. Add eggs, vanilla and grated ginger and beat until smooth.

In another bowl, whisk together the flour, baking powder and salt.

Slowly add the flour mixture to the egg mixture,

Stir in the chocolate chips and ginger bits. Roll scoops of dough into 1 inch balls. Place on cookie sheets spaced about 3 inches apart. Press gently to flatten slightly. Bake about 12 min. or so until golden brown. Cool on racks.

Makes about 3 – 4 dozen.

Enjoy

TRIP TO CHEMAINUS THEATRE

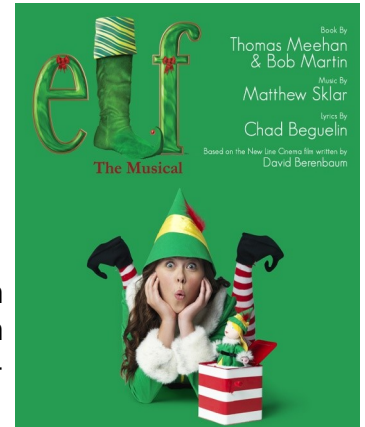
SATURDAY, NOVEMBER 28, 2015

Elf—The Musical

Bus leaves The Centre at 11:00 am & returns at approx. 7:00 pm.

There will be options for those who do not wish to have the Buffet.

A signup sheet will be in The Centre's office in early September and into October.



This trip is subsidized by The Centre, therefore we must know exactly how many members and friends will be attending. Payment is required at the time you sign up. Wherever possible please provide a cheque for payment.



Around The Centre

Stamp Club

Ein Prosit! For the Oktoberfest.

The German Post issued a stamp in 2010 dedicated to the funniest and probably most adored holiday of all the Germans. The tradition of annual celebration of Oktoberfest goes back to the 12th of October, 1810 in Munich. This is when the wedding of Crown Prince Ludwig, later King Ludwig I, and Princess Therese of Saxony-Hildburghausen was held.

The official celebrations of the wedding lasted five days. It consisted of a National Guard parade, fireworks, music, food and drinks, trumpets and drums. It was decided to repeat the celebration at the same time each year. Since then, there have been very few years when this event has not taken place (such as during times of war).

The *Historical Oktoberfest* took place because of the 200th anniversary of the Oktoberfest. A big party was held at the city centre in Munich in 2010 to celebrate this event.

Like in old times, the historical *Wiesn* (Festival Grounds) is quiet and family-friendly. There is a historical beer tent with traditional decoration and special beer, only brewed for this event by Munich breweries. In another tent, *Herzkasperl*, you'll be entertained by German and Bavarian artists. There is also an animal tent with different species of farm and domestic animals and a museum tent, where you can visit historical objects of the Oktoberfest. Like in the early *Wiesn* years you can see horse races every day.

About 6.4 million people visited the Munich Oktoberfest in 2010. The 200th anniversary of the Oktoberfest was a magnificent and outstanding event. Seven million mugs of beer were consumed during the 17 days of the festival.

Today the Bavarian Oktoberfest is the largest folk festival in the world. Munich beer and hospitality, high tech rides and nostalgic carnival attractions invite everybody to join the celebration.

Our Stamp Club meeting this month will be on October 1st at 1 pm at The Centre. Hope to see you there!

Sincerely, Kurt Sommer

HELP IS NEEDED FOR THE CENTRE SUNDAY SOCIAL

The Centre Sunday Social has a core of wonderful volunteers! Month after month, this group has provided sandwiches and delicious delights! We THANK these volunteers and appreciate their generosity. They make the once a month, Sunday Social a treat!

However, **our list of volunteers is getting smaller for different reasons** and we need help! If enough people are willing to donate baking or sandwiches, we may need only to call on you once or twice a year.

This is what we need:

Baking:

Cookies, squares, coffee cake, loaves, etc. and doesn't even have to be homemade!

Sandwiches:

A loaf of bread, white or brown, with any kind of filling such as ham, cheese, egg, fish or any fillings you enjoy. We do not require sandwiches to be cut, or the crusts removed. The kitchen crew will do all that is necessary.

If you enjoy coming to our Sunday Social, and are willing to help, please check the list posted in the office. Just put your name and phone number and your preference for sandwiches or baking. One of the crew will contact you when help is needed.

Thank you for your kind consideration!
The Sunday Social Kitchen Crew



German issued Postage
Stamp from 2010



Decorative stamps being used
in addition to regular postage

Upcoming Events

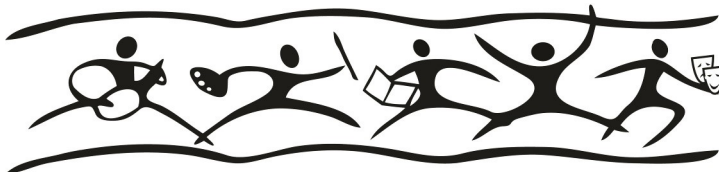
Please Note These Changes



Level Ground Direct Fair Trade Coffee

Don't forget to pick up your coffee
at The Centre

Pricing change - \$9 per package
Cash or cheques payable to CSSCA



Community Arts Council of the Saanich Peninsula Studio Tour

Please note scheduling change:

The participation of The Centre in this event has been cancelled. It was originally planned for Saturday, October 24 and Sunday, October 25.

Sunday Social

There will be **no** Sunday Social in October.
The Centre will host 2 Sunday Socials in November.
Sunday, November 1
Sunday, November 29

Knitting/Crochet Group

A good way to start off a new season of the knitting/crochet group! Members enjoyed cake to celebrate four birthdays.

Our group is busy working on projects for the sale at the November Social, donations for the 1-Up Single Parent Resource Centre, and comfort dolls and face cloths for Aids orphans in Uganda.

New members and wool donations are always welcome. Wednesdays from 2 to 4 pm.

Shirley

October Birthdays

02 Dick Chudley	19 Joan Fisher
02 Jim Cowie	21 Lindy Cathryne Watson
06 Cynthia Tandy	22 Ellen Nielsen
07 Grace Frampton	22 Patricia Williams
08 Velma Ryder	23 Christina Morrill
08 Susan Townsend	25 Janet Mitchell
11 Jean Leech	27 Clare Cochrane
12 Margaret McKelvie	28 Margaret Sharples
12 Walter Monych	29 Adelia Donaldson
15 Lou Reid*	30 Richard Harris
18 Donna Jack	30 Jack Reid
18 Gillian Lightbody	31 Joan Winchell
19 Jean Farmer	

Scottish Country Dance

Come to the Scottish Country Dance Group's Ceilidh

Ceilidh date Friday, October 30th at 7 pm. Do consider coming and watching or participating. The dances are called and simple fun ones designed for all to participate. You can dress in anything that allows for easy movement with lightweight soft soled flat shoes. Come in costume or not. Come with someone or alone. All ages welcome. Why not bring your daughter, son or grandchildren, friends or neighbours to join with you? We always have a great time! There will be refreshments. Cost is \$5 per person or \$10 per family. All proceeds go to The Centre.

Classes continue on Tuesday mornings: 10-11:30 am and Tuesday and Friday nights: 7-9 pm.

Everyone is welcome to come.



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	
Mild Fitness 10:15 - 11:15 am Barb Jefferies		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	
Photography Club 1 pm Marilynn Murray Start Up- Oct. 5	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 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 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 First Friday of Sept. Oct. & Nov.	
	Art Appreciation 7 pm Joyce Wolfe Gerie Turner Start Up - Oct. 6			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.



Level Ground Fair Trade Coffee is available for sale at The Centre. We offer ground or beans in many flavours at just \$9.00 per 300g bag. A portion of the purchase price goes to The Centre.



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.



Welcome New CSSCA Members

Marion Vroom	Darlene Phillips
Norm Alton	Janet Heidorn
James Squire	William Cole

The Centre's Website

For ongoing information regarding activities and events at The Centre be sure to check out our website!

www.centrialsaanichseniorscentre.org

Thanksgiving by Joanna Fuchs

Thanksgiving is here, so our minds have turned
To what time has taught us, to what we've learned:

We often focus all our thought

On shiny things we've shopped and bought.

We take our pleasure in material things,
Forgetting the pleasure that friendship brings.

If a lot of our stuff just vanished today,

We'd see the foundation of each happy day

Is special relationships, constant and true,

And that's when our thoughts go directly to You.

We wish you a Thanksgiving you'll never forget,

Full of love and joy—your best one yet!



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.centrialsaanichseniorscentre.org

CSSCA Executive

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Vice President: Mike Bird

Past President : Gerie Turner

Corresponding Secretary: Valerie Park

Recording Secretary: Elizabeth Skaggs

Treasurer: Thea Revoy

CSSCA Board Directors

Marney Ellis

David McVey

Marilynn Murray

Kurt Sommer

Shirley Monych

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