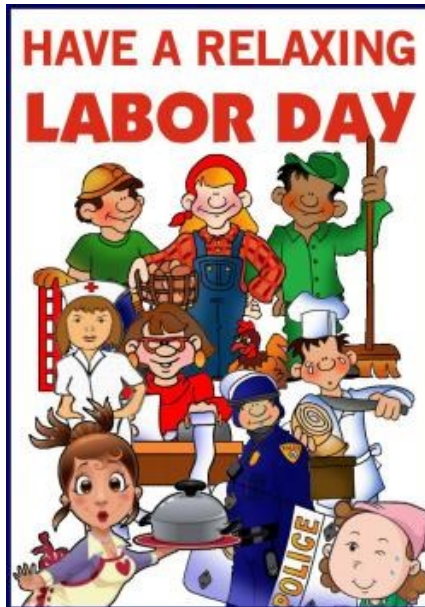


# The Centre News

Heart of the Peninsula



SEPTEMBER 2016



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## September Events

### Labour Day

- \* September 5th - Closed

### CSSCA General Meeting

- \* Thursday, September 8th, 2:00 pm

### Speakers Series

- \* September 9th - 1:30 pm
- \* David Rose of Mile Zero Tours

### Volunteer Luncheon

- \* Thursday, September 22nd noon

### Sunday Social

- \* September 25th 2:00 pm
- \* Coffee/Tea Sandwiches and sweets
- \* Entertainment TBA
- \* Admission by Donation

### Lunch Bunch

- \* Thursday September 29th - 11:30 am
- \* Sassy's Family Restaurant
- \* 6719 W. Saanich Road
- \* 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

### Scottish Country Dancers

- \* **Ceilidh** September 30th 7—10 pm
- \* Refreshments
- \* \$5/person \$10/family

### BINGO

- \* Wednesday 1 - 4 pm
- \* Everyone Welcome
- \* Must be 19 and older



# President's Message September 2016

*Heraclitus wrote, "There is nothing permanent except change."*

The start of the new season at the Centre is all about CHANGE. Some have happened already, some are in process, and some will come a little later.

The first CHANGE is to welcome Lauren Barr as our Centre Coordinator. She started work on August 22 and is employed for 20 hours a week. We are grateful to the former Peninsula Fruit Growers Association for their generous contribution which has allowed us to hire Lauren. Her office will be in the room opposite the front desk where the computer resides.

The second CHANGE many of you are already enjoying. The new black chairs that replaced the yellow ones purchased in 1983, are in use and we are grateful to Vic Peters for adjusting the storage frames so the chairs can be stacked and returned safely to the cupboard.

The third CHANGE relates to washrooms both upstairs and downstairs. All the toilets have been replaced. They are low flush and are designed for easier use and comfort. The Bingo players are especially pleased.

The fourth CHANGE will happen at the Volunteer Lunch. Our Volunteers will be treated to a lunch provided by a catering service that is new to us. It should be good and tasty.

Future CHANGES will require the cooperation of all members. As we add new programs and activities there will be a need to move some of our present activities to different areas within our building in order to accommodate new ones. As these adjustments are made, look for opportunities to expand your horizons.

Let's look forward to another successful year at the Centre.

Namaste,

Margaret



The Centre  
Will no longer  
be selling Level  
Ground Coffee

**We Share The Air**  
Please keep it healthy and fragrance-free

The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other respiratory ailments.

**Please**

- DO NOT wear perfume, cologne, lotion, aftershave and other fragrances.
- USE unscented personal care products.

**Be Sensitive to Others**



## ATTENTION!

Please wipe the lipstick off your **cups, glasses and utensils** before rinsing them off in the bleach solution.

All food must be rinsed off your plates and utensils so they can be **properly sanitized.**

Thank you,  
The Kitchen Elves



# Around The Centre

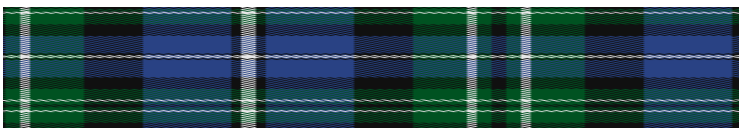
## Welcome New Members

Greg	Nowakowski
Judith	Klassen
Keith	Taylor
Elena	Cuervo-Lorens

### Scottish Country Dancing

continued all summer on Tuesday mornings. We resume evening classes this September. Everyone is very welcome to dance or watch. We accommodate both beginners and experienced dancers and have a mixture of difficult and easy dances. We will have a Ceilidh (means Kitchen Party) dance September 30th from 7—10 pm. Do come and give it a try!!

—Janet Mitchell



If you are interested in **Knitting or Crochet**. Join our group starting on Wednesday September 7, at 2:00 pm.

Donations of yarn are much appreciated to help in the making of our charity projects and items we sell in November.

An afghan raffle is planned again for November with all proceeds from that and our knitting/crochet sales going to The Centre.

See you there.



Sept 6	Shirley	Monych
	James	Squire
Sept 7	Patrick	Shaw
Sept 8	Darlene	Phillips
Sept 9	Greg	Nowakowski
Sept 11	Patricia	Tranter
Sept 15	Doreen	Bateman
Sept 16	Hedi	Basic
	Marney	Ellis
Sept 18	Doreen	Drayton
	Happy	Smith
Sept 19	Gail	Palmer
Sept 21	Barb	Mordaunt
	Don	Farmer
Sept 22	Mel	Lightbody
Sept 23	Arthur	Pugh
Sept 28	Janis	Ball
Sept 29	Doug	Ferguson



# Around The Centre



Thank you to the many volunteers who spent hours baking and preparing the strawberries for our enjoyment.



**Strawberry Tea** of June 16th included entertainment by our very own Songbirds.

Art Show by Marilyn Murray and her students and the best darn strawberry shortcake I have ever tasted.



# Around The Centre

'A book is a device to ignite the imagination'

... Alan Bennett

Join Us ...

## Thursday Thinkers Book Club

Thursday Mornings 10:30am

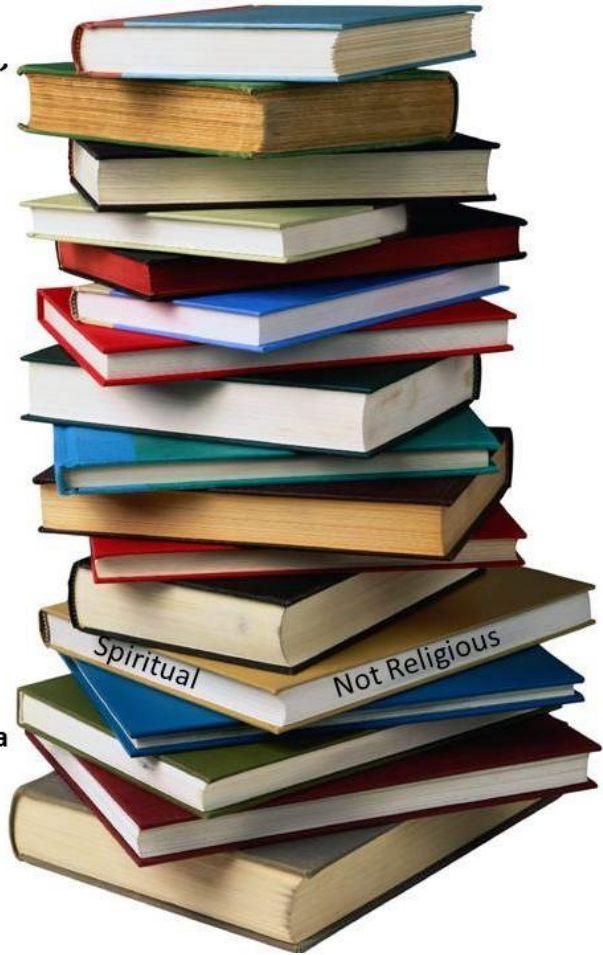
C Saanich Cultural Centre – Brentwood Bay  
(next to the library entrance)

What's on Tap?



See our Website  
for more info:  
[www.shadycreekuc.ca](http://www.shadycreekuc.ca)

Hosted by Shady Creek/Brentwood Bay United Church



### Book Club

So. . . what IS the world coming to anyway? What have the pundits and theologians been saying and writing while the rest of us were ferrying the kids to baseball games or dedicating ourselves to making a living. . . or all the other activities that occupied our time while the world rolled on.

Well, during quite a number of years now, a group of people who called themselves the "Thursday Thinkers" met in the Brentwood Bay United Church to read and discuss books of interest - usually, but not always, books concerning religion. The church has now been sold, so the group is planning to meet in the room beside the entrance to the Brentwood Bay library. The "thinkers" are now inviting other members of the community to join them when they begin a new season in September.

The first book to be explored is *Christianity After Religion*, a widely acclaimed book by Diana Butler Bass. It's a compelling, challenging and insightful book that introduces the end of "church" and the birth of a new spiritual awakening. Everyone who has an open mind and enjoys exploring new ( and old) ideas is welcome to join us.

The first gathering is at 10:30 on Thursday, September 8. It will be an introductory session, where we'll see and hear the author on YouTube. See you.

-Submitted by Dorothy Sly

# Stamp Corner

## Montreal

(one of Canada's biggest and oldest cities)

The Maisonneuve monument, which stands in Montreal's Place d'Armes, is a tribute to the Sieur de Maisonneuve, who founded the city's first permanent settlement in 1642 and was the first governor of the colony of Ville Marie de Montreal. Harassed by Indian (First nation now) attacks throughout its early years, in time this little settlement became the great fur trading centre of New France.

Today Montreal is Canada's largest city, a modern metropolis of 2 and 1/2 million people. A recognized leader in municipal innovation, it is redeveloping its city centre and expanding underground. Le Metro, its subway, is the most modern and beautiful in North America. The Place des Arts, its centre of performing arts, contains a 3,000 seat concert hall and is the home of the Montreal Symphony Orchestra.

Montreal is also the second largest French-speaking city in the world, Historic shrines such as the Chateau de Ramezay or the Chapel of Notre-Dame-Bon-Secours in Old Town preserve the Flavour of old France.

In Sports, Montreal is well known with the Montreal Canadian Hockey Club, many of us remember the "Flying Frenchmen" as well as their hockey sweaters, (everyone had to have one) and of course we all remember Maurice Richard, Jean Beliveau, Guy Lafleur, when they were playing for the Montreal Canadiens.

The inserts are:

Above a picture of the city of Montreal

- #1 Canada post issued this stamp in 2009 to honour the "Montreal Canadiens" on their 100th anniversary.
- #2 An issued stamp by Canada post in 1938, picturing "Chateau de Ramezay" in Montreal.
- #3 A postage stamp depicting a Montreal street scene from an issue in 1978 by Canada Post.



Anyone who has questions or concerns about stamps please feel free to give me a call at 778-426-2499 or email at [kurtmartha@outlook.com](mailto:kurtmartha@outlook.com)

There won't be any more Stamp Corner meetings in the future for the lack of interest by our members.

Sincerely Kurt Sommer

## POT LUCK

September 15th  
12:15 pm



**500 resumes September 14th**  
**See you there**

## *If the Shoe Fits it's Lisboa—by Ada Serson*

Here I am back on our beloved Vancouver Island, thinking of all the things that happened while on vacation in Portugal with my friend Hanny. So many images come to mind. Our first stay in Lisbon was in a lovely hotel close to the Calouste Gulbenkian Museum. This jewel of a Museum is set in a semi tropical, walled garden. We spent three days getting over our jet-lag and visiting the Museum. Then we drove by bus up to Porto in the North of Portugal, joining a cruise on the Douro (river of gold), into Spain and back to Porto. Back South to Lisbon by train where Hanny had rented an AirB&B for us for 8 nights. B&B implies bed and breakfast, but the second B was sadly missing. Also lacking was an elevator (we were on the 3<sup>rd</sup> floor). It was a lovely apartment though, we each had our own bedroom. The view was across the street (4 meters wide) and looking straight into someone else's bedroom. They had shutters and curtains which we had not. I hung a blanket over my French doors. The doors opened out onto a 50 cm. wide balcony with a lovely wrought iron railing. A tram ran through the street until 12 am, starting again at 5.30 am. Cars drove by all night. Quiet it was not. The temperature was 34C. during our second stay in Lisbon.

No matter, memories are always sweeter in hindsight. The Douro cruise was more than I could have imagined, with excellent service and delicious food and tours every day. There were only 95 people on board, mostly British. The cruise came just after Brexit had happened. You can imagine the discussions!!!! It was most entertaining. One of the memories and pictures I have is of a Mammoth Lock we went through with 2 inches to spare on both sides of the ship. The lock towers an enormous 45 meters high and is a first class engineering feat. I was on the top deck when we went through. I looked up through the murky dark and way up high a little square of blue sky was visible. The concave gates behind and in front of our ship were made of thick steel, going up and down in segments. Speaking with one of the crew I was told that on either side behind the walls are tunnels where technicians control and operate the gates.

Another very vivid memory is what happened on one of the last days of our stay in Lisbon. Hanny and I had decided to visit the most expensive street in Lisbon called Avenida Liberdade. We took a taxi (very reasonable there ) and started walking from the top of the Avenue. It slopes down to the tidal Tagus river. The Avenue is comparable to the Champs Elysees in Paris. Paved with mosaics and lined with enormous trees, little cafes, expensive hotels and stores that made our parochial minds boggle. We saw names like Gucci, Prada, Cartier etc. Of course went into some of them and fingered the finest materials and leathers. The clerks did not even bother talking to us. They could see that we were part of “the great unwashed”

After coffee at one of the lovely terraces we resumed our walk down and came by a shoe store. Being curious we wondered whether the cheapest shoe would start at E.600,00 or E.700.00. Walking in we were extremely surprised to see that they had a sale of 30% off. The shoe we both zoomed in on was on E 73.00. We could hardly believe it. Hanny wondered what size her Canadian 8 would be in European size. Having grown up in Europe I knew what would be the equivalent of 38 Lisbon. I also knew that I have large feet and needed a 40.      con't page 8



Con't

So, with this powdery blue, soft, so soft leather “wonder” made in Portugal in our hot hands we go up to the counter. Hope beaming out of our eyes. I ask for a size 40 and Hanny for a 38. The lady disappears in the back and returns with 2 boxes. So, I try on the 40’s. They fit like a glove and look just gorgeous. Hanny tries on the 37’s and they are too small. Meantime I look at the sandals we had taken off. To my surprise her sandals are as big as mine. So I tell her “try on my 40’s”. They fit her like a glove. So we ask for another 40 and here comes the downer.... The lady has no more 40’s. I think “boy is this awkward”. I want the shoes but I also want to stay friends, at least until we are home. “Well”, Hanny says, “I guess we will have to toss”. That of course is the obvious solution to the dilemma, but fair it is not. I ask for 40’s, they have 40’s, so the shoes are really mine. But wanting to stay on her good side, I give in. Hanny chooses heads, I choose tails, killing herself laughing, tosses. Well dear readers, I have to tell you, there is justice after all.....tails comes up. Obviously the shoes were meant to be mine. Hanny was not happy, but I was over the moon happy. I paid for the shoes, put them in my kidney gab and out the store we went. At our B&B I put the shoes in my suit case and we never talked about them again. We finished our trip in peace and harmony. I am happy to report that Hanny and I are still friends and plan to take a mini holiday next month. To avoid possible problems, I will not wear my powdery blue shoes made in Portugal on that trip.



-submitted by Ada Serson



CSSA members , Ada Serson with her grand daughter , the lead singer from the Dirty Mountain Band entertaining us at Music in the Park in Brentwood Bay, Gillian Lightbody, Jean and Don Farmer.

If you have Keys to The Centre and are no longer using them.

Please return them to reception.

Thank you



**BINGO**  
**Wednesday**  
**1—4 pm**  
**Must be 19 or older**



# Art Appreciation Group



**Sooke Fine Arts Show with 375 pieces on display July 28, 2016 .**

**Art Appreciation Group enjoyed a wonderful outing and a great meal at Stickleback Westcoast Eatery**



**The Art  
Appreciation  
Group will  
Resume  
October 6  
7:00 pm**

B I N G O



# Up Coming Events

**The Lunch Bunch Group** is dining at Sassy's Family Restaurant

6719 W. Saanich Rd

Thursday September 29 at 11:30 am

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



**VOLUNTEERS** it's time for our annual "Thank you" to our most valued asset, you, The Centre Volunteers. Without you, The Centre would not be the success it is and enjoyed by so many. Every activity and event would not happen without the endless hours put in by our many committed volunteers. Pick up your tickets at the Centre.

**Volunteer Thank You Luncheon**

**September 22nd Noon**



## ARMCHAIR THEATER

Calling all would-be actors and theatre buffs—from novice to old pros. This is a play reading group, we read scenes from one act plays to full-length plays, modern to radio plays and the old classics. No lines to learn only reading together, laugh together, meet new and old friends. Stretch those facial muscles. Come on out and join our new group for a fun afternoon and be your own entertainment.

\$2 for members \$4 for non members

Starting Thursday September 15th 2—4 pm



**MILE ZERO TOURS**

Victoria, BC

**Mile Zero Tours** is

a Victoria based tour operator dedicated to providing Vancouver Island residents fully guided quality travel opportunities to destinations near and far. All trips depart from Victoria and include home pick up and return.

The name Mile Zero is inspired by the famed local landmark "Mile 0" but it also encompasses the company's travel philosophy. Mile Zero Tours believe that travel broadens the mind and gives each of us a different perspective on life. The company's mission is to share this idea with the community in the hope that with every tour, guests return home a little wiser, humbler and with a reenergized perspective on life.

Join Mile Zero Tours founder, David Rose for a fun and informative 'virtual tour' that will feature beautiful pictures and interesting facts highlighting upcoming trips such as the 4 Day -Tofino Escape in late October, The Winter Mountain train journey through the snowy Rockies to Jasper in December and travels to the USA in 2017 including sunny California and the always exciting New York City!

**The Centre's Speakers Series**

**Friday, September 9 at 1:30 pm**

**Guest Speaker: David Rose**

**Mile Zero Tours**



# Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9 - 10 am Barb Jefferies	<b>Scottish Country Dancing</b> Walk Around 10 am Janet Mitchell	<b>Aerobics</b> 9 - 10 am Barb Jefferies		<b>Aerobics</b> 9 - 10 am Barb Jefferies	<b>Walking Group</b> 9:30 - 10:30 am Centennial Park Vivien Bradley
<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies		<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies		<b>Mild Fitness</b> 10:15 - 11:15 am Barb Jefferies	
<b>Photography Club</b> 1 pm Marilyn Murray	<b>Painting</b> 12:30 - 3 pm Marilyn Murray	<b>Weaving</b> 11:30am - 2:30pm Janis Ball Thea Revoy	<b>Pot Luck Lunch</b> 3 <sup>rd</sup> Thursday 12:15 pm	<b>Scrabble</b> 10:15 am Casual Happy Smith	
<b>Mah Jong</b> 1 pm Braunda Gustafson	<b>Songbirds Choir</b> 1 - 2 pm Larry Skaggs	<b>500 Club</b> 1 pm	<b>Lunch Bunch</b> 4 <sup>th</sup> Thursday 11:45 am Sign-up sheet in office	<b>Chair Yoga</b> 12 - 1 pm Gail Bradshaw	<b>Snooker</b> 1 - 4 pm Art Pugh Casual
<b>Bridge</b> 1 - 4 pm Lynda Tucker Barb Roberts	<b>Poker</b> 1 pm	<b>Bingo</b> 1 - 4 pm Braunda Gustafson	<b>Game Board Group</b> 1—3 pm	<b>Cribbage</b> 1 pm Norm Gustafson	<b>Bridge Clinic</b> 1 - 4 pm Lynda Tucker Barb Roberts
<b>Game Board Group</b> 1 - 3 pm	<b>Table Tennis</b> 2 pm Don Turner	<b>Knitting</b> 2 - 3:30 pm Happy Smith	<b>Floor Shuffleboard</b> 2 - 4 pm	<b>Speakers Series</b> 1;30-3:00 PM First Friday of the month	
	<b>Art Appreciation</b> 7 pm Joyce Wolfe Gerie Turner	<b>Scottish Country Dance</b> 7 - 9 pm Janet Mitchell		<b>Scottish Country Dance</b> 7 - 9 pm Janet Mitchell	

# Thank you Community Partners



The District of Central Saanich has honoured a lease agreement of The Centre building to CSSCA



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



Co-op 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.



10% discount on purchases made on Wednesdays, when showing your 2016 CSSCA membership card



Peninsula U-Brew Winery offers 10% off Wine, Beer and Cider Kits every first week of the month to CSSCA 2016 cardholders



10% discount on the first Monday of every month to 2016 CSSCA cardholders



15% off on your purchases at JJ's Coffee House on Tuesdays and Wednesday with your 2016 CSSCA membership



1229 Clarke Rd., Brentwood Bay, BC V8M 1E2

250-652-4611 [cssca@shaw.ca](mailto:cssca@shaw.ca)

[www.centralsaanichseniorscentre.org](http://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

Marney Ellis Shirley Monych

Penny Furnes Marilyn Murray

Braunda Gustafson Margaret Sharples

David McVey Kurt Sommer

Wendy Wignall Renee Nicholls

### The Centre News

**Editor:** Lauren Barr

**Support Team:** Margaret McKelvie

Bety-Lou Verwolf

**Photos:** Lauren Barr

Corinne Marshall

**Distibution:** Braunda Gustafson

Gwen Bentley / Tanga Blackburn

Eight months ago I was introduced as The Centre newsletter editor. I am now honored to take on the position as the new Coordinator for The Centre For Active Living. I have always enjoyed taking on new challenges. It is never too late to start something new. Here I am with Louise Eldridge, the pianist for the Songbirds, who I met while taking pictures of the Songbirds in June. Now I am taking piano lessons from Louise and loving every minute of it. I am hoping to be playing a few Christmas tunes by December..

As the new Coordinator my goal is to introduce new programs , activities and special events to the members while attracting new members. Over the next month or so I will be chatting to as many members as possible to get their input, suggestions and opinions.

I will be on-site Monday, Tuesday , Wednesday mornings 9 am—noon. Thursday and Friday I will be in and out throughout the day and on the week-ends only for special events and workshops.. I have an open door policy, come on in and share your ideas.

The first new program being introduced is the Arm Chair Theater Group on Thursday afternoon from 2 pm—4 pm. Hope to see you there.

- Lauren Barr

The Centre Coordinator

