

Apr. 2024

# The Centre News

## President's Message

Hello, members!

Spring is certainly taking its time arriving this year. Hopefully, we will soon be able to leave our jackets in our closets!

The painting of upstairs is now complete. The last areas of the main hall, stage, and adjoining spaces have recently been finished. The feedback from members is very positive and everyone likes the "refresh" of our Centre. Thanks to Dani Alldrick and Gerie and Bill Turner, the red stage curtains are being dry-cleaned and will soon be reinstalled. We thank members for their patience and cooperation while this work was in progress.

Many members enjoyed our Easter Social Event. The Easter bonnets were creative and colourful and it was obvious that considerable time and thought went into their creation. Everyone sang along in the *Name That Tune* contest. Thank you to all the volunteers and food donors that made this an enjoyable and entertaining afternoon.

Thank you to the members who attended our recent AGM. Results of the focus groups are in this newsletter. Your input is very much appreciated.

*Dale Broad, President*

## Coming Events

### Bingo

April 17 and May 1 and 15 from 1 to 4 p.m.

### Hot Dog Day (before Bingo)

April 17 at noon

May 15 at noon

### Art Appreciation

April 23 at 7 p.m.

May 14 at 7 p.m.

### Lunch Bunch

April 25 at 11:30 a.m. at The White Spot

May 23 at 11:30 a.m. at The Waddling Dog

### Raconteurs

May 3 at 2 p.m.

### Centre Sing-along

May 14 from 10 to 11:30 a.m.

### Speaker's Series: Frank Wilson *Chasing the Crows from the Apple Tree*

April 19 at 2 p.m.

### Speaker's Series: Bill Collins *The Story of Cascadia Seaweed*

May 17 at 2 p.m.

### Centre Closed for Victoria Day

May 20



The Centre  
New website  
[cssca.ca](http://cssca.ca)

## What You Told Us

*By Dale Broad*

At the recent Annual General Meeting, members were separated into seven focus groups and asked four questions. This is a summary of what you told us:

### **1. What activity or program would you like to see added?**

You provided over 20 suggestions but there were a few that were reported by more than one group: computer/technology assistance, tours with lunches, country or square dancing, Tai Chi, cooking classes, and the return of Bus Trippers.

### **2. What could we do to encourage more people to join us?**

The most often mentioned were: more advertising, invite CHEK news *The Upside* to one of our functions, an open house, and improving our signage.

### **3. How did you come to be a CSSCA member?**

Most responses were by two means: dropped into the Centre or referred by a friend or family member.

### **4. What factors influenced your comfort level when you first joined an activity?**

Overwhelmingly, our very welcoming and friendly members and receptionists made new attendees feel comfortable in joining the group.

Your input has given us valuable information as we consider expanding our programs and increasing our membership and visibility. Thank you to all who participated.

## AGM 2024 - Board of Directors

*By Dale Broad*

Thank you to the members who attended our AGM on March 21, 2024. At this meeting, the Board of Directors was confirmed as follows:

### **One year remaining in their term:**

President Dale Broad

Vice-president Dani Alldrick

Treasurer Linda Parry

Past-president Michael Bird

Recording Secretary Roger Boutilier

Director Gerie Turner

Director Gillian Lightbody

Director Krystina Manning



Robert Saar was elected by acclamation to the position of Director for a two-year term.



Margaret Sharples retired from her Director position after 12 years. She was a valuable member of the Board and we are grateful for her many years of dedication. Thank you, Margaret.



## Come to the Ceilidh!

*By Janet Mitchell*

The Scottish Country Dance group is having a Ceilidh dance on Sunday, June 2 at 2 p.m. All are welcome including children, teens, and adults. The dances are fun and easy, and all are called. Come in clothes that are comfortable to

allow for easy movement and wear lightweight, soft-soled flat shoes. Cost is \$5 per person or \$10 for a family. All proceeds are donated to the Centre.

There will be a social time to chat over cookies and juice following the dance. A Ceilidh is another name for a kitchen party. Come watch or come and try out the fun dances.

## Speaker's Series Update

*By John Gunton*

In March, we had record attendance to hear Pearse Moroney present *Ireland: Land of Saints and Scholars*. This was a fitting talk given that March 17<sup>th</sup> was St. Patrick's Day. Ireland is a fascinating topic at anytime and such was the enjoyment had by all that Pearse has agreed to tell us more about his homeland next year in March.

We know April to be Poetry Month and it seems appropriate that we will be treated to poems and stories written by Frank Wilson. Come and listen to Frank who will present a collection of his work with the title *Chasing the Crows from the Apple Tree* at 2 p.m. on Friday, April 19<sup>th</sup>.

In May on the 17<sup>th</sup> as advertised elsewhere in this newsletter, Bill Collins will tell *The Story of Cascadia Seaweed*. Cascadia Seaweed is a company he co-founded and built here in Sidney to become a global leader in this important aspect of aquaculture.

Before we take a break for the summer, on June 21<sup>st</sup> Jarrett Teague will recount the *Timeline of John Dean Provincial Park*.

Mark your calendars for these third-Friday-in-the-month dates and bring along a friend as the Speaker Series is open to the public



## Centre Sing-along

*By John Gunton*

The Centre Sing-along “choir” met for the first time in March. This month, on Tuesday April 16<sup>th</sup>, we welcome Koko Saar to help us, on occasion, by playing the piano. Koko is a member of the Centre and has offered to accompany the choir for three songs.

We meet at 10 a.m. on the second or third Tuesday of the month. We continue to enjoy the Centre’s sound-projection system as we sing the songs we all love to sing in the shower!

Come along and have some fun whether you can read music or not and, if you

think you can’t sing or “hold a note”, you may surprise yourself (and others too!!)

During our April 16<sup>th</sup> meeting, along with many songs of different genres, we will perfect O Canada and, unless there are other preferences, I propose we tackle the Welsh and New Zealand national anthems as well.

## Activities Update

*By Lisa van Bommel*

**Chemainus Day Trip:** Our first trip to Chemainus has been booked for the matinee on Saturday, May 25<sup>th</sup> to see the comedy *Jeeves at Sea*, complete with a buffet lunch at the lovely Chemainus Theatre. We have hired a 16-passenger bus to transport us to and from Chemainus.

Those of you who have signed up and have received my confirmation email will have until April 25<sup>th</sup> to secure your spot with payment. Payment can be made at the Front Desk by cash or cheque. We are also taking a wait list, so please let me know if you would like to be on the wait list if a spot comes available.

The next trip we hope to schedule will be for the musical 9-5 possibly on Wednesday, July 10<sup>th</sup>. If you have not yet expressed your interest for this trip, please contact me at [activitycssca@shaw.ca](mailto:activitycssca@shaw.ca) so I can add you to that list.

**Centre Sing-along:** The Centre Singers will be called Centre Sing-along and will

continue to meet once a month. If you are planning on attending the Centre Sing-along, please add your name to the sign-up sheet at the Front Desk. This will help John Gunton prepare enough song sheets for everyone. The next Centre Sing-along is Tuesday, April 16 from 10 to 11:30 a.m.

## Five Turners in a Boat

By Joan Boutilier



Can you imagine a boat which is six feet wide and 69 feet long? Then, imagine negotiating a British canal with single-occupant locks mere inches longer and wider than the boat. Next, imagine negotiating a series of hand-cranked bridges, unilluminated tunnels, and two long aqueducts high above a scenic river.

Traditionally, you could have depended upon an experienced Clydesdale horse towing your craft on a well-trodden

towpath, but that would be too easy for the Turners! Instead, with Bill at the helm, Gerie in the galley, their son-in-law as co-captain, and two active young Turners operating the locks and bridges, they did it themselves!

Their fascinating adventure from England to Wales and back was the topic of our April *Raconteur's* feature and the audience loved it! Who wouldn't?

Join us again on May 3 for Sharon Wright's *Capricious Capers*. No hints – you'll have to show up to see what she's been up to.

### Where To Find Info:

Website: [cssca.ca](http://cssca.ca)

Activity Coordinator:

<mailto:activitycssca@shaw.ca>

Facebook:

<http://www.facebook.com>

The Centre:

<mailto:cssca@shaw.ca>



## Happy May Birthdays!

May 3	Ken Weatherill
May 3	Susan Wires
May 3	Rosemary McCluskey
May 4	Myrna Rouse

May 5 Barb Jeffries  
 May 5 Douglas Bracken  
 May 9 Anne Djilali  
 May 11 Nona Frew  
 May 14 Linda Parry  
 May 15 Adrian (Arlen) Lowden  
 May 18 Penny Millway  
 May 21 Elaine Hanson  
 May 23 Norm Alton  
 May 25 Pat Bird  
 May 25 Bob Matthews  
 May 27 Ilene to Tiszauer  
 May 27 Shirley Roberts  
 May 28 Bill Turner  
 May 31 Sandra Scarth



## Welcome New Members!

Nancy Choat  
 Raelene Johnston  
 Brenda Lewis  
 Candy Porter  
 Dianne Gotto  
 John Forte  
 Karen Gordon  
 Pat Brandino  
 Susan Pullan



*Editor's Note: The following advice was picked up by Jan Ball at a 55+ show recently. She's sharing it in the newsletter for your information.*

## Social Skills for Shy Seniors: 10 Simple Steps

As children and young adults, we learned how to make friends. As we age, death and disabilities take away many of these friends. We often need to relearn some social skills and that can be very challenging for shy people.

*These 10 simple steps are for those who would like more friends in their lives and are not quite sure how to find them. You don't have to do all these steps at once. Start with the easiest, be gentle with yourself, and be proud of the fact that you are trying.*

1. Look in the mirror. Are you clean, tidy, and looking happy?  
Remember to smile.
2. Make eye contact when you greet people. They will know that you feel they are important and worth your time.
3. Listen more than you talk. If you are nervous, you might tend to run on in your conversation. If people start to look bored, it's time to be quiet and give someone else a turn. Remember, a conversation is not a monologue.
4. Ask questions: "What do you think", "How did you get involved?", "Where are you from?"

5. Enroll in a class learning something new will keep your brain young and make you a more interesting person to be with.
  6. Volunteer for something somewhere... neighborhood, residence, church, etc.
  7. Be considerate, respectful, and sincere to everyone.
  8. Join a club. You will find people with similar interests.
  9. Watch for others who might be feeling just as you are. Smile and say hello.
  10. Attend discussion groups even if you don't say a word. People will come to recognize you and be more likely to talk to you.
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**Optimist: The bucket is half foal.**



**Contributions to the Newsletter:** if you would like to contribute news, writing, photography, recipes, or jokes to the newsletter, please send them to editor Shelly Dennis-Orr at [sdennisorr@gmail.com](mailto:sdennisorr@gmail.com)

# Easter Social



The parade begins!



*Jean Simpson won the door prize: a gift certificate!*



*Roger has his own take on a bonnet.*



*Judy Greer won the 50/50 draw.*



*Barb Jefferies and Margaret Sharples collaborate on the Easter Trivia quiz.*



*Valerie Thompson won the best bonnet contest.*



## **SPEAKER'S SERIES**

**Friday, 2 p.m., May 17<sup>th</sup>, 2024**

### ***The Story of Cascadia Seaweed***

**Sustainable aquaculture supporting regenerative agriculture here in Sidney!**

#### **Speaker: Bill Collins**

“When Cascadia Seaweed was founded in 2019, we saw an opportunity to create a solid business that enhances the natural environment and provides economic opportunity for Indigenous coastal communities.



Now, we know the opportunity — and our imperative — expands much further. We recognize the importance of seaweed as an essential element in ocean ecosystems: providing habitat, producing oxygen, and capturing carbon. However, due to the changing climate and warming ocean temperatures, natural stocks are in decline and need restoration. We believe that by cultivating local species of seaweed in the ocean at scale, we can meet the growing demand for seaweed-derived products while conserving wild populations.

In the past four years, Cascadia Seaweed has become recognized globally as an expert in seaweed cultivation, from designing and building farms, developing seed and nursery technologies, to out-planting and harvesting techniques, along with processing and producing value-added products while complying with a broad regulatory framework.”

#### **Speaker Biography: Bill Collins**



Co-founder and Director of Cascadia Seaweed, Bill Collins was developing business cases to attract foreign direct investment on behalf of the Vancouver Island Economic Development Alliance, one of which was sustainable aquaculture. He mentioned this while catching up with Mike Williamson, who coincidentally was investigating opportunities for his next project. Together, with Tony Ethier, they saw tremendous potential in building a scalable business that enhances the natural environment and provides economic opportunity for indigenous and coastal communities. Bill has recently returned from COP28 in Dubai where he was invited by PLAN

International Canada to participate in the Canadian Pavilion and to speak about global hunger and the climate crisis.

**Next month: Jarrett Teague *Timeline of John Dean Provincial Park***

## Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerobics</b> 9:00- 10:00am		<b>Aerobics</b> 9:00 - 10:00 am	<b>Scottish Country Dance</b>	<b>Aerobics</b> 9 :00- 10:00 am	<b>Jammin' Seniors</b> 9:30am - Noon
<b>Mild Fitness</b> 10:30 - 11:30 am	<b>Centre Sing Along</b> 10:00 - 11:30 am 3rd Tuesday	<b>Mild Fitness</b> 10:30 - 11:30 am	<b>Hatha (mat) Yoga</b> 12:30—1:30 pm	<b>Mild Fitness</b> 10:30 - 11:30 am	
<b>Bridge</b> 12:00 -4:00 pm	<b>Art Group</b> 12:00 - 3:00 pm	<b>Weaving</b> 11:00am - 3:00pm			
		<b>500 Club</b> 1:00—3:30pm	<b>Lunch Bunch</b> 11:30 am 4th Thursday		<b>Bridge</b> 12:45—4:00 pm
	<b>Chair Yoga</b> 2:30—3:30pm	<b>Hot Dog Days</b> Noon 3rd Wed Before Bingo	<b>Book Club</b> 2:00—3:30 pm 2nd Thursday	<b>Raconteur</b> 2:00—3:00 pm 1st Friday	<b>Bridge Lessons</b> 12:45—4:00 pm
		<b>Bingo</b> 1:00 - 4:00 pm 1st and 3rd Wed	<b>Writing Circle</b> 2:00—3:30 pm 3rd, 4th, and 5th Thursday	<b>Speaker's Series</b> 2:00-3:00 pm 3rd Friday	<b><u>SUNDAY</u></b> <b>Walking Group</b> 2:00 pm
		<b>Knitting</b> 1:30—3:30 pm	<b>Bridge</b> 12:00—4:00 pm		
	<b>Art Appreciation</b>  7:00 pm 2nd & 4th Tues				<i>New schedule for newsletter APR24 pub</i>