

The Centre News

President's Message

Hello, members! I hope everyone had an enjoyable summer. We are back in full swing at the Centre.

Thank you to the members who contributed to the Saanich Peninsula Food Bank – we filled the Food Bank bin four times! Also, thanks to Pamela Brambell for delivering our donations to a very appreciative Food Bank. We will be putting out the “red bin” again around the end of October. Maybe we can reach five bins.

Plans are underway for our fall season. Check out the new activities and programs starting soon. There will be a Halloween social event on Sunday, October 27 and an Open House on October 19; so mark your calendars.

September 1 is the start of our new membership year when annual memberships are due. Please drop by the Front Desk Monday, Wednesday or Friday, 9 am to noon to renew your membership. Membership will remain at \$60 per year; cash or cheque please. We thank those members who have already renewed.

*Dale Broad,
President*

Coming Events

Caregivers' Support Group (drop-in)

Sept 17 and October 15 from 2 to 3:30 p.m.

Bingo

Sept 18, Oct 2 and 16 from 1 to 4 p.m.

Hot Dog Day (before Bingo)

Sept 18 and Oct 16 at noon

Lunch Bunch

Sept 26 at 11:30 a.m. Location: Floyd's Diner

Oct 24 at 11:30 a.m. Location: The Prairie Inn

Centre Sing-along

Sept 17 and Oct 15, 10 to 11:30 a.m.

Speaker's Series: Rev. Dr. Brett Cane: *The Architecture & Life of Uzbekistan: Cultural Crossroads of the World.*

Sept 20 at 2 p.m.

Speaker's Series: Captain Randy Mains: *Rock it like Sully – Lessons you can take away from the Miracle on the Hudson.*

Oct 18 at 2 p.m.

Focus on Wellness: *Chat with Dr. Pat*

Sept 27, 1:30 to 2:30 p.m.

Focus on Wellness: Topic/Presenter TBD

Oct 11 at 2 p.m.

Beginner's Spanish for Travelers (eight-week registered course)

Starts Sept 30

Raconteurs

Oct 4 at 2 p.m.

Art Appreciation

Sept. 24 and Oct 8 at 7 p.m.

The Centre Open House

Oct 19, drop in 2 to 4 p.m.

Open House!

By Dale Broad

We are having an open house on Saturday, Oct 19, from 2 to 4 p.m. to showcase our amazing Centre and to make us better known in the community.

The various activity and program groups will feature what they are all about.

We have invited the Central Saanich mayor and councillors to drop in.

We will be looking for volunteers for a variety of positions such as greeters, Centre ambassadors, and kitchen help. Sign-up sheets will be posted at the Front Desk at the beginning of October.

Drop by, bring your family and friends, and show them our wonderful Centre!

Activities Update

By Lisa van Bommel



NEW Beginner's Spanish for Travelers: Lessons starting Monday, Sept 30: Member Linda Polsson is a teacher with many years of experience teaching Spanish as well as living and travelling in Spanish countries. Linda will be teaching *Beginner's Spanish for Travelers* over eight one-hour weekly sessions. The cost of the eight-week course is \$56. This is not a drop-in

program and payment must be made in advance. Registration and payment can be made at the Front Desk during office hours.



New Focus on Health and Wellness:

Our focus on health and wellness will begin on September 27 with monthly discussions lead by member and retired physician Dr. Patricia Gunton. The first topic will be "High Blood Pressure". *Chat with Dr. Pat* will take place on the fourth Friday of the month from 1:30 to 2:30 p.m. in the lounge. We are also lining up additional monthly wellness presentations on the second Friday of the month beginning October 11th. Stay tuned for more information coming soon.



NEW Mah Jong: Are you looking for an activity that provides social connection, stress relief, and cognitive stimulation? Would you like to play Hong Kong style Mah Jong? Please sign up on the interest list at the Front Desk if this is an activity you would like to participate in. All levels of experience are welcome. If we have enough interest, Hong Kong style Mah Jong will begin in October on Tuesday afternoons.

Hatha (mat) Yoga schedule change:
Hatha (mat) Yoga will now take place on Tuesdays from 1 to 2 p.m.

Chemainus Day Trips: Our members enjoyed the trips up to Chemainus for the theatre and buffet lunch so much that I have been receiving requests for another trip prior to Christmas. An interest list for those who would like to see the holiday romance, *Miss Bennet's Christmas at Pemberley* is now at the Front Desk.

Sing-along: If you haven't tried the Centre Sing-along, its time to come give it a go. No previous musical experience is necessary. This is for everyone and is a wonderful opportunity to enjoy the company of other members through music. You can sing along, hum along, clap your hands, or dance to the beat, whatever you are comfortable with. Don't forget to put your name on the sign-up sheet each month so we know how many people to expect and song sheets to copy.

Open to non members: The Speaker's Series and Bingo are the only programs open to non-members. All other activities and programs require membership.



Art Appreciation Group Resumes

By Gerie Turner

The Art Appreciation group meets Tuesday, Sept 24 at 7 p.m. downstairs.

Our topic will be Picasso. All are welcome!

Raconteurs Returns!

By Joan Boutilier

Our fourth season of Raconteurs began with a burst of energy as Nancy O'Higgins shared her recent long-distance cycling adventure across beautiful South Korea.

Beginning in 2004, Nancy and her husband, Eric, have joined a group of senior cyclists on tour in a variety of countries around the world. Sometimes they led the cohort of about 12 riders, and sometimes attended as participants. From very basic accommodation (tents) to higher-end trips facilitated by travel groups such as Spice Road, they have shared adventures, explored exotic places, and remained very fit. The South Korea tour involved 70 to 120 km per day cycling through a beautiful river valley surrounded by stunning mountains, and even included a UNESCO World Heritage village.

Nancy discovered that kimchi can be made out of almost anything and tastes very different from its Canadian iteration.

The O'Higgins' next big adventure will be a Pacific cruise in the wake of the famous explorer, James Cook. Watch out for the kimchi on Hawaii and New Zealand!

Our next raconteur will be Roger Boutilier. His topic is *Off the rails . . . but not out of steam!* -- *hiking abandoned*

rail beds in Nova Scotia. Be sure to turn out on October 4!



New Member Orientation

By Gerie Turner

A New Member Orientation will be held on Wednesday, Oct. 9th at 11:30 a.m. All new members are invited to come on a quick tour of the Centre and an introduction to all of the opportunities available here.

Members who are not new are also welcome. Meet in the lounge area.

Caregiver Support Group

Are you looking after a spouse, family member, or friend? Do you need support?

Drop into the support group, sponsored by the SHOAL Centre, where you will discover new friends who understand your journey. This is a safe place where personal feelings, coping strategies, and information will be shared while encouragement and comfort are offered by people who care.

Location: The Centre Activity Room, downstairs off the kitchen.

Start Date: September 17th and then every third Tuesday of the month.

Time: 2 to 3:30 p.m.

Register: The SHOAL Centre at 778-351-1446.

For more information contact:
jmcintosh@beaconcs.ca

Library News

By Krystina Manning

A big thank you to all who have donated books for our collection. Several people have remarked on the amazing variety we have and that is due to the generosity of our members.

Having the books in alphabetical, order really helps me to shelve books and to see if a new one is a repeat of a book we already have. Thank you for helping with that.

A couple of reminders:

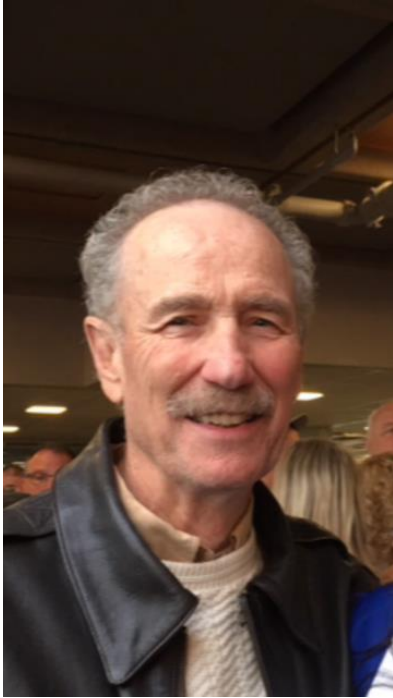
Please place books that you are donating in the Return container, not on the bookshelves.

We do not take hardcover books. If you see a hardcover, it is because it is part of a popular series. If we get the same book in paperback, the hardcover will be removed.

Some exciting news....the main library has given us a box of CD audio books! As there is no room for them in our small library, they will be housed with the jigsaw puzzles in the card

room. As with the puzzles, there is no check out required. Just borrow and enjoy!

Jack Lusk Passes Away



**John (“Jack”) Leslie Lusk
April 7, 1939 to July 17, 2024**

Jack Lusk – devoted husband, father, teacher and friend – passed away peacefully at the age of 85 at the Saanich Peninsula Hospital.

Born in Nelson, BC, Jack spent most of his younger years in Grand Forks and worked as a lineman and for the Canadian Pacific Railway with his father.

He received his teaching degree from UBC and taught hundreds of high school students math, science, woodwork, and P.E in Winnipeg and Victoria.

Jack enjoyed 30 years on his picturesque Cowichan Valley farm, building a house, workshop and barn, and raising chickens, pigs, goats, dogs and cats with his beloved wife, Rebecca, before recently relocating to Brentwood Bay.

Jack particularly loved helping young people reach their full potential through sports. He coached all ages through the years and had a particular fondness for his high school basketball teams. He also coached the Women’s Senior A basketball team and travelled to Czechoslovakia. His teams also won three Canadian championships.

Jack leaves behind his beloved wife of 40 years, Rebecca, and the rest of his family.



Happy October Birthdays!

Oct. 12	Margaret McKelvie
Oct. 16	Krystina Manning
Oct. 18	Gillian Lightbody
Oct. 19	John Gunton
Oct. 22	Patricia Williams
Oct. 25	Janet Mitchell
Oct. 27	Clare Cochrane
Oct. 28	Margaret Sharples
Oct. 31	Camille Schroenn



Welcome New Members!

Juana Bruzos Gordon
Shirley Smith
Gisela Wolf
Phil May
Alan Davey
Jodi Sorensen
John Vandall
Lorraine Wilson
Donna Milljour
Shirley Lyon
Dawn Graham
Harry Goodwin
Terri Middlebrook
Ted Lejeune
Karen Hibloom

Daft Definitions

Boat (noun): A hole in the water, lined with wood or fibreglass, into which one pours money.



Writer's Corner

A Turning Point

By Mary Grant

I am sixteen years old. After taking lessons, I have just received my driver's licence. I live in New Westminster and, for the test, I had to parallel park going up a steep hill. And I passed.

That was 72 years ago. Recently I voluntarily "retired" my driver's licence. It was the right thing to do given recent physical frailties. It does, however, mean the loss of much cherished INDEPENDENCE. It means a whole new scenario for daily life.

As always, there are PROS and CONS:
PROS: 1. I will never have to parallel park, or merge, or yield ever again.

2. I need buy no gas or car insurance or pay for maintenance ever again.

CONS: 1. The reliance I must have on others for mobility.

2. A definite sense of loss, of persona, of spontaneity.

SUCH IS LIFE

Cooking Corner

By Shelly Dennis-Orr

Cooking for one person can be difficult, especially if you have been accustomed to cooking for a family.

Here are two recipes that make one portion for one person. Happy cooking!

Terra's Teeny Tuna Salad

(This is my daughter Terra's recipe. She also adds a quarter of an avocado.)

2 cherry tomatoes, diced
1 half of a mini-cucumber, diced
¼ cup red bell pepper, diced
1 tsp red onion, minced
4 Kalamata olives, minced
¼ cup quinoa
A sprinkle of feta or Parmesan cheese
½ can tuna
¼ of an avocado (optional)
2 tsp Italian dressing or sherry vinaigrette

Tiny No-Mayo Pasta Salad

For best flavour, let the orzo come to room temperature before you assemble the salad.

½ cup cooked orzo or other small pasta such as little shells
2 cherry tomatoes, diced
2 tsp. Italian dressing
Dash black pepper
1 small leaf of fresh basil, snipped
1 tsp. Parmesan cheese

If you would like to share a recipe for just one or two portions, please send it to Shelly at sdennisorr@gmail.com.

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



At the Strawberry Tea



Elizabeth Prouse accepts the gift basket that her friend Karmel MacDonald won in the draw. The other gift basket was won by a non-member.



Shirley Roberts stands beside her painting “Tide’s in at Parksville” at the art display at the Strawberry Tea.



Claire Grise displayed her collection of tea tins and a musical teapot.



Linda Polsson (left) and Ruth Coldwell (right) enjoy a moment before tucking into their strawberry shortcake. Photo by Linda Polsson.



A group of members from the Centre enjoyed a gourmet buffet lunch before the show at the Chemainus Theatre on July 31st. Photo by Linda Polsson.

(contributed by Krystina Manning)

MY FAVORITE THINGS (From the Sound of Music)

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Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillac's and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak,
When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favorite things.

Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

When the joints ache,

when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

SPEAKER'S SERIES

Friday, October 18th 2024 at 2 p.m.

***Rock it like Sully*—Lessons you can take away from the Miracle on the Hudson.**

Speaker: Captain Randy Mains

On January 15, 2009, US Airways flight 1549 made an emergency landing in the Hudson River shortly after take-off from LaGuardia Airport in New York City. What isn't known to the public is that Captain Sully Sullenberger employed an easy-to-use decision-making tool that he taught to other pilots for 14 years.

Today, Randy Mains will share with you Sully's secret, by the man who invented it. Mr. John Ross at US Airways is talking new-hire pilots at Southwest Airlines through Sully's flight in an eight-minute case study video from take-off to landing. Randy will also tell you about the nine hazardous attitudes flight crews must be made aware of that can cause faulty decision-making, knowledge we can all use in our daily lives.



Captain Randy Mains' international aviation career spans more than five decades. Like Sully Sullenberger, Randy is a trained and internationally certified crew resource management (CRM) instructor, actively teaching pilots and air crews around the globe the human factors that can cause faulty decision-making. Taking it a step further, Randy trains others via Zoom meetings to become CRM instructors for their organization.

Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	Scottish Country Dance 11 :00am - Noon	Aerobics 9 :00- 10:00 am	Jammin' Seniors 9:30am - Noon
Mild Fitness 10:30 - 11:30 am	Centre Sing Along 10:00 - 11:30 am 3rd Tuesday	Mild Fitness 10:30 - 11:30 am		Mild Fitness 10:30 - 11:30 am	
Bridge 12:00 -4:00 pm	Art Group 12:00 - 3:00 pm	Weaving 11:00am - 3:00pm			
Beginners Spanish Sept 30—Dec 2 1:00 -2:00 pm	Hatha (mat) Yoga 1-2 pm	500 Club 1:00—3:30pm	Lunch Bunch 11:30 am 4th Thursday	Raconteur 2:00—3:00 pm 1st Friday	Bridge 12:45—4:00 pm
	Chair Yoga 2:30—3:30pm	Hot Dog Days Noon 3rd Wed Before Bingo	Book Club 2:00—3:30 pm 2nd Thursday		Bridge Lessons 12:45—4:00 pm
	Caregiver Support 2-4 pm 3rd Tuesday	Bingo 1:00 - 4:00 pm 1st and 3rd Wed	Writing Circle 2:00—3:30 pm 3rd, 4th, and 5th Thursday	Speaker's Series 2:00-3:00 pm 3rd Friday	<u>SUNDAY</u> Walking Group 2:00 pm
		Knitting 1:30—3:30 pm	Bridge 12:00—4:00 pm	Chat with Dr Pat 1:30 -2:30 pm 4th Friday	
	Art Appreciation 7:00 pm 2nd & 4th Tues				<i>New schedule for newsletter SEP24 pub</i>

Top Five Reasons to Own a Pet

By Shelly Dennis-Orr

Experts have once again published a list of the top ten reasons why people should have pets. Obviously, none of these experts have pets of their own.

Here's the REAL story on the experts' top ten reasons to own a pet:

1. The experts say that pets will teach kids about selflessness, discipline and responsibility. Not true. Owning a dog will teach an intelligent child how easy it is to be outwitted by a ten-week-old puppy. It will teach them that they must go over their clothes with packing tape before they leave the house. And pets will teach children exactly where they sit in the household's pecking order.
2. The experts go on to say that pets can increase your sense of security — personal, private, and psycho-logical. They have never met my dog. Entire townships of people could sneak through my house in the dead of night and my dog wouldn't wake up. She will, however, bark at the vacuum cleaner, just in case I hadn't noticed that it was following me.
3. Pet owners experience priceless personal growth, say the experts. This one may be true. I have learned to share. I've learned to share my disposable income, my spot on the couch, my sandwich, and the exact square foot of carpeting I happen to be standing on at any given moment.
4. Then the experts go on to relate that exercise is another great side effect of owning an active pet. I think they were talking about walking or running outdoors. I'm talking about stepping over dogs who sleep in high-traffic areas, scrubbing vomit out of the carpet, and lugging a 50-pound Basset Hound up a set of stairs after she has put herself into "Park".
5. Pets do, the experts continue, prepare people for parenthood and provide them with some sort of commentary on their parenting skills. Their reasoning is that if your goldfish float upside down near the top of the aquarium, you shouldn't plan on having a child quite yet. I say go for it. The sooner you learn about sulking, stealing, being awakened during the night, and how various bodily functions contribute to the atmosphere in your car, the better off you are.



