

The Centre News

Feb. 2025

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President's Message

Hello, members!

I sure hope this cold snap ends soon and we can start seeing the daffodils again.

A big thank you to Linda Parry for recovering the seats of the armchairs in the lounge, giving them a new life. They look terrific and certainly spruce up the room.

Our Annual General Meeting will be held on Thursday, April 3, at 2 p.m. Most of the Executive and Board of Directors terms are ending so nominations for these positions will be presented at the meeting. We will also be presenting our 2024 year-end financial reports. Please mark your calendars and plan to attend; your input is important.

Like to have a nice pen to write with? We have engraved Centre pens on sale for \$3 at the Front Desk. Members have given very positive feedback on these black ink pens. They also make excellent gifts.

Dale Broad
President

Coming Events

The Centre will be closed on February 17th for Family Day Stat Holiday

Bingo

Feb. 19 and Mar. 5 and 19 from 1 to 4 p.m.

Hot Dog Day (before Bingo)

Feb. 19 and Mar. 19 at noon

Speakers' Series: *The Mystery of the Lost Norse Colony of Greenland* with speaker Andrea Mckenzie Feb. 21, 2 to 3 p.m.

Flavours of Ireland with speaker Pearse Moroney Mar 21 at 2 p.m.

Centre Sing-along

Feb. 25 and Mar. 25, 10 to 11:30 a.m.

Art Appreciation

Feb. 25 and Mar. 11 at 7 p.m.

Lunch Bunch

Feb. 27 at 11:30 a.m. location: The Waddling Dog

Mar. 27 at 11:30 a.m. location: The Pier Cafe

Focus on Wellness: Chat with Dr. Pat **Topic:** *Sleep and its Many Challenges* Feb. 28, 2 to 3 p.m.

Pancake Breakfast: Mar. 4 Drop in any time between 9 a.m. and noon

Raconteurs: *Let's Talk About Earthquakes* with John Gunton Mar. 7 at 2 p.m.

Joan Boutilier's Celebration of Life: Saturday, March 15 at 1:30 p.m. at the Centre.

Reunion of Former and Current Scottish Country Dancers

Mar. 23 at 2 p.m.

Celebration of Life for Joan Boutilier

By Shelly Dennis-Orr

Please join us on Saturday, March 15 at 1:30 p.m. to celebrate the life of long-time member Joan Boutilier.



Annual Pancake Breakfast

By Gerie Turner

Join us on Tuesday, Mar. 4th for our annual Pancake Breakfast. Drop in anytime between 9 a.m. and noon.

Tickets will be available at the Front Desk starting Feb. 19th and are \$10 for both members and guests.



You Know You're Getting Older...

...When "Happy Hour" is a Nap!

By Pat Gunton

Our last *Chat with Dr. Pat* in January discussed bladder problems in women. It was an amazing success with 56 attendees.

My original plan was to discuss bladder issues in men as our February topic. However, I was assured by several male members that they had NO bladder problems! Therefore, my second choice is *Sleep: The many challenges we all have getting a "good night's sleep."*

During my chat, I will review WHAT sleep is, WHY we need it, and then suggest some possible remedies for sleeplessness.

Please join me on Friday, February 28th at 2 p.m.

Activities Update

By Lisa van Bommel

Sunday afternoon games: Drop in to play Mahjong, Scrabble, and Crib on Sunday from 1:30 to 3:30 p.m. These games are hosted by member Brenda Scott (250-884-6345). Please note that the main door will be unlocked, and Brenda will wait until 1:45 p.m. before cancelling if there are not enough people.

Chat with Pat now starts at 2 p.m.:

Please note the new start time.

Date change for Caregiver Support

Group: This group will now meet at the Centre on the 4th Monday of the month from 1 to 2 p.m. This group will meet next on February 24th.

Yoga cancelled until further notice:

Janet is still recovering and won't be fit to instruct Yoga until sometime hopefully in March. Unfortunately, until Janet recovers fully, Yoga will remain cancelled.

Chemainus Theatre Trip: I have started looking into planning another trip to Chemainus Theatre in the spring. Stay tuned for more information about dates and cost coming soon.

Income Tax Service: Provided by Beacon Community Services in the Central Saanich Resource Office. For more info, call Linda at 778-351-1993 or email incometax@beacons.ca.

This Month's Highlighted Activity: *The Jammers*

By Krystina Manning

The Jammers enjoy playing and singing songs from a wide variety of genres including folk, pop, country, and rock. Our group is very welcoming and covers a spectrum of ability from beginners to pretty darn good. We play a variety of instruments: guitar, harmonica, bass including double bass and ukulele. We meet on Saturdays from 9:30 a.m. to noon in the activity room downstairs. Whether you play an instrument or just like to sing, come and check us out!

Tom Dooley is one of the many songs in the Jammers repertoire.

*Hang down your head, Tom Dooley,
Hang down your head and cry.
Hang down your head, Tom Dooley,
Poor boy, you're bound to die.*

If you have ever sat around a campfire and sung old folk songs, you may be familiar with these words. But did you know that Tom Dooley was a real person? He was hung in North Carolina in 1868 for the murder of a local woman. A local poet named Thomas Land wrote a poem about the incident shortly after Tom was hanged. Land spelled Tom's surname, Dula, according to how it was pronounced in the local dialect, hence Dooley. A local folk singer and banjo maker Fred Profitt, set the words to music and, in 1958, The Kingston Trio recorded a popular version of the song which sold over six million copies. The Western Writers of America chose the song as one of the top Western songs of all time. More specifically, Tom Dooley fits into the genre of Appalachian Murder Ballads.

*I met her on the mountain
And there I took her life.
I met her on the mountain
And there I took her life.*

Tom Dula, born 1844 in Wilkes County, North Carolina, was a Confederate soldier. At the end of the Civil War, he left the army and returned to Wilkes County where he reconnected with his now married lover, Ann (Foster) Melton. He also began an affair with her cousin

Laura Foster and later with a cousin of both women, Pauline Foster, multiple affairs being not unusual at the time. Eventually Laura's body was found in a shallow grave and accusations were made against Tom and Ann. Both were arrested and set to separate trials.

*This time tomorrow,
Reckon where I'll be,
Hadn't a-been for Grayson
I'd a-be in Tennessee.*

Before his trial, Tom escaped and fled across the border to Tennessee where he worked under an assumed name for a farmer named James Grayson. Once Grayson learned Tom's true identity, he helped the Wilkes County posse re-capture him.

Anne was eventually acquitted but Tom was found guilty and sentenced to hang. The sentence was carried out on May 1, 1868. As he stood on the gallows, Tom stated that he did not "harm a hair on that girl's head" but that he still deserved his punishment. This enigmatic statement caused some to believe that Tom had not killed Laura but had helped after the fact, perhaps aiding in the burial.

*This time tomorrow
Reckon where I'll be,
Down in some lonesome valley
Hangin' from a white oak tree.*

In fact, Tom was hanged on a gallows constructed outside the courthouse.

*Information taken from several sources,
including the book 'The Ballad of Tom*

Dooley' by Sharyn McCrumb which is now in the Center's library.



Tom Dula



Tom Dula's gravestone

Scottish Country Dancers Reunion

By Janet Mitchell

The Scottish Country Dance group is having a reunion of former and current dancers on Sunday, March 23 at 2 p.m.

The group has been going for twenty-six years! It's a meet and greet! There will be no dancing. This is a chance to visit and

chat. There is no cost. If you would like to bring refreshments such as juice or finger food, that would be great. I will bring some stick-on name tags, but if you have a name tag, please wear it.

Speakers' Series Update



By John Gunton

We had a fine turnout on January 17 to hear Charlayne Thornton-Joe tell us about celebrating the Chinese New Year in Victoria. We all learned about the customs and traditions of this festive occasion and Charlayne provided a personal insight into her own involvement in making the celebration in Victoria vibrant and successful.

On Friday, February 21st at 2 p.m., we look forward to Dr. Andrea McKenzie's talk *The Mystery of the Lost Norse Colony of Greenland*. Is it merely coincidental that Greenland is currently in the news recently with Trump threatening to acquire the land? Perhaps

understanding how the Vikings did it over 1000 years ago will be interesting!

As advertised elsewhere in this newsletter, Pearse Moroney will help us get in the St. Patrick's Day Irish spirit with his presentation of *Flavours of Ireland* on March 21st. This is a follow-up to the fine talk he gave last year at this time on the saints and scholars of Ireland.

As the Speakers' Series is open to the public, bring along your friends and neighbours but make sure to arrive early to get a seat and don't forget to bring a toonie!"

Raconteurs: Let's Talk About Earthquakes

By John Gunton

On April 1st at 7:35 a.m., a magnitude 9.1 earthquake will occur 50 kilometres west of Victoria. Buildings and bridges will collapse, and fires will burn from ruptured gas lines. Power lines and microwave towers will topple. Ferry loading facilities will be destroyed. A tsunami wave will charge down the Juan de Fuca Strait taking all in its path. Water supply and sewage pipelines will be severed. Roads will be impassable.

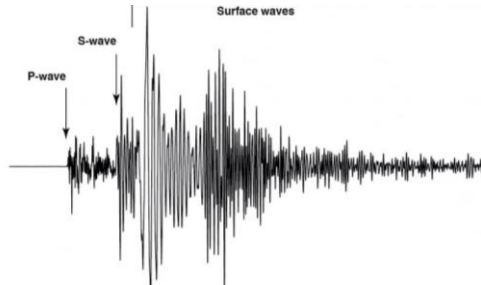
Is your insurance policy up to date?

Is your GO-Bag ready and where and how would you "GO"?

Could this nightmare scenario happen?

Prediction....? April Fools....?

Join me on Friday, March 7th at 2p.m. to find out!



Raconteurs: *Adventures in Bolivia*



By Shelly Dennis-Orr

Nearly every seat was filled for our monthly *Raconteur* event on Friday, February 7. The speaker was our *Raconteur* coordinator herself, Linda Polsson. Using a combination of photographs and storytelling, Linda recounted the story of her great adventure.

While in her 20s, Linda travelled to the rainforests of Bolivia with a group of young people. Affiliated with the Mennonite Centre Committee, they were on a mission to make the world a better place for the indigenous people of the Bolivian interior.

Upon arrival in Santa Cruz, Linda and her colleagues stayed with middle-class families while they learned Spanish.

Once fluent, they travelled first by bus, then by taxi, then on bicycles to the remote settlement of Barrio Lindo. This village had a population of 300 to 400 people. The village school provided instruction for Grades One to Six. Linda taught the Grade Five class.

The people of the village lived on a subsistence level by growing rice, which they sometimes ate three times a day. They sold the rest of their harvest at market and probably received an income only once a year.

With no electricity or medical or other services of any kind, Linda and her colleagues had to be inventive to obtain the comforts of daily living. For example, Linda and two of her friends constructed an outdoor shower out of a watering can.

Despite the lack of comforts of home and the threats of snake and mosquito bites, Linda formed deep and lasting relationships with the people in Barrio Lindo and enough rich memories to last a lifetime.



Happy March Birthdays!

Mar. 2	Anne Sherber
Mar. 3	Claude Lavoie
Mar. 3	Renee Nicholls
Mar. 3	Claire Grise
Mar. 5	Rosemary Lapenski
Mar. 5	Mario Dellaviola
Mar. 8	Linda Strudwick
Mar.9	Sandra Jaycox
Mar. 9	Pauline Souza Murphy
Mar.12	Val Waller
Mar. 13	Shirley Hallett
Mar. 13	Jack Parry
Mar. 20	Lynda Miller
Mar. 23	Nancy Choat
Mar.24	Linda Cleland
Mar.24	Ken Wilson
Mar. 26	Elayne Acheson
Mar. 26	Robert Saar
Mar. 29	Patricia Gunton
Mar. 31	Lee Campbell



Welcome New Members!

Dolores Shtybel
Susan Townsend
Barbara Fletcher
Anita Foster

Cooks' Corner

Our thanks to Happy Smith for contributing these two classic recipes.

Sunshine Muffins

Preheat oven to 375 degrees.

1 large, seedless orange, cut into 8 pieces
½ c. orange juice
¼ c. oil

Place the above three items in a blender and blend until smooth.

Into the blender, add the following ingredients and blend.

1 egg
1 ½ c flour
¾ c. sugar
1 tsp baking powder
1 tsp baking soda
1 tsp salt

Add the following two ingredients and mix well.

½ c raisins
½ c chopped nuts

Place the batter into muffin tins and bake at 375 degrees for 15 to 20 minutes.

Makes 12 muffins.

Apple Cinnamon Coffee Cake

Preheat the oven to 350 degrees.

Combine the following ingredients in a large bowl. Mix together with a whisk and make a well in the center.

1 ½ c flour
1 c sugar
1 ½ tsp baking powder
1 ½ tsp cinnamon
½ tsp salt

In another bowl, combine the following ingredients and stir with a whisk before adding to the well you made in the dry ingredients.

¾ c 1% milk
2 tbsp melted butter
1 tsp vanilla extract
1 large egg, beaten

Fold in 2 peeled, diced apples.

Spray an 8" square baking tin with cooking spray and pour in the batter.

Streusel Topping:

Combine the following ingredients and cut in the butter until it resembles coarse meal:

¼ c packed brown sugar
2 tbsp flour
½ tsp cinnamon
2 tbsp chilled butter, cut in small pieces

Sprinkle streusel evenly over the batter. Bake at 350 degrees for 45 minutes or until a wooden pick in the centre comes out clean.

Cool in the pan for 10 minutes on a wire rack before serving.

Yield: 12 servings

**The best reminder
of why you live
in Canada
is watching
American politics.**

22
MINUTES

The New Year's Diet

9AM: Egg whites and Avocado
1PM: Kale Salad
6PM: Chicken and Veggies
11PM: 23 Oreos + Tub of ice cream

A Few Laughs

What do you call a singing laptop?
A Dell.

Sometimes I tuck my knees into my chest and lean forward.
That's just how I roll.

Vikings communicate in Norse code.

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. The deadline for contributions is the 10th of the month.

SPEAKER'S SERIES

Friday, Mar. 21st at 2 p.m.

Flavours of Ireland

Speaker: Pearse Moroney

Last year at this time, Pearse gave us a great presentation on Irish saints and scholars focussing on St. Patrick as St Patrick's Day occurs in March.

Continuing to recognise the March Irish theme, Pearse will describe the *Flavours of Ireland* which will touch on the following:

- Hidden gems
- Irish boglands
- Contemporary Irish writers
- Irish sports



Speaker Biography: Pearse Moroney:

Pearse was born in Dublin, Ireland in 1951 and completed a chemistry degree in Trinity College in 1974. He met his future wife, Julie, at the University of Victoria where he undertook post-graduate studies. On completion of their studies, they moved to Ireland where he spent his career working in the medical device and pharma industries. He has lived in various locations in Ireland, Israel, and the U.S. Pearse returned to Vancouver Isle in 2012 to his current home in Brentwood Bay.



SING-ALONG



- Open to ALL MEMBERS, \$2 at the door.
- Qualification? NONE! Bring your best “shower” voice.
- No need to be able to read music.

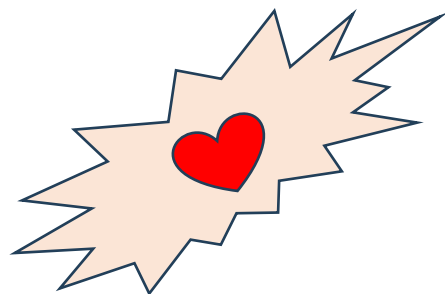
SONGS FOR
Feb. 25th: 10 to 11:30 a.m.

As usual, our February program will start with some vocal warm-ups followed by our Central Saanich Seniors’ Song written by our member, Mary Grant

In our **NATIONAL ANTHEM** segment, after we sing *O Canada*, we will reflect on the fact that Greenland and Panama may soon be assimilated by the USA!! Therefore, their national anthems could well disappear: so it is time to sing them...! That should be fun! Did you know Greenland had a national anthem? It’s a dependency of Denmark.

In February, of course, we celebrate VALENTINE’S DAY and, although we will be a few days late, all the songs we have selected are LOVE songs. To the brilliant accompaniment of Yoko Nishimura, I have selected the following:

Will You Love Me Tomorrow
All I Have To Do Is Dream
Can’t Help Falling in Love
Can’t Take My Eyes Off You
It’s Now or Never
Love Me Do
They Long to Be
L-O-V-E
Are You Lonesome Tonight?
Save The last Dance For me
Oliver! Where Is Love?
That’s Amore
Love Me Tender
Till There Was You
And I Love You So



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 4th 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			
Bridge Instruction 12:00 -4:00 pm	Mahjong 1-3 pm	500 Club 1:00—3:30pm	Lunch Bunch 11:30 am 4th Thursday	Raconteur 2:00—3:00 pm 1st Friday	
	Hatha (mat) Yoga 1-2 pm	Hot Dog Days Noon 3rd Wed Before Bingo	Book Club 2:00—3:30 pm 2nd Thursday	Wellness Talks Afternoon Time as posted 2nd Friday	
Beginners Spanish Feb 11—April 1 1:00 -2:00 pm	Chair Yoga 2:30—3:30pm	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
Caregiver Support 2:30-4 pm 4th Monday		Knitting 1:30—3:30 pm	Bridge Instruction 12:00—4:00 pm	Chat with Dr Pat 2:00—3:00 pm 4th Friday	Sunday Games 1:30—3:30 p.m. Starts Feb 2
	Art Appreciation 7:00 pm 2nd & 4th Tues				<i>New schedule for newsletter FEB25 pub</i>

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