

Oct. 2025

The Centre News

cssca.ca

President's Message

I know the feeling. You arrive at the Centre for your favourite activity and everyone is abuzz about the excellent talk last Friday afternoon. And you missed it. Try this - mark 2 p.m. Friday on your calendar every week. Each Friday afternoon the Centre offers outstanding presentations from interesting and expert speakers: Raconteurs; wellness talks; the Speakers Series; and Chat with Dr. Pat. Program leaders search out speakers and topics that entertain and inform.

This season's presentations include talks from the Central Saanich Police, the SHOAL Centre, and experts invited from among our own members and beyond. Thank you to all of our speakers, and to our program organizers for their intuition, inspiration and efforts on our behalf.

Beat the January fitness rush! Take advantage of one of our fun fitness activities today. Limited mobility? There is something for everyone. Limited time? There is something for everywhen: Mild Fitness. Scottish Country Dance, Walking Group, Hatha and Chair Yoga, or Aerobics. Good company, good humour, good music, good friendships. Oh...and fitness!

Dani Alldrick,
President

Coming Events

Bingo

Oct. 15, Nov. 5 and 19; 1 to 4 p.m.

Hot Dog Days (before Bingo)

Oct. 15, Nov. 5 and 19; 12 to 1 p.m.

October Speaker Series:

Seeking Joy and Beauty – Walking the Camino de Santiago with speaker Mary Virtue Oct. 17, 2 to 3 p.m.

Lunch Bunch:

Oct. 23rd at 11:30 a.m. at Brewsky's Pub

Chat with Dr. Pat

Topic: *Hernias to Hemorrhoids... and in Between*
Oct 24, 2 to 3 p.m.

PumpkinFest:

Tickets available: Oct. 26th 2 to 4 p.m. \$8 for members, \$10 for guests

Centre Sing-along: Favourites! Oct. 28, 10 a.m. to 11:30 a.m.

Art Appreciation: Oct. 14, Oct. 28 and Nov. 25 (no meeting Nov. 11) at 7 p.m.

Raconteurs: *Paranormal Experiences* with member Sharon Wright Nov. 7th at 2 p.m.

Remembrance Day: Centre closed Nov. 11

The Centre Open House Nov. 15, drop in from 2 to 4 p.m.

November Speaker Series: *Indigenous Responses to Calls for Reconciliation in Canada* with speaker Dr. Rennie Warburton Nov. 21, 2 to 3 p.m.

Christmas Lunch

Dec. 4 (more details to come)

PumpkinFest!

By the Social Events Committee

On Sunday, October 26th, from 2 to 4 p.m., the Social Events Committee will host an afternoon of fun and games at the Centre.

Come prepared to participate in a variety of themed activities and games with prizes to be won.

Costumes are optional but there will be a fun contest and parade.

We will have paint and stickers for decorating pumpkins (no carving). Please feel free to bring other creative decorations if you wish for extra flare for your group's pumpkin.

And of course, we'll enjoy pumpkin pie!

Tickets are available at the Front Desk during office hours: members \$8 and guests \$10.

Open House!

By the Social Events Committee

On Saturday, November 15th, drop in from 2 to 4 p.m. as we host our second annual open house.

Some of you may remember how successful our open house was last year.

This is an opportunity to showcase our amazing Centre again and make us better known in the community. It is also a great opportunity for current members to

check out all of the more than 25 programs and activities that happen weekly and monthly at the Centre. You never know what might catch your interest!

All of our activity and program groups will have the opportunity to set up tables to display what they do to both the public and current members. We will also have a selection of live demonstrations, entertainment and refreshments.

We will be looking for volunteers for a variety of positions such as greeters. Sign-up sheets will be posted at the Front Desk at the beginning of November.

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



Christmas Luncheon

By Dale Broad

Our Christmas luncheon this year will be on Thursday, December 4, with doors open at noon and lunch served around 12:30 p.m. Island Culinary Services will again be catering with a varied menu including turkey with all the trimmings and a vegetarian option. Also included are dessert and coffee or tea.

Ticket prices are the same as last year at \$40 for members and \$45 for guests. Members may invite one guest. Starting Wednesday, November 5, tickets will be on sale at the Front Desk during the office hours of Monday, Wednesday, and Friday, 9 a.m. to noon. As you know, we only accept cheques or cash, and for cash, we appreciate exact change. Tickets will be on sale until Friday, November 21, as we need to let the caterer know well in advance the numbers attending.

After lunch, our Centre Sing-along group has again agreed to lead us in some carols.

Don't miss this very popular event!

Activities Update

By Lisa van Bommel

Featured Activity: The Writing Circle

By Lynda Miller

Have you done, or have you been wanting to do, some kind of writing?

Our CSSCA Writing Circle provides time in a welcoming place for members to practice writing and to receive inspiration and support.

We meet from 2 to 4 p.m. every Thursday (except the second Thursday each month which is the *Book Club's* meeting).

Questions? Contact Activity Leader Lynda Miller by email at lynda.w.miller@outlook.com or text/phone 250-886-0330.

Remembrance Day: Centre Closed

A reminder that the Centre will be closed on November 11th.

Book Club

Our popular Book Club reached capacity and has now split into two groups to meet the interest of our new members.

Both groups will meet at the same time as the current book club but in separate spaces within the Centre. Sometimes they will be reading different books when availability of the book is limited.

The Book Club selects a wide range of books, from auto biographies, biographies, historical fiction, mystery, and novels, a couple of months in advance. The member who selects the book usually leads the discussion. Meetings are on the second Thursday from 2 to 3:30 p.m.

New members are welcome to join!

No Sunday Games on Sunday Oct 26th

With the interest of members to attend the PumpkinFest, the Sunday Games will be cancelled on this day.

Chat with Dr. Pat: Arthritis – It can't be cured but it can be controlled.

By Pat Gunton

There are about 100 different types of arthritis, but the Chat on Oct. 24 at 2 p.m. will discuss the most common ones in Canada with the primary focus on osteoarthritis which is caused by "wear and tear" on our joints as we age.

Diagnostic tests will be reviewed both through lab work and x-rays. Treatment choices will be discussed, questions will be encouraged, and we will all emerge more knowledgeable and sympathetic to our friends and family who suffer with painful joints.

Speakers' Series Recap

By John Gunton

On September 19, the Speakers' Series returned from summer break with an entertaining description by Dr. Pat Gunton of *The Canadian Blood Transfusion Scandal of the 1980's*. Dr. Pat had firsthand experience with this scandal, being the first general practitioner (GP) to be hired as a Deputy Medical Director in 1979, by the Canadian Red Cross Blood Transfusion Service.

She vividly described how this was the most significant time for the recognition of the newly diagnosed blood borne diseases of HIV and Hepatitis C. Initially unknown to hematologists, these infections, transmitted via blood, had a staggering impact on children with hemophilia, a genetic bleeding disorder, and other recipients of blood transfusions.

This ultimately cost millions of dollars in compensation and resulted in numerous deaths as a result of incompetence, cover-up, and ignorance.

Chat with Dr. Pat Recap

By John Gunton

On September 26th, the ninth presentation in the *Chat with Dr Pat* series about the topic of indigestion had a great turnout of more than 50 people.

It was the first of two planned talks about the potential medical issues we can all commonly encounter with our digestive system. This first chat focused on describing the upper abdomen and bowel from the mouth, down the esophagus to the stomach organ with its very muscular wall and highly acidic gastric juices and onward to the first part of the small bowel called the duodenum. Reasons for why we get "bellyaches" were explained by the possibility of gallstones, an inflamed pancreas and possible anatomical changes like a hiatus hernia.

One of Dr Pat's patients used to call it her "Hideous Hernia". The bacteria *Helicobacter Pylori* was introduced as being the most frequent cause of stomach ulcers and stomach cancer. The latest treatments and lab tests were discussed to eliminate the *H. pylori* bacteria.



A Chance to Share



(Photo by Linda Polsson)

By Linda Polsson

We had a small but lovely group of members for our first Conversation Café. It was a chance to sit in small circles with tea, coffee and cookies, and get to know each other a little better. Where were we born? What activities do we do at the Centre? What brought us to the Peninsula? What was a highlight of our summer? What is a goal or plan for the fall? What is one experience or memory that may have shaped our lives?

There was lively conversation and gardening advice. The consensus was that we would participate again.

Thank you, everyone!

Happy November Birthdays!

Laurie Kupiak	Nov. 7
Jasmine Ross-Smith	Nov. 7
Derek Caney	Nov. 11
P. Anne Lewis	Nov. 11
Harry Goodwin	Nov. 12
Nancy O'Higgins	Nov. 14
Kathryn Caney	Nov. 18

Bruce Grant	Nov. 19
Sharon Bristow	Nov. 19
Leo Vezina	Nov. 20
Marjorie Herring	Nov. 20
Dave Lougheed	Nov. 21
Joan Ormiston	Nov. 21
Janice Mercer	Nov. 23
Tanga Blackburn	Nov. 28
Dores Baxter	Nov. 30



Welcome New Members!

Suzanne Baril
Bob Whistlecroft
Cathy Wilander
Elle Yoshida
Bridget Rothery
Rosanne Beuthin
Rebecca Merrifield
Elfi Qureshi
Fran Brown
Brian Isberg
Carl Wilson
Elizabeth Hayward
Penny Snell
Sherron MacPherson
Joyce Nelms-Matsze
Bonny Mattila
Sandy Piercy
Maggie Moore
Heather Pattullo
Judith Ritson
Susanne Morgan
Jeannette Godin

Susan Smith
Pat McEachren
Tina Makar
Pat Poetker
Amanda Leslie-Spinks
Wendy Margetts



2025 Volunteer Tea



Members enjoyed getting together for cake during this year's volunteer tea.



President Dani Alldrick cut the cake for this year's Volunteer Tea.



Baker's Corner

By Happy Smith

Cinnamon Bars

1 cup butter, softened
2 cup brown sugar
Cream together.

2 eggs
Add one at a time and cream.

1 tsp. vanilla
Add and blend.

Whisk together the following and add to the creamed mixture:

2 tsp. baking powder
½ tsp. salt
1 tsp. cinnamon
¼ tsp. nutmeg
2 2/3 cups flour

Place in a 9" x 13" baking dish which has been sprayed.

Topping:
2 tsp. sugar
2 tsp. cinnamon

Bake 25 to 30 mins. At 350 degrees F.

Writer's Corner

By Mary Grant

Vulnerability

We have no choice. In the world, as it is today, we are all vulnerable.

We cannot prevent the catastrophic events of climate extremes.
We cannot make life fair and safe for all people on Earth.

We cannot do anything about the aggression of evil political powers.

We cannot counteract the greed of mega business.

We cannot eradicate the nasty actions of the morally corrupt who prey on the unwary.

We feel diminished but strive in ourselves to be the best human being we personally can.

That is all we can do.

My Checkered Past

By Dani Alldrick

There's a costume contest at Pumpkinfest this year.

In 2022 I wore my red-checked shirt, blue jeans, suspenders, and workboots for my disguise as a field geologist.

In 2023 I wore my red-checked shirt, blue jeans, suspenders, and workboots as TV personality Red Green.

In 2024 I wore my red-checked shirt, blue jeans, suspenders, and workboots as legendary lumberjack Paul Bunyan.

I'm running out of ideas.



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.

Speakers' Series

Nov. 21st, 2025, 2 p.m.

Speaker: Rennie Warburton

B.A. (Leeds), Ph.D (London School of Economics), Professor Emeritus, University of Victoria.



Rennie Warburton taught sociology at UVic from 1965 to 2003. He was Chair of the Department from 1995 to 1999 and was an elected member of UVic Senate for 25 years. He was co-editor of *Workers, Capital and the State in B.C.* UBC Press, 1988. He published articles and book chapters on racism in BC history, multiculturalism in Canada, Canadian aboriginal politics, nationalism in Canada and Switzerland, class relations of BC public school teachers, class and gender in nursing, Holiness religion in Britain, Mormonism on Vancouver Island, and religion, sociology and liberation.

Rennie comments, “Although I have published articles on Indigenous topics, I am not an expert on Indigenous issues. My interest in Indigenous politics stems from my longstanding research on social inequalities, most recently on diverse aspects of racism.”

The title of his presentation is *Indigenous Responses to Calls for Reconciliation in Canada*.

Rennie says, “My talk aims to inform a mainly non-Indigenous audience about the range of responses from Indigenous leaders, writers, politicians, academics, and others on their conceptions of what reconciliation means and what is needed to accomplish it. Although I am committed to helping to improving the standing of Indigenous communities, I do not offer my own analysis as my purpose is to act as an interlocutor between Indigenous and non-Indigenous communities.

Speakers' Series Forecast

The Speakers' Series for the balance of the 2025 -2026 "Academic Year" is presented below. It represents an eclectic mix of topics and is made possible by the generosity of the speakers listed. The speakers donate their time and expertise, and we are most grateful that they are willing to share their passion with us.

The November 21st talk by Dr. Rennie Warburton will mark the first of three talks on First Nations issues. These talks, you will note, are spaced throughout the calendar.

2025-2026 PROGRAM		
DATE	SPEAKER	TOPIC
Oct 17	Mary Virtue	Seeking Joy and Beauty - Walking the Camino de Santiago
Nov 21	Dr. Rennie Warburton	Indigenous Responses to Calls for Reconciliation in Canada
Jan 16	Dr. Peter Cook	Indigenous-Scottish Relations in Canada before Confederation
Feb 20	Karen Hoshal	Black History of British Columbia
Mar 20	Pearse Moroney	Discovering Ireland: Innovation and Entrepreneurship
Apr 17	Stephen Howell	Get Out of Jail Cards: do our Bail and Parole Systems Harm Public Safety?
May 15	Dr. Andrea McKenzie	Petty Traitors and Domestic Tyrants: Spouse Murder in England, 1660-1800
Jun 19	Kathi Camilleri	"Building Bridges through Understanding the Village ©

SING ALONG

- Open to all CSSCA MEMBERS; \$2 at the door.
- Qualification? NONE! Bring your best “shower” voice.
- No need to be able to read music.
- We have a wonderful piano accompanist, Yoko Nishimura, to help us sing our favourite songs

Yahoo

SONGS FOR
Oct 28th: 10 – 11:30am



FAVOURITES

Your favourites sung from videos (black) and accompanied by Yoko on piano (red).

- You Are My Sunshine – Johnny Cash (Yoko)
- Four Strong Winds – Ian Tyson (Yoko)
- Dancing Queen – ABBA (Video)
- YMCA – Village People (Video)
- Over The Rainbow – (Yoko)
- When I Fall in Love – (Yoko)
- Take Me Home Country Roads - John Denver (Video)
- Farewell to Nova Scotia – The High Kings (Yoko)
- Moon River – (Yoko)
- The Fields of Athenry – The Dubliners (Video)
- The Town I loved So Well – The Dubliners (Video)
- Younger Than Springtime – South Pacific (Yoko)
- Surrey With The Fringe On Top – Oklahoma (Yoko)
- If You Were The Only Girl in The World – The Bing Boys (Yoko)
- Home On The Range – (Yoko)

In our national anthem segment, we will contrast Liechtenstein with India. Why? Well Liechtenstein has a population of about 40,000 (least populace country) while India has a population of almost 1.5 billion (most populace country). The tune of the Liechtenstein national anthem will surprise you. The Indian national anthem will take some work!

We will plan our Christmas program as well..... December 4th!!!!

Weekly Activity / Program Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics 9:00- 10:00am		Aerobics 9:00 - 10:00 am	Quilting 10:00 am—Noon 1st and 3rd Thurs	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	Scottish Country Dance 11 :00am - Noon	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			
	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	
	Combined Hatha (mat) & Chair Yoga 1-2 pm	Hot Dog Days Noon 1st & 3rd Wed Before Bingo	Book Club 2:00—3:30 pm 2nd Thursday	Wellness Talks 2:00—3:00 pm 2nd Friday	
	Beginners Spanish Course Oct 7-Dec 2 2:30-3:30	Bingo 1:00 - 4:00 pm 1st and 3rd Wed	Writing Circle 2:00—3:30 pm Thursdays (Except 2nd Thurs)	Speaker’s Series 2:00-3:00 pm 3rd Friday	SUNDAY Walking Group 2:00 pm
Caregiver Support 2:30-4 pm 4th Monday		Knitting 1:30—3:30 pm	Bridge 12:00 -4:00 pm	Chat with Dr Pat 2:00—3:00 pm 4th Friday	Sunday Games 1:30—3:30 p.m.
	Art Appreciation 7:00 pm 2nd & 4th Tues		Bridge Instruction 12:00—4:00 pm		<i>New schedule for newsletter Oct25</i>