



# Blue Heron News

## Cordova Bay 55 Plus Association

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Victoria, BC V8Y 2L2  
Phone: 250-658-5558



### WHAT'S COMING UP

**Sun., June 11** - Musical Evening at Elgin St. Hall - Can. College of Performing Arts, 2:00, Tickets \$30

**Tues., June 20** - CB55+ Garden Party at Connie McKenzie's (5366 Parker Ave.)

**Tues., June 27** - Canada Day Celebration

**Thurs., July 6** - Blackstone & Bathtubs - Musical - Nanaimo Port Theatre - \$90

**Tues., July 11** - Strawberries & Waffles, \$8

**Tues., Aug. 8** - CB55+ BBQ hosted by the Men's Group

### Let's Sing Across Canada

Come and join Dorothy and many others, as we sing songs from every province of this great country, enjoy the music of 3 fiddlers, watch a slide show of lovely Canadian pictures, and celebrate Canada's 150th Birthday together!



**Tues., June 27, 10:00**

## PRESIDENT'S MESSAGE

I want to acknowledge Dave Docherty for the four years he served as President of CB 55+. In his annual report, Dave wrote "My goal was to at least keep things as good as they were, and not to drop the ball that others before me had carried so well and effectively in building such a vibrant organization." You certainly accomplished that and so much more, Dave, and I'm sure I speak for all our members when I say "job well done!" THANK YOU!

It has been a fairly steep learning curve transitioning from a Director of CB55+ to the challenging role of President. However, with the encouragement and support of our hardworking, committed Board, things are falling into place and we are working on the many issues before us.

The Board, of course, is only part of what helps us succeed. CB55+ is run entirely by many, many volunteers who contribute their time, energy and talents, allowing us to offer many services and programs to our members. Please thank them from time to time.

Our focus this year will be to continue to work together to strengthen our already strong Association and maintain the vibrancy that characterizes CB 55+.

Louise Parton

(NOTE: Judy and Brenda would also like to thank Dave for his newsy President's Messages that he regularly contributed to each BHN. They always challenged us in editing, to fit the space accorded, without losing the essential messages he wanted to convey. Thanks, Dave, for never complaining about us cutting short some of your communications.)

**The hours for the Centre will be 9:00 - 3:00 Monday to Friday, throughout the summer. Any courses or activities must end at 3:00 pm, and the building cleared by 3:15 to facilitate building lockup. The CB55+ Office will only be open on Tuesdays, 9:00 - 12:00 pm through July and August.**

## THEATRE AND MUSIC

**Sunday, June 11** - "Musical Evening at Elgin St. Hall" - Canadian College of Performing Arts - 2:00 pm (carpooling 1:00 pm). Tickets \$30.

**Sunday, June 24** - "Proof" - Langham Theatre - 2:00 pm (carpooling at 1:00 pm) Tickets \$20

**Thursday, July 6** - "Blackstones & Bathtubs - Musical Revue" - Nanaimo Port Theatre - Tickets \$75. This is a day bus trip to Nanaimo's Port Theatre. 12:15 - 7:15 pm.

### Films From UK National Theatre:

**Saturday, June 10th and 11th** - Peter Pan

**Thursday, June 24th** - Obsession

All these films are at Tillicum Silver City Theatre. Cost is approximately \$20.

For all productions, register and pay at the office as soon as possible. Contact Hazel Bowman for more information (ph: 658-5928 or email: [hibow@shaw.ca](mailto:hibow@shaw.ca)).



## TRAVEL

**Sunday, June 18** - BC Shellfish & Seafood Festival (Filberg Heritage Lodge & Park, Comox, BC.) Cost approximate \$67 which includes Festival and bus trip. Bus leaves CB55+ 7:30 am and returns 7:30 pm. There will be more than 45 Chefs participating.

**Wednesday, July 12** - Scarecrow Days at Mill Bay Centre. Carpool and lunch.

For more information contact Pauline Cohen (250-744-7636).

### REMEMBER WHEN ...

In 2006, Cordova Bay 55+ Association held a fund-raising Valentine's lunch at McMorran's Restaurant. Not only did we have a wonderful lunch, we were treated to a "Fashion Show" featuring outdoor and travel clothing (Adventure Clothing). Some of the attractive, suave 55+ models were Don Johannessen, Rich McMorran, Phyllis Gardiner, Angie Docherty, Michael Skinner, Shirley Metters, Judy Nygaard, Barb Waldner and Louise Parton. Do you remember any more of our models????



## INTERGENERATIONAL PROGRAMS

CB55+ and Cordova Bay Elementary had a very successful reading program from October 2016 to June 2017, with our volunteer members listening to students read and supporting them as they work to improve their reading skills. Seventeen volunteers worked in 7 different classrooms for a half hour at a time, with students from Grades 1 to 4. All the feedback from the volunteers and teachers has been positive and we anticipate that we will have the program running again in the Fall. If you would like more information about this program and how you can volunteer for it, please contact Von Bishop at [vonandjane@shaw.ca](mailto:vonandjane@shaw.ca) or by phone at 250-477-6206.

It has been a fun and rewarding year for all those participating in the Intergenerational Programs – members and students learning together. This coming Fall, Support-A-Reader, Pickle Ball and a variety of other activities will resume. Photography with Grades 4 and 5 will also be back this coming year. Watch for the schedule in the Fall.

## SPECIAL EVENTS

**Sunday, June 4** - "Arbutus Singers in Concert" (with our own Von Bishop) - Alix Gooden Hall. 2:30 pm. Tickets \$12.

**July ???** - "Ship's Point Tour" - Wednesday, Thursday, or Sunday - date to be announced

**Aug. 31** - Bayside Big Band - 7:00 pm at CB55+ Centre. Come and join us again to listen and dance to some great music FREE!!

### BLUE HERON CAFE NEWS

The Stelly's School lunches on Wednesdays are popular and will continue until mid-June, and start again in the Fall. Also, there will be not be a lunch served on Wednesday, June 21 due to the potluck luncheon on Tuesday, June 20 at Connie Mckenzie's.

The last lunch at the Centre this spring will be on June 28 (made and served by the CB55+ kitchen volunteers). Come and enjoy with your friends!

If you would like to help in the kitchen, please see Helen Maxwell. Volunteers are very welcome!

### *CB55+ Outreach Meal Program*

Do you know of a CB55+ member who could benefit from some meals? This program is meant to provide short-term assistance with meals which could either be picked up at the Centre or delivered. We can also provide a list of companies that provide meals for a longer term.

Please call the CB55+ office at 658-5558 if you know of someone who could use our program, which is designed to complement, not replace, other CB55+ meal programs.



**CB55+ SUMMER GROUP SCHEDULE**

| GROUP                 | DAY                 | TIME                        | ROOM                       | LEADER  | NOTES                                |
|-----------------------|---------------------|-----------------------------|----------------------------|---|--------------------------------------|
| Art Goup              | Monday              | 1:30 - 4:00                 | Studio                     | Jane Bishop 477-6206                                  | Continues July/Aug.                  |
| Artisan Crafts        | 3rd Wednesday       | 7:00-9:00 pm                | Studio                     | Barbara Wade 655-1295                                 | Ends June 21<br>Resumes Sept. 20     |
| Blue Heron Singers    | Thursday            | 2:30 - 4:00                 | Big Room                   | Pat Robertson 479-4271                                | Ends June 29                         |
| Book Club             | 4th Tuesday         | 1:30 - 3:30                 | Studio                     | Sue Jergens 479-2226                                  | Continues July/Aug.                  |
| Bridge - Drop-In      | Monday<br>Wednesday | 9:00 - 11:00<br>1:00 - 4:00 | Studio<br>Big Room         | Karen Bryan 896-1201<br>Orma Paton 658-4805           | Continues July/Aug.                  |
| Cribbage              | Wednesday           | 1:00 - 3:00                 | Lounge                     | Lindie Schwartz 658-1940<br>Rikki Bowman 382-6197     | Continues July/Aug.                  |
| Digital Photography   | 1st & 3rd Friday    | 10:00 - 11:30               | Studio                     | Diane Anderson 477-8255<br>Diane Cowden 477-4571      | Ends June 16<br>Resumes Sept. 15     |
| Dominoes              | 3rd Tuesday         | 1:30 - 3:00                 | Studio                     | Rikki Bowman 382-6197                                 | Ends June 13<br>Resumes Sept. 19     |
| Family History        | 1st Tuesday         | 1:00 - 3:00                 | Lounge and Studio          | Diane Anderson 477-8255                               | Ends June 15<br>Resumes Oct. 3       |
| Hiking Group          | Friday              | 8:50 - 12:00                | Fowler Rd. parking lot     | Stew Arnold 721-2870                                  | Year Round                           |
| Hotshots              | Monday              | 10:00 - 11:30               | Badminton Hall             | Lorne Brack 479-8689                                  | Resumes in Sept.                     |
| Mah Jong              | Friday              | 1:00 - 3:00                 | Studio                     | Mary Horton 658-4801<br>Glenda Kirk 658-1260          | Continues July/Aug.                  |
| Men's Fitness         | Monday & Wed.       | 8:30 - 9:25                 | Big Room                   | David Docherty 658-8303                               | Continues July/Aug.                  |
| Men's GHOTH           | Various Days        | day trips                   | Off-site                   | David Docherty 658-8303                               | Contact Leader                       |
| On The Go Again       | Friday              | 1:30 - 3:30                 | Big Room                   | Bobbi Johannessen 658-8824<br>Gwen McPherson 658-5451 | Ends June 23                         |
| Pickle Ball           | Tuesday<br>Monday   | 4:30 - 6:30<br>1:30 - 3:00  | Comm. Place<br>Tolmie Park | Ed Bancroft 380-2411<br>Ted Dobie 477-5066            | Starts July 4<br>Continues July/Aug. |
| Poetry Reading        | 1st/3rd/ 4th Thurs. | 10:00 - 12:00               | Studio                     | Ron Marken 778-265-9949                               | Ends June 22                         |
| Studio Group          | Wednesday           | 1:00 - 3:00                 | Studio                     | Maura Dunn 652-2650                                   | Continues July/Aug.                  |
| Ukulele Group         | Wednesday           | 11:15 - 12:15               | Seaside Room               | Carolyn Acs 388-0354<br>Pat Carfra 479-9118           | Continues July/Aug.                  |
| Walking Group         | Friday              | 9:30 - 11:00                | Various Trailhead          | Pat Bancroft 380-2411                                 | Year Round                           |
| Walking with Dogs     | Friday              | 9:15 -11:30                 | Various Trailheads         | Christine Smith 727-8544                              | Year Round                           |
| Wednesday Night Games | 2nd & 4th Weds.     | 7:00 - 9:00                 | Lounge                     | Brenda Hurd 658-6484                                  | Continues July/Aug.                  |

## GROUP NEWS

**Blue Heron Singers** - has had another full and harmonious year! Some of us have been singing together for nine years, and each year we have welcomed new singers. Recently, many of the choir sang for an Island Health day program in the community, and before we break for the summer, many will join the membership for our fifth Canada Day program on Tuesday, June 27. Our final Sing (and potluck lunch) will be on June 29, and we will start our tenth year in September. Everyone is welcome to come to sing or to listen - anytime. Call Choir Leader Pat Robertson at 250-479-4271 for further information.

**Family History Group** - will go on a field trip to the UVic Library Special Collections on Thursday, June 15. Our meetings will resume in the Fall (on the first Tuesday of each month), starting Oct. 3. This group consists of novice and highly experienced genealogy buffs. In addition to field trips and guest speakers, we share information on best websites for searching, local resources, and how to record and compile the information once found. For some, listening to the stories of families, seeing old photos and memorabilia, and learning about our ancestors has been reason enough for attending the meetings. If you get stuck in your hunt for documents of past family members, there are people to help you. Contact: Diane Anderson at [anderson.diane@shaw.ca](mailto:anderson.diane@shaw.ca)

**Hiking Group** - is for members who want a rigorous hike, with varying degrees of difficulty, lasting 2-3 hours. In addition to these regular hikes, we may also schedule an alternate, longer, even more rigorous hike. Members should be reasonably fit, wear hiking shoes or boots, bring water and a snack. Many members bring hiking poles on the more hilly hikes. After the hike, coffee is our reward! The hiking group meets Fridays at 8:50 am. at the Fowler Road parking lot. Contact Stew Arnold at [stewart.arnold@shaw.ca](mailto:stewart.arnold@shaw.ca) for more information.

**Pickle Ball** - Our last session before the summer will be June 27 at 1:30 p.m. Then we will move to the summer schedule, which will still be on Tuesdays, but the time will change to 4:30 - 6:30 pm. Some members also play at Tolmie Park on Mondays, 1:30 - 3:00 pm, weather permitting.

**Art Group** - will continue to meet during the summer from 1:00 - 3:00 on Mondays. Please drop by or come join us at any time! New members are always welcome. CB55+ and generous donations from other members now allow us to have supplies available for you to try your creative hand at water colour, drawing, or acrylic painting, prior to making any financial commitment. Two of our very talented members, are displaying their art: Judy Nygaard recently showed her acrylic paintings at The Gallery at Mattick's Farm in May, and a thematic series of Sarah McLaren's fabric art will be at the Tulista Gallery in Sydney September 18-24. Congratulations to both of these amazing women!

**Poetry Group** - Join us on Thurs., Sept. 7 to discuss 3 or 4 poems. No curriculum, no essays, no exams. This is not a creative writing class. Just a dozen people merrily trying to explicate what a dozen poets have written. A mini-book club, if you will. Or "a support group for people abused by poetry in high school", as one member described us. Other comments from members are:

- 1) We walk with poems familiar, poems strange, poems sad, poems dynamic; a voyage in language.
- 2) Thanks to Ron, a whole new world has opened up for me. Who would have thought poetry could be so much fun? Keep your brain active, challenge yourself to discover something new each time. Come and share your thoughts with a congenial group of questioning individuals.
- 3) This is a most enjoyable opportunity to discover, explore, and share poetry, perceptions and perspectives! I look forward to this group and think about it all week!

New members will be more than welcome, especially if you dislike poetry!

## GROUP NEWS - CONTINUED

**Happy Strummers** - ukulele group will continue to meet every Wednesday through the summer from 11:15 - 12:15. If you like to strum and sing along, bring your uke and join us. All uke enthusiasts are welcome. Contact Carolyn Acs at 388-0354 or Pat Carfra at 479-9118 for more info.

**Digital Photography** - will finish its meetings with a photo shoot at the Oak Bay Marina on June 16, 10:30 am. Meetings will resume in the fall (1st and 3rd Fridays of each month 10:00-11:30 am), starting September 15. We'll work on personal projects (presentations, books, calendars, cards), improve our composition and editing skills, and go on local photo shoots. Novices and more experienced photographers are welcome. Contact Diane Anderson, [anderson.diane@shaw.ca](mailto:anderson.diane@shaw.ca).

**Studio Group** - will continue to meet for tea and knitting through the summer, from 1:00 - 3:00 pm. Projects that the Studio Group have made, Crazy Critters, will be for sale at Cordova Bay Day, on June 24, and Fish and Chip dresses will be taken to Africa by the For the Love of Africa group.

**Book Club** - plans to continue through the summer. The selection for discussion in May was "The Round House", and although we didn't all love the book (!!), we had a very lively discussion. And that's what belonging to a book club is all about! Contact Sue Jergens for more info (ph: 479-2226).



SPRING CB55+ COURSES - No classes are planned until the Fall.

**SPRING SAANICH COURSES** - Call Saanich Recreation at 475-7600 to register:

### Gentle Yoga

|        |                            |                |        |                               |
|--------|----------------------------|----------------|--------|-------------------------------|
| 821226 | Tuesday, June 20 - July 25 | 3:00 - 4:00 pm | 6/\$48 | Instructor: Tessa Rae Hamelin |
| 821228 | Tuesday, August 1 - 29     | 3:00 - 4:00 pm | 5/\$40 |                               |

### Tessa Rae Yoga

|        |                             |                |        |                               |
|--------|-----------------------------|----------------|--------|-------------------------------|
| 820222 | Thursday, June 22 - July 27 | 7:15 - 8:15 pm | 6/\$48 | Instructor: Tessa Rae Hamelin |
| 820223 | Thursday, August 3 - 31     | 7:15 - 8:15 pm | 5/\$40 |                               |

## VOLUNTEERING

Many thanks to Suzanne, Aideen and Muriel for helping with the library. Our three new librarians for our CB55+ library are Julie Bell, Margaret Bell and Mary Torney. As our summer approaches I would like to send out a most hearty THANK YOU to all our members who have made CB55+ the great volunteer organization that it is. I never cease to be amazed at the time that is given and the talent available that benefits all of us that belong to the Association. Please know that you are greatly appreciated. We are so fortunate to have all of you. Doris Brix, Volunteer Coordinator

## CB55+ Board Of Directors 2017

### EXECUTIVE

|                |                       |          |
|----------------|-----------------------|----------|
| Louise Parton  | President/Governance  | 658-8462 |
| Sue Melrose    | Vice Pres /Governance | 727-7276 |
| David Docherty | Past President        | 658-8303 |
| Stew Arnold    | Secretary/Governance  | 721-2870 |
| Chris Carter   | Treasurer/Governance  | 658-3517 |

### DIRECTORS

|                |                     |          |
|----------------|---------------------|----------|
| Doris Brix     | Services/Volunteers | 479-7420 |
| Andrea Lindsay | Services/Office     | 477-4577 |
| Helen Maxwell  | Services/Kitchen    | 658-0794 |
| Rikki Bowman   | Programs/SIG        | 382-6197 |
| Velma Minckler | Services/Membership | 658-8987 |
| Mike Mooney    | Services/Facility   | 658-4801 |
| Tom Wood       | Director at Large   | 477-1682 |
| Sue Williams   | Director at Large   | 361-6647 |
| Von Bishop     | Services/IT Coord.  | 477-6206 |

## MEMBERSHIP

The bylaws of the Cordova Bay 55+ Association state in paragraph 4.7 that:

“Members who have reached the age of 90 will not be required to pay the membership fee for the years following their 90<sup>th</sup> birthday, but will have all the rights and obligations of membership”. Therefore, members who celebrate their 90<sup>th</sup> birthday, and advise the office of this achievement, will become “GOLDEN MEMBERS” and future annual dues payments will be waived. This privilege is not mandatory. A member may choose to continue to pay the annual fee if that is preferable.



## DROP-IN TUESDAY SCHEDULE

Big Room, 10:00—11:30 am

**(SPEAKERS ARE SUBJECT TO CHANGE; CHECK THE WEBSITE FOR UP-TO-DATE INFO.)**

### JUNE

- June 6 Armchair Travel - South East Asia - Bob Greig and Sue Jergens
- 13 Ogden Point Revitalization - Mark Crisp - Greater Victoria Harbour Authority
- 20 CB55+ Annual Garden Party & Potluck Lunch at Connie McKenzie's
- 27 Canada Day - 150th Anniversary of Confederation - Dorothy Evans

### JULY

- July 11 CB55+ Annual Strawberries and Waffles

### AUGUST

- Aug. 8 CB55+ Annual BBQ (hosted and served by the Men's Group)

## BY THE WAY

The next BHN will be out at the beginning of September. Check our website for up-to-date information on CB55+ <http://cordovabay55plus.org>

**CB55 + Weekly Activity Schedule**  
 (Check website for updates – <http://cordovabay55plus.org>)

| JUNE      |    | Seaside   | Courtyard | Studio   | Lounge                              | Off-Site   |
|-----------|----|---|-----------|--|-------------------------------------|--|
| Monday    | am | Men's Fitness 8:30 - 9:25<br>Women's Fitness 9:30-10:30   |           | Drop-in Bridge<br>9:00 - 11:00   |                                     | Support a<br>Reader - School   |
|           | pm | Osteofit 1:30 - 2:30<br>Hatha Yoga 5:00 - 6:00 pm<br>until June 19  |           | Art Group<br>1:30 - 4:00   |                                     | Pickleball<br>1:30 - 3:30<br>Tolmie Park   |
| Tuesday   | am | Drop-In Speaker Program<br>10:00 - 11:30  |           |  |                                     |  |
|           | pm | Gentle Yoga 3:00 - 4:00<br>until June 13; new classes<br>start:<br>June 20 - July 25<br>Aug. 1 - 29   |           | Dominoes - June<br>13, 1:30 - 3:00<br>Book Club - June 27 ,<br>1:30 - 3:30   |                                     | Pickle Ball<br>1:30 - 3:30<br>Saanich<br>Commonwealth<br>Place                       |
| Wednesday | am | Men's Fitness 8:30 - 9:30<br>Osteofit 10:00 - 11:00<br>Ukulele Group 11:15 - 12:15  |           |  | Blue Heron<br>Cafe<br>11:30 - 12:45 | Support a<br>Reader - School   |
|           | pm | Bridge Group<br>1:00 - 4:00   |           | Studio Group<br>1:30 - 4:00<br>Wed. Eve. Games -<br>June 14 & 28,<br>7:00 - 9:00 pm<br>Artisan Crafts - June<br>21, 7:00 - 9:00 pm | Cribbage<br>1:00 - 3:00             |  |
| Thursday  | am | Women's Fitness<br>9:30 - 10:30   |           | Board Mtg. - June 8,<br>9:00 - 11:00<br>Poetry Group - June<br>1, 15, & 22, 10:00 -12  |                                     | Family History<br>Field Trip - UVic<br>Library - June 15                             |
|           | pm | Blue Heron Singers<br>2:30 - 4:00 until June 29<br>Tessa Rae Yoga 7:15 - 8:15<br>pm until June 15; new<br>classes start: June 22 - July<br>27 and Aug. 3 - 31 |           |  |                                     |  |
| Friday    | am | Line Dancing 10:00 - 11:15<br>until June 30   |           | Digital Photo - June 2<br>& 16<br>10:00 - 11:30  |                                     | Hiking Group -<br>Fowler Park 8:50<br>Walking Grp 9:15<br>Walking with<br>Dogs, 9:15 |
|           | pm | On the Go Again<br>1:30 - 3:30 until June 23  |           | Mah Jong<br>1:30 - 4:00  |                                     |  |