



# Blue Heron News

## Cordova Bay 55 Plus Association

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## PRESIDENT'S MESSAGE

Welcome to the Spring edition of the Blue Heron News. Since the last BHN, our optimism for getting back together again for Christmas was dashed by Omicron and we had to shut down once more. What a roller coaster these past two years have been! But the green shoots of Spring are starting to pop out, and with the case and hospital numbers trending down and the successful vaccination program, we can again be cautiously optimistic about returning to a modified normal of wearing masks and using our vaccine passports.

We did manage to hold two Christmas Luncheons before the shutdown at the Fireside Grill and the Beach House. Santa and his Elf brought their cheer, and a good time was had by all. We also had a special Christmas Celebration at the Centre which was zoomed out to our members at home. Thank you to the organizers who made these events so successful.

At the beginning of February, the always popular Tuesday Drop-In started back up, as did many of the activities at the Centre. Wednesday Lunches will resume in early March.

Our membership has held strong during COVID and we currently have around 650 members. The on-line membership system processed 2/3 of the renewals. This is meeting the objective of reducing the volunteer workload in the Office and is a more convenient method of payment.

We have now completed the implementation of the 2022-2027 Strategic Plan, and this will be distributed to the membership in the near future.

Our AGM will be at the Centre on Tuesday, March 22. We are planning to have our members participate via Zoom as well as in person. The AGM notice will be distributed by March 2, including the slate of nominees for the vacant Director positions and a call for further nominations.

Thank you for your continued support of CB55+ and thanks to all the volunteers who keep us organized, nourished and informed. Check out Our Amazing Volunteers on page 9 recognizing Helen Maxwell who dedicated so much to the operation of the kitchen. Enjoy your read!

Stew Arnold

## WHAT'S COMING UP

Wed., Mar. 2 - Yummy Lunch -  
Hot Chicken Sandwich - 11:30

Tues., Mar. 15 - St. Patrick's  
Celebration

Tues., Mar. 22 - CB55+ AGM

Tues. June 28 - Canada Day  
Celebration



The CB55+ AGM will be held on March 22., at 10:00 am. Please join us to learn about what's happening with the organization, and help to elect 7 new Board Directors!

Spring break for the Cordova Bay Elementary School starts Monday, March 21, and classes will resume on April 4. The CB55+ Centre will be open during spring break.

## SPECIAL EVENTS, WORKSHOPS, & EXCURSIONS

**Intermediate Bridge** - Monday, Feb. 7 - March 21, 10:30 - 12:00 Big Room Cost: 7/\$40  
Instructor: Jon Preston (known for his clear explanations and fun classes)

**This course is currently underway!** Whether one is advancing from a beginner course or simply wishes to brush up on their skills, this 7-week course gives a balance of lessons on bidding and play of the hand.

**Mini-Lectures: How the Body Works** - Saturday, March 5 - 26, 10:00 - 12:00 Cost: 4/\$20  
Instructors: Chris Pengilly and Dave Docherty

These four lectures will inform participants on how the body works, what can go wrong, and how to fix it. The series will focus on the heart, the joints (hip and knee), the brain, and the immune system. It will be offered to members in person at the Centre and also via Zoom. For more info., members can check the link below or contact Dave Docherty at [angdave@telus.net](mailto:angdave@telus.net) or (250)658-8303. The series is part of the UVic Retirees Association Elder Academy. The fees will go towards developing scholarships for UVic graduate students researching in the area of gerontology. Coffee and goodies will be available at the Centre for those attending in person.

<https://www.uvic.ca/retirees/assets/docs/ea-poster-and-invitation-for-march-feb-02-updated.pdf>

**Drumming Classes** - Monday, Apr. 4 - May 2, 11:00 - 12:00 Studio Cost: 4/\$25

An exciting opportunity is coming your way, to get your groove on and work off some of that Covid-induced frustration! Barry Casson is an accomplished drummer, teacher, and author, having played with the likes of David Foster. Barry has lots of stories from his time as a travelling performer and is keen to bring drumsticks and drum pads for participants to use in learning some basic rhythms. Register on-line or through the CB55+ Office. Max: 10 participants

**Orderly Affairs Guide** - will be coming soon! This workshop builds on the Advanced Care Planning sessions offered in the past. Stay tuned!

**Greeting Cards** - is another workshop that will be coming in the near future! You will learn how to make beautiful greeting cards in one 2-hour session! All materials and instruction will be provided for a fee of \$8.00 (large card) or \$4.00 (small card). More details to come!

### REMEMBER WHEN ...

Remember when the Blue Heron Singers entertained us with St. Patrick's Day music and shenanigans? The songs and laughter could be heard down Cordova Bay Road! We've missed this spring celebration over the past couple of years, we miss our Thursday gatherings, and we miss Pat Robertson, our beloved director! Let's hope we will be permitted to sing together again sometime soon.

Thanks to Diane Cowden for finding this photo from 2012 - 10 years ago!



**GROUP NEWS** (Please note that not all groups provide an update in this newsletter, especially if they are not meeting at this time, due to Covid. For a complete listing of all CB55+ groups, please see our website.)

**Blue Heron Writers' Group - (NEW)** had its inaugural meeting via Zoom on Feb. 17 from 1:00 - 3:00 with 8 participants. Everyone introduced themselves, let the group know what particular genre of writing they were interested in, and what they hoped to gain from group membership. Six members then shared an example of their written work with the group. The diversity of genres and styles made for a wonderful introduction to what lay ahead for this group. We meet on the first and third Thursday of each month. Our next meeting on March 3 will again be by Zoom but we are considering in-person meetings for late March. Contact Derek Swallow at [sfam@telus.net](mailto:sfam@telus.net) for more information.

**Women's Active Fit - (NEW)** is a new fitness group, under the direction of Celia Payne, a new instructor to CB55+ who specializes in age-relevant adult fitness and health. Celia was brought in to provide an in-person women's fitness class at the Centre. Active Fit combines familiar and safe exercise movements with continually changing activities for varying lengths of time. Modifications allow participants to control challenge and intensity levels to customize each class. Classes include a variety of standing and seated exercise. Classes are Thursday mornings in the Big Room from 9:00 to 10:00. The cost is \$50 for 10 sessions. We are currently seeking a Coordinator for this new SIG.

**Balance & Chairs** - formerly Balance & Strength is being taught by a new Instructor, Celia Payne. Classes are now on **Thursday** mornings, from 10:15 - 11:15, rather than Wednesday mornings. The cost is \$50 for 10 sessions. Core strength helps with everything we do in daily life, from tying up shoelaces to getting out of a chair and preventing falls. This "stretch & strengthen class" focuses on movement as therapy. Improving balance, working on coordination, and strengthening muscles are the main goals of this functional movement class. Movements are adaptable for standing or sitting. For more info. contact Gillian Pearson at [bookend@shaw.ca](mailto:bookend@shaw.ca) or (250)658-1609.

**Golf Group** - It is hard to believe that the golf season is just around the corner and not a moment too soon! After our most successful season to date, we are already planning for the upcoming season. For those who are interested in joining us, we golf Mondays and Thursdays, most often at Mount Doug GC and the Ridge. We also hope to have more Nine and Dine events at Cordova Bay GC and at Cedar Hill GC. Our season will start in late April or early May and will continue into October. Our main goal is to offer an opportunity for members to play social golf in a non-competitive atmosphere. Players must have some experience and know basic golf etiquette. If interested, contact Ted Dobie ([tedandsue.dobie@gmail.com](mailto:tedandsue.dobie@gmail.com), (250)477-5066) or Marilyn Brack (479-8689/ [brackmg@gmail.com](mailto:brackmg@gmail.com)).

**Dominoes** - After another start/stop in the Fall and in January, the Dominoes Group is happy to be back at the Centre on the third Tuesday afternoon each month. We are enthusiastic players of Chickenfoot & Mexican Train, and while we do count points, we're not seriously competitive; we just want to have fun. Any member is welcome to join us. Contact Rikki Bowman for more information at [rikkij@shaw.ca](mailto:rikkij@shaw.ca) or (250)382-6197.

**Men's Fitness** - As the health restrictions have changed (again) the men's fitness class is being offered both in person at the Centre and via Zoom every Monday and Wednesday morning from 8:45 - 9:45. Although targets and goals are presented each class, participants are encouraged to adjust them to a level that is safe for them. Many participants meet for coffee after class either at the Centre or via Zoom. Anyone interested in attending should contact Dave Docherty at (250)658-8303 or [angdave@telus.net](mailto:angdave@telus.net) for more information.

## GROUP NEWS CONTINUED

**On-the-Go-Again Group** - As much as we have missed being together for almost 2 years, we have decided that most of us would prefer to hold off until late March or April when, hopefully, we will feel more comfortable being inside with a group. We will let everyone know when things feel safe. Can't wait for that cup of tea!

**Worth a Read Book Group** - meets in the afternoon of the fourth Thursday of each month. Our discussions are always animated whether by Zoom or in person, and we usually find something new to appreciate about each book by the end of a meeting. In January, our members gave a rating of 3.9 Stars to **Capital** by John Lanchester, a lengthy novel that most found worth the read. It was a social commentary on life in London, England post-2008, around the time of the global financial crisis. Most of the characters were quite captivating although some members found them a little thinly developed. In February, we read **Should We Stay or Should We Go** by Lionel Schriver, a novel that is by turns both humorous and serious as a couple contemplates double suicide as a way to avoid the challenges of illness in aging. In March, we move on to **The Rose Code** by Kate Quinn, an author whom we have enjoyed in the past. This book tells the stories of three women who work as code breakers in the UK during WWII. In April, we will read a non-fiction book by Beverley McLachlin, Canada's former Chief Justice as she relates **Truth be Told: My Journey through Life & the Law**. In May, we will read **The Paris Library** by Janet Skeslien Charles, a piece of historical fiction focused on the American Library in Paris during the Second World War. To be put on our waitlist, contact Sue Jergens, [sjergens@hotmail.com](mailto:sjergens@hotmail.com) or Jan Grewar, [jangrewar@gmail.com](mailto:jangrewar@gmail.com).

**Art Group** - just before our extended Christmas break (and before the Omicron raised its nasty head) we were able to celebrate the holiday season with a delicious potluck luncheon. We have discovered that we not only handle paint with skill but our collective culinary expertise is also not too shabby! We were so grateful to have had the opportunity to come together as, for many of us, this was the only seasonal social gathering we experienced! Now that we are back at the Centre again, we are working hard to prepare for our long anticipated show and sale on May 28 and 29. We can't wait to show you how much we've grown and developed our art work and we trust you will be delighted and impressed! For more info., contact Jane Bishop ([janebishop.is@gmail.com](mailto:janebishop.is@gmail.com))

**Bridge Group** - The Bridge players are very happy to be back playing at the Centre on Wednesday afternoons. We have between 7 or 8 tables each week. Some new members and most former members have returned. It is a wonderful group! We always welcome new participants. After several years, Orma Paton is stepping down as leader of this group. We are very appreciative of Orma's time and energy in managing this group, and we are delighted that Sarah Burrell is taking over the leadership with Claudette Walker as her assistant. For more info., contact Sarah at (778)678-0540 or [sarahburwell@hotmail.com](mailto:sarahburwell@hotmail.com) and Claudette at (250)727-9500 or [walkcl@telus.net](mailto:walkcl@telus.net).

**Happy Strummers** - On Feb. 15, there were 13 members from the Happy Strummers Ukulele Group who performed at the Valentine Gala. This was the first time we played in public for at least two years - and without masks! We were happy to sing and play 6 songs to a very enthusiastic audience. We now have 30 members who meet every Wednesday from 11:15 - 12:45 in the Big Room. Our skills vary from Beginner to modestly accomplished, but our enthusiasm is first-rate! Contact Pat Carfra for more info., at [plcarfra@shaw.ca](mailto:plcarfra@shaw.ca) or (250)479-9118.

**Blue Heron Singers** - One of our choir members recently wrote, "We are still playing the waiting game, while yearning to sing together." We do know that we need to be very clear about the current Public Health Orders and determine exactly what that means for the choir in terms of the space we have. We will notify everyone of our status once this is clear. Keep hoping!

## GROUP NEWS CONTINUED

**Walking Group** - meets on Fridays at 9:30, rain or shine, all year. We have online sign-up for members to choose one of five walks each week (60-90 minutes, with a maximum of eight per group). Members lead a walk every month or so, and leaders may choose from our list of walks or plan their own. New members may be part of the group for three months before being asked to lead. We enjoy coffee after the walks - bringing our own beverage and sitting outdoors, or going to a coffee shop. We are currently at our maximum of 40 members, but the waitlist is short, so please contact Pat Bancroft ([patbancroft1946@gmail.com](mailto:patbancroft1946@gmail.com)) or Judy Jeffrey ([judith.jeffrey@gmail.com](mailto:judith.jeffrey@gmail.com)) if you would like more info., or to add your name to the waitlist.

**Pickleball Group** - continues to be popular. On Tuesdays we have between 25 to 35 members come to play at Saanich Commonwealth Place (SCP). On Thursdays, at McMinn Park, weather permitting, there are always hardy souls who come out. We had a surprise birthday celebration on Feb. 8 to honour one of the founding members of the Pickleball Group, Ed Bancroft, who turned 85 that day. Ed continues to play a very good game and shows no sign of slowing down. Contact John Arduini at [jarduini@shaw.ca](mailto:jarduini@shaw.ca) or (250)477-6692 for more info.

**Dog Walking Group** - meets every Friday morning at 9:30 at different parks where it is possible to allow the dogs to be off-leash. The group consists of dogs of all shapes, sizes and ages. We have puppies, older dogs and old dogs. We have lost 4 dogs since last year, which was very sad for us all but some of us have replaced them with another puppy or have brought along a dog they walk daily for a family member. New members have recently joined us, such that we have had to divide the group into 2 separate groups to do our walks. It was a little intimidating for some people on the trails to see up to 12 dogs running loose, so this separation seems to work better. The groups try to join together for coffee afterwards. We are happy to have new members as long as they have a dog. Contact Christine Smith at (250)727-8544 for more info. about where we will meet on a given Friday.

**Women's Fitness** - continues each week on Zoom; it runs on Monday, Tuesday, and Thursday from 8:45 until 9:45. Usually about 17 women attend from all over the peninsula as well as up-Island and one even in Vancouver. The only stipulation is that you must be a member of CB55+. The exercises are led by Viera Janco, who originally ran this group at the Centre. She is an excellent instructor and helps people individually if they require it after the class. The exercises are done to music, and she covers every muscle group using stretches, bands, balls, and weights. It is not highly intensive but certainly gives you a good work-out if you listen carefully to what she is asking the class to do. Contact Christine Smith at [chrismith3@shaw.ca](mailto:chrismith3@shaw.ca) for more information.

**Bridge, Monday Drop-In** - sees a keen group of 12 to 16 players come to play, many of whom graduated from the recent beginner Bridge course. This is a casual bridge group that includes conversation about the hands and the occasional reference to notes! Players of all skill levels are welcome to attend. For details, contact Hilary Goeller at [hgoeller@outlook.com](mailto:hgoeller@outlook.com) or Cathy Gustafson at [cathygustafson86@gmail.com](mailto:cathygustafson86@gmail.com).

**Digital Photography** - continues with one photo shoot per month at indoor and outdoor spaces throughout Victoria. Members then share their photos with the group at our monthly Zoom sessions where we also discuss composition, editing and applications we have found useful. Members use a range of cameras from sophisticated SLRs to mobile phones. If you are interested in joining our group, contact Diane Anderson at [anderson.diane@me.com](mailto:anderson.diane@me.com).

**Poetry Group** - This group will be resuming later in March. Contact Ron Marken at (250)213-2928 or [meander9@gmail.com](mailto:meander9@gmail.com) for more information.

## GROUP NEWS CONTINUED

**Hot Shots** - started up for the Winter session on Jan. 31 with a full complement of 14 members. This session will finish on April 11. The Spring/Summer session will begin on April 25, and finish on July 11. Hot Shots provides a safe and fun venue for Air Pistol target shooting. It is held Monday mornings from 10:00 - 11:00 in the basement of the Cordova Bay Community Centre, 941 Sutcliffe Road, followed by coffee and goodies at the Centre. The cost is \$20.00 for 10 Mondays (payable on-line or at the Office) with an additional \$3.00 each time to cover the cost of targets and pellets. Pistols are provided. Adhering to the CB55+ Covid-19 policy, participants are required to be double vaccinated and wear face masks. Contact Lorne Brack (250)479-8689 or [lorne.brack@icloud.com](mailto:lorne.brack@icloud.com) or the CB55+ Office for more information.

**Studio Group** - is back meeting again on Wednesday afternoons. The craft fair and bake sale before Christmas was a great success – thank you to all who attended. Proceeds from the sale (over \$1000) are being donated to a needy family in Cordova Bay and several Victoria-based groups that provide assistance to single women and to families in crisis. The Studio Ladies are now busy making “Twiddle Muffs” which provide comfort and stimulation for people with Alzheimer’s. New members, and ideas for new projects (sewing, knitting or crocheting) are always welcome. Contact Viv Smith at [sierra4618@gmail.com](mailto:sierra4618@gmail.com).

**Ping Pong** - is growing strong, with new members joining each week! We have about 14 players coming regularly at our new time of 11:30 and playing until 1:30, every Thursday. Some members have asked for a third table, but storage is an issue. We play doubles and take turns and everyone manages to play a few games! Contact Brenda Hurd at [brendarhurd@gmail.com](mailto:brendarhurd@gmail.com) or (250)658-6484 for more info. of just come on down on a Thursday afternoon and check us out!



**SAANICH COURSES** - Registration and payment are made through Saanich Recreation.  
Phone (250)475-7600 or online: <https://www.saanich.ca/>

- iPhone & iPad** - #71491 - Mon. Feb 28 & Mar. 7, 1:00 - 2:30 pm 2/\$59  
- #71488 - Mon. May 30 & June 6, 1:00 - 3:00 pm 2/\$79
- iPhone** - #65712 - Mon. Apr. 4 & Apr. 11, 1:00 - 3:00 pm 2/\$79
- Line Dancing** - #70497 - Fri. Mar. 4 - Apr. 29, 10:15 - 11:30 8/\$68 Instructor: Vicky McCulloch  
#70498 - Fri. May 6 - June 24, 10:15 - 11:30 8/\$68 Instructor: Vicky McCulloch
- Gentle Yoga** - #70455 - Tue. Jan. 11 - Mar. 1 3:00 - 4:00 8/\$78 Instructor: Tessa Rae Hamelin  
#70456 - Tue. Mar. 8 - Apr. 26 3:00 - 4:00 8/\$78 Instructor: Tessa Rae Hamelin  
#70457 - Tue. May 3 - June 21 3:00 - 4:00 8/\$78 Instructor: Tessa Rae Hamelin
- Beg. Yoga** - #70452 - Mon. Jan. 24 - Mar.14 5:30 - 7:00 7/\$102 Instructor:Tessa Rae Hamelin  
#70453 - Mon. Mar. 21 - May 2 5:30 - 7:00 7/\$102 Instructor:Tessa Rae Hamelin  
#70454 - Mon. May 9 - June 20 5:30 - 7:00 7/\$102 Instructor:Tessa Rae Hamelin

| GROUP/ROOM/LEADERS   | DAY /TIME  | GROUP/ROOM/LEADERS   | DAY/TIME  |
|--|--|--|---|
| <b>ART GROUP</b><br>Big Room<br>Jane Bishop 250-477-6206   | Monday<br>1:30 - 4:00 pm   | <b>HOTSHOTS</b><br>Badminton Hall<br>Lorne Brack 250- 479-8689   | Monday<br>10:00 - 11:30 am<br><b>Starts Apr. 25</b>   |
| <b>BALANCE &amp; CHAIRS</b><br>Big Room<br>Gillian Pearson 250-658-1609  | Thursday<br>10:15 - 11:15 am                                       | <b>MAH JONG</b><br>Studio<br>Chris Greenwood 250-478-6866  | Friday<br>1:00 - 4:00 pm  |
| <b>BLUE HERON SINGERS</b><br>Big Room<br>Pat Robertson 250-479-4271  | Thursday<br>2:00 - 4:00 pm<br><b>On hold</b>                       | <b>MEN'S FITNESS</b><br>Big Room<br>Dave Docherty 250-658-8303   | Monday & Wed.<br>8:45 - 9:45 am<br><b>Zoom &amp; Centre</b>                                   |
| <b>BOOK CLUB (Worth a Read)</b><br>Studio<br>Sue Jergens 250-479-2226<br>Jan Grewar 250-658-2297   | 4th Tuesday<br>1:30 - 3:30 pm                                      | <b>MEN'S GHOTH</b><br>Off-Site<br>Dave Docherty 250-658-8303   | Various Day Trips<br><b>On hold</b>   |
| <b>BRIDGE DROP-IN</b> Studio<br>Hilary Goeller 778-587-0943<br>Cathy Gustafson 778-350-1984<br><b>BRIDGE DROP-IN</b> Big Room<br>Sarah Burwell 778-678-0540<br>Claudette Walker 250-727-9500 | Monday<br>9:00 - 10:30 am  | <b>PICKLEBALL</b><br>Saanich Commonwealth Place<br><br>McMinn Park<br>John Arduini 250-477-6692<br>Allan Galambos 250-818-3822 | Tuesday<br>1:30 - 3:30 pm<br>Thursday<br>1:30 - 3:30 pm<br><b>Weather permitting</b>          |
| <b>BLUE HERON WRITERS</b><br>Derek Swallow 250-721-0497  | Thursday<br>1:00 - 3:00 pm<br><b>Zoom</b>                          | <b>PING PONG</b><br>Big Room & Courtyard patio<br>Brenda Hurd 250-658-6484<br>Debra Sigurdson 250-727-7338                     | Thursday<br>11:30 - 1:30 pm   |
| <b>CRIBBAGE</b><br>Lounge<br>Lindie Schwartz 250-658-1940  | Wednesday<br>1:00 - 3:00 pm  | <b>POETRY READING</b><br>Studio<br>Ron Marken 778-265-9949   | 1st, 3rd, & 4th<br>Thursday <b>Starts Mar.</b><br>10:00 - 12:00 pm                            |
| <b>DIGITAL PHOTOGRAPHY</b><br>Off-site<br>Diane Anderson 250-477-8255<br>Diane Cowden 250-208-4827   | 1st & 3rd Friday<br>10:00 - 11:30 am<br><b>Zoom &amp; Off-site</b> | <b>STUDIO GROUP</b><br>Studio<br>Vivienne Smith 250-382-4618   | Wednesday<br>1:30 - 4:00 pm   |
| <b>DOMINOES</b><br>Lounge<br>Rikki Bowman 250-382-6197<br>Judy Burgoyne 250-382-5697   | 3rd Tuesday<br>1:00 - 3:30 pm                                      | <b>WALKING GROUP</b><br>Various Trailheads<br>Pat Bancroft 250-380-2411<br>Judy Jeffrey 778-351-3843                           | Friday<br>9:30 - 11:00 am   |
| <b>GOLF GROUP</b><br>Off-site<br>Ted Dobie 250-477-5066<br>Marilyn Brack 250-479-8689  | Monday & Thursday<br><b>Starts Spring 2022</b>                     | <b>WALKING WITH DOGS</b><br>Various Trailheads<br>Christine Smith 250-727-8544<br>Fran Charles-Rens 250-888-0948               | Friday<br>9:30 - 11:00 am   |
| <b>HAPPY STRUMMERS</b><br>Big Room<br>Pat Carfra 250-479-9118<br>Brenda Hurd 250-658-6484  | Wednesday<br>11:15 - 12:45 pm                                      | <b>WEDNESDAY EVENING GAMES</b><br>Lounge<br>Brenda Hurd 250-658-6484<br>Hazel Bowman 250-658-5928                              | 2nd & 4th<br>Wednesdays<br>7:00 - 9:00 pm   |
| <b>HIKING GROUP</b><br>Off-site<br>Stew Arnold 250-721-2870<br>Craig Hilborne 250-479-0104   | Friday<br>8:50 - 12:00 pm  | <b>WOMEN'S ACTIVE FIT</b> Big Room<br>Leader TBA<br><b>WOMEN'S FITNESS</b><br>Christine Smith 250-727-8544                     | Thursday<br>9:00 - 10:00 am<br>Monday, Tuesday, &<br>Thursday 8:45 - 9:45<br><b>Zoom only</b> |

## BLUE HERON CAFE

Wednesday lunches will resume on March 2, at 11:30 - 12:30. This first Wednesday lunch will be prepared by the very talented CB55+ Culinary Volunteers.

The menu is:

Hot Chicken Sandwich with Gravy  
Squash Soup  
Apple Galette

Tickets are \$8.00 (coffee/tea is included), payable to the CB55+ Office, 9:00 - 12:00.

We are happy to announce that on April 1 Shannon Baylis will take over the day-to-day operations of the kitchen. Coffee will be available Monday to Thursday mornings. Come out and support our wonderful organization!

## OUTREACH MEAL PROGRAM

Just a gentle reminder that we have an outreach program, on a short-term basis, for CB55+ members that are ill or have experienced a loss. We have frozen meals in the Studio freezer for the taking. There is a binder tethered on the side of the freezer, listing the meals available for anyone in need. Please subtract the meals you take from the list. If you don't have someone that could come and pick up the meals, we can arrange a delivery. Please phone the CB55+ Office at 250-658-5558.

Sue Williams, Kitchen Liaison - CB55+ Board

## BY THE WAY

We are grateful to Ted Dobie, Chairperson, **Marilyn Brack** and **Velma Minckler** for all their hard work seeking candidates to serve as Directors on the Board. Six excellent candidates have been identified so far - **Rand Harrison, Donna Walts, Andrea Lindsay, Chris Pengilly, David Squance and Wilf Sigurdson**. Please submit any further nominations for the position of Director in writing directly to the Nominating Committee by March 8 (Ted Dobie, [tedandsue.dobie@gmail.com](mailto:tedandsue.dobie@gmail.com), Marilyn Brack, [brackmg@gmail.com](mailto:brackmg@gmail.com), Velma Minckler, [velma\\_d\\_7@hotmail.com](mailto:velma_d_7@hotmail.com)) (the spaces are underlines in Velma's email address).

Kudos to the CB55+ Art Group, who have collected enough Thrifty's stamps to make the following purchases: 5 small sauce pots, 5 stock pots with lids, 5 steamers inserts, and 1 frying pan.

These pots have been delivered to the housing arm of the Native Friendship Centre to help families and single people furnish new homes. Many thanks to all of the members of CB55+ who have generously contributed to the wellbeing of others through this program. We are grateful to Thrifty's and Vivo pots for making this donation so easy! The stamps can be collected until March 2 and redeemed until March 16, so we will hopefully be doing another delivery to a different agency later next month. Keep saving those stamps!!

## INTERGENERATIONAL PROGRAMS

Unfortunately, we have no news to report on when we might start to interact with the school children in all our popular IG programs, but we remain hopeful it will happen sometime in the future, this school year or next! We'll let the membership know when we know!

## TRUSTED TRADES

There have been several updates to the Trusted Trades list since the last newsletter. As you may know, the list is a treasure trove of individuals and businesses ready and willing to help with your needs, from plumbing, lawn and garden, to jewellery repair. Contact Elizabeth Carson ([elizacarson@hotmail.com](mailto:elizacarson@hotmail.com)) for a copy.

## OUR AMAZING VOLUNTEERS - Tribute to Helen Maxwell



Last November we lost one of our many amazing volunteers, Helen Maxwell. Helen was a CB55+ treasure and the Board wants to recognize her many contributions to CB55+.

After joining CB55+ in early 2012, by 2014 Helen had agreed to serve on our Board of Directors where she served continually until 2020. Originally co-managing Programs and Travel, in 2015 Helen was persuaded to take on the leadership role in the kitchen with the assistance of Sue Williams. They made an invincible team! Helen was a Home Economics teacher early in her long career with the Victoria School District and, although she moved on from teaching Home Ec., she continued to be known for organizing events that focused on food with passion and flare. She brought all these talents and more to CB55+.



Helen was a master in the kitchen, bringing all her culinary skills to the fore while creating a happy and welcoming working environment for our kitchen volunteers. She was devoted to “her kitchen” at the Centre and spent many hours planning, organizing and serving the membership. Our kitchen volunteers thrived under her leadership, and they were very loyal to Helen. They were there to give her caring support when she struggled with health issues. Helen was generous with sharing her knowledge, and members of her kitchen crew tackled many new recipes under her guidance – chicken in phyllo pastry and perfect meringues for Pavlova being two favourites that can’t be made today without tender thoughts of Helen.

Helen had a way of making everyone who crossed her path feel special. She would greet you with her legendary “Hello, my dear” or “How are you, my dear” and she paid special attention to each and every one of us when she could. If Helen was there, the kitchen door was always open, and she was almost always ready to come out and talk. She loved to feed people and always seemed to have some food up her sleeve to share, seemingly from nothing.

As a regular feature at Tuesday meetings, Helen would keep us up to date on the latest news on the Blue Heron Café. She was always incredibly stylish, with flawless makeup, beautiful and interesting jewellery, along with the perfect outfit. She had clothes for every occasion including two stylish kilts to celebrate Robbie Burns Day, never one to repeat the same outfit two years in a row. Even her Halloween costumes looked like they could be modelled on the front page of a fashion magazine. Yet she was so very natural and down to earth. (cont’d. on Pg. 10)

## OUR AMAZING VOLUNTEERS - Tribute to Helen Maxwell (Continued)

Superlatives for Helen abound – consistently kind, cheerful, generous, authentic, not pretentious, caring, down-to-earth and welcoming, a joy to work with, a stunning woman, a master-of-design – the list goes on and on. Here are a couple of member's stories that showcase Helen's caring ways.

From Pearl Neufeld: "Helen was the first person who befriended me when I joined CB55+. I remember the day when she took the time to sit in the Lounge with me and we shared a few stories of our lives, and in particular Helen's experiences after she left her country of birth and her sojourn in Canada, as well as some of her health challenges. She was consistently modest and friendly and even when very busy in the kitchen she always greeted me with a warm hello. I was so saddened to learn of her passing and that I was not able to visit her in her last days. She will be missed by everyone in the kitchen and for all of us outside those doors."

From Patricia Houston: "When I turned 80 a few years ago, I booked the Big Room to have a party on a Sunday afternoon. I asked Helen for help locating which dishes to use and after she showed me where to find everything, she said that she would try to stop by for the event.

Sure enough. just as we were getting ready, Helen arrived bringing her own bone china and silver tea pots from home and began to set everything up. She made tea and coffee for everyone and stayed until every tea cup was washed and put away. She made my day very special, and I will never forget her kindness."

Helen worked tirelessly for CB55+ but she always had time for fun. She was active in the hiking group and pickleball and she loved to play Mah Jong on Fridays where she kept other players entertained with her many stories, often of New Zealand. There was a lot of laughter going on and she made sure they were well taken care of with tea and treats. She was also a regular fixture at the jigsaw table in the Lounge.

Helen was always up for travel and adventure and had been to many places in the world. When she joined three other members on an amazing tour to Shanghai, we're told that Helen and Val Coulter even ventured onto the Shanghai subway on their own – now that must have been an adventure! She loved to entertain in her beautiful home and invited some lucky CB55+ friends to her legendary wine and cheese parties. She was always up for a spur of the moment occasion - Butchart Gardens was a favourite destination.

Helen, you were one of a kind and we miss you. Although we have to say "Goodbye, My Dear", you will not be forgotten!



## CB55+ Board Of Directors 2021- 2022

### EXECUTIVE

|               |                |              |
|---------------|----------------|--------------|
| Stew Arnold   | President      | 250-721-2870 |
| Jan Grewar    | Vice President | 250-658-2297 |
| Louise Parton | Past President | 250-658-8462 |
| Sue Jergens   | Secretary      | 250-479-2226 |
| Kim McGowan   | Treasurer      | 250-721-2735 |

### DIRECTORS

|                  |                   |              |
|------------------|-------------------|--------------|
| Dave Docherty    | Governance Comm.  | 250-658-8303 |
| Velma Minckler   | Office            | 250-658-8987 |
| Von Bishop       | Membership/IT Mgr | 250-477-6206 |
| Patricia Houston | IG/Trusted Trades | 250-381-0656 |
| Shannon Baylis   | Events/Volunteers | 250-658-5656 |
| Allan Dakin      | Facility/Security | 250-744-1357 |
| Carole Didier    | Director at Large | 250-658-8444 |
| Sue Williams     | Kitchen Liaison   | 250-361-6647 |
| Jim Rondeau      | Director at Large | 204-795-5075 |
| Phyllis Senese   | Director at Large | 250-477-9744 |

### MEMBERSHIP

As of the end of February, we currently have between 600 and 650 members. More members are using our new membership system, Membee. At least 2/3 of the 2022 renewals were done on-line rather than through the Office. Many of our members are paying for activities like Fitness and Bridge Courses on-line as well.

One feature of Membee that is great for reducing volunteer workload is the ability for members to update their contact information on-line. If you haven't already signed on to Membee and accessed your personal profile, we encourage you to do so. If you don't know how, email Von Bishop ([members@cordovabay55plus.org](mailto:members@cordovabay55plus.org)).

A motion is being presented at our AGM in March to amend our Bylaw around Golden Members. The amendment will allow members to have their membership fees waived in the year that they turn 90, and not have to wait until the following year to become a Golden Member for life. This will become retroactive to Jan. 1, 2022. Let us know when you hit this magic age! If Golden Members would like to donate their fees to CB55+, they will receive a tax receipt, if requested. Annual fees are \$40 for everyone else!

## TUESDAY DROP-IN SCHEDULE

**Big Room, 10:00—11:30 am**

(This schedule is TENTATIVE and subject to change! Check the website for up-to-date info. or phone the CB55+ Office for speaker confirmation.)

### MARCH

- Mar. 1 - Armchair Travel - China -  
Jan & Phil Grewar  
8 - Transition House - Carol Bilson,  
Education Coordinator  
15 - St. Patrick's Day Celebration  
22 - Annual General Meeting  
29 - Armchair Travel (Pending)

### APRIL

- Apr. 5 - Gardening - Horticultural Centre or  
Fruit Trees & More (Pending)  
12 - Armchair Travel - Mountain Stories -  
Rand Harrison  
19 - Understanding China -  
Senator Yuen Pau Woo  
26 - Sweatshops, Workers &  
Environmental Problems with Fast  
Fashions - Dr. Marlea Clarke

### MAY

- May 3 - Policing - Chief Constable  
Dean Duthie, Saanich Police  
10 - Indigenous Designers (Pending)  
17 - Armchair Travel - Crissa Constantine  
24 - War of the Windsors - Charles &  
Diana - 1981-1997 (Pending)  
31 - The Devil of De Courcy Island -  
Karen Adam

### JUNE

- June 7 - Council of Canadians (Pending)  
14 - Hydrogen as a New Fuel -  
Ron Childs  
21 - How Does Immigration Impact  
Communities - UVic (Pending)  
28 - Canada Day Celebration

### BY THE WAY

The next Blue Heron Newsletter will be out at the beginning of June. Check our website:

<http://cordovabay55plus.org>

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

| September |    | Seaside   | Courtyard | Studio  | Lounge   | Off-Site   |
|-----------|----|---|-----------|---|--|--|
| Monday    | am | <b>Men's Fitness</b> 8:45 - 9:45<br><b>Zoom &amp; at Centre</b><br><b>Women's Fitness</b><br>8:45 - 9:45 <b>Zoom only</b><br><b>Intermediate Bridge</b><br>10:30 - 12:00 <b>until Mar. 21</b> |           | <b>Monday Beg. Bridge Drop-in</b><br>9:00 - 10:30                                       |  | <b>Hot Shots</b><br>10:00 - 11:00<br>Badminton Hall<br><b>Apr. 25 - July 11</b><br><b>Golf Group</b><br><b>starts in April</b> |
|           | pm | <b>Art Group</b> 1:30 - 4:00<br><b>Beg. Yoga, Level 1</b><br>5:30 - 7:00 pm<br><b>Mar. 21 - May 2</b>   |           | <b>iPhone/iPad</b><br>1:00 - 3:00 pm<br><b>May 30 - June 6</b>                          |  |  |
| Tuesday   | am | <b>Women's Fitness</b><br>8:45 - 9:45 <b>Zoom only</b><br><b>Tues. Drop-in</b><br>9:30 - 11:30 am   |           |   |  |  |
|           | pm | <b>Gentle Yoga</b><br>3:00 - 4:00 pm<br><b>Mar. 8 - Apr. 26</b>   |           | <b>Dominoes</b> , 1:00 - 3:30 pm (3rd)<br><b>Worth a Read</b> ,<br>1:30 - 3:30 pm (4th) |  | <b>Pickleball</b><br>1:30 - 3:30 pm<br>Saanich Comm. Place   |
| Wednesday | am | <b>Men's Fitness</b> 8:45-9:45 am<br><b>Zoom &amp; at Centre</b><br><b>Happy Strummers</b><br>11:15 - 12:45   |           | Blue Heron Cafe<br>Lunches<br>11:30 - 12:30   |  |  |
|           | pm | <b>Bridge Group</b><br>1:00 - 4:00 pm   |           | <b>Studio Group</b><br>1:30 - 4:00 pm   | <b>Cribbage</b><br>1:00 - 3:00<br><b>WEG</b> 7 - 9 pm<br>(2nd & 4th)               |  |
| Thursday  | am | <b>Women's Fitness</b><br>8:45 - 9:45 <b>Zoom only</b><br><b>Women's Active Fit</b> 9 - 10<br><b>Balance &amp; Chair</b><br>10:15 - 11:15   |           | <b>Poetry Group</b><br>10:00 - 12:00 (1st, 3rd, & 4th)                                  | <b>Board Mtg.</b><br>9:00 - 11:00 (2nd)  | <b>Golf Group</b><br>Various sites<br><b>starts in April</b>   |
|           | pm | <b>Ping Pong</b> 11:30 - 1:30 pm<br><b>Blue Heron Singers</b><br>2:00 - 4:00 <b>TBA</b>   |           | <b>Writing Group</b><br>1:00 - 3:00 (1st & 3rd) <b>Zoom</b>                             |  | <b>Pickleball</b><br>1:30 - 3:30<br>McMinn Park<br><b>Weather Permit.</b>  |
| Friday    | am | <b>Line Dancing</b><br>10:15 - 11:30<br><b>Mar. 4 - Apr. 29</b>   |           |   | <b>Digital Photo</b><br>10:00 - 11:30<br>(1st & 3rd)<br><b>Zoom &amp; Off-site</b> | <b>Hiking Grp.</b> 8:50<br><b>Walk with Dogs</b><br>9:30 <b>Walking Group</b> 9:30   |
|           | pm | <b>On the Go Again</b><br>1:30 - 3:30 <b>TBA</b>  |           | <b>Mah Jong</b><br>1:00 - 4:00  |  |  |