



# Blue Heron News

## Cordova Bay 55 Plus Association

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## PRESIDENT'S MESSAGE

Welcome to the Winter edition of the Blue Heron News. Our beautiful summer on the Island has given way to a dull, soggy fall. Our spirits have been buoyed by being able to get back together again at the Centre following Bonnie Henry's orders and guidance that have become routine for us. We are now getting our booster vaccines and the children five to eleven years old will soon be vaccinated, giving most of us some comfort that times will return to normal in the not-too-distant future.

The return of the Tuesday Drop-In and the Wednesday lunches at the Centre have been very popular. We have heard from many of you how good it is to be able to get together at the Centre and socialize once again. We have also been able to arrange our annual Christmas luncheons, which will be held at two venues due to the demand for tickets and restrictions on numbers that can be accommodated. We will also be holding a Christmas Celebration on Tuesday, Dec. 14 at the Centre.

Virtually all of our groups are now meeting again in person, with some modifications, with a few continuing on Zoom. Attendance is almost back to normal for some activities while some members are not quite comfortable joining in group activities at this time. Thank you to all our group leaders for your efforts during the pandemic.

Our new membership system, Membee, is operating as planned. We are optimistic that membership renewals will be conducted mainly on-line to give you the convenience of renewing from home and reducing the workload on Office volunteers. Unfortunately, Kim McGowan has had to step down from the Treasurer position for personal reasons. We thank Kim for helping with the Membee transition. We are pleased to announce that Karen Allan has taken on the Treasurer role.

The Board held a Strategic Planning session in October to set our path for the next five years. Perhaps not surprising, it confirmed that we were on the right track following the 2015 Strategic Planning session. We are now planning to implement our new Action Plan.

Thank you for your continued support of CB55+, and a special thanks to all the volunteers who keep us organized, nourished and informed. Check out **Our Amazing Volunteers** on Pg. 9 & 10 which highlights the Studio Group. Stew Arnold

## WHAT'S COMING UP

Mon., Dec. 6 Luncheon - Fireside Grill,  
11:30 am **Tickets almost gone!**

Wed. Dec. 8 Luncheon - Beach House,  
11:30 am **Tickets sold out!**

Tues., Dec. 14 - Christmas Celebration  
& Craft/Bake Sale, 9:30 am

Tues., Jan. 4 - CB55+ New Years' Day  
Party, 9:30 am

Wed., Jan. 26 - Robbie Burns Lunch



## BY THE WAY

**The Centre will be closed over the Christmas holidays between Monday, Dec. 20 and Jan. 3.**

**We wish everyone a very Merry Christmas and a Happy New Year!**

## SPECIAL EVENTS & EXCURSIONS

**Two CB55+ Christmas Luncheons:** Monday, Dec. 6, The Fireside Grill, 4509 West Saanich Road  
:Wednesday, Dec. 8, The Beach House, 5109 Cordova Bay Rd

Doors will open at 11:30 am, and both lunches will feature delicious turkey dinners with all the trimmings. Dessert and coffee or tea is included in the price of \$32. (Other drinks will be available for purchase.) Only current CB55+ members who are double-vaccinated may attend. **Tickets are sold out for the Beach House, and only a few remain for the Fireside Grill.** Santa and his elf will be coming from the North Pole to attend both venues to liven up the celebrations!

**CB55+ Christmas Celebration and Craft Fair & Bake Sale:** It's getting hard to ignore signs of Christmas coming - and let's face it, we missed out last year with the Pandemic lock-downs. This year, there's no need to face those crowded shopping malls! Come to the Christmas Celebration on Tuesday, Dec. 14, 10:00 - 1:00 pm, enjoy some festive camaraderie, and then find some unique Christmas gifts (handmade by our talented Studio Group) and delicious baking, generously donated by many of CB55+ members.

Items on sale will include a huge choice of afghans, trendy hats and snugly scarves for kids and adults, cute toys, kitchen ware and home decor, Xmas items and a whole lot more. Bake sale goodies will include fresh mince and butter tarts. Proceeds from the sale will go to a variety of charities in February, after the Christmas generosity has been spent and the need is greatest.

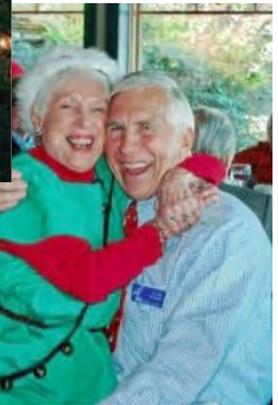
### REMEMBER WHEN ...

Except for Christmas 2020, when we were all sitting alone at home remembering our "Christmases Past," we have celebrated with our CB55+ friends at a Christmas luncheon since about 2009. We're ready to celebrate again! Watch for Santa: an ever-changing jolly old fellow who is pressed into service by our "constant" festive elf, Barb! Here are a couple of photos taken over the years - Barb with Santa (Rich McMorran), and Barb with Dave. Old people CAN and DO have fun!

**MERRY CHRISTMAS EVERYONE!**



Note where Santa's moustache is placed!



## INTERGENERATIONAL PROGRAMS

A recent meeting with the Principal, Mary Lynn Heron, was not encouraging to expect our IG programs will begin anytime soon. The vaccines for young children are beginning to arrive but that does not mean every child will get vaccinated. On our side of the dividing wall, there are very few of our members who feel ready to interact with the children. Ted Dobie is willing to attempt the pickleball program after Christmas if the school agrees. We will all stay vigilant and open to how things unfold. The school is having a book sale mid-December and welcome donations of books for any age. They can be left in the box outside the main entrance to the school.

**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.)

**Golf Group** - has adjourned for this year. Without a doubt, our group had a terrific season, even with many challenges - block booking restrictions at Cedar Hill, the Ridge and Cordova Bay, and weather events that closed the Mount Doug course twice and meant minimal or no participation on six other occasions. However, we easily exceeded last year's total of 626 by almost 300 rounds, by starting a month earlier and adding some October events. Next year we hope to get block bookings at the Ridge, 9+Dine and Cedar Hill. We also hope to have more après-golf events, perhaps meeting at local pubs and/or having picnics. We'd like to get members' thoughts on how this year went, and your suggestions for improvement. Have a safe winter and we will see you next season. Contact Ted Dobie (250-477-5066) or Marilyn Brack (250-479-8689) for more information.

**Dominoes** - has been meeting monthly since July, after our long Covid hiatus - starting with just 3 or 4 members returning to play, but a large group of 7 returned in November. It's been fun to try to remember or re-learn how to play and score Chickenfoot & Mexican Train! We won't be meeting in December due to the Centre's closure over the Christmas break, but we look forward to our first date in 2022 - January 18. We welcome all members who enjoy Dominoes games, or want to learn how to play! Contact Rikki Bowman for more information at [rikkij@shaw.ca](mailto:rikkij@shaw.ca) or 250-382-6197.

**Wednesday Evening Games** - usually happens on the 2nd and 4th Wednesday evenings of each month, from 7:00 to 9:00 pm. However, in December, we will meet for the last time in 2021 on Dec. 15 (3rd Wednesday) and we will resume on Jan.12. Come join us for some friendly competition! Contact Brenda Hurd at (250)658-6484 or [brendarhurd@gmail.com](mailto:brendarhurd@gmail.com) for more information.

**Men's Fitness** - has continued twice a week, with 12-14 men attending the sessions at the Centre and 18-20 attending via Zoom. The class has been led since the start of November by Cam Birtwell on Mondays and Jochen Bocksnick on Wednesdays while Dave Docherty was out of commission. Cam is a former grad student of Dave's and has run his own Cross Fit program for a number of years, and Jochen is a former Prof. from the University of Lethbridge who ran his own Adult Fitness program for many years prior to retiring in Victoria. Participants pre-pay \$30 for a 4-month sign-up, which is pro-rated if someone joins partway through a session. A new session will start in January and can be paid online or at the CB55+ Office. Anyone interested in trying it out should contact Dave Docherty at (250)658-8303 or [angdave@telus.net](mailto:angdave@telus.net) for more information, including the Zoom link.

**Men's Group** - (aka GHOTH - Get Him Out of The House) has been quiet during the pandemic but hopes to resume "normal programming" in 2022. This usually includes monthly visits to local places of interest along with a pub lunch. The Men's Group has also organized and run the Summer BBQ and the Robbie Burn's Lunch in January. After the recent Strategic Planning meeting, it was recommended that the Men's Group expand its activities. In the near future, Dave Docherty and Jim Rondeau will reach out to the members for ideas on what this may involve and they hope to draw on the very successful Men's Shed Model that originated in Australia. Any male CB55+ members who wish to receive information on GHOTH activities should email Dave Docherty ([angdave@telus.net](mailto:angdave@telus.net)) and he will add their name to his mailing list. Stay tuned for future trips as well as development of expanded activities and involvement.

**Women's Fitness** - is still using Zoom to keep fit. There are about 17 participants who do the exercises, and we usually enjoy a little social time before and after our routine. We would love to see new members! The exercises use every muscle group in the body. That's a good thing!

## GROUP NEWS CONTINUED

**On-the-Go-Again Group** - has been polling our members to see if they are ready to return to our usual gatherings on Friday afternoons from 1:30 to 3:30 pm. It seems that a good many are really looking forward to getting back to On-the-Go-Again after almost 2 years. Most of us will have had our Covid “booster” by the end of the year, which should make members feel even more comfortable being part of the group again. It may be late January or early February, but we WILL meet again!

**Worth a Read Book Group** - meets in the Studio on the 4th Thursday of each month. In September, we read *The Home for Unwanted Girls* by Joanna Goodman. Our members gave this book a rating of 4.0 stars; many found they couldn't put it down, while others found the book emotionally difficult. Goodman told the story of the *Duplessis Orphans* — 20,000 Canadian children who were wrongly certified as mentally ill by the Quebec government and confined to psychiatric institutions in the 1940s and 50s. In October, we read Erik Larson's *The Splendid & the Vile: A Saga of Churchill, Family and Defiance During the Blitz*. Despite the hundreds of books that have been written about Churchill and his role in the Second World War, this book still brought fresh insights. It focused on stories and journal excerpts from those closest to Churchill, and showed the human side of the Blitz. Our members said the book was 'written like a thriller...readable...drew you in' and gave it 4.7 stars, one of our highest ratings. *Five Little Indians* by Michelle Good is the book we scheduled for November, a timely novel that recounts the heart-rending stories of residential school survivors. In January, we will read *Capital* by John Lancashire, a luxuriously long novel about the intertwining lives of characters in a South London neighbourhood, which attempts to capture the angst of our world. In December, we'll take a break from reading and instead enjoy a holiday social event. Currently, the book club has a brief hiatus on membership as we integrate four new members. To be put on a waitlist, contact Sue Jergens, [sjergens@hotmail.com](mailto:sjergens@hotmail.com) or Jan Grewar, [jangrewar@gmail.com](mailto:jangrewar@gmail.com).

**Balance & Strength** - is running smoothly, and we are all happy that our instructor, Kay Inamura, is now using a head microphone so we can all hear her easily. We meet on Wednesday mornings from 10:00 to 11:00, and we average about ten people per class. At least half of our exercises are performed while seated except, of course, the balance exercises, where we stand behind our chairs. We use exercise bands that each member buys locally, and weights provided by CB55+. The cost is \$60.00 for 10 sessions, to be paid at the CB55+ Office or online through our website. Contact Gillian Pearson at [bookend@shaw.ca](mailto:bookend@shaw.ca) for more information.

**Art Group** - has been continuing to encourage and inspire each of us through Covid by meeting at various parks and beaches all over town. Since the weather has changed, it has been such a pleasure to be able to meet in the cozy, warm, Big Room now that the Centre is open! A special thank you to our President, Stew Arnold, for helping us to set up and put away our tables. Masks have not deterred our ability to laugh, play and create together. Now, our group is so excited to let everyone know that we are planning an Art Show on May 28 & 29, 2022. It has been such a long time since we shared our work! Not only do we have talented new members, but those of us in the old guard have improved and developed during our confinement. We think you will be amazed and delighted by the talent of our members! Please save the date! For more info., contact Jane Bishop, at [janebishop.is@gmail.com](mailto:janebishop.is@gmail.com). New members are always welcome!

**Mah Jong** - is delighted to be back playing in the Centre. We are a friendly group who are always happy to welcome new members. We play Western Mah Jong, but those who play other styles should be able to pick up any differences quite quickly. Some of our members like to build walls and keep score, while others prefer to concentrate on individual games and like to try special hands. Some of us enjoy playing both ways; it's all a great way to spend Friday afternoons. Contact Chris Greenwood, [cgwood@telus.net](mailto:cgwood@telus.net).

## Active Special Interest Groups - Samples of Indoor Activities this Fall



Playing a relaxing game of Bridge on a Wednesday afternoon!



Celebrating a birthday for someone special at Wednesday Evening Games



Artists producing masterpieces and having fun at Art Group





Waiting patiently for a delicious lunch!      Having fun at Ping Pong!



Mah Jong players in action!

Happy Strummers & a Bass Player Making Music!



## Special Interest Groups Outside Exercising and Enjoying Nature



Popular Pickleball



Walking with Dogs amidst Autumn Colours



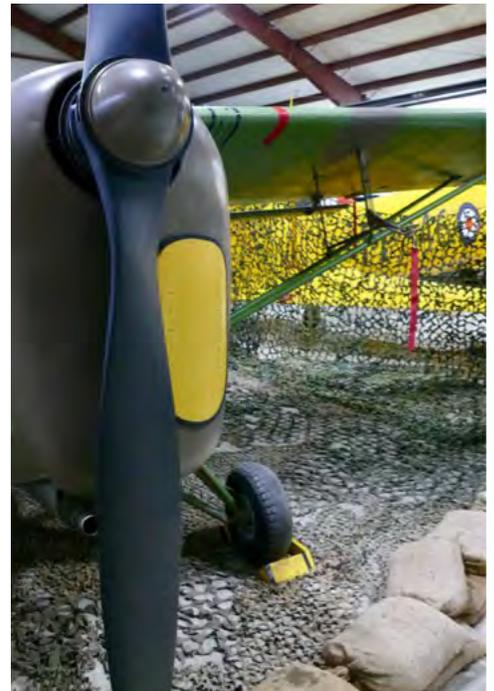
Walking Groups enjoying beautiful Victoria





Walking groups enjoying nature and social gatherings!

The Digital Photography Group at the BC Aviation Museum and also taking photos of lovely natural Victoria!



## GROUP NEWS CONTINUED

**Walking Group** - meets every Friday at 9:30 am, rain or shine, all year, including during the Christmas holidays. We now have online sign-up for members to choose one of four walks (60-90 min.) offered each week, with a maximum of seven per group. We each lead a walk every month or so, and leaders may choose from our repertoire of over 60 walks or plan their own. New members may join the group for three months before being asked to lead. We have coffee after the walks - either bringing our own beverage and sitting outdoors, or going to a coffee shop. At the moment, we are at our maximum of 40 members, but contact Pat Bancroft ([patbancroft1946@gmail.com](mailto:patbancroft1946@gmail.com)) or Judy Jefferey ([Judith.jefferey@gmail.com](mailto:Judith.jefferey@gmail.com)) if you would like to add your name to the waitlist.

**Happy Strummers** - is happy to be back into the warmth and friendly atmosphere of the Centre. Our surprise has been the number of new people who were waiting to join us. We have welcomed eight 'newbies' and several previous members. It seems we are up to 30 strong, with a few more who might appear in the new year. John Grazley has effectively handled the high numbers and the considerable differences in skills. We are having fun! Contact Pat Carfra at [plcarfra@shaw.ca](mailto:plcarfra@shaw.ca).

**Pickleball Group** - is getting stronger every week. Several new members have recently joined and added a fresh joy to the game. We meet twice a week, on Tuesdays, 1:30 - 3:30 at Saanich Commonwealth Place (SCP) for a drop-in fee of \$4.00, and on Thursdays, at McMinn park, 1:30 - 3:30, for free. Some of our Thursday outdoor games have not happened due to poor weather. However a few stalwarts have braved some sprinkles to get out in the fresh air. Our indoor game is going strong. We've had 25 - 35 people at each indoor outing and lately it's been 33 - 35. We are trying to find an additional time at SCP, but at the moment there are no other two-hour slots available. However, the good news is that they will reduce the cost to \$3.50/session on Tuesdays, starting in January. Pickleball continues to be a growing sport. Who knows, one day it may be an Olympic Sport! For more information, contact John Arduini at [jarduini@shaw.ca](mailto:jarduini@shaw.ca).

**Blue Heron Singers** - is in a state of 'waiting' with no plans for reconvening in the near future. We hear of other choirs singing with masks on .... with mixed reactions. Singing with a mask prevents much of the joy from singing together. We hope that the COVID situation improves over the next few months. If so, discussions with the CB55+ Board will occur and a decision shared with everyone.

**Dog Walking Group** - is enjoying walking with a variety of dogs and people every Friday at different off-leash parks. We recently moved our meeting time from 9:15 to 9:30 at the designated park. There are about 12 dogs and members in the group, varying in size from small to large (the dogs, that is). Dogs range in age from 6 months to 12 years and all seem to get along. Interested members can try us for one walk and if you enjoy it and the dog does too, then you can join us each week, as long as you're a CB55+ member. After each walk, we usually go for coffee. Contact Christine Smith at (250)727-8544 for more information about where we will meet on a given Friday.

**Studio Group** - is working hard to prepare for their craft fair and bake sale to be held at the Christmas Celebration on Tuesday, Dec.14, from 10:00 to 1:00 pm. Donations of home-made cookies and/or cakes would be welcome from all members for this sale. These should be dropped off on Monday, Dec. 13. Please write your name on your container if you wish it returned to you.



## GROUP NEWS CONTINUED

**Digital Photography** - continues with its monthly format of one photo shoot (at a variety of indoor and outdoor locations in Victoria) and one Zoom meeting usually on the first and third Fridays of the month. Recent photo shoots have been at Butchart Gardens and the BC Aviation Museum. We look forward to taking photos at the Festival of Trees at the Bay Centre in December and then sharing our holiday photocard with each other online before Christmas. Members also enjoy taking photos with their mobile phones. If you would like more information about this Digital Photography group, please contact Diane Anderson, at [anderson.diane@me.com](mailto:anderson.diane@me.com).

**Hot Shots** - started up again in September and will finish this 10-week session on November 29. Currently, there are 11 members, consisting of 9 returning and 2 new. We can accommodate up to 14 members. The winter session will start on January 17 and finish on March 28. The spring session will begin on April 11 and finish on June 27. Adhering to the CB55+ Covid-19 policy, participants are required to be double vaccinated and wear face masks. Hot Shots 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.

**Ping Pong Group** - has really grown this fall. We have 14 - 16 players coming each week, which makes for a noisy, fun time. Some members have suggested we need a third table, but storage may be an issue. We typically play doubles and take turns so that everyone manages to play a few games!! Come on down and try us out! Contact Brenda Hurd at (250)658-6484 for more info.

**Bridge on Monday** - has returned! Members can drop in to the Studio at 9:30 until 11:00 to play Bridge at an introductory level. Feel free to bring notes and chat about the hands, practise your bidding skills and play of the hand. More advanced players will be invited to drop by as mentors.

A **NEW** Bridge course will begin in January. Instructor Jon Preston is finalizing the plans for this course. It is intended for beginners who wish to learn the next level of play and for intermediate players to refresh their skills. More information will be available soon. Stay tuned!

**SAANICH COURSES** - 2022 registration and payment is made through Saanich Recreation. Phone (250)475-7600 or online: <https://www.saanich.ca/>

### iPad Basics & Beyond

#71457 - Mon. Jan. 24 & Jan 31, 1:00 - 3:00 pm 2/\$79

### iPhone & iPad

#71491 - Mon. Feb 28 & Mar. 7, 1:00 - 2:30 pm 2/\$59

### Line Dancing

#70496 - Fri. Jan. 7 - Feb. 25, 10:15 - 11:30 am 8/\$68 Instructor: Vicky McCulloch

#70497 - Fri. Mar. 4 - Apr. 29, 10:15 - 11:30 am 8/\$68 Instructor: Vicky McCulloch

### Gentle Yoga

#70455 - Tue. Jan. 11 - Mar. 1, 3:00 - 4:00 pm 8/\$78 Instructor: Tessa Rae Hamelin

#70456 - Tue. Mar. 8 - Apr. 26, 3:00 - 4:00 pm 8/\$78 Instructor: Tessa Rae Hamelin

### Beginner's Yoga

#70452 - Mon. Jan. 10 - Feb. 28, 5:30 - 7:00 pm 7/\$102 Instructor: Tessa Rae Hamelin

#70453 - Mon. Mar. 7 - Apr. 25, 5:30 - 7:00 pm 7/\$102 Instructor: Tessa Rae Hamelin



## CB55+ GROUPS SCHEDULE

GROUP/ROOM/LEADERS	DAY /TIME	GROUP/ROOM/LEADERS	DAY/TIME
<b>ART GROUP</b> Big Room Jane Bishop 477-6206	Monday 1:30 - 4:00 pm	<b>HOTSHOTS</b> Badminton Hall Lorne Brack 479-8689	Monday 10:00 - 11:00 am <b>Starts Jan. 17</b>
<b>BLUE HERON SINGERS</b> Big Room Pat Robertson 479-4271	Thursday 2:00 - 4:00 pm <b>TBA</b>	<b>MAH JONG</b> Studio Chris Greenwood 478-6866	Friday 1:00 - 4:00 pm
<b>BOOK CLUB (Worth a Read)</b> Studio Sue Jergens 479-2226 Jan Grewar 658-2297	4th Tuesday 1:30 - 3:30 pm	<b>MEN'S FITNESS</b> Big Room Dave Docherty 658-8303	Monday 9:00 - 10:00 Wednesday 8:45 - 9:45 am <b>Zoom &amp; Centre</b>
<b>BRIDGE DROP-IN</b> Studio Leader TBA	Monday 9:30 - 11:00 am	<b>MEN'S GHOTH</b> Off-Site Dave Docherty 658-8303	Various Day Trips <b>Starting in January</b>
<b>BRIDGE DROP-IN</b> Big Room Orma Paton 658-4805	Wednesday 1:00 - 4:00 pm	<b>ON THE GO AGAIN</b> Big Room Bobbi Johannessen 658-8824 Gwen McPherson 658-5451	Friday 1:30 - 3:30 pm <b>TBA</b>
<b>CRIBBAGE</b> Lounge Lindie Schwartz 658-1940 Linda McGillivray 778-430-0444	Wednesday 1:00 - 3:00 pm	<b>PICKLEBALL</b> Saanich Commonwealth Place McMinn Park John Arduini 477-6692 Allan Galambos 818-3822	Tuesday 1:30 - 3:30 pm Thursday 1:30 - 3:30 pm <b>Weather permitting</b>
<b>DIGITAL PHOTOGRAPHY</b> Studio Diane Anderson 477-8255 Diane Cowden 477-4571	1st & 3rd Friday 10:00 - 11:30 am <b>Off-site till</b>	<b>PING PONG</b> Big Room & Courtyard patio Brenda Hurd 658-6484 Debra Sigurdson 727-7338	Thursday 12:00 - 1:30 pm
<b>DOMINOES</b> Studio Rikki Bowman 382-6197 Judy Burgoyne 382-5697	3rd Tuesday 1:00 - 3:30 pm	<b>POETRY READING</b> Studio Ron Marken 778-265-9949	1st, 3rd, & 4th Thursday 10:00 - 12:00 pm
<b>BALANCE &amp; STRENGTH</b> Big Room Gillian Pearson 658-1609	Wednesday 10:00 - 11:00 am	<b>STUDIO GROUP</b> Studio Vivienne Smith 382-4618	Wednesday 1:30 - 4:00 pm
<b>FAMILY HISTORY</b> Lounge & Studio	2nd Tuesday 1:00 - 3:00 pm <b>Currently on hold</b>	<b>WALKING GROUP</b> Various Trailheads Pat Bancroft 380-2411 Judy Jeffrey 778-351-3843	Friday 9:30 - 11:00 am
<b>GOLF GROUP</b> Off-site Ted Dobie 477-5066 Marilyn Brack 479-8689	Monday & Thursday <b>On Hold till Spring 2022</b>	<b>WALKING WITH DOGS</b> Various Trailheads Christine Smith 727-8544 Fran Charles-rens 888-0948	Friday 9:30 - 11:00 am
<b>HAPPY STRUMMERS</b> Big Room Pat Carfra 479-9118 Brenda Hurd 658-6484	Wednesday 11:15 - 12:45 pm	<b>WEDNESDAY EVENING GAMES</b> Lounge Brenda Hurd 658-6484 Hazel Bowman 658-5928	2nd & 4th Wednesdays 7:00 - 9:00 pm
<b>HIKING GROUP</b> Fowler Park Stew Arnold 721-2870 Craig Hilborne 479-0104	Friday 8:50 - 12:00 pm	<b>WOMEN'S FITNESS</b> Christine Smith 727-8544 <b>Zoom only</b>	Monday, 10:30 - 11:30, Tuesday, 8:45 - 9:45, & Thursday, 9:30 - 10:30 am

## SANTA FOR SENIORS

This year, CB55+ embarked on a new project to support a program to provide Christmas gifts for seniors in long-term, government-run care facilities. Many seniors in these homes no longer have family or friends to visit and support them and Christmas can be sad and lonely for them. Each year London Drugs receives the names and modest wishes of hundreds of these seniors and hopes to find caring people to fill them. The gift tags with the name and wishes have been made available to our members who wish to participate in this very worthwhile project. To date, over 80 Christmas bags have been filled by our members, their friends and families. A few tags are still available for those wishing to participate. Gift bags should be dropped off in the plastic bins in the Studio. Contact Jean Mihell ([jhmihell@shaw.ca](mailto:jhmihell@shaw.ca)) or Patricia Houston ([phouston@telus.net](mailto:phouston@telus.net)) for more info. The joy experienced in bringing happiness to others in this way cannot be described. We are proud that CB55+ has chosen to reach out to seniors at this time of year. We give heartfelt thanks to all the generous people who made this possible and to our Board for their support of this project.



### BLUE HERON CAFE

Sue Williams wants to give a big thank you to the members that have come out to support our Wednesday lunches. Since October, all the meals have been sold out. It's wonderful to see the Centre come alive after 20 months of Covid-19! Our last lunch of the year - **Tourtiere** - will be on **December 15**, so don't miss it! Monika Gysler manages our Wednesday lunches, and she is a wonderful addition to our team. Many thanks to the returning volunteers, whether they help to prepare and serve coffee or lunch. We are a very cohesive team! If you are interested in helping us in the Blue Heron Cafe, phone the CB55+ Office and leave a message. Shannon Baylis, our Volunteer Coordinator, will return your call ASAP.

Mark your calendar for the annual **Robbie Burns lunch**, to be held on **Wednesday, Jan. 26**, hosted by the Men's Group!

### OUTREACH MEAL PROGRAM

With flu season approaching, I want to remind our members that there are free meals available on a short term basis. Food is kept in the Studio freezer for this purpose. At the time of this writing, there are a number of single servings of beef barley soup. There will be a binder with a list of meals available to choose from and a record will be kept of the remaining meals. This program is on the honour system. If you know of someone in need, you may call the CB55+ office at 250-658-5558, and efforts will be made to provide assistance. This Outreach program complements (not replaces) other CB55+ meal programs.

Sue Williams,  
Kitchen Liaison - CB55+ Board

### TRUSTED TRADES

Our growing list of recommended trades now exceeds 50 recommendations covering a wide variety of trades. Our most recent is "The Furniture Ferry" owned and operated by Benjamin Ryder. Ben will pick up and deliver most items to an address or to the Hartland Landfill. He also takes away garden items like old sheds, fences etc. for disposal. The listing is a very useful one and otherwise hard to find. His number is (250)883-8083. You can get the complete Trusted Trades list by emailing the Coordinator, Elizabeth Carson, at [elizacarson@hotmail.com](mailto:elizacarson@hotmail.com). We welcome submissions from our members at any time and are grateful for your participation.

## OUR AMAZING VOLUNTEERS - THE STUDIO GROUP

If you happen to be at the Centre on a Wednesday afternoon, you may hear happy sounds of conversation and laughter emanating from the Studio. This hardworking group of women know how to have a good time! As described on our website, the Studio Group is a “socially innovative, enterprising, cool group of visionary and creative artisans who continue to produce a prolific number of tasteful, imaginative and stylish items”. They are that and more - their extraordinary generosity over the years has benefitted many people and organizations.

Over the years, they have sold their wares through craft fairs and bake sales and other means to raise funds. These funds have been used for CB55+'s building fund, for Christmas hampers for needy families from the school, and for donations through CB55+ to charitable organizations within our community. Their arts and crafts have also been sent directly to many organizations in need.

There are about a dozen current members of the ever-changing Studio group - the more the merrier! Some former members still work from home or even from their care-homes. One of our dedicated knitters still produces baby clothes which she sells to others in the care-home and then donates the proceeds to CB55+.

Luckily for us, **Val Baba** worked with **Brent Carbery** in the Saanich School District during her career as a teacher. When Brent became principal of Cordova Bay Elementary School in 2004, he kindly offered Val the use of an empty classroom as an art studio on Wednesday afternoons from 3:00 to 5:00 pm. This was the genesis of the Studio Group. A favourite memory of that time was when Sheila Woloshyn's mother-in-law, Bea, came in to show them how to make beautiful, painted Ukrainian eggs. Brent Carbery was always a keen supporter of **Intergenerational Programs**. Studio Group knitting mentors worked one-on-one with children to teach them how to knit squares, which morphed into afghans for the homeless. Sewing the creative many-faceted squares together was indeed a challenge for the Studio ladies - some squares resembled the shape of North America! But the children were thrilled with their gorgeous end-product! Also, early on, the Handy Grandies (Studio members), under **Val Murray's** and **Val Baba's** guidance, helped the children make beaded bracelets to sell at the school to raise funds for the **Stephen Lewis Foundation**.

Here are a few brief snapshots of the Studio Group's history:

In the early days of CB55+, and with plans in place to renovate and expand CB55+ at the Centre, the group was soon hard at work on fundraising projects. They produced baking and jams, knitted and crocheted goods including scarves and hats, baby clothes and kitchen items, place mats, and other arts and crafts. These were sold at craft and bake sales and other venues and they raised significant amounts of money for the Building Fund as the only direct fundraising Special Interest Group at CB55+. With enough dollars in the fundraising jar, the Studio Group looked around for other places they could use the proceeds of all their hard work. They didn't have to look far:

After Brent Carbery retired and **Kelly Urari** became Principal of the school, she identified several needy families that would benefit from a special Christmas hamper from the Studio Group. Each hamper contained a gift-filled Christmas stocking for each child in the family, kitchen items, special treats and a grocery gift card.

**Barb Waldner's** involvement with **For the Love of Africa** led the group to sew dozens of dresses made from new and used pillowcases, most of which were taken to Dodoma, Tanzania, where they were gratefully received by the young girls. (Members of FTLOA have worked for many years in the Dodoma area building nurseries, kindergartens, schools and a medical clinic.) Some of the dresses were also sent to girls in Jamaica through the auspices of a CB55+ member who had lived there.

When the Centre was closed in March 2020 due to Covid-19, it didn't stop the Studio Group! Although they could no longer meet in person, they started to knit more squares for afghans and making other craft projects. Since that time, the Studio ladies have knitted enough squares to produce over 50 afghans. They have donated 25 of these, as well as knitted hats and scarves, for the homeless through various charities. **They have 25 more afghans to sell at the next craft fair and bake sale on Dec. 14 to raise additional funds for charity.** The list goes on and on!



Over the years members of the Studio Group have spent hundreds (and hundreds) of hours creating crafts for the benefit of others. They've organized sales, mentored, and encouraged others and taught us all how to have a good time while at work. This recent photo on a Wednesday afternoon found several members of the Studio Group happily at work on various projects - a prime example of lives well lived!

### RUTH WATSON turns 99!



Our most **SENIOR SENIOR**, Ruth Watson, turned 99 on Friday, November 26! Ruth was born on the southern prairies of Saskatchewan in 1922, the fifth of 15 children. She worked hard at home helping her mother with the younger children, to say nothing of the work around the farm which sustained the family. She's an amazing 99 year-old, still in her own home looking after the house and garden, does her own cooking, still sews for the Studio Group at CB55+, and she knows how to laugh! Ruth even painted the outside of her house about 5 years ago! She's a bit of a "night owl," eats simple natural foods, takes no medications, and walks several blocks to the grocery store. **CONGRATULATIONS, RUTH!** Here's to a happy and healthy year ahead!

## CB55+ Board Of Directors 2021

### 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
Karen Allan	Treasurer	250-744-3334

### 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

Our membership continues to be strong, with over 600 members. The use of our new computer system, Membee, is increasing, although many members continue to register or renew in person through the Office. **All CB55+ memberships expire on December 31.** Members with email addresses will be reminded by Membee that the annual fee of \$40 is due on January 1, 2022, and it will invite you to pay for renewal online. Paying online will reduce the workload for our office volunteers, but you may still wish to pay in person at the Office. For those without email addresses, come to the Office in December to renew your membership.

If you have had your 90<sup>th</sup> birthday in 2021 or earlier, you are a Golden Member, and don't need to pay for an annual membership. One feature of Membee is each member's ability to update their contact information, i.e. address, phone no., email or emergency contacts, online. If you haven't already signed on to Membee and accessed your personal profile, we encourage you to do so. If you're not sure how to do this, email Von Bishop at [members@cordovabay55plus.org](mailto:members@cordovabay55plus.org). Also, if you haven't been receiving regular email updates through Mailchimp, please contact Von Bishop.

## 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.)

### DECEMBER

- Dec. 7 - Covid and How the Vaccines Work - David Docherty  
14 - Christmas Open House & Craft/Bake Sale

### JANUARY

- Jan. 4 - New Year's Party  
11 - Fairy Creek  
18 - Solar Energy - Dwight Owens  
25 - Sustainability of Chocolate: Where Does my Chocolate come from and Why does it Matter - UVic

### FEBRUARY

- Feb. 1 - Armchair Travel: Turkey - Bob Greig and Sue Jergens  
8 - Great Bear Rain Forest: Pacific Wild Wolf Population - Ian McAllister  
15 - Did Shakespeare Invent Love? - UVic  
22 - Children's Health Foundation - Veronica Carroll

### MARCH

- Mar. 1 - Armchair Travel: Mountain Stories & Related Travels - Rand Harrison  
8 - Sandy Merriman Transition House  
15 - St. Patrick's Day  
22 - Annual General Meeting  
29 - Wills, Powers of Attorney, Advance Care Directives, etc. - Joyce Johnston



## BY THE WAY

The next Blue Heron Newsletter will be out at the beginning of March. Please check our website for current information:

<http://cordovabay55plus.org>

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

December		Seaside	Courtyard	Studio	Lounge	Off-Site
Monday	am	<b>Men's Fitness</b> 9:00-10:00am Zoom & at Centre <b>Women's Fitness</b> 10:30 - 11:30 Zoom only		<b>Beg. Bridge</b> 9:30 - 11:00 am		<b>Hot Shots</b> 10:00 - 11:00 am Badminton Hall
	pm	<b>Art Group</b> 1:30 - 4:00 pm <b>Beg. Yoga, Level 1</b> 5:30 - 7:00 pm Ends Dec. 20 Starts Jan. 10 - Feb. 28		<b>iPhone Basics &amp; Beyond</b> 1:00 - 3:00 pm Jan. 24 & 31		
Tuesday	am	<b>Women's Fitness</b> 8:45 - 9:45 am Zoom only <b>Tues. Drop-in</b> 9:30 - 11:30 am				
	pm	<b>Gentle Yoga</b> 3:00 - 4:00 pm Ends Dec. 21 Starts Jan. 11 - March 1		<b>Dominoes</b> , 1:00 - 3:30 pm (3rd) <b>Worth a Read</b> , 1:30 - 3:30 (4th)	<b>Family History</b> 1:00 - 3:00 pm TBA	<b>Pickleball</b> 1:30 - 3:30 pm Saanich Comm. Place
Wednesday	am	<b>Men's Fitness</b> 8:45-9:45 am Zoom & at Centre <b>Balance &amp; Strength</b> 10:00 -11:00 am <b>Happy Strummers</b> 11:15 - 12:45				
	pm	<b>Bridge Group</b> 1:00 - 4:00 pm		<b>Studio Group</b> 1:30 - 4:00 pm	<b>Cribbage</b> 1:00 - 3:00 pm <b>WEG</b> 7 - 9 pm, Dec. 15 (2nd & 4th - Jan.2022)	
Thursday	am	<b>Women's Fitness</b> 9:30 - 10:30 am Zoom only		<b>Poetry Group</b> 10:00 - 12:00 pm (1st, 3rd, & 4th)	<b>Board Mtg.</b> 9:00 - 11:00 am (2nd)	
	pm	<b>Ping Pong</b> 12:00 - 1:30 pm <b>Blue Heron Singers</b> 2:00 - 4:00 pm TBA				<b>Pickleball</b> 1:30 - 3:30 pm McMinn Park Weather Permit.
Friday	am	<b>Line Dancing</b> 10:15 - 11:30 am Ends Dec. 17 Starts Jan. 7 - Feb. 25		<b>Digital Photo</b> 10:00 - 11:30 am (1st & 3rd), Zoom or Photo Shoots		<b>Hiking</b> 8:50 am <b>Walking with Dogs</b> 9:30 am <b>Walking Group</b> 9:30 am
	pm	<b>On the Go Again</b> 1:30 - 3:30 pm TBA		<b>Mah Jong</b> 1:00 - 4:00 pm		