



# June 2011 News

1801 Beaufort Avenue Comox V9M 1R9

## Centre Hours

Monday to Friday 8:00 am - 3:00 pm  
Saturday 10:00 am - 3:00 pm

## Office Hours

Monday to Friday  
10:00 am - 1:00 pm

Phone: 250-339-5133

Website: [www.comoxseniors.ca](http://www.comoxseniors.ca)

Fax: 250-941-8890

Email: [comoxseniors@shaw.ca](mailto:comoxseniors@shaw.ca)

## Events and Notices

### Tea Dances

Sunday, June 12<sup>th</sup> - *Fiddlejam*

Sunday, June 26<sup>th</sup> - *Lensmen*

2:00 pm - 4:00 pm

\$6.00 per person

### General Meeting

Tuesday, June 21<sup>st</sup> at 1:00 pm

### Golf News

Golf times have changed!!

We will start at 10:00 am Thursdays as of  
June 2<sup>nd</sup>

We hope that this new time will enable  
more folks to attend.

PLEASE BE THERE BY 9:45 AM!!!!

### Whist

Whist is played every Monday night at 7:30  
pm. Last month's ladies' high was Helen at  
142 and the men's high was Stewart with  
139 but these scores are unusual.

This is an excellent group and everyone is  
welcome to join us.

*Tony Hermes*

### Deadline for July Newsletter

*St. Jean de Baptiste Day, June 24<sup>th</sup>*

*Email: [islandcec@shaw.ca](mailto:islandcec@shaw.ca)*

*Reminder: July and August will be a  
combined newsletter so please make  
sure you have any August articles in  
by the June 24<sup>th</sup> deadline.*

## President's Message

On Sunday, June 19<sup>th</sup> we will celebrate **the official opening of our newly-renovated hall** with Mayor Paul Ives and other members of the Comox town council at an open-house. All members are invited to attend and an open invitation will be extended to the general public through news releases in the local newspapers. We are also arranging for local TV and newspaper coverage. Light refreshments will be served with tours of the facility offered to visitors.

The May dinner/dance was cancelled one week prior to the event due to the low number of tickets purchased. It is necessary for our Special Events team to commit to the purchase of supplies and confirm band booking at least one week prior to the event. As the minimum number of tickets had not been purchased by that time, it was necessary to cancel. **Your name on a table reservation list is not a firm commitment to a ticket purchase**, as only paid tickets can be taken into consideration. As a result, the Board of Directors has deemed that in future, table numbers will only be allocated when tickets are purchased.

The original oil painting on display at the Craft Shop, titled "*Garden at the Old House*" by Jean Davenall Turner is being raffled by your Committee. This is an excellent opportunity to acquire a beautiful work of art by a local artist, and Centre member, for a very low cost. Tickets are on sale at the Craft Shop or at the office at a cost of \$2.00 each or three for \$5.00.

The **Supper Club** held its monthly outing at the Bamboo Gardens for an Oriental Buffet. Yours truly was not in attendance due to other commitments but apparently the diners had a good time. Arrangements have been made for the June dinner at an out-of-town location (Royston) and anyone needing transportation should indicate that on the sign-up sheet.

Our **Spring Pancake Breakfast/Craft/White Elephant Sale** was held Saturday, May 28<sup>th</sup> and, as always, was a huge success. Pancakes, bacon, sausages and juice were enjoyed by a large turn-out of hungry bargain hunters.

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**Program Cancellations** have increased recently due to a higher demand for use of our facility by rental agreements and also by the Town of Comox. This has not gone unnoticed by your Board of Directors and is being monitored. It is felt that some of this demand will diminish when the Comox Recreation Centre comes available this month. Please check the Bulletin Board for an up-to-date list being posted weekly to see if your activity program is affected.

*Charlie Richardson*



## Thanks to Brain Boosters Helpers and Farewell to a Dear Friend. . .



Successful events happen only when there are many hands that help. Many thanks to associate coordinator Sung Kang who oversaw the April 17<sup>th</sup> and May 1<sup>st</sup> Brain Boosters programs to great success. Thanks also to Donnie Koch and John who took tickets at the door, to Josie who chaired the food committee with help from Phil Imrie, Barb Siska, Diane Lewis and Nancy Mills. Pat Newson did a great job of organizing the food and coffee for the May 1<sup>st</sup> event.

One person who had been such great support for Brain Boosters for the last three years is Ernie Bayley who took many roles: set-up man, money collector, gopher, performer and dancer. Sadly, Ernie recently lost his wife of 35 years, Connie. Now Ernie is moving to Victoria to be closer to his daughter, Linda. We will miss you sorely, Ernie. Please know that your d'Esterre House friends will always welcome you. We wish you the best in sunny Victoria where we know you will win hearts the way you've won ours.

*Arabella Benson*



## Brain Boosters Dances End Season with a Blast!

Guests came in droves--many more than the 70 we set as maximum and they came from everywhere! They came to watch, to participate, to dance, to demonstrate, to ogle, to eat, to laugh, to learn, to be fascinated by the many varied facets of Brain Boosters. There was Ann Marie Lisch who quickly engaged active participants with her rousing Nia demo. If you wish to see it, click on the following link: <http://www.youtube.com/watch?v=t7U5YnHOdpo>

There was Claudio Bigler's Argentine Tango demo whose class was so warmly received that students insisted he continue for more sessions. Keith and Holly, back for the fourth season, did the most interesting West Coast Swing we've seen them in. Then there was the beautiful Emmerdale Waltz demonstrated by Nanaimo Ballroom Society President John and wife Tina Maher, Bruce and

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## Cribbage

May has been a month of highs and lows. The Canucks made it through to the finals and that really seemed to affect our attendance on game nights. But those who did come out to play turned in some high scores.



**Trudy Moisson** had a perfect eight-game set of 968 and **Gord Baird** was only one point off the mark with a 967.

We still have room for more players, so come on out on Tuesday night at 7:00 pm. Coffee, sweets and a lot of fun for only \$2.00.

*Charlie Richardson*

## Monday and Wednesday Stained Glass

The Monday and Wednesday 1:00 to 2:00 pm classes will be on summer recess from June 1<sup>st</sup> to a date in September to be announced. Current members will be phoned to determine the most suitable start date for all.

For those currently working on or finishing a project and would like assistance and/or advice, please phone Roberta at 250-339-4620.

Happy summer and good health to everyone. See you in the Fall.

*Roberta Jensen*

## Table Tennis

Table tennis is taking Summer break. See you in the Fall.

## Bridge

Monday.....	10:00 am .....	beginners
	12:30 pm.....	bring a partner
Tuesday.....	7:00 pm.....	duplicate
Wednesday....	12:30 pm.....	drop-in
Thursday.....	12:15 pm.....	ladies
Friday .....	12:30 pm.....	all levels
	7:00 pm.....	social duplicate
Saturday .....	1:00 pm.....	duplicate
1 <sup>st</sup> Sunday .....	1:00 pm.....	partners



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Marilyn Joiner, Eric Lam and Arabella Benson. Click on this link to know why many members requested to learn this lovely sequence dance: <http://www.youtube.com/user/sung4852#p/a>

Elisabeth Michielsen did a great job of incorporating Brain Boosting yoga postures and info to her demo and getting audience participation. It was so needed as the next show was the very active Flash Mob led by Keith and Holly. The following link is an older version where at least two of the dancers are Comox Seniors members.

<http://www.youtube.com/watch?v=Yhlc6O06gIQ>

Then came a fabulous Cha-cha demo by Parksville instructor and dance awardee Ken Yung and his spunky 11-year old daughter, Erin. All videos were skillfully taken by Brain Booster Co-ordinator Sung Kang for d'Esterre members' use, including those of dance instructors that are not for public viewing. Then came food, glorious food! Loads of it that disappeared in a flash.

But guests quickly came back to the floor for the Jive workshop, so creatively taught by Ken and Lisa, who got everyone to groove to music first before going into actual jive cool (or hot!) moves. Two line dances led by Ken, Lisa and Erin delighted and challenged both members and guests but they were great fun.

Nanaimo Ballroom Dance Society Brian Hicks was a wonderful emcee, keeping tab of the great variety of musical needs, and even reading the letter that shy Sung asked him to, including the following excerpt: ". . .I congratulate the Comox Seniors' Association for honoring Arabella with a special award for hercreativity, dedication and passion for the Brain Boosters program. . .I thank Arabella for letting me be part of this wonderful project and seeing a dynamo in action."

*Brain Boosters*



## Menu for June

The kitchen staff prepares fresh home-made soup, sandwiches, muffins and desserts daily, Monday to Friday, 11:00 am to 1:00 pm.

Available daily are salmon and egg salad sandwiches. On Wednesdays we have bacon and tomato sandwiches and on Fridays, grilled cheese sandwiches.

*Tuesday's and Thursday's hot meals will be served as follows:*

Thursday the 2 <sup>nd</sup> .....	Chicken
Tuesday the 7 <sup>th</sup> .....	Lasagna
Thursday the 9 <sup>th</sup> .....	Ham & Scalloped Potatoes
Tuesday the 14 <sup>th</sup> .....	Bangers & Mash
Thursday the 16 <sup>th</sup> .....	Liver & Onions
Tuesday the 21 <sup>st</sup> .....	Pork Chops
Thursday the 23 <sup>rd</sup> .....	Hamburgers & Wedgies
Tuesday the 28 <sup>th</sup> .....	Roast Beef
Thursday the 30 <sup>th</sup> .....	Roast Pork

Thank you to all of our volunteers; the kitchen would not be successful without you. With the holidays coming we're going to be needing a few more volunteers to help us through our busy days. Hope someone out there can find a couple of hours a weeks to help us out some time. Thanks again.

*Dei*

## Rock Hound Club

Hello, Leverites and keepers. Time again for the monthly report!

The Courtenay Rock Show on the 7<sup>th</sup> and 8<sup>th</sup> was a success for the Comox Seniors' Club. We managed to raise a few dollars for the club by selling our rocks. It was well supported by our members and although the crowds were less than usual, we still all had fine time. But things don't stand still long as we are now looking forward to the Ripple Rock Club Show on Saturday and Sunday, June 11<sup>th</sup> and 12<sup>th</sup> at the Timberland Auditorium just off Dogwood Street in Campbell River.

Also, Wednesday, June 8<sup>th</sup> is the start of the three day Jamboree (8<sup>th</sup> to 10<sup>th</sup>). The Jamboree consists of many things and it is fun for the whole family. There are field trips planned with games and entertainment, plus a pot luck dinner and rock auction. There is a registration fee of \$10.00 for the rock auction. There will be free camping for RVs and tents. This Jamboree is held at Charlie Halltrone's home at 3306 South Island Highway just off Sea Wave Road. Call 250-923-5670 for more info.

Worthy of mention at the Courtenay rock show a lady named Eileen donated some earring display stands to the club which was very much appreciated.

With so much happening in June, the next report should be a dandy.

For more information contact Baz at 250-792-3542, [baz1941@shaw.ca](mailto:baz1941@shaw.ca), or Del at 250-334-2305 or [delmar@shaw.ca](mailto:delmar@shaw.ca)

*Dei's Diner*



## Comox Seniors' Centre 339-5133

Clubs	Activity	Room*	Time	Coordinator	
<b>Snooker Club</b> Bill Brown 339-3020	<b>Monday</b> T'ai Chi Gong	BR	9:30 AM	Marjory Richardson	897-0015
	Bridge (Beginners)	CR	10:00 AM	Joan Clarke	339-3212
	Soapstone Carving	CRR	10:00 AM	Norma McPhail or Marilyn Hannah	339-5970 339-6012
<b>Wood Shop</b> Dave Robinson 703-2536	Painting	PR	10:00 AM	Dorothy Gardner	339-2788
	Weights	BR	11:00 AM	Janet Liszt or Hazel Torrans	890-3332 897-1327
<b>Rock &amp; Gem Club</b> Baz Bazylnski 792-3542	Bridge (Partners)	CR	12:30 PM	Tom Dugdale	
	Sub/Partners			Wendy Peddie	339-9299
	Carpet Bowling	BR	1:00 PM	Rose Deck	334-3341
<b>Supper Club</b> Joan Scales 890-9247 (last Thurs of month)	<b>Tuesday</b> Ceramics	CRR	9:00 AM	Marion Knisely	339-4451
	Fitness I	BR	9:00 AM	June Lunny or Evelyn Wright	339-0847 339-7493
	Fitness II	BR	10:00 AM	Faye Emmet or Liz Valleau	897-1327 339-9829
	Quilters	PR	10:00 AM	Vera Barrett	338-1032
	Stained Glass	CRR	10:00 AM	Peggy Bradley	339-0566
	Chair Exercise	BR	11:15 AM	Pat Jones	339-6706
	Craft Club	DR	1:00 PM	Marion Knisely	339-4451
	Euchre	CR	1:00 PM	Bill Brown	339-3020
	Alexandre Technique	BR	3:00 PM	Arabella Benson	941-8885
	Duplicate Bridge	CR	7:00 PM	Irene Smith	339-4492
<b>White Cane Club</b> Joyce Chevsky 250-338-9904 (1st Tues of month)	Cribbage	BR	7:00 PM	Charlie Richardson	897-0015
	<b>Wednesday</b> Weights	BR	9:00 AM	Janet Liszt or Hazel Torrans	890-3332 897-1327
	Belly Dance	BR	10:05 AM	Magi Schoffield-Reid	338-9424
	Line Dancing	BR	11:10 AM	Marjory Richardson	897-0015
	Drop-in Bridge	CR	12:30 PM	Alice Thomas	339-9295
<b>Librarian</b> Verna Evans 339-5107	Carpet Bowling	BR	1:00 PM	Rose Deck	334-3341
	Whist	BR	7:30 PM	Gene Tanner	941-0065
	<b>Thursday</b> Ceramics	CRR	9:00 AM	Marion Knisely	339-4451
	Fitness I	BR	9:00 AM	June Lunny or Evelyn Wright	339-0847 339-7493
	Fitness II	BR	10:00AM	Faye Emmet or Liz Valleau	897-1327 339-9829
	Golf		10:00 AM	Shirley Wallis	339-4145
	Stained Glass	CRR	10:00 AM	Peggy Bradley	339-0566
	Chair Exercise	BR	11:15 AM	Pat Jones	339-6706
	Bridge (Ladies)	CR	12:15 PM	Dorothy Carmichael	339-5886
	Mah Jongg	BR	12:30 PM	Kareen Woodcock	338-1970
<b>The Card Lady</b> Sydney Hall 339-6075	Craft Club	DR	1:00 PM	Marion Knisely	339-4451
	Scrabble	LIB	1:00 PM	Juanita Olson	890-2085
	Beginner Yoga by EM	BR	3:05 PM	Arabella Benson	941-8885
	<b>Friday</b> Nia	BR	9:00 AM	Arabella Benson	941-8885
	Beyond Beginner Yoga	BR	10:30 AM	Arabella Benson	941-8885
<b>Archivist</b> Phyllis Long 339-2917	Conversational Spanish	PR	10:30 AM	Margaret Allen	339-3772
	Soapstone Carving	CRR	12:30 PM	Norma McPhail or Marilyn Hannah	339-5970 339-6012
	Bridge (All Levels)	CR	12:30 PM	Joan Clarke	339-3212
	Carpet Bowling	BR	1:00 PM	Rose Deck	334-3341
	Bid Euchre	BR	7:00 PM	Marge/Charlie Richardson	897-0015
<b>Rentals</b> Deidre Lafond 338-4302	Social Duplicate Bridge	CR	7:00 PM	Chuck Hodson	338-2847
	<b>Saturday</b> Line Dancing	BR	10:00 AM	Marjory Richardson	897-0015
	Bridge (Duplicate)	BR	1:00 PM	Irene Smith or Clark Graham	339-4492 339-4739
	Bingo	DR	1:00 PM	Tony Hermes	338-5721
<b>Special Events</b> John & Vera Barrett 338-1032	<b>Sunday</b> 1st Bridge (Partners)	CR	1:00 PM	Tom Dugdale	
	Bridge Subs/Partners (Sun & Mon)			Wendy Peddie	339-9299
	2 <sup>nd</sup> and 4 <sup>th</sup> Tea Dance	BR	2:00 PM	Tony Hermes	338-5721
<b>Custodian</b> Bill Brown 339-3020					
<b>Newsletter</b> Celia Poulson 941-2007 <a href="mailto:islandcec@shaw.ca">islandcec@shaw.ca</a>					
<b>President</b> Charlie Richardson 897-0015					

\*Room Legend: BR (Ballroom), CR (Card Room), CRR (Craft Room), DR (Dining Room), LIB (Library), PR (Painter's Room)