

Sneak previews of what to look forward to in your Fall Program coming soon ...



Come enjoy afternoon tea while
listening to wonderful music.

Better yet - dust off your dancing shoes and
let yourself swing a little!

BIG BAND SWING and Afternoon Tea Dance

with the

BROCK HOUSE BIG BAND

Performing your favourite old and new songs

**Tuesday, September 19
1:30-3:00 in the Marquee**

Tasty tea sandwiches, sweets, tea and coffee will be served

Ticket prices: \$17/members, \$20/guests

Tickets may be purchased online at

www.brockhousesociety.com

or through the Brock House Society office

604-228-1461

Musqueam Weaving & Storytelling

with

Debra Sparrow



moa.ubc.ca

musqueam-fetzer.mukurtu.net

**Tuesdays, 1:00 - 3:00 p.m.
September 26 - November 14
\$95.00 (including loom)**

In 1980s, along with her sister Robyn, Debbie Sparrow began the task of reconstructing the forgotten Salish Weaving tradition. Since then, with a desire to recreate the past, Debbie has become a world famous and very highly regarded Musqueam Weaver and Speaker. Despite her renown Debbie remains committed to teach Musqueam Weaving to others and to tell her stories. We are most privileged to offer her class in Musqueam Weaving at Brock House this Fall.



Where Seniors Stay *Young*



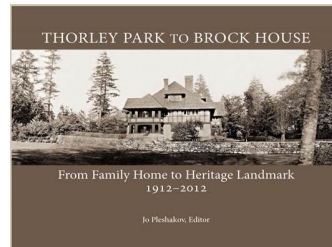
President's Message

The House is relatively quiet during the summer but it's deceiving. Plans are underway for an exciting Fall Program and it's always a popular one. Also, we held two wonderful and successful summer fundraisers: The Summer Fair and the Joan & Dick Stace-Smith Pancake Breakfast. Both were a lot of fun and well-attended. A great deal of time and effort goes into planning each of these events. Thank you everyone!

As you may heard through the grapevine, significant work will be done on the elevator during the late fall and early winter. It's a necessary upgrade and we know that for some it being out of service for weeks will be hardship. Please think about what you may need in terms of help and let the staff know. I'm not making promises but I know everyone will do their best. More details as they become available.

Our Society will soon be 40 years old. The House was officially opened as an activity centre on **December 3, 1977** by the Honourable Grace McCarthy who was the Provincial Secretary at the time. The first full program was offered in **January 1978 and by June 1978** Brock House Society had approximately 1300 members who were drawn to the fine "programs in the arts, intellectual studies,

fitness activities and, of course bridge. The society's mission was to be a community of seniors run by seniors, which meant that members were soon volunteering on committees and in the daily running of the new centre".



I am, of course, quoting from a very enjoyable read perfect for a warm summer day: *Thorley Park to Brock House: From Family Home to Heritage Landmark, 1912 - 2012*, edited by our own Jo Pleshakov

(pp. 47-49). It's available online and in the office for only \$20.00. **All net proceeds will benefit the Society.** We'll be gearing up for some celebrations and there may be a test.

Brock Park looks spectacular, as always, and it's a particularly wonderful time of the year to enjoy our remarkable setting. We're so fortunate.

See you around the House!

-BevAnn Lister Dean, President

The Winners of our Top 4 Acclaimed Novels are...

Fifth Business, Two Solitudes, More Joy in Heaven, and In the Skin of the Lion.
The presentations will be part of the Fall Esther Birney Series. See your program for details.

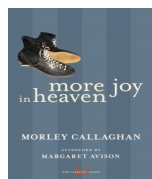
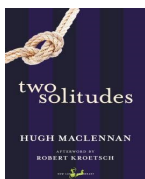
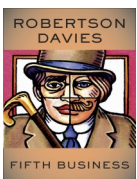
Dr. Andrew Parkin will present **Robertson Davies** Canada's first internationally acclaimed author, and his novel ***Fifth Business*** which is part of three book grouping known as the *Deptford Trilogy*. The characters in *Fifth Business* demonstrate Davies belief that matters of the spirit are more important than worldly. (October 5)

Dr. Jennifer Wade will present, Professor, researcher and novelist **Hugh McLennan's, *Two Solitudes*** which broke ground at the time when Jennifer knew Hugh and his sister. It is the first major English novel to attempt a portrayal of Canada's national character. It deals with English-French tensions in Quebec - the struggle for belonging. (October 19)

Dr. Brian Coleman, will present ***More Joy in Heaven*** by novelist, short story writer, broadcaster, **Morley Callaghan** who published his first stories in Paris, where he met the likes of Hemingway and Ezra Pound. Many of Callaghan's stories look at the lives of ordinary people who try to come to terms with the hurdles of living, joys and sorrows. (November 2)

Dr. Malcolm Page will present **Michael Ondaatje**, OC, poet novelist, filmmaker, editor who was born in Sri Lanka, and became a Canadian since 1965. ***In the Skin of a Lion*** Ondaatje explores the lives and politics of the immigrant workers who built many of Toronto's great edifices. The main character, Patrick Lewis, intersects with characters who reappear in Ondaatje's *The English Patient*. (November 16)

-Glenys Acland, Director,
Program Committee



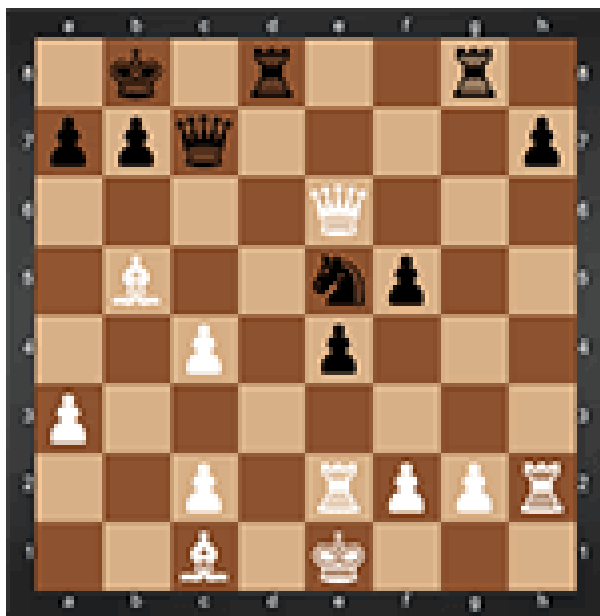
Brock House Chess Club

Outdoor chess at the Brock House Summer Fair attracted a good deal of interest and participation from fairgoers and their children. Many thanks to Alex, Bob, Gregory, Mitra, Roger, Suk Fen, and Stephen for helping with the games and to Lee and his team for setting up the set.

The Brock House chess players meet every Tuesday and Thursday in the Meyer room at 1:00 p.m. to 3:00 p.m.. All are welcome to come and play or learn or share their experience.

-Alex Ramirez, Convenor

Black to move and win in 3



White to move and win in 3



Brain Teasers!

1. Before Mount Everest was discovered, what was the highest mountain in the world?
2. What "hefty" 7 letter-word can you take away 2 letters from and it makes eight?

The answers to last month's teasers are:

1. Watermelon
2. Startling

Reading Jam

**Tuesday, September 12,
1:00 - 3:00 p.m., in the Halpern Room**

Our reading jams were so successful last year, that we've decided to have some more next season. If you are interested in reading your work aloud to an audience, this is your chance!

Each reader will have 5 minutes to read his/her poem or short story - including introduction, if any. Please email me your name and email address, and include your choice of poetry or short story. For those without email, there will be a mailbox located in the office for those interested in doing a reading. Please write your name and telephone number on a slip of paper, include your choice of poetry or short story, and I will contact you. Please submit this information on or before September 1.

*-Brenda McDonald, Convenor
bguymcd@shaw.ca*

Brock House Society Milestones

Our condolences to the family and friends of:

Dorothy Stanfield

Please submit "Milestones" notices or memories to the "Sunshine Book" in the office or to:

BrockHouseGallimaufry@gmail.com

-Editor

*The Program Committee has been working hard to bring our members this fine new activity.
Check your Fall Program and the website for more information.*

Music Therapy at Brock House

Funded by the Government of Canada New Horizons for Seniors Program

Music Therapy is a discipline in which credentialed professionals (MTA - Music Therapy Accredited) use music purposefully within therapeutic relationships to support development, health, and well-being. Music Therapy can be found in a variety of settings including Hospitals, schools, community centers and long-term care facilities. Music is a universal human phenomenon. It can awaken memories of the past and elicit powerful emotion from us. It stimulates all of the senses and involves the client at many levels, encouraging socialization, self-expression, communication, and motor development. Music Therapy is unique as it treats the whole person and greatly contributes to emotional well-being and quality of life. Music touches that whole and well place within us.

Music Therapy has been shown to help with:

Alleviating depression and anxiety
Alleviating pain
Promoting emotional self-expression
Stimulating memory and cognition
Improving communication and speech
Promoting physical rehabilitation and motor skills

Promoting sensory integration
Promoting socialization and communication
Increasing wellbeing and quality of life
Developing self-awareness and confidence
Supporting individuals in difficult times

Music therapists are trained to a university level and are accredited by the Canadian Association of Music Therapy. They carry out assessments, plan, implement and evaluate music-based therapy interventions to address specific clinical goals with reference to the most up to date research base. Therapists undertake continuing professional development and regular clinical supervision.

Here at Brock House we will explore the power of music through instrument playing, singing, discussion and experiential learning. We will look at how music has shaped our experiences, how music is used in conjunction with medicine throughout our world, and how you can use music to enrich your own life. **Join Megan Goudreau Monday mornings at 9 am for a musical journey that will inspire you and touch your heart.**

Music on the mind

When we listen to music, it's processed in many different areas of our brain. The extent of the brain's involvement was scarcely imagined until the early nineties, when functional brain imaging became possible. The major computational centres include:

CORPUS CALLOSUM ➔
Connects left and right hemispheres.

MOTOR CORTEX ➔
Movement, foot tapping, dancing, and playing an instrument.

PREFRONTAL CORTEX ➔
Creation of expectations, violation and satisfaction of expectations.

NUCLEUS ACCUMBENS ➔
Emotional reactions to music.

AMYGDALA ➔
Emotional reactions to music.

SENSORY CORTEX
Tactile feedback from playing an instrument and dancing.

AUDITORY CORTEX
The first stages of listening to sounds. The perception and analysis of tones.

HIPPOCAMPUS
Memory for music, musical experiences and contexts.

VISUAL CORTEX
Reading music, looking at a performer's or one's own movements.

CEREBELLUM
Movement such as foot tapping, dancing, and playing an instrument. Also involved in emotional reactions to music.

MIKE FAILLE/THE GLOBE AND MAIL SOURCE: THIS IS YOUR BRAIN ON MUSIC: THE SCIENCE OF A HUMAN OBSESSION

The Halpern Committee for the Performing Arts presents:

A staged reading of

Spinning You Home

by Sally Stubbs

Thursday, September 21

Performed by Sarah Roa & Simon Webb

Spinning You Home introduces a remarkable chapter in Canada's gold rush history with humour and 'spirits' while exploring the nature of unconditional love and promises that bind and transcend even death. [playwrightsguild.ca]

Sally Stubbs is an award-winning playwright and educator who also directs and acts. Her scripts have been produced, presented and studied in Canada, Sweden, India and South Africa. Most recently, her play *And Bella Sang With Us* - featuring Sarah Roa and Simon Webb - was named Pick of the 2016 Vancouver Fringe, remounted by the Firehall Arts Centre and nominated for two Jessie Awards. In process: the premiere of *Centurions* in St. John's, NL and a number of writing projects including *Our Ghosts*, a play about the father Sally never knew, the father who fell from the sky; *Polly and the Penthouse*, a musical set in Vancouver's legendary Penthouse Nightclub; and a television adaptation of *And Bella Sang With Us*. Sally is proud to be one of the initiators of CASA: a Canadian/South African venture which awards a South African woman playwright with funds, mentorship and precious writing time.

Sarah Roa is a performing artist based in Vancouver. She is alumni of the theatre programs at both UBC and Douglas College. A few of her past productions include: *The Green Wanderer* (King Matt Theatre), *The Drowning Girls* (Theatre North West), *And Bella Sang With Us* (And Bella Collective), *Raven Meets the Monkey King* (Axis Theatre), *Pride & Prejudice* (Arts Club), *A Tale of Happiness* (King Matt Theatre), and *The Faerie Play* (Mortal Coil Performance).

Simon Webb, one of Vancouver's best known actors, recently worked with both Sally and Sarah, in Sally's wonderful one-act, *And Bella Sang With Us*. He is so happy to be bringing his love of being a grandfather in real life, to this lovely story. If you're a theatregoer, you may have seen him as *Lear* (Honest Fishmongers), or in *Waiting For Godot* (Blackbird Theatre), or singing opera in *Off Leash* (Fugue Theatre); and you may see him this fall on the Stanley Industrial Alliance Stage, in the Broadway, West End and TV hit, *King Charles III* (Arts Club).

Brock House Cycling Group



Summertime is Cycling Time. Usually once a week, several members meet to go cycling together. We sometimes begin at Brock House, sometimes from another location. Rides are typically Tuesday or Wednesday morning. The destination is often a lunch location. Rides are mostly 25K with only a few hundred feet vertical.

We stop to chat with the Heron about the fishing. On a ride in May we scouted out some brand new Mallard ducklings. Amazing little creatures. By day two they are walking, swimming, and feeding themselves.

Brock House to Coal Harbour via Lost Lagoon is one of our recent. We'll likely ride the West Richmond Dyke to Steveston starting at the Olympic Oval soon. Our style of riding is weather dependent. We only go when it's fun to ride. In order to maintain flexibility in all aspects, primary communication of planned rides is by mail to those members who have expressed an interest. When the timing is right, we also post rides in the Weekly Update. To join the email list please email the Convener, Frank Jameson, at

FrankJ21@hotmail.com



**Three cheers for our
Summer Fair volunteers!**
**Thank you all for your hard work.
It is really appreciated.**



Summer Fair Wrap-up

The ideal warm weather helped to make this an exceptionally successful Summer Fair. The long line-up at the entrance soon turned into groups of people heading to their favourite tents where cheerful, helpful volunteers sold the variety of items donated or created by Brock House members. Irresistible displays of plants and floral bouquets were the first offerings and many people carried boxes of plants back to their cars. Raffle tickets and the 50/50 draw attracted helpful winners. Thank you Nassrin and Fran and your helpers.

Inviting tables spread out on the lawn offered a diverse selection of books, treasures, games, and jewellery as well as crafts and woodwork. Thank you to the dedicated convenors and helpers for your many hours of work sorting, pricing and selling and to Peter Scott of Volunteer Resources.

Our President, BevAnn Lister Dean gave her opening remarks and showed her ongoing enthusiasm for the Fair. She has been involved with the fairs for several years both as chair and more recently as President. Excellent speakers, the Brock House Big Band and the Brock House Orchestra entertained the members and guests until 1:00. The Brock House Jazz Band followed with more wonderful music. I later heard rave reviews.

The Artist's Group, Porcelain Painters and Home Baking shared space inside the House. Greeting cards created by Brock House members were also sold there and sales were brisk in all those areas.

Kaz and his helpers served refreshments in the Cafeteria. Salmon burgers and hot dogs were enjoyed outside and served by volunteers. Thank you to Nebojsa and his crew. Line-ups were long and compliments flowed regarding the food.

Thank you to everyone who volunteered their time and gifts to make this fair such a tremendous success. Kudos to Lee Murray. Your help with set up was appreciated by all the volunteers. Judie Cummer, the new roving announcer was heard by all. (I hope the lost keys were found).

Thank you to Elizabeth and Dennis Jackson, Diane Kika and Stan Hohnholz who gave much time and energy to planning the Fair. Thank you Sophie and Vera for your patience.

*-Joan Ellis, Co-Chair,
Summer Fair Committee*

And thank you, Joan! - Ed.

The Library and Book Sale

*Too many
books?
I think what you
mean is,
not enough
bookshelves.*

Thank you to the donors and shoppers for making the BHS book sale a success. My special thanks to the volunteers who either helped sort books on Friday or sell them on Saturday – or both: Gary Abbot, Joanne Allan, George Bangham, Moyra Bigmore, Doug Bruce, Marie Cheong, Ken Durrer, Margot Ehling, Rosemary Ferguson, Colleen Griffin, Barbara Holder, Bill Hooker, Donna Hossack, Liliane Julien, Bernie Loughran, Sandy Lundy, Lynda McInnes, Caroline Mervyn, Yvonne Mitchell, Betsy Morrow, Lee-Ann Mulrooney, Marie Murzello, Trudi Reynolds, Bogna Ross, Ann Skupa, Doug Smith, Lisa Smith, Carol Smythe, Maureen Williams and Frank Winter. My thanks also to Lee Murray and his team and Richard Hopkins.

*-Nadine Baldwin,
Convenor, Book Sale*

Thank you!



The Jewelry committee sends out a big Thank-You to all members who donated to our department for the summer fair. We would not be successful without your generosity. We look forward to the Christmas Fair, please don't hesitate to drop by and see us when we are sorting in October and November. We always enjoy meeting our supporters!

-Patricia Peters, Convenor

Food Services at the Summer Fair

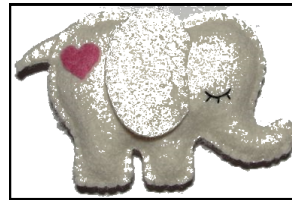
The warm sunny day was perfect for the Summer Fair. Our visitors enjoyed checking out the wares for sale, and in between, they fortified themselves with food offered in the Cafeteria and the BBQ's. This year we sold more hot dogs, smokies and salmon burgers than last year.

All the areas were run efficiently by the 27 volunteers who worked diligently through the 2-hour shift, the 3-hour shift and one person who worked 2 shifts -- 4 hours! Thanks go to: Dorita L., Dellie L., Anne C., Lindsay S., Sue T-S., Mary S., Penny S., Polly S., Lorraine Mc., Janice R., Karin G., Beryl M., Grace N., Roger W., Janey C-M., Jeannie Y., Sigrid W., Daile & Nathan M., Linda M., Jane Mc., Helga S., Melodye K., Marge J., Sharon K., and the grillers, Courtney H., and Nebojsa S.

Many members are happy to volunteer for a fair, but we do continue to volunteer in the Cafeteria Monday to Friday. A couple of people said they would consider helping us in September. Please check your calendars and see if you can volunteer two hours each week or two hours once in a while (on-call).

*-Diane Kika
Food Services*

White Elephant 2017

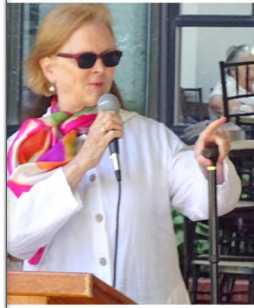


Brock House members and their friends generously donated everything from nut-crackers and knives, scarves and saucepans, doorknobs and dog baskets, and multiple items in between, for sale at the white elephant stall at the fair. Visitors enjoyed finding bargains, the donations found new homes, and Brock House Society benefitted too. It's a great form of recycling! Unsold left over items were picked up by Big Brothers at the end of the day, and electrical and sporting goods (which Big Brothers decline) were taken to the Salvation Army thrift store.

Thank you to all who helped, particularly to the core group of six volunteers who spent more than 153 hours in the basement during the month before the fair, unpacking, sorting, pricing, sometimes washing, repacking the donated items, and then working two more consecutive seven hour days unpacking, setting up and selling. We missed some sunshine, but had fun and lots of laughs over mystery items, a few of which we never did manage to identify!

Thanks also to the cheerful volunteers, 13 who worked on Friday setting up, and 24 who worked selling on Saturday, (some staying to clean up too) and thanks also to the Brock House staff who helped in many ways. Most of the white elephant volunteers come back year after year which is much appreciated.

*-Chick Bachop, Leora Williams,
Margaretta Shirkoff, Co-Convenors*



Yarn and Needle Crafts



Many thanks to group members Lenore Hampton, Maribeth Ruckman, Donna Vela-Martinez, Sue Robinson, and Betty Gunter for their hard work making projects for the Fair and for the long hours they put in setting up, manning the booth, and cleaning up, and to our dedicated volunteers Ora Fraser, Melita Politeski and Barbara Selwood whose energy helped to make the Fair so successful. Thank you as well to those who so generously donated hand-made projects and supplies to the group, and to all who came to the Fair and purchased items.

The Yarn and Needle Crafts group is always in need of donations of whole balls of good new yarn to make projects to sell at the Summer and Christmas Fairs. Batches of several balls of the same yarn are especially useful in order to make larger projects. Donations of clean new fabric, thread and notions would also be appreciated. We are also very pleased to receive donations of new handmade items from Brock House members who sew, knit, crochet, embroider, weave, quilt, etc., to sell at the Fairs. Please bring donations to the Meyer Room on Mondays between 9:30 and 11:30, or leave at the Office. Thank you.

-Dorothy Simons and Carol Jackson, Convenors

Greetings from the Brock House Choir

We are all on vacation gadding about the world, staying at home enjoying our beautiful city and surroundings, attending music workshops and/or just plain relaxing and enjoying ourselves before the singing begins again in September. Hope you are doing the same!

-Judy Ashton



Our talented and enthusiastic director, Elsie Stephen, persuading an audience to sing our familiar Canadian folk songs along with the choir.



**Please welcome these new members to
Brock House Society**

Lynn Copeland, Leta Goldwynn and Sung Wong

The 2017 Joan and Dick Stace-Smith Pancake Breakfast

July the 28th dawned bright and sunny as the amazing Pancake Breakfast volunteers started to arrive on the Brock House grounds to start the set up. First to show up was Fred Daniels, sporting an enormous soft cast from his elbow to his hand to protect his badly damaged right wrist. Unable to do much more than help with a bit of the setup, Fred was sadly excused from his pancake cooking duties. However, as so often happens, there was a saviour just around the corner. Long-time volunteer Marguerite Ford brought her husband Denys along and he proved to be an admirable replacement at the griddle. Once all the tables and chairs were up and covered with the burgundy linens, it was only moments until the aroma of sausages sizzling in the pans was wafting through the tent. Handling sausage duties at various times, were Marguerite Ford, Nancy Stewart, Maureen Whelan and Gillian Lazarian. Several people asked where the sausages were from and the answer is that they were purchased from *Stongs*, who have generously donated the eggs, milk and butter for the pancakes and the cream for the coffee. Ask Tim, the head of the meat department for the same sausages as Brock House had!

As the sausages were cooking, Shirley Hurl was busy cracking and separating the eggs, and whipping the whites, while Lee-Ann Mulrooney was stirring and mixing the pancake batter. They were ably assisted by Judie Cummer and Lynn Shaw, both new volunteers this year, as was Gillian Lazarian.

Before long, the pancakes were bubbling on the griddles, generously donated by the *Shaughnessy Golf and Country Club*. By the way, each griddle weighs at least 100 lbs! Keeping warm over the Brock House barbecue, were Barry Stewart, Denys Ford, who was volunteered by Marguerite, Mary Vickers, and Karen Vail, another new recruit to the team.

Greeting those guests who arrived via the front door, was Jane LePorte who then guided them to the tent where they were met at the ticket table by our President, BevAnn Lister Dean, yet one more rookie, and Audrey Ostrom, who conversely has been helping at the ticket table for many years. And talking about many years, where would we be without the generous donation of her delicious fresh fruit sauces from Merva Cottle? I don't know for how many years Merva has been supplying these but I do know that many people come to the breakfast so that they can enjoy them. One person actually remarked to me that Merva's rhubarb sauce was her favourite, a fact clearly borne out by the generous portion which was on her pancakes! Another highlight of every Brock

House Pancake Breakfast for many years, has been the array of fresh fruit, oranges and melons, and especially the enormous "blueberry bowl" all of which Margot Magee brings.

Many of the guests commented on the excellent pancakes and several asked if they could get the recipe. After some deliberation, it is printed below. The background is that the Pancake Breakfast was the brainchild of Joan and Dick Stace-Smith, both of whom were long time members of Brock House and who are now deceased. The original recipe was developed by Joan and so is printed as a memory to her. In that regard, I would ask that anyone who uses the recipe, consider making a small donation to Brock House. Please be aware that donation receipts cannot be issued for small sums.

Finally, I want to thank my fabulous team, all of whom are mentioned above. They truly are the stars of the show. Also, nothing could be achieved without the support of Sophie and Vera upstairs and Lee everywhere. Also to Kaz whose cooperation throughout makes my life much easier.

Although the final numbers aren't yet known, our receipts were significantly up from last year by more than \$350.

-Peter Scott, Convenor

Joan and Dick Stace-Smith Pancake Breakfast

Pancake Recipe for 12 Pancakes

Dry ingredients

Flour.....4 cups
Sugar..... 4 tablespoons
Baking powder.....2 tablespoons rounded
Salt.....2 teaspoons

Eggs (separated).....6 large

Canola oil.....one cup

Milk.....3 to 4 cups

Place dry ingredients in a mixing bowl. Add the 6 egg yolks, oil and milk.

Stir well. Whip the egg whites until stiff. **Gently** mix in about half the egg whites, then **fold** in the remaining egg whites.

To cook, heat a griddle or a frying pan over moderate heat, add about one third cup of batter.

Cook until a dozen or so bubbles appear (about 1 – 2 minutes) before turning.

Turn over and cook until done.

Do not over beat the egg whites!

Events at a glance

Monday, August 7	Brock House Society closed (BC Day)
Tuesday, August 22	Mount Baker Tour
Saturday, August 26	Saturday Night Live Opera Buffet
Monday, September 4	Brock House Society Closed (Labour Day)
Tuesday, September 19	Big Band Afternoon Tea Dance
Tues. September 19 - Thurs. September 21	Okanagan Wine Escape Tour
Thursday, September 21	Halpern Performing Arts: <i>Spinning You Home</i>
Friday, November 17	Chicago Bridge Lunch



Mount Baker Tour

Tuesday, August 22
\$119.00 members & guests

Leave Brock House 8:00 a.m.

Return 7:30 p.m.

Mount Baker has amazing views in summer, especially from Artist's Point. At more than 5,000 feet above sea level, this area is typically buried under snow and closed October through June (WSDOT). On clear days, visitors are treated to 360-degree views of Mount Shuksan and Mount Baker and stunning views of mountain lakes and glaciers. Take an escorted 1/2 mile walk at Picture Lake displaying Mount Shuksan's spectacular reflection and an escorted 2-mile loop walk around the Bagley Lakes. This gorgeous loop walk has it all: big views of Mount Baker, alpine lakes and well-maintained trail winding through meadows and heather with blueberry bushes for trail-side snacking in late summer. This tour includes lunch at Milano's Restaurant on the scenic Mount Baker Highway, bottled water and trail snack bar. **Valid passport or Nexus pass or enhanced drivers license or enhanced BCID required.**

Activity Level: Easy

The bus stops at Ferndale Haggen for a washroom/coffee break at 10:00 and at Bellingham/Burlington Haggen on the return trip at about 5:15.

Are you a writer looking for an audience for your work? If so, *The Gallimaufry* would love to hear from you. Brock House Society members' pieces are featured regularly.

Send your short story, essay or poem to **BrockHouseGallimaufry@gmail.com**
Please submit it in Microsoft Word or similar. If submitting a photo, a 'jpeg' is preferred.

The deadline for the September issue of *The Gallimaufry* is August 22.

-BevAnn Lister Dean, Editor

*Bring a friend for Fish & Chips
then enjoy a movie!
Summer movies continue
to August 18*

**LUNCH MENU
Brock House Society
AUGUST 2017**



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	1 Soup & Salad Sandwiches	2 Soup & Salad Sandwiches	3 Soup & Salad Sandwiches	4 Soup of the Day Fish & Chips
7 BROCK HOUSE CLOSED BC DAY	8 Soup & Salad Sandwiches	9 Soup & Salad Sandwiches	10 Soup & Salad Sandwiches	11 Soup of the Day Fish & Chips
14 Soup & Salad Sandwiches	15 Soup & Salad Sandwiches	16 Soup & Salad Sandwiches	17 Soup & Salad Sandwiches	18 Soup of the Day Fish & Chips
21 CAFETERIA CLOSED Coffee & Sweets only	22 CAFETERIA CLOSED Coffee & Sweets only	23 CAFETERIA CLOSED Coffee & Sweets only	24 CAFETERIA CLOSED Coffee & Sweets only	25 CAFETERIA CLOSED Coffee & Sweets only
28 CAFETERIA CLOSED Coffee & Sweets only	29 CAFETERIA CLOSED Coffee & Sweets only	30 CAFETERIA CLOSED Coffee & Sweets only	31 CAFETERIA CLOSED Coffee & Sweets only	