

Summer Fair Saturday, July 8

**BROCK
HOUSE**
Society

July 2017 / 25 cents

The Gallimaufry

A Brock House Society Publication

Joan & Dick Stace-Smith Pancake Breakfast Fundraiser

Friday, July 28

8:30 - 10:30 a.m.
under the tent

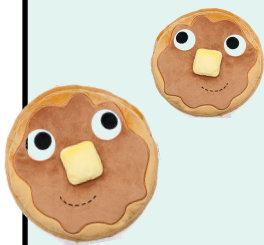
Come and enjoy fluffy homemade pancakes served with sausages, fresh fruit, homemade fruit preserves and sauces, juice, coffee, and tea. All for only ...

\$10.00 per person
members and guests
(Children under 12, \$5.00)

Tickets available online and through the office



Preparations are underway!



Point Grey Village

Stong's
MARKET
On Dunbar



Where Seniors Stay *Young*



Brock House Society - 3875 Point Grey Rd, Vancouver BC V6R 1B3 - BrockHouseSociety.com



From the President's Pen

June was a wonderfully busy month. There are plenty of photos in this issue of *The Gallimaufry* and on our website, with more to come.

We love our summers. The park is beautiful. The House is a bit quieter than usual but not too quiet. The Program Committee is offering new and wonderful things for those of us who enjoy spending our summers in the city, and why not? Everyone else goes away leaving us with more room to spread our wings.

Do you remember what registration used to be like? The line-ups outside and in? It was relative mayhem. It was almost as competitive as the registration line-ups at the uni.

As I've mentioned before, the Society is coming up to its 40th anniversary and we'd love to hear about some of your memories. Joan Ellis has written about a few of hers, below. I see she uses the past tense to describe her involvement with the fairs. Interesting, she is co-chair of the upcoming Fair. Like the Energizer Bunny, great volunteers just keep on going.

If you'd like to share a thought or two, please write to the newsletter.

See you at the Fair!

See you at the Joan and Dick Stace-Smith Pancake Breakfast!

See you around the House

-BevAnn Lister Dean, President

Our
time and space
was beautiful,
even if it
has ended,
even if it will
never be the same;
the universe
is a strange place.
In the end,
I'm just thankful
to have shared
anything with you,
for any time
at all.

-William C. Hannan

Brock House Memories

by

Joan Ellis

"I'm not sitting around with a bunch of old people", snapped my 92-year-old mother-in-law when I suggested that she could join her local Senior's Activity Centre. She had been telling me how lonely she was now that most of her friends had passed away.

This was not the time to tell her that I had recently joined Brock House after a neighbour who was a Brock House member advised me that the best writing groups were held there. My best friend, a Haiku poet, often pushed me to join a writing group in order to improve my skills and to receive feedback. "I don't like working in groups", I said.

The year 2010 was the year that I joined the activity centre and signed up for Ruth Kozak's writing group and a yoga class. A year after enjoying the writing class, Christine Samson, the Vice President of Brock House at the time, requested that a volunteer write a monthly biography of a Brock House member. I was the only one who volunteered and for the next two or more years

I interviewed many wonderful and talented members and was privileged to write their fascinating stories. All had lives full of achievement and most continued their active involvement as volunteers.

I volunteered at the Summer and Christmas Fairs by convening the "Gifts and Games" table for four years and later co-chaired the Christmas Fairs. There again I met and worked with dedicated, friendly and supportive people. I served a stint on the Board and on various committees where I found that I did indeed lack the virtue of patience just as my Grade 11 counselor had said. Those who choose to take on the responsibilities of leadership are amazing.

Last week I suggested to my 78-year-old brother-in-law that he might enjoy becoming a member of Brock House. "I'm not sitting around with a bunch of old people", he snapped.





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



Summer Fair Bake Sale Saturday, July 8



Please, bake and preserve to help make 2017 our most successful sale yet.

We prefer you bring your tasty donations to the Office, or reception, Friday, July 7 between 10:00 and 2:00, or to the Conservatory early Saturday a.m.



Loaves, squares, cookies, pies, breads, preserves using your favourite recipes are greatly appreciated.

Questions? Phone Mary Bliss
604-876-0235

-Mary Bliss and Anne Tupper, Convenors



Welcome to Our New Members

Candace Bailes
Mireille Berthias
Jean Ellis
Lynn Graham
Sandra Herdman
Dorothy Joplin
Zuzana Ksinan
Delia Loucks
Mariela Louisy
Jennifer Mann
Jean Parsons
Edwin Pearson
Susan Ramsey
Bogna Ross
Lorraine Slater
Margot Storey
Shirley Thomson
Alice Vasile
Joanna Walentowicz

The Brock House Orchestra and The Elgar Strings treated us to a symphony concert last month. It was a first for the Society and it was wonderful. Many thanks to all!

Photos: Eva Lister



Under the direction of Jeffrey Tseng
(Brock House Society)



Under the direction of Peggy Hua
(Elgar Strings)
with soloist Amanda Hsueh (left)

Yarn and Needle Crafts



The Yarn and Needle Crafts group are 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. We would also be 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 Summer Fair. 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



www.spa.bc.ca

For people with disabilities, seeing a vehicle parked in a designated parking space without a permit is a huge frustration. There is something you can do about it. Phone the *SPARC BC's* Enforcement and Accessibility Line directly, 604-718-7734, or use the toll free number 1-888-718-7794 to report the incident.

Callie Wong has organized three out-of-house social events for Brock House Society members.

You may register for these events at www.brockhousesociety.com

DIM SUM BRUNCH

July 13, 2017, 10:00 AM - 11:30 AM

Back by popular demand: join the group at Dynasty Restaurant (777 West Broadway/Willow) for a delicious Chinese brunch. Cost is \$25-\$30 per person (to be paid at the restaurant), actual cost will depend on what we order. Free underground parking - please let restaurant staff know your parking stall number. Register by Thursday, July 6th.



SATURDAY NIGHT LIVE OPERA BUFFET

August 26, 2017, 6:00 PM - 9:30 PM

Enjoy live opera while you indulge in a delicious Italian buffet, from succulent seafood to hearty pastas, at the Pan Pacific Hotel Ocean 999 Restaurant. Cost, to be paid individually at the restaurant, is \$53 (senior rate) + tax & gratuity. Dress code: Smart casual. This event is limited to 7 people. Register by Thursday, August 17, 2017.

VANDUSEN GARDEN WALKING TOUR

July 27, 2017, 2:00 PM

Guided tour is the best way to see and appreciate the vibrant colors and fragrant smell of the flowers and trees of VanDusen Garden (5251 Oak Street). In July, the anticipated blooms are waterlilies, fuchsias, roses, evergreen magnolia, Spanish broom, yucca and lilies (mid-season), and more. The tour will last about 45 to 90 minutes. Adult admission price to the garden is: \$11.00, seniors (65+) \$8.25. For those who want to meet for lunch prior to the tour, we can meet at Truffles Cafe in VanDusen Garden at 12:30 PM. Register by Friday, July 14. Please note whether you are joining the tour only or lunch and tour. Price of lunch will depend on what you order.



It Don't Mean a Thing if it Ain't Got That Swing

"Big Band Swing"

Afternoon Tea Dance

September 19
1:30 – 3:00 p.m.
In the Marquee

Come enjoy Afternoon Tea and listen to wonderful swing music performed by our own Brock House Big Band.

They will perform many of your favourite old and new songs.

"Dust off your dancing shoes"

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

\$17.00 members - \$20.00 guests.
Book online or through the office.

And here are a few highlights from our last social event: Brock House Society en Blanc. There are many more photos on the website. We all had a terrific time. Thank you everyone! - Editor

Thanks to everyone for the photos



Congratulations Jennifer!



The Honourable Judith Guichon & Jennifer Wade

Dr Jennifer Wade received The Sovereign's Medal for Volunteers at a Presentation Ceremony on June 7, 2017 at Government House in Victoria.

The Sovereign's Medal for Volunteers recognizes the exceptional achievements of Canadians from across the country in a wide range of fields. As an official Canadian honour, it also pays tribute to the dedication and exemplary commitment of volunteers.

Although writing, editing and teaching have been Jennifer's career, human rights work has dominated her life. She has been associated with Amnesty International since its beginnings in

London in 1961 and was co-founder of Amnesty International in Vancouver in 1974.

While working and teaching in the American South, she participated in the Civil Rights Movement in Atlanta, Georgia, working in the Southern Regional Council during the Martin Luther King years. Later, in New York, Halifax and Vancouver, she worked with refugee families and children's causes. She has served on both the Vancouver and the National Board of the Elizabeth Fry Society and has worked for reform in foster care advocating a family village association for those children similar to the Austrian SOS Children's Village. She has also served on the boards of the United Nations Association in Vancouver and the World Federalists. Lately, the focus of much of her work has been with individuals seeking some form of redress for injustices they have endured often because they have addressed truth to power. She has also tried to speak for those who are unable to speak for themselves.

In recent years she has worked to establish a number of "motivating scholarships" in various post-secondary colleges and universities in Vancouver.

Jennifer is a valuable contributor on the Brock House Society Tuesday Lecture Committee.

Congratulations Jennifer!

-Christine Samson

Hello Brock House Members!



At the jewelry booth we never know who is looking for something a bit out of the ordinary. It gives us pleasure to have just the right piece on hand to please everyone. If you have any jewelry you would like to donate please know that there is a buyer for everything. We really appreciate all of your donations and will make every effort to find a home for your treasures.

-Patricia Peters, Convenor

Meditation, Music May Help Reverse Early Memory Loss in Adults With Alzheimer's Risk

Meditating or listening to music may benefit adults with preclinical memory loss, including those at risk for Alzheimer's disease (AD), a new study found.

A West Virginia University research team, led by Kim Innes, PhD, conducted a randomized, controlled clinical trial in 60 adults with subjective cognitive decline (SCD), a condition that might be associated with preclinical-stage AD. They found that beginner meditation (Kirtan Kriya, or KK) or listening to music for 12 minutes a day for three months had significant benefits.

The team detailed its findings in the study, "Meditation and Music Improve Memory and Cognitive Function in Adults with Subjective Cognitive Decline: A Pilot Randomized Controlled Trial." It was published in the *Journal of Alzheimer's Disease*.

Participants were assigned to KK or a music listening (ML) program, and asked to practice 12 minutes per day for three months, then at their discretion for three months. Their memory and cognitive function were measured at baseline, three months and six months using the memory functioning questionnaire (MFQ), trail making test (TMT-A/B), and digit-symbol substitution test (DSST).

53 people (88%) completed the study. Participants performed an average of 93% of sessions (91% in the KK group and 94% in ML) in the first three months, and 71% of sessions (68% in KK and 74% in ML) during the three-month follow-up period.

Both groups showed significant improvements at three months in memory and cognitive performance. At six months, overall gains were maintained or improved. The benefits did not differ by age, gender, baseline cognition scores, or any other factor.

The improvements were in cognitive functioning areas most likely to be affected in preclinical and early stages of dementia, such as attention, executive function, and subjective memory function. There were substantial gains in memory and cognition, and they were sustained or enhanced at the six-month mark.

In another paper, the team said both study groups showed improvements in sleep, mood, stress, well-being, and quality of life, particularly those in the mediation group. All the benefits were sustained or enhanced post-intervention, the researchers said.

"The findings of this trial suggest that two simple mind-body practices, Kirtan Kriya meditation and music listening, may not only improve mood, sleep, and quality of life, but also boost cognition and help reverse perceived memory loss in older adults with SCD," the team wrote.

Carolina Henriques
<https://alzheimersnewstoday.com/2017/01/25>

Workshop News



The annual Brock House Summer Fair has finally returned. As usual the booth for the woodworkers from the Brock House work shop craft will offer a variety of tables, stools, planters, boxes, bowls and trays.

Even if you are not intending to buy anything it might be interesting to pause and look for some of the unusual items such as the wooden tongs that Gordon designed to remove short slices of toast from toasters without risking an electrical short circuit. There will also be a few slotted bagel holders that permit bagels to be firmly held and sliced without risking any finger tips; a small, cedar Tai Chi ball; an exclusive giant puppet; and a unique serpent-form ladle with a convoluted handle.

Other special items include several small artistic pill boxes with fitted lids. Most are single boxes; one is an original space saving box that stacks to

save room on the shelf or counter. For people that like the look and feel of wood there are a few carefully laminated holders with an inlaid strip of exotic purple heart. They were designed to hold a notebook computer but could easily be adapted to hold recipe cards or playing cards.

All of these items will be on sale at the fair. If you have questions or other items that you wish to ask about please contact the Workshop Coordinator at the Brock House workshop on Thursday morning or e-mail wramey@interchange.ubc.ca with "Brock House Projects" in the subject line.

-Bill Ramey, Workshop Coordinator



Brock House/Kerrisdale **Choir**



Brock House Choir sang their all Canadian repertoire for the lunchtime crowd at Kerrisdale Seniors Center. We also sang at a care home and at a senior's center residence. Spread the cheer!

Brock House Choir also held their annual year end BBQ at Brock House. Delicious food and good company.

Below: Our President Heather Friesen and her husband Doug Chivers showing off our Canada! choir shirts.

Did you know that Doug and Heather met because of the Brock House Choir? One year when Doug came to our Christmas dinner at Brock House, the tables for the choir were full. He had to sit with others that he didn't know. Heather was one of the people he sat with. The rest is history.

-Judy Ashton



Heather and Craig

A lovely example of one of the reasons why we join Brock House Society, and why we stay.

For the people!



CANADA LIT READ - A - THON

April 1st to August 1st

The Program Committee invites Brock House members to participate in a **Canada Lit Read-a-thon** from **April 1st to August 1st**. Here's how:

Read any book by a Canadian author. On a slip of paper, write the title of the book, the author and a 5 to 7 word review. Put the slip in the box on the Greeter's desk. The slips will be collected regularly, and in August the person with the most book reviews will receive a gift card to purchase a book.

READING CANADIAN LITERATURE PROGRAM

The Halpern Committee for the Performing Arts presents:

A staged reading of

Spinning You Home **by Sally Stubbs**

Thursday, September 21

Ms. Stubbs is a "Vancouver, BC based playwright and educator who also directs, performs and produces". Her "scripts have been described as fierce, bold, surprising, audaciously theatrical, and darkly humorous".

Even dead, Sarah's Grampa tells the best stories....
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.*

Look for further details on website and future issues of The Gallimaufry

*playwrightsguild.ca



Galiano Island Tour

Monday, July 17

\$149.00 members & guests

Leave Brock House 8:15 a.m.

Return 6:30 p.m.

Experience the magic of BC's Wild West Coast on the Gulf Island closest to Vancouver. Beautiful white shelled beaches, stunning views, marine park trails and local artisans await you on Galiano Island. Montague Harbour Provincial Marine Park, with its sheltered waters, towering forests and craggy headlands is rich in natural and cultural history. Take an escorted ocean side walk on Gray Peninsula featuring tidal lagoons and a spectacular rock ledge that was carved into rippling patterns by the movement of glaciers thousands of years ago. Enjoy a two course lunch at the Hummingbird Inn, meet local artisans Marcia Devicque at her Glassworks Studio, Sandra Dolph at Cedar Grove Pottery and finish the day at the well appointed Galiano Oceanfront Inn and Spa for afternoon dessert.

Activity Level: Moderate (short incline Gray Peninsula walk)

PACKAGE INCLUDES: All ferry fees, lunch at Hummingbird Inn, afternoon dessert at Galiano Oceanfront Inn, all fees and taxes. **Please Note:** Additional \$20 ferry fee applies to those under the age of 65 and to non BC residents.

Register for these tours online at www.brockhousesociety.com
or through the Brock House Society office at 604-228-1461



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.



Okanagan Wine Escape Tour

Tuesday, September 19 to
Thursday, September 21
\$699 double occupancy
\$899 single occupancy

Brock House Society has a total of 6 seats on this tour

Pickup at Brock House on September 19 at 7:30 a.m.
Return to Brock House on September 21 at 10:00 p.m.

Experience the definitive Okanagan Wine Escape in Penticton, Oliver, and West Kelowna for the best wine tours, tastings and vineyard dining. Sightsee the natural desert environment of this premier wine growing region of Canada including South Okanagan jewels Skaha Lake and Munson Mountain panoramic gazebo viewpoint. 6 hand-picked award-winning wineries await you. Burrowing Owl Estate Winery, Tinhorn Creek Vineyards, Mission Hill Winery, Hillside Estate Winery, Red Rooster Winery and Road 13 Vineyards. This fully escorted tour includes two nights at the Penticton Lakeside Resort, the exclusive underground Barrel Cellar tour at Mission Hill Winery, free time in Osoyoos and dining at Hillside Winery and Tinhorn Creek overlooking the vineyards.

Activity Level: Easy

PACKAGE INCLUDES:

- 2 nights accommodation at Penticton Lakeside Resort
- 5 meals (2 breakfasts, 2 lunches, 1 dinner)
- 3 guided wine tours
- 6 wine tastings
- All fees and applicable taxes



Register for this tour online at www.brockhousesociety.com

OR through the Brock House Society office at 604-228-1461



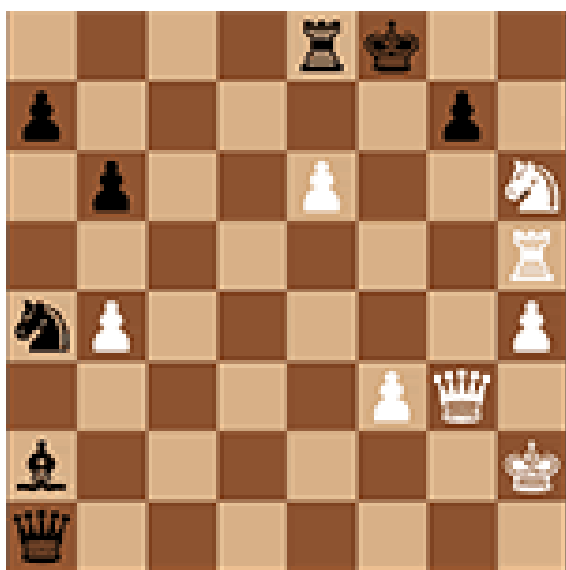
Brock House Chess Club

Thanks to all who came to Stephen Wright's simultaneous, performed on June 8th. Some players had a very good experience during this event. Congrats.

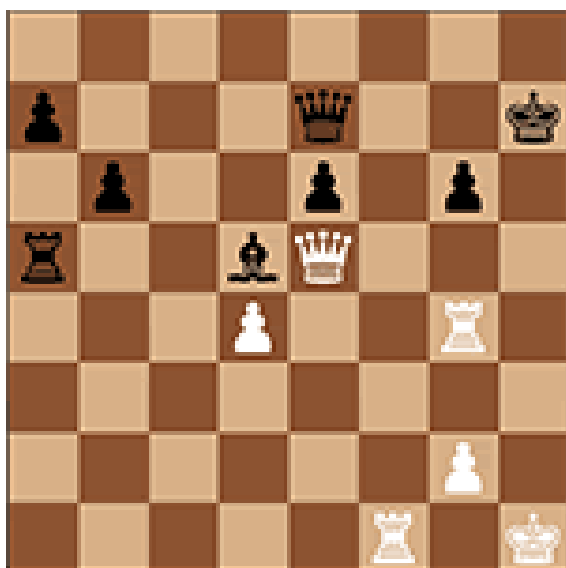
The Brock House chess players meet every Tuesday and Thursday in the **Meyer Room from 1:00 p.m. to 3:00 p.m.** All are welcome to come and play or learn and watch or share their experience.

-Alex Ramirez, Convenor

White to move mate in 3



White moves mate in 3



Back by popular demand!

Brain Teasers!

1.

There was once a lazy man. His father was angry that he did not help in the fields and gave him a task to accomplish. He asked his son to bring him:

- something to eat
 - something to drink
 - something to feed the pig
 - something that would grow a crop
- all contained in one item.

What did he bring?

2.

What 9-letter English word is still a word each time you take away a letter?

The answers will be in next month's issue of *The Gallimaufry*.

Brock House Society Milestones

Our condolences to the family and friends of:

Dorothy Allen (October 4, 1927 - June 5, 2017) and
Carla Ann Poppen (July 11, 1941 - May 30, 2017).

Please submit "Milestones" notices or memories to:

BrockHouseGallimaufry@gmail.com
or *The Gallimaufry* mail tray in the Office.

-Editor

Events at a glance

Monday, July 3	Brock House Society closed (Canada Day)
Saturday, July 8	Brock House Society Summer Fair
Thursday, July 13	Dim Sum Brunch at Dynasty
Monday, July 17	Galiano Island Tour
Wednesday, July	Bard on the Beach
Thursday, July 27	VanDusen Garden Walking Tour
Friday, July 28	Joan & Dick Stace-Smith Pancake Fundraiser
Friday, July 28	Jericho Beach Park Visual History
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: Spinning you Home

Do you prefer reading online?

To get *The Gallimaufry* in your email each month, send a request to:

SophieD@BrockHouseSociety.com with *The Gallimaufry* in the subject line.

You can also view it on the Brock House Society website. Go to:

BrockHouseSociety.com and click on the "Members" tab (second from the left). Then select "Newsletter" from the dropdown menu.

BrockHouseGallimaufry@gmail.com

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 August issue of *The Gallimaufry* is July 22.

-BevAnn Lister Dean, Editor



LUNCH MENU
Brock House Society
JULY 2017

BROCK HOUSE SUMMER FAIR
JULY 8, 10 - 3

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
3 BROCK HOUSE CLOSED	4 Soup & Salad Sandwiches	5 Soup & Salad Sandwiches	6 Soup & Salad Sandwiches	7 Soup of the Day Fish & Chips
10 Soup & Salad Sandwiches	11 Soup & Salad Sandwiches	12 Soup & Salad Sandwiches	13 Soup & Salad Sandwiches	14 Soup of the Day Fish & Chips
17 Soup & Salad Sandwiches	18 Soup & Salad Sandwiches	19 Soup & Salad Sandwiches	20 Soup & Salad Sandwiches	21 Soup of the Day Fish & Chips
24 Soup & Salad Sandwiches	25 Soup & Salad Sandwiches	26 Soup & Salad Sandwiches	27 Soup & Salad Sandwiches	28 Soup of the Day Fish & Chips
31 Soup & Salad Sandwiches				

THE CAFETERIA DOES NOT CARRY LARGE AMOUNTS OF CHANGE. PLEASE DO NOT PRESENT LARGE BILLS IN PAYMENT FOR YOUR MEAL.
Cafeteria is open from 9:00 a.m. to 3:30 p.m. - Lunches are served from 11:30 a.m. - 1:00 p.m.