

HAPPENINGS

February 2021



February at the Centre

Written by Carol Turnbull, Executive Director

January was not our usual start to the year. This year we were unable to return to the most programming due to COVID-19. However, by the end of the month we were successfully and safely hosting wellness services and fitness classes as well as our Grab and Go program, weekly food distribution, and several of our regular drop-ins online. We are very happy to see folks starting to return now that the provincial health orders are allowing for slightly increased activity.



On Friday, January 15 our staff participated in Black Shirt Day with the hope that all Centre users will participate next year. Black Shirt Day started this year in Vancouver as a way to recognize the struggles for civil rights by Black and racialized Canadians. It is hoped that this day will be officially recognized by the province for 2022.

The next colorful shirt day will be coming up on February 24. Join us by wearing pink to help stamp out bullying in our community with Pink Shirt Day.

This year's theme is 'Lift Each Other Up'. We know the power of this at CSVAC because we witness Centre users supporting each other every day. You know how to lift each other up and we want you to spread this kindness and compassion to everyone you meet. For more information about Pink Shirt Day check out pinkshirtday.ca.

We are looking forward to next year when we can celebrate our month of love and friendship with you. This year our Valentine's and Chinese Lunar New Year celebrations were cancelled due to the pandemic. We hope that you will share your stories of how you have acknowledged the friendships and special people in your life for Valentine's Day, which falls on the Family Day long weekend this year.

Will you be spending time with family on Zoom, maybe see them (depending on the restrictions) for the first time in many months, or perhaps you will curl up with your favorite pet and a good book. Chinese Lunar New Year is also mid-February. This year is the year of the Ox. What does this mean for you? Will this year hold good fortune or will you need to be more methodical in your decision making? Check out your horoscope in another section of our newsletter.



Board Search Committee



Written by Bev Ruhl, Board Search Committee Chair

Were you just invited to be part of our Board? Was your first reaction "Yikes!?" Maybe you are thinking about being part of the Board but it feels overwhelming. Our Board is supportive and focused on ensuring the Centre is an interesting place to come to for activities and events. You can do this; we promise being on our Board of Directors is not as intimidating as it sounds.

We look for people with and without previous experience on boards. All Board members are fun loving members of CSVAC—yes that includes you. The folks that become our Executive have been part of our board for a couple of years and know how things work. These are also people who want to be even more involved with the successful operations of our Centre.

The board, as a whole, safeguards the Centre's finances and ensures that CSVAC continues to provide members and guests with high quality opportunities. The Board helps set goals and helps to meet them. This sounds like a lot of work but it isn't difficult with such a great team. Don't forget you have staff that also work with the Board to ensure all of this happens as well.

Many Board members also work with a committee. These committees do valuable work to fulfil their roles and to help achieve our strategic plan. The committees laugh as much as they work. Being on a committee is a great way to learn more about an area of interest or continued learning. For Board members this is a fun way to be involved with Centre life outside of regular activities.

If you are interested in participating on our Board of Directors please contact Bev or Carol at info@cookstreetvillageactivityCentre.com to express your interest and to ask any questions you might have regarding this important role in our community.

Meet our guests

Written by Nika Levchenko, Marketing Assistant

We are introducing our new newsletter feature – Meet our guests. Every month you will get a chance to learn more about one of our visitors. If you want to participate in “Meet our guests”, please contact our Marketing Assistant Nika at marketing@csvac.ca.

While we start this section to celebrate the vitality of our community, this month we want to give a tribute to our dear friend Eddy who passed away recently. His kind heart and beautiful soul gave so many smiles to our visitors, volunteers and staff members. We wanted to share his life story written by his loving family.

Meet Eddy Gschiel

Eddy emigrated to Canada from Austria back in the early 1950's by ship to Quebec. Then went across Canada by train to Vancouver and finally settled in Victoria where he met the love of his life, Elisabeth, who had also emigrated to Canada with her parents and sister in the early 1950's from Austria. Before Elisabeth passed away in 2016, Eddy and Elisabeth had celebrated their 60th wedding anniversary.

While Eddy was apprenticing to become a carpenter in Victoria, he was a volunteer firefighter for a short period of time. He also learned how to build wagon cart wheels as a part of his carpentry training. A very time consuming and precise job according to Eddy, but loved the challenge. Once Eddy finished his apprenticeship, he put his heart and soul into being a dedicated carpenter taking pride into everything he built. He carried this career on for close to 40 years, but has always kept his hands busy with doing odd repair jobs or thinking of innovative solutions to cabinets, shelves, or anything else that was presented to him. Age didn't slow him down right up to his recent passing on January 20, 2021.

He will always be loved and never forgotten.



February Highlights

Written by Nika Levchenko, Marketing Assistant



Speaker Series

Enjoy great stories from the experts with a unique experience who are ready to have a friendly discussion and answer any questions you might have. We will run on Zoom until we are able to hold in person.

Upcoming topics:

February 2: M.A.I.D w/ Kevin Doyle

February 9: Stories from a Female Pilot w/ Vanessa Hammond

February 16: End of Life Doula w/ Coral Clay

February 23: Embracing Healthy Aging w/ LowellAnn Fuglsang

Knowledge & Nibbles

February 24: The Social Dilemma.

This 2020 documentary-drama hybrid explores the rise of social media and the damage it has caused to society, with tech experts sounding the alarm on their own creations.

Book & Puzzle Sale

From February 1 to 13 we will be accepting donations of gently used newer books and puzzles for our Winter Book & Puzzle Sale.

The sale will take place Monday, February 15 through Saturday, February 27. Come in and pick up a new to you book or puzzle at the sale.

Bake Sale

Bring your friends and family to the Centre to get delicious freshly made pastries just for you. We will be selling muffins, cookies, brownies, and so much more! See what we have under the tent.

Day: Saturday

Time: 10:00am – 2:00pm

Date: February 13



To find out more about our activities, events and drop-ins, check our [Winter Program Guide](#).

Entertainment



Chinese Lunar New Year Horoscopes

The Ox is a reliable, dependable, and resilient animal that can be relied upon, which means a year of hard work, determination, strength, and resilience to achieve the things you want. The Ox is also a sign of success and great achievements in all you are working on.

Rat (1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020)

It will be a year of connections for rats. Whether you are looking for a friends or trying to establish professional relationships, you will be successful at that. And if you are single, you have a big chance to meet your soulmate.

Ox (1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021)

This year Oxen will spend a lot of time with their family and dear ones. Your Zodiac animal will protect you this year and give you energy to focus on your mental stability and balance your emotional relationships.

Tiger (1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022)

Tigers are naturally clever, surprisingly gifted and have the greatly strengthened comprehension ability. This year will give you interesting challenges so you can learn how to be more patient and focused. By that, you can bring more balance and stability in your life.

Rabbit (1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023)

This year Rabbits will have success finding little joys and reasons to smile every day. Don't rush into big changes and give yourself time to grow and adapt.

Dragon (1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024)

Dragons will use this year to learn how to adapt to changes. This will be a moderate year for you in terms of prospects and expectations. Be careful and remain calm when it comes to taking new actions.

Snake (1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025)

This will be a dynamic year for the snake. You should listen to your instincts and believe they are leading you in the right directions. The snake should capitalize on pre-existing achievements.

Horse (1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014, 2026)

This will be a better year than last year for the horse as it will be marked with abundance, excellence, and lots of love. Horse can optimize their chances of success when it comes to work and finances.

Sheep (1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015, 2027)

Sheep are remarkably intelligent and are lucky in finance, good in health and almost everything is auspicious for them. They could get both fame and gain in life. Sheep will realize the benefits of saying no to people who don't benefit them in any way.

Monkey (1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016, 2028)

The year will start out with many challenges but it will work out for the better. Monkeys should make important changes in all aspects of their lives and will be able to save money for a rainy day.

Rooster (1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017, 2029)

Rooster's bold character combined with their strong will and wisdom will help them during this year of personal recovery. This will bring happiness to your life and your loved ones. This year you will gain financial abundance.

Dog (1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018, 2030)

You will have restraint in 2021 in your personal and professional life. With some hard work you can achieve all your dreams and goals. You must learn to stop criticizing your partner.

Pig (1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019, 2031)

Pigs will have great professional prospects but should avoid conflicts with the colleagues. Be cautious with love this year and don't lose your head.

Lunar New Year Word Search

C	E	N	T	R	E	S	Z	W	I	N	T	E	R
Y	F	T	C	T	R	E	R	C	M	O	N	E	Y
L	N	R	E	R	R	E	A	N	C	B	T	I	S
I	R	A	I	O	J	A	D	E	S	N	C	M	A
M	D	C	S	E	N	F	A	D	E	R	T	F	C
A	T	S	A	S	N	K	C	U	L	E	C	E	T
F	M	R	B	I	E	D	J	R	I	T	I	B	I
R	D	L	R	R	D	I	S	A	Y	N	I	R	V
I	F	I	R	E	W	O	R	K	S	A	N	U	I
B	R	C	E	L	R	Y	Z	S	E	L	L	A	T
A	R	L	D	W	J	O	Y	N	Y	I	A	R	Y
D	R	L	U	N	A	R	E	R	L	E	E	Y	F
F	C	J	I	I	S	R	O	T	S	E	C	N	A
A	I	R	I	E	F	N	Y	E	V	O	L	E	E

ACTIVITY
LUCK
ZODIAC
FRIENDS
WINTER
RED
ANCESTORS
FEBRUARY
LUNAR
JOY
FAMILY
LANTERN
MONEY
FIREWORKS
CENTRE
JADE
LOVE

1 SAND	2 MAN BOARD	3 STAND I	4 READING
5 WEAR LONG	6 H ROAD A D	7 T O W N	8 CYCLE CYCLE CYCLE
9 LE VEL	10 O M.D. Ph.D. B.S.	11 KNEE LIGHTS	12 11 OOO OO
13 CHAIR	14 DICE DICE	15 T O O T	16 GROUND FEET FEET FEET FEET FEET
17 MIND MATTER	18 HE'S/HIMSELF	19 ECNALG	20 DEATH/LIFE
21 GI CCC CC C	22 PROGRAM	23 C E L E B R A T E S	24 J U S T Y O U S M E

Q: Why is a bee's hair always sticky?

A: Because it uses a honey comb!



Inter-Generational PenPal Club - write letters to youth in your community!

Free basic computer sessions to learn to communicate, access resources and have some fun!

For more information:

Tel: 250-385-0014

Email: admin@

victorialiteracyconnection.ca



Rebus Answer Key:

1. Sandbox; 2. Man overboard; 3. I understand; 4. Read between the lines; 5. Long underwear; 6. Crossroads; 7. Downtown; 8. Tricycle; 9. Split level; 10. 3 degrees below zero; 11. Neon lights; 12. Circles under the eyes; 13. High chair; 14. Paradise; 15. Touchdown; 16. 5 feet underground; 17. Mind over matter; 18. He's beside himself; 19. Backward glance; 20. Life after death; 21. G.I. overseas; 22. Space program; 23. See through blouse; 24. Just between you and me.

Rendezvous Café and Grab and Go

Visit our Rendezvous Café to see Gerry, our team of volunteers and staff members as we prepare delicious food for you. Enjoy handcrafted sandwiches made to order, delicious home baked goodies, and soups that will warm you on a cold day.

This is a great place to meet with friends and have a chat and laughter over a cup of tea or coffee.

Grab and Go

February 6

Beef Bolognese
Skillet-Braised Brussels Sprouts
Snowball Shortbread Cookies

February 13

Greek Spinach Pie
Greek Salad
Greek New Years Cake

February 20

Sloppy Joes
Lemon-Garlic Potato Wedges
Chewy Chocolate Chip Cookies

February 27

Spinach Stuffed Chicken Breasts
Zesty Grain and Vegetable Salad
Custard Lemon Bars

Stop by or call us to Pre-Order Your \$9 meal by Thursday.

Come to the Centre on Saturday at 3:30pm to collect your delicious, home-cooked meal.

Cook Street Village Activity Centre
1-380 Cook St 250-384-6542

Rendezvous CAFÉ

Snacks		
Scone	2.00	
Muffin	2.00	
Gluten Free Muffin	4.00	
Cookie	1.00	
Slice of Pie	3.00	

Meals		
Soup	4.00	
Sandwich	4.00	
Gluten Free Sandwich	5.00	
Low Carb Sandwich	5.00	
Tuesday Special	7.00	
Wednesday Special	8.00	

Drinks		
Coffee	1.00	
Tea	1.00	
Hot Chocolate	1.00	
Pop	1.00	

Café Hours
Monday to Friday, 9.30am-3pm. For evening service see staff
Lunch is served 11am-1pm, unless there is a seasonal celebration when we are closed from 11am to 2pm

Recipe Suggestions

We are taking meal suggestions for our Grab and Go program. Please place your favorite family recipes into our Suggestion box at the Front desk until the end of February. If we feature your recipe, you will get a free Grab and Go meal that week.

Food Distribution program

Every Friday morning join us for Food Distribution at 10:00am. We never know what we are going to get but normally we have a good selection of fruits and veggies. You may also find: meat, eggs, dairy, drinks, etc. Everyone is welcome to participate.

Check out our great rental opportunities

Ask us about our discounted rates

For details talk to Carol executivedir@csvac.ca

ADVERTISE HERE

If you are reading this, so are your potential customers!

Contact us for details.

JOIN TODAY

Become a MEMBER