

HAPPENINGS

March 2021



March Around the World

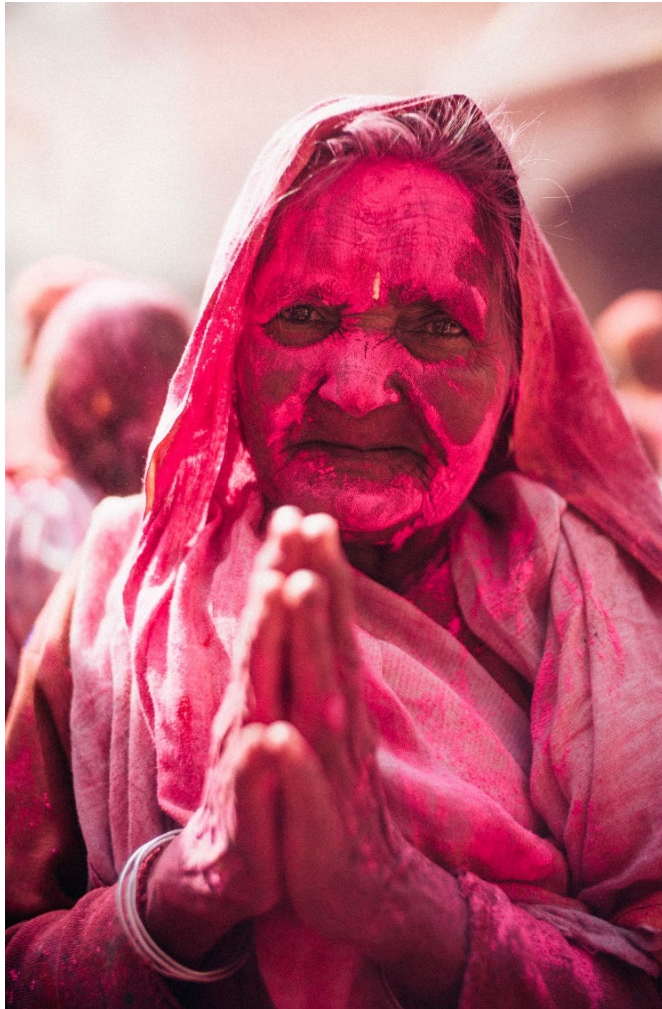
Written by Nika Levchenko, Marketing Assistant

This month we wanted to celebrate the diversity of cultures and share with you which holidays, events and festivals are happening around the world.

India - Holi (March 29th, 2021)

Holi is one of the biggest festivals in India that is celebrated in almost every part of the country. It lasts one day and one night. Holi is a celebration of joy and love. People come together to share positive energy and forget resentment towards others.

One day before the day of Holi people light bonfires to spread good energy and warmth. Day of Holi is celebrated by playing with colors with friends and family. It symbolizes happiness and joy shared with others.



Ireland - Saint Patrick's Day (March 17th, 2021)

St. Patrick's Day is celebrated on the day of the death of Saint Patrick, the patron of Ireland. On this day people celebrate Irish culture by making traditional food and drinks, dancing and participating in parades.

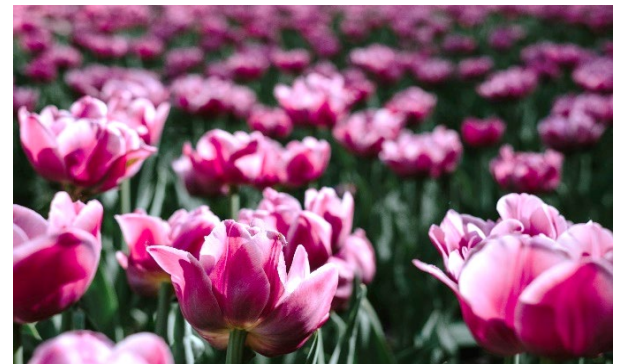
It used to be a religious holiday, and back in 1970s all the pubs in Ireland were mandatory closed on March 17. But since 1995, the Irish government started to show Irish culture to the rest of the world by driving tourism and having big celebrations.



Japan - Sakura Blossom Season (mid-March to late May)

Every year people in Japan celebrate a spring season with a Sakura Blossom festival. Sakura usually blooms between mid-March and early May.

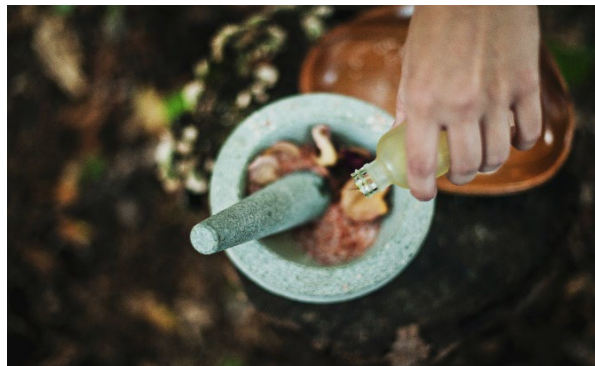
This year, cherry blossoms will start to bloom in the late March. To celebrate the season of growth and new life, people go to the park and enjoy a picnic in the shade of beautiful sakura trees. It is called Hanami – the Japanese tradition of enjoying the beauty of flowers.



Mexico - Noche De Brujas: Night of the Witches (March 5th, 2021)

The Night of the Witches is celebrated every year in the town of Catemaco in Mexico. This place is considered a center of Mexico's witchcraft culture. Back in 1970 a local shaman decided to host a first witchcraft convention there. Hundreds of witches, healers, and shamans were coming from all over Mexico to perform a mass cleansing ceremony to dissolve any negative energy from previous years.

Right now the convention became more tourist-oriented. Visitors come to Catemaco to get witchcraft consultations, buy amulets for good luck, enjoy food and watch various rituals and ceremonies



Holland - Amsterdam Keukenhof Tulip Gardens (March 20th, 2021 to May 9th, 2021)

Keukenhof is a 32 hectare botanical garden located in Amsterdam, Holland. Every year it opens during spring time for a tulip festival to bring joy to its visitors.

During fall time more than 7 million bulbs are planted by hand to bloom in spring. It includes a variety of 800 different tulips. This year the theme of the festival is World of Colors.

Message from the Board of Directors

Written by Eleanor Ward, Board President

Spring is coming, although you may doubt it some days. Those plants are struggling to emerge. We all look forward to seeing them again in all their glory. Our Gardening Committee will again be cleaning up our gardens. Heartfelt thanks to that group of people who maintain our green space and dream of doing even more. If you would like to be involved, please contact Reception.

Another month of the pandemic has rolled by. We continue to follow the rules from our Ministry of Health. Our monthly Board meetings are part Zoom and part in-person with distancing as required. Our few programs that we can run follow the rules. Please call Reception if you have questions. And please follow these rules wherever you go. We all want to beat this virus and to stay safe.

Remember about our delicious Grab and Go meals every Saturday. Again, contact Reception for details. Place your orders by Thursday each week so volunteers and staff can plan their preparation.

Entertainment



March Horoscopes

ARIES 03.21 – 04.20: March would be the month of self-exploration for Aries. Think about what is actually important to you and what brings you happiness. Don't be scared - your ambitions can bring you not only financial stability but sincere connections and love.

TAURUS 04.21 – 05.21: Love will flourish for Taurus this month. Be giving and kind, and it will come back to you multiplied. New energy is coming to your life that will give you strength to grow and improve.

GEMINI 05.22 – 06.21: Successful month for Gemini in terms of career opportunities. But be wise with how you spend your money this month. Talking about relationship, be kind and understanding to people around you if you don't want to get yourself into conflict situations.

CANCER 06.22 – 07.22: This month will have a humanitarian focus for Cancer. It will be important to socialize and help the community. You might find multiple ways to do so – you can volunteer, donate money or blood. You can also just focus on your family and friends, supporting them through tough situations and bad days. March is also good for Cancer to start new projects and explore creative ideas.

LEO 07.23 – 08. 22: Leo will have physical and mental recovery this month. Get a deserved vacation, start a new hobby, find a way to spend money in a fun way that will bring you a lot of positive emotions.

VIRGO 08.23 – 09.22: March will give Virgo more ease with money. Stars suggest you to buy a lottery ticket or pay off your debts after March 13. There is also a high chance for you to receive a nice gift or inheritance.

LIBRA 09.23 – 10.22: Libra will enjoy connections this month. If you have a partner, you will rediscover your love and find new exciting sides in each other. If you don't have a relationship, stars will be in your favor to find someone who will understand and accept you. Not all connections are romantic though – you might expect sincere and supportive conversation with a friend or fun time with your family. Pets can also bring a lot of comfort to you this month, allowing you to heal and feel loved and protected.

SCORPIO 10.23 – 11.21: This month is family-oriented for Scorpios. Spend time with your partners, kids and grandkids as well as other family members, and pets. If any of your family relationships bring you stress or discomfort, all conflicts will be resolved after March 22.

SAGITTARIUS 11.22 – 12.21: Sagittarius can expect success in professional and financial aspects of life. You will be motivated to work hard which will give you strong positive results. But don't forget about importance of relationships, otherwise work focus can bring some conflicts.

CAPRICORN 12.22 – 01.19: This month will have an aesthetics and self-care focus for Capricorn. Buy new décor, change wall color or switch something in your wardrobe. Allow yourself to enjoy a salt bath surrounded scented candles. March will also be good for any document work.

AQUARIUS 01.20 – 02.18: Aquarius will find a big enjoyment in developing projects and creating new ideas for work and home this month. Also, you will spend some fun time and have sincere conversations with friends.

PISCES 02.19 – 03. 20: This month Pisces will find new money sources – it might be additional work project or lottery winning. When starting a project, be creative and brave while brainstorming. Risky ideas will have a high success possibility.



Do you have any ideas on how to upgrade our newsletter? Contact Nika at marketing@csvac.ca to share your ideas and suggestion on how to the experience for our readers.



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



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- What do you call an Owl who does magic tricks?
- Hoodini.



March Around the World

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Rebus Answer Key:

1. One step forward, two steps back. 2. All for one, one for all. 3. Man overboard. 4. White Christmas. 5. He was raised in the middle of nowhere. 6. Easy on the eyes. 7. Reverse gears. 8. Head over heels in love. 9. Read over heels in love. 10. Misunderstanding between friends. 11. Safety in numbers. 12. Ready to go.

March Highlights

Written by Nika Levchenko, Marketing Assistant



Yoga – Chair

Our gentle seated yoga class is back! It is well suited for people with health concerns or limited mobility. Come join us to feel energized and refreshed.

Day & Time:

Tuesday, 10:30am-11:30am

Life as Yoga: Forward Movement

On the eve of a great war, in a time of societal chaos, a leader and warrior, Arjuna, wishes to abandon his role and life. He is heart-centered, utterly perplexed, and needs to understand life's meaning. Krishna (the Divine) stops the action, as in a movie on a screen, and proceeds to teach Arjuna the meaning of his life as yoga.

Our present historical time is a similar stop-gap moment. How do we live our lives as yoga going forward from here? Drawing insights from The Gita, The Vijnana Bhairava, and the seven chakra system within the yoga tradition we will explore yoga postures for reflection and forward movement.

Day & Time:

Monday, 4:00pm-5:00pm

Ball Drumming

You don't have to be a drummer or have a strong sense of rhythm to enjoy this fun fitness course. Listen to the music and use your drumsticks to energize yourself and give your body a nice cardio. Lots of laughter guaranteed. Suited for people with limited mobility.

Day & Time:

Friday, 11:00am-11:45pm

Pens and Friends

We are happy to bring back one of your favorite activities! If you like journaling and creative process of writing, come and enjoy the fun of Pens and Friends class.

Day & Time:

Tuesday, 10:00am-11:30am

Book & Puzzle Sale

Currently Book & Puzzle Sale is paused due to COVID-19 restrictions. Stay tuned to find out more about updates on dates.

Bake Sale

Currently Bake Sale is paused due to COVID-19 restrictions. Stay tuned to find out more about updates on dates.

Meet our guests

Written by Nika Levchenko, Marketing Assistant

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.

Meet Vanessa Hammond

Vanessa has traveled for the first time when she was just one week old, and maybe that's what determined her future as a pilot. Since then, she has lived in 25 countries and worked in 35. Out of all those beautiful places, there are 4 that are dear to her – Ireland and Scotland, Canada, and Mongolia. The last one might be surprising to some people considering the climate in Mongolia is very harsh. It's dry, windy, and cold compared to the mildness and greenness of Ireland and Canada. But it is people in Mongolia that Vanessa appreciates – their kindness and warmth still make her smile. Meeting new people was one of the fundamental parts of her career.

Deciding to become a pilot was a combination of family traditions, desire to learn, and Vanessa's rebellious spirit. Her dad was a glider pilot and was building gliders as a hobby, so since a young age, those flying machines were a part of Vanessa's life. Being in school, she really enjoyed science, and that's where her interest in aeronautics came from. Later Vanessa decided to apply for the Royal Air Force. She still remembers how hard it was to be in school in England as an Irish kid, as racism was obnoxious back in the day there. Being a woman too, she felt a lot of judgment, and that's what made her so determined to fly.

After that Vanessa came to Canada where flying was much more developed compared to smaller countries. While getting her second degree, she had an argument with one of her professors who also didn't believe women can be pilots. So, Vanessa got into the car, on the plane, and in 20 minutes she was in the flight school. They were just starting a new course, and she became one of the 4 women in a group of 36 students. Those 4 women who were so judged for their desire to become pilots got their licenses first with top marks in theory and legal regulations.



The next period of Vanessa's life was devoted to learning aerobatics. When Canada decided to take part in a World Aerobatics Championship, she became the team leader. Vanessa did all the negotiations with Russian authorities back when they needed to take one of their tiny aircrafts from Germany to Ukraine.

Vanessa remembers challenges that came with combining her career and family life. After finishing her degree, she was looking after 2 kids. Not having their dad around a lot, Vanessa was the head of the house, a mom, and a pilot. After that, she started working full-time. She remembers how tough it was sometimes but also that it was worth it. She just loved traveling so much. Going places and meeting new people. Listening to songs about different cities – and then going there to see them.

For the last 22 years, Victoria has been home to Vanessa. In one of those years, she met Carol to interview her for a job. Carol was perfect for that position, even though things have shifted with that workplace and it didn't work out. But Vanessa and Carol stayed in touch. After some time, Victoria Health Co-operative was started. They needed a place to work and meet, so Vanessa came to Carol asking for some space, and got yes right away. That's how their cooperation started.

Vanessa is excited about current projects and events happening at Victoria Health Co-operative. She shared that all members of the Centre are welcome at the No Touch Wellbeing event that takes place twice a month on Zoom and that you can check the Victoria Health Co-operative website for more information. Also, they have been working on getting a partnership that will enable them to forward the names of people who need a health practitioner. Don't hesitate to contact Vanessa for information on that. Currently, they are working on a project to get flower beds all around the Centre to beautify the area. They plan to include some healing plants and veggies, and a sitting area.

Vanessa feels that she has been really fortunate throughout her life. She was exposed to a lot of languages as a child which is a great way to expand your brain. It makes you look at things differently when you are describing them differently. Also, very often you can express some things in one language but cannot in another. For example, in Irish, there is a word for music that makes you cry with happiness – caoineadh. Vanessa appreciates the diversity of cultures, languages, places, and people. She feels grateful for the opportunity to be herself and connect with others during her happy and exciting life.

Recipes from Around the World

Written by Nika Levchenko, Marketing Assistant

Make your March more festive by celebrating holidays and festivals with India, Ireland, Holland, Japan and Mexico. We found traditional recipes that are popular in each country during the holiday season. We would enjoy your cooking stories and pictures of the meals you made so feel free to stop by the Centre to share.

India - Holi Gujiya

Ingredients:

For the dough:

2 cups refined flour
1 cup clarified butter
Water (to mix)

For the filling:

1 cup ricotta cheese
1 cup sugar
1 tsp green cardamom, powdered
1 tbsp. almonds, finely chopped
Ghee (for deep-frying)

For the syrup:

1 cup sugar
1 cup water

Instructions:

Step 1: Rub 1 cup clarified butter into the flour and knead into a stiff dough with water.

Step 2: Leave to rest for at least half an hour.

Step 3: Sauté the ricotta cheese over medium heat till it looks slightly fried.

Step 4: Take off the heat and when it cools, mix in the sugar, cardamom and almonds.

Step 5: Shape the filling into ovals about 2 cm length and 1 cm thickness.

Step 6: Make balls of the dough and roll out into 1 cm thick rounds.

Step 7: Take a round, wet the edges with water and place a piece of filling over one half.

Step 8: Fold the other half over and press the edges together to seal.

Step 9: Either cut off the edge with a fancy cutter or make a design by pinching and twisting all along the sealed edges.

Step 10: Make all the gujyas in this way. Heat ghee in a kadahi. To check if the ghee is hot enough put a piece of dough in it. If it comes up at once, add as many gujyas as fit in comfortably.

Step 11: Turn them over and lower the heat to medium. Fry till golden brown on all sides. Lift out and leave to drain on absorbent paper.

Step 12: Make sugar syrup by cooking water and sugar together, till one thread consistency

Step 13: Dip the gujyas in it, lift and let dry on a plate.

Step 14: Fry the rest, increasing the heat for a few seconds before adding the next lot.

Step 15: Can be eaten hot or at room temperature and can be stored in air-tight containers.



Ireland - St. Patrick's Day Fried Cabbage

Ingredients:

2 tablespoons unsalted butter
4 slices bacon (about 3 ounces)
sliced crosswise into 1/2-inch strips
1 medium onion, diced
3 cloves garlic, sliced
1/2 large head green cabbage, quartered, cored and sliced crosswise into 1/2-inch-thick slices
Kosher salt and freshly ground black pepper
2 teaspoons Worcestershire sauce

Instructions:

Step 1: Place the butter and the bacon in a large Dutch oven or pot with a lid over medium-high heat.

Step 2: Cook, stirring occasionally, until bacon is lightly browned and crisp, 7 to 8 minutes (lower the heat if the bacon begins to get too dark).

Step 3: Using a slotted spoon, remove the bacon to a paper-towel-lined plate and reserve (do not wipe out pot).

Step 4: Add the onion, garlic, and 1/2 teaspoon salt to the pot, stirring frequently with a wooden spoon and scraping up any browned bits from the bottom of the pan. Cook until the onion is very soft, about 8 minutes.

Step 5: With the heat at medium-high, add the cabbage, 1 teaspoon salt, and 1/4 teaspoon black pepper. Stir until the cabbage starts to soften, 5 minutes.

Step 6: Reduce heat to medium-low or low and cook, covered, until the cabbage is very tender, with a little bit of texture remaining in the thicker rib pieces, 12 to 15 minutes, stirring occasionally to make sure the bottom isn't getting too dark.

Step 7: Uncover the pot and increase heat to high. Add the Worcestershire sauce and stir for about a minute. There should be almost no liquid in the pot.

Step 8: Add more salt and pepper, if necessary, transfer to a serving bowl and top with the reserved bacon bits.



Holland – Poffertjes

Ingredients:

1 teaspoon instant yeast
 1 Tablespoon milk
 1 cup buckwheat flour
 1 cup all-purpose flour
 2 eggs
 1 teaspoon sugar
 ½ teaspoon salt
 1¼ cups warm milk
 1 Tablespoon butter for each well in the pan, plus more for serving.
 powdered sugar, whipped cream, fruit sauces, or maple syrup for serving

Instructions:

Step 1: For batter: Dissolve the yeast in 1 Tablespoon milk in a small bowl.
Step 2: In a separate bowl, combine the flours, eggs, sugar, salt, ⅝ cup of the warm milk, and the yeast/milk mixture. Stir until smooth. Stir in the remaining warm milk.
Step 3: Cover the bowl and allow to rest for one hour.
Step 4: Melt 1 Tablespoon butter in the poffertjes pan or skillet. When butter starts to sizzle, add a few teaspoons of batter in circular movements to create the mini pancakes.
Step 5: Turn the poffertjes around as soon as the bottom has set, using two forks.
Step 6: Serve with the best quality butter and powdered sugar, or whipped cream, fruit sauce, maple syrup.
Option: skip the buckwheat and use 2 cups of all-purpose flour.



Japan – Hanami Dango

Ingredients:

For the dango:
 ¾ cup glutinous rice flour (90g)
 ½ block of silken soft tofu (100g)
 ¼ cup white sugar (50g)

For the decoration:

¼ tsp matcha powder, optional
 ¼ tsp strawberry powder, optional
 5-6 bamboo skewers

Instructions:

Step 1: Weigh the rice flour, silken tofu, and sugar. Add into a large bowl. Mix well using your hands. Use a kneading motion until a dough forms.
Step 2: Divide the dough into three equal parts.
Step 3: Sift in the matcha powder into another portion of the dough and knead well until it turns green. Sift in the strawberry powder into one portion of the dough and knead until it forms a uniform pink color.
Step 4: Divide each ball of dough into 5-6 balls. Weigh balls to be around 14-15 grams each, this yields 5 skewers. For smaller balls, make them into 10-12 grams each.
Step 5: Bring a pot of water to a boil and add in the dango balls. Leave the dango balls to cook. Remove the dango balls when they rise to the top of the water.
Step 6: Scoop them out using a strainer ladle and place into a bowl of ice cold water to stop them from cooking further.
Step 7: Add one green dango ball onto a skewer. Follow with one white and one pink dango ball. Repeat for all skewers.



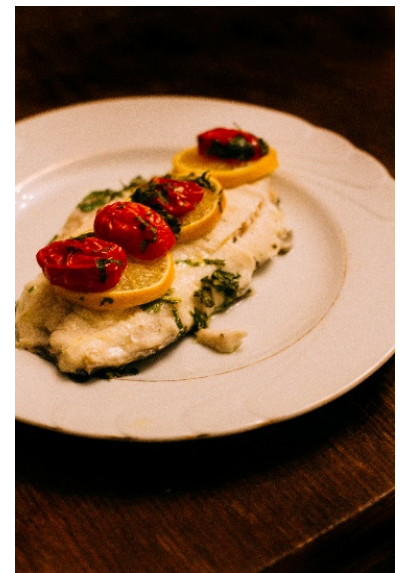
Mexico – Veracruz-Style Red Snapper

Ingredients:

2 tablespoons olive oil
 ½ white onion, diced
 3 cloves garlic, minced
 1 tablespoon capers
 1 tablespoon caper juice
 1 cup cherry tomatoes, halved
 ⅓ cup pitted, sliced green olives (such as Castelvetrano)
 1 jalapeno pepper, seeded and chopped
 2 teaspoons chopped fresh oregano
 2 teaspoons olive oil
 2 (7 ounce) red snapper fillets, cut in half
 salt and pepper to taste
 ½ teaspoon cayenne pepper, or more to taste
 2 limes, juiced

Instructions:

Step 1: Preheat oven to 425 degrees F (220 degrees C).
Step 2: Heat olive oil in a skillet over medium heat. Stir in onion; cook and stir until onions begin to turn translucent, 6 to 7 minutes.
Step 3: Cook and stir in garlic until fragrant, about 30 seconds. Add capers and caper juice; stir to combine.
Step 4: Stir in tomatoes, olives, jalapeno, and pepper. Cook and stir until jalapeno pepper softens and tomatoes begin to collapse, about 3 minutes. Remove from heat; stir in oregano.
Step 5: Drizzle 1 teaspoon olive oil into a small baking dish. Sprinkle in 1 tablespoon of the tomato-olive mixture. Top with 1 snapper fillet, salt, black pepper, and cayenne pepper. Top with more filling and juice from 1 lime. Repeat with remaining snapper fillet, seasoning, and lime juice in a second baking dish.
Step 6: Bake in the preheated oven until fish is flaky and no longer translucent, 15 to 20 minutes.



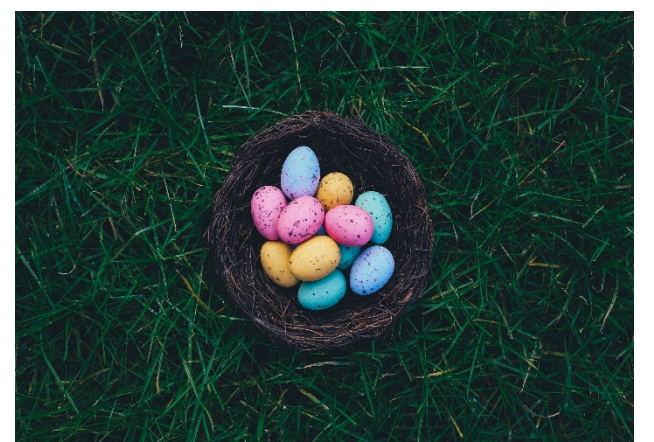
Easter Lunch

What can be better on Easter than a tasty meal in the comfort of your own home? Come to the Centre to pick up delicious warm lunch for your Easter table.

All lunches must be pre-ordered by **Monday, March 29** for Saturday pick up.

Date & Time: Saturday, April 3rd, 3:30pm pick up

Cost: \$12



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

March 6

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

March 13

Beef and Broccoli Stroganoff
Brownies

March 20

Butter Chicken with Rice
Naan
Lemon Tart

March 27

Pulled Pork
Garlic Mashed Potatoes
Green Beans
Snickerdoodles

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

