

The Gallimaufry

February 2019

25 Cents

Brock House Milestones

Our condolences to the families and friends of:

Dena Alden, Marjorie Boyle, Celia Grigg,
Neil Ornstein, Nora Parsons, and Eva Redmond



Services for Seniors

STAR Program - SFU

Wednesday, February 6,

1:00 - 3:30

Halpern Room

*Point of care health technology.
Research forum for older adults
and seniors 55+.*

Join a group of research trainees from STAR Institute (Scientific Technology Aging Research) from SFU School of Mechatronic Systems Engineering to learn of emerging health technology and research findings.

*Refreshments & appetizers served.
Maximum allowed 30 participants.
Registration is required.*

Cannabis Talk

Wednesday, March 13

1:00 - 3:30

Halpern Room.

Philip Mang, RPH

Mr. Mang will discuss the impact on the legal and functional aspects of our lives, product forms, the role of pharmacy and retail stores, etc. There will be plenty of time for questions

Registration is required

St. Patrick's Day

 *Social* Event

Monday, March 11, 2019

1:45 - 3:15pm in the Conservatory

Come enjoy an Irish-style afternoon tea with fellow leprechauns!
Dress code: Fifty shades of green



Enjoy music by Michael Viens & Rosie Carver

Michael and Rosie are two members of the Blackhorn band who will be performing some of your favourite Irish songs along with some bouncy jigs n reels.

An Irish Blessing

May the road rise up to meet you
May the wind be always at your back
May the sun shine warm upon your face
And rains fall soft upon your fields
And until we meet again
May God hold you in the palm of his hand.

Members \$17.00 / Guests \$20.00

Purchase tickets online at www.brockhousesociety.com or through the Brock House Society office 604-228-1461



Where Seniors Stay *Young*

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





From the President's Pen

Hello again.

And a warm welcome to 2019...which promises to be another year of change at Brock House Society. So, let me start with the most significant of these changes.

After 15 years of dedicated service, Sophie, our Administrator, has decided to retire and will leave us at the end of April. We will of course acknowledge her leaving and contribution to BHS, with an event in due course, so stay posted. In the meantime the Board is now busy on the process of finding a replacement for Sophie. (Big shoes to fill!)

Also as per usual, we will be having our **AGM on March 20** when we will also be electing a new Board and saying farewell to some old familiar faces.

Other changes to watch out for is a proposed upgrading and painting of certain rooms on the main floor, that will add a cleaner fresher look to the overall ambience of the area.

As with the start of any New Year a complete financial review has taken place, involving projections for 2019. Although there is a desire to keep our current annual membership fee at \$60.00 (*cheap by any standard*), the ongoing cost of maintenance and upkeep is a constant troubling financial factor.

One of the main reasons for being able to keep our fee at such a low level is the number of volunteers that we have available to help support and deliver the programs, events and services that you receive. So if you are looking for a new and worthy cause or engagement to start off the New Year, then please consider volunteering. We have many positions available and I'm sure that you will find something that offers you a meaningful experience.

So in closing just a note about some upcoming events:

First of all, I would like to make a correction from my last President's Pen. The date for this year's **Summer Fair** has been changed from July 13 as stated, to **Saturday July 6**. This was due to an event booked into the Restaurant for that date.

Also after another sold out Robbie Burns Day event, it is time to shift our focus to another big Celtic happening, the **St. Patrick's Day Social**, to be held on **Monday March 11** [cover page]. So don't be disappointed and miss out on a lively jig or reel, get your tickets now.

Ok, now that I have you all primed up for the New Year "I'll be tekin' ma leave of ya" (Oh, sorry! I just slipped into my Irish brogue!)

-Peter Phillips, President

BrockHouseGallimaufry@gmail.com

Esther Birney Literary Arts Series

Stories So Big They Need to be Sung

Fridays in the Begg Room, 11:45 - 12:45

The focus of this season's Esther Birney Series is opera featuring the world-famous music historian, Professor Robert Greenberg.

For more than 400 years, opera has been one of the most popular performing arts. Geniuses - such as Monteverdi, Mozart, Verdi, Wagner, and Puccini - have produced some of the landmark artistic achievements of all time in this form. Whether you're an opera aficionado or new to this art form, Dr. Greenberg's knowledge and insights will help you better understand, appreciate and love opera.

Dr. Greenberg has composed over 40 instrumental and vocal works and has performed and lectured throughout North America and Europe. He is a very charming and generous teacher, and a delight to listen to and learn from.

Each 1-hour session will include a 45-minute DVD presentation followed by 15 minutes for discussion.

Week 1 - March 1

The Bel Canto Style and Rossini's
The Barber of Seville, II

Week 2 - March 8

Verdi and Otello, I

Week 3 - March 15

Verdi and Otello, II

Week 4 - March 22

Verdi and Otello, III

Week 5 - March 29

Verdi and Otello IV

Week 6 - April 5

French Opera, I

Week 7 - April 12

French Opera II

Week 8 - April 26

German Opera Comes of Age

Meet the Brockites

Have you ever wondered how much you have in common with your fellow members at Brock House? Each month in *The Gallimaufry* we will be randomly choosing a "Brockite"* for a brief question and answer session touching on a variety of topics. It promises to be fun and interesting! For our inaugural meet/greet, we present "Meet the Brockites" instigator...*Lisa Smith*.

Where were you born? **Burnaby, B.C.**

When (approximately) did you join Brock House? **Five years ago**

What do you enjoy participating in at Brock House? **Yoga classes, lectures, summer and winter fairs, hiking trips**

What is/was your profession? **Author, lecturer and stay-at-home mum**

What are your hobbies/interests? **Writing, hiking, cross country skiing, museum volunteer work, and travel**

Do you have any pets? **Our very loveable 15-and-a-half year old golden retriever named Sunny**

What is your favourite food? Drink? **Pizza, chili, cake, Nanaimo bars, hummus and fresh bread, passion fruit juice**

What is your favourite colour? **Purple**

What is your favourite place on earth? **Rebecca Spit on Quadra Island and the trail circumnavigating Peel Castle in the Isle of Man, UK.**

What is your favourite way to relax? **Watching good documentaries or English period dramas on TV and listening to meditation music**

Have you ever had a paranormal experience? (ghostly encounter, UFO sighting, etc.) you wouldn't mind sharing? **My brother moved small items about my parents' house after he died. (We never saw things in motion but believe the activity was attributable to him.) I once saw a strange light travel across the sky in Nanaimo - too fast to be a plane, too slow to be a meteor.**

What kind of weather do you prefer? **Sunny but not too hot, about 15 C is perfect. Or a perfect snow day!**

Discounting family, if you could meet an individual from the past, who would it be and why? **Charlotte Brontë, because I love how she accomplished so much for the times she lived in despite her gender and isolated surroundings. Also, any of Vancouver's early pioneers.**

If you could choose three words to describe yourself, what would they be? **Motivated, enthusiastic, worrier**

Any advice for the youth of today? **Turn off the screens, get up off yer ass and get some Vitamin D!**

Who are Brockites? Google tells me that they're members of the Brockworth community in Gloucestershire, UK. Brockite is also a rare earth phosphate mineral.

*But never mind all of that. We know that a true Brockite is a member of **our** wonderful Brock House community! - Ed.*



Brock House Calendar for 2020?

The Brock House (BH) Art Calendar has been absent for a couple of years now, but we have heard from members that it has been missed and are encouraged to produce one for 2020.

If you are a BH member and would like to submit an image of an original Vancouver or West Coast Scene, that you have created, for inclusion in the calendar please do the following:

- Send an email to yolandab@brockhousesociety.com
- Subject line should read **Brock House Calendar 2020**
- attach an image (1 MB or larger) of your work

A landscape or horizontally oriented image is the most appropriate for inclusion in a calendar. We will need images appropriate for each month of the year, will only include one image per artist and will include the best of what is submitted.

Anyone interested in helping with this project is encouraged to respond to the above email address as well. Thank you.

*-Gillian Olson, Convenor
Artist Group*

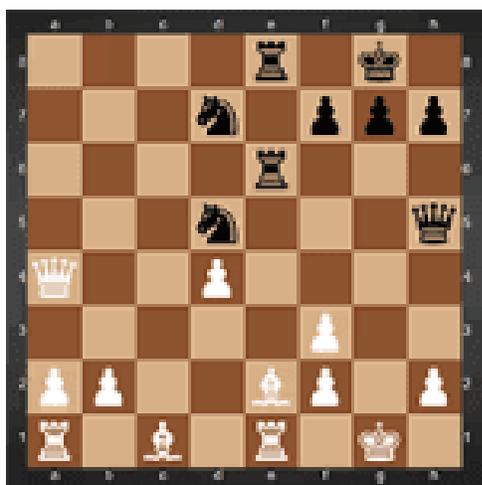
Brock House Chess Club

Greetings to all for 2019. It's time to gear up for our spring friendly match with the Bonsor group. We will plan for a lesson early in March, depending on Stephen Wright's schedule.

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

The following are the chess puzzles (if you need further explanation please join to chess group sessions on Tuesdays or Thursdays).

Black to move and win in 3



White to move and win in 3



-Alex Ramirez, Convenor

**BROCK
HOUSE**
Society

Friday Flicks

Start time: 1:00 p.m.

\$2.00 - Exact change please.



February 1

Mountains May Depart

China/France/Japan - 2015 - 131 Minutes - Subtitles

"At once an intimate drama and a decades-spanning epic that leaps from the recent past to the present to the speculative near-future, Jia Zhangke's new film is an intensely moving study of how China's economic boom and the culture of materialism it has spawned has affected the bonds of family, tradition, and love." - metacritic.com



February 8

Tinker Tailor Soldier Spy

UK/France/Germany - 2011 - 127 Minutes

The movie is based on John Le Carre's 1974 novel, which redefined modern spy fiction and inspired an ambitious 1979 BBC adaptation.



February 15

Meditation Park

Canada - 2017 - 94 Minutes

Set in Vancouver and starring Sandra Oh, "a complex film that hews with tenderness to Asian stereotypes in order to reflect back their often-obscured depths." - The Globe and Mail



February 22

Shine

Australia- 1996 - 105 Minutes

"In *Shine*, director Scott Hicks and writer Jan Sardi unfold an unconventional biopic about how a brilliant young pianist is driven to the edge of madness by his monstrously protective father and, as an adult, finds unexpected redemption thanks to an astonishingly understanding woman. Top-notch performances, including luminous contributions from Lynn Redgrave and John Gielgud ...". - Variety

Brock House Woodworkers

There is a widely distributed folktale about a peasant with a crowded house. Some sources claim it has Yiddish origins, some claim it has Polish origins, others claim it has Russian origins. In all of the variants a peasant lives in a little house that seems terribly cramped and crowded. Everyone is getting in each other's way and they all complain. In all the versions the peasant turns to a wise councillor that successively tells the peasant to invite more and more relatives and animals to live in the house. The crowding becomes so bad that the house is literally bursting at the seams and the noise is unbearable. At that point the councillor advises the peasant to send the relatives home and put the animals back in the barn and the house feels so spacious and open that everyone is happy.

At times the workshop at Brock House is as crowded as the peasant's home before the animals were sent back to the barn. On some mornings the woodworkers bump into each other when they try to move from one end of the shop to the other, the bench space is very limited and people need to line up to use the saws and planers. These crowds inconvenience some woodworkers and discourage some people from joining the Monday/Thursday group that makes crafts for the Winter and Summer Markets. They also make it hard to find space to assemble and finish large projects without getting the freshly varnished or painted projects covered with dust from other people's work. Over the last few years we have emulated the wise councillor and tried to reduce the things that did not need to be present in the shop. We have eliminated the toilet, reduced the surplus tools and sold the tools that were nice but never used. We have also asked people to come at other times of the day. These changes have made the workshop seem less crowded, especially on Friday afternoons, but further change is needed.

If the workshop was larger there would be space to install a second table saw so that people that need to make meticulous settings can tie up a saw for a couple of hours without inconveniencing the rest of the workers. The storage room could be slightly expanded to allow projects to be stored in the shop so that people could walk or bicycle to the shop instead of driving their projects back and forth and taking up critical parking space outside the shop. The finishing room could also be slightly expanded so it has the space to hold large projects away from the work in the rest of the shop. These changes might make the shop more pleasant and convenient to work in throughout the day so it would attract more members to the Monday/Thursday group so that more selection was available for the Brock House sales and more people would be available for the small repairs and special wood working projects that other Brock House members and groups request throughout the year. The extra space would also allow us to offer special supervised project classes over five or six weeks where people that have had limited chances to engage in woodworking or were actively discouraged from doing woodwork when they were in school could take on small supervised projects that would introduce them to some of the basic and

One project takes up a whole bench!



essential tools for doing their own woodwork projects. These types of classes would make the shop more inclusive for the broader Brock House membership and might enhance the interest and productivity of the shop.

If you have questions about the workshop or just want to ask us about your own special project needs, woodcrafts or a general tour of the shop please contact the Workshop Convener at the Brock House workshop on Thursday morning or e-mail:

wramey@mail.ubc.ca

with "Brock House Projects" in the subject line.

*-Bill Ramey,
Workshop Convener*

Seen, Not Heard

by Parker O'Brian

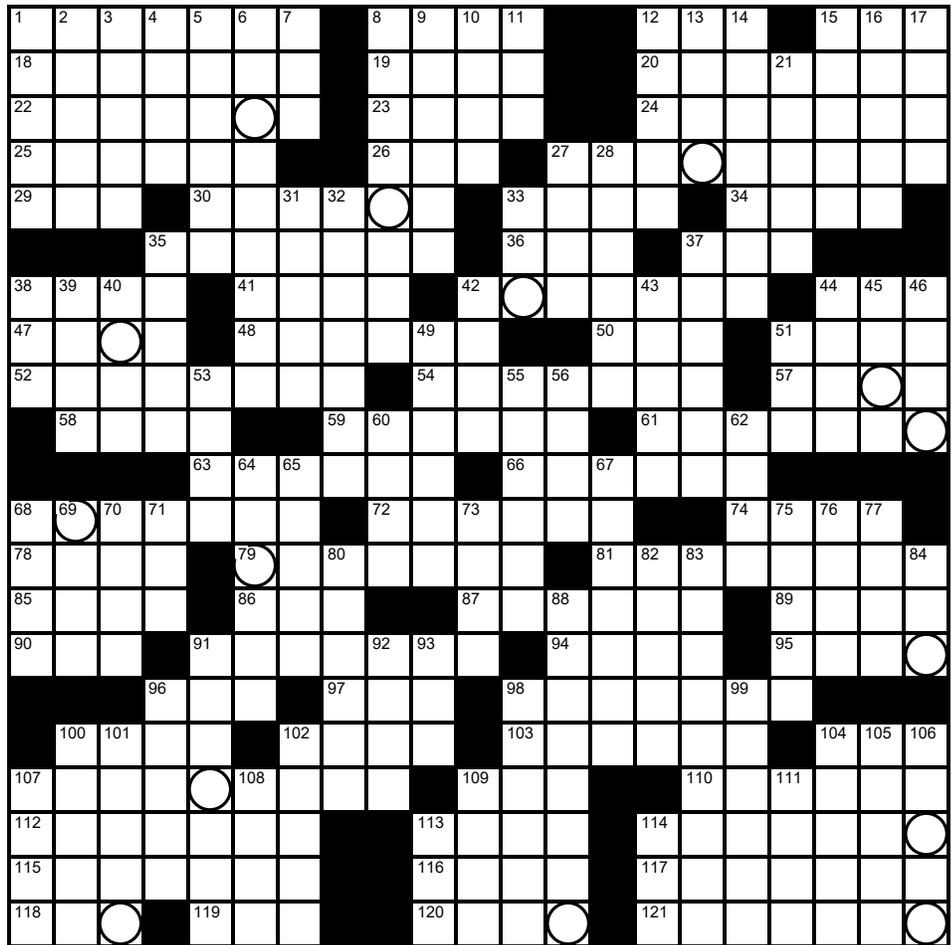
Unscramble the circled letters in the completed grid to uncover a Simon & Garfunkel album title and a hint to the puzzle's theme. **Puzzle answers are on p. 11**

Across

1. Rest
8. Executes
12. "Bad Moon Rising" band, familiarly
15. Neighbour of Ger.
18. Star in Scorpius
19. Basilica area
20. Mobile home
22. Nicholson title role of 2002
23. Vintage designation
24. Fired back
25. 118 Across, par example
26. African antelope
27. Old British coin
29. Monogram of "Enders Game" author
30. It may be major or minor
33. "Why don't we!"
34. Chows
35. More vexing
36. Under the weather
37. Computer key
38. Film director ___ C. Kenton
41. Components of 30 Across, abbr.
42. Makeup of Hawaii
44. German cry
47. Diamonds, e.g.
48. _____ Norberg, skip of the 2002 & 2010 Olympic gold medal Swedish curling teams
50. Vicious role for Gary Oldman
51. Staged production
52. 1989 Ed Harris film
54. Euripides tragedy
57. He played a Baggins in "Lord of the Rings"
58. Preside over
59. Put up a roadblock
61. Shut down, as unsafe
63. Does more than window shop
66. Focused
68. Like some soaps
72. Construction supplies
74. Try, as a case
78. Violinist Stern, to his friends, perhaps
79. Complex type
81. Genealogical discovery
85. Take a chance
86. Trudeau's dep't
87. Give _____ chance
89. Strengthen, with "up"
90. Pitcher's stat
91. Some reds
94. Spot in the Senate
95. Aramis, Porthos & Athos, e.g.
96. Barack's running mate
97. Provincial rep.
98. Associate
100. Get-out-of-jail money
102. Fuse
103. Charge
104. Nutritional meas.
107. Returning student
109. Trendy
110. Great 17th century ruler
112. Internet fore-runner
113. 1984 Peace Nobel
114. Opportune
115. With the least tread
116. K-6: Abbr.
117. Held nothing in reserve, with "out"
118. Hot time in Québec
119. Vietnamese neighbor
120. Curse
121. Work with grips and locks

Down

1. Roundup need
2. Ancient Peruvians
3. Work _____
4. Stops up
5. Yankee rival
6. Addams family daughter
7. Clock setting in Canada's most eastern prov.
8. Hotel patron who doesn't stay the night
9. First act
10. Genesis brother
11. Sun. speech
12. Actors Reiner and Weathers
13. Staff symbol
14. Descends from a mountain
15. Put on a coat
16. Forebodings
17. The Tramp's love interest in a 1955 film
21. Farm sound
27. "_____ or High Water", 2016 film
28. "Finally!"
31. Claude who played TV's "Sheriff Lobo"
32. Yields
33. Fleur-de-_____
35. Flower part
37. Appends
38. Superlative suffix
39. German industrial region
40. Stead



42. "Able was _____ I saw Elba"
43. Flower girl, sometimes
44. Balm ingredient
45. Storm preceder
46. Mass number
49. Refills
51. Third degree, often
53. Beatles drummer before Starr
55. Like some mushrooms
56. Western Samoan coin
60. Mid-16th century date
62. John Singleton film, "Boyz _____ Hood"
64. Streisand song
65. Tomato blight
67. Bullets with visible trails
68. Agree (with)
69. Title of 110 Across
70. Pound of verse
71. Comic Louis
73. Plans (out)
75. To be in Spain
76. Film director Egoyan
77. Rice-a-_____
80. Attic window
82. Not o'er
83. One catching a few z's
84. Hi-_____
88. "This existence of ours is as transient _____ clouds." Buddha
91. Sanders or Mustard
92. Popular fashion magazine
93. Little bit
96. Holy war
98. For the time being
99. Forever, poetically
100. Sacha Baron Cohen title role
101. Tell's target
102. Words to remember
104. Send home briefly
105. Like Bob Newhart
106. Window alternative
107. Kemo _____ (the Lone Ranger)
108. Southwest plateau
109. Maui dance
111. Preschoolers
113. 2012 Seth MacFarlane comedy
114. "Isn't that cute!"

Brock House/Kerrisdale Choir

The holiday season is always a busy one for the Brock House choir. A separate smaller group of the choir learned Christmas songs and gave 3 performances. Two of those performances were at care homes and one was at Kerrisdale Seniors center at lunch time. Meanwhile the choir had extra section practices as well as our ordinary practices to prepare and polish our repertoire for our winter concert on January 25. Within this time span of course we all took time off for the festive season. 43 members of the Brock House choir began the holiday season by signing up for the delicious festive turkey dinner at Brock House. Warm, congenial fellowship was enjoyed by all at this event as well as a great carol sing afterward.

Brock House choir begins its new spring term following our concert. We are pleased to welcome four new members in our spring term. And a gentle hint: we always leave vacancies in case a bass or a tenor should apply. **Anyone?**

-Judy Ashton



Yarn and Needle Crafts

Our group deeply appreciates the generous donations of yarn made by Brock House members over the past year and we hope that you will continue to donate more yarn in 2019.

We are continuously in need of new yarn, especially multiple balls of the same yarn for larger projects. However, even a single ball is enough to make a hat to sell at the Summer Fair in support of Brock House. If you are able to make a donation, please bring the yarn to the **Meyer Room on a Monday morning between 9:30 and 11:30**, or drop it off in the office at any time. If you knit or crochet and think you might like to join our group please drop by on a Monday morning to see what we do and have a chat.

*-Carol Jackson and
Dorothy Simons, Convenors*



Jewelry Committee Spring 2019

Styles have changed over the years but what never changes is the love of jewelry. Pearls, silver and turquoise, mod earrings, they all have their proponents and that sparks the interest of the public who attend our fairs. An individual never knows what piece they might find in our bins, a piece that reminds of another time may catch the eye and appeal today.

Our last sale was an outstanding success for Brock House. The committee decided we would sell as large a volume as possible so we marked down all of our pieces and the result was fabulous. Unfortunately, our coffers are almost bare and we must appeal to you our donors for any jewelry that you no longer wear which may be a treasure for our summer fair visitors.

We appreciate all that you donate and appreciate the time you take to visit us when we sort our jewels, we love the stories you tell about your treasures, we try to retell that history to our fair buyers.

*-Hazel Boxall, Lynn Shaw,
Donna Noel and Patricia Peters*

If you'd like to receive *The Gallimaufry* by email each month please write to:

brockhousesociety@telus.net

You can also view it on our website:

brockhousesociety.com

by using the "Newsletters" link on the lower right of the home page.

Our little magazine thrives thanks to the many members who submit material month after month. In addition to articles about activities, we welcome creative content.

-BevAnn Lister Dean, Editor

Scams Scams Scams

Increased Online Security

As Seniors, we are increasingly vulnerable to sophisticated scam artists when we carry out our financial affairs online.

I speak from experience because 2 weeks ago I decided, for the first time, to pay one of my monthly payment bills to Telus, online, directly from my credit card and not by the usual statement in the mail and payment via my bank account.

I set up payment with the official Telus site, giving details of my credit card number and confirmed some personal information that is usually on the bill anyway.

3 days later I received a very convincing email from Telus (correct colour and font size) stating that they had had trouble processing my payment and could I resend the following details:

The first page was nothing unusual: Name, address, telephone number. But it was when I came to the 2nd page that I felt uneasy.

I was asked for *my birthdateOk? But then my social insurance #, drivers licence # and mother's maiden name!*

I immediately smelt a rat and *did not comply* and shut the email down immediately

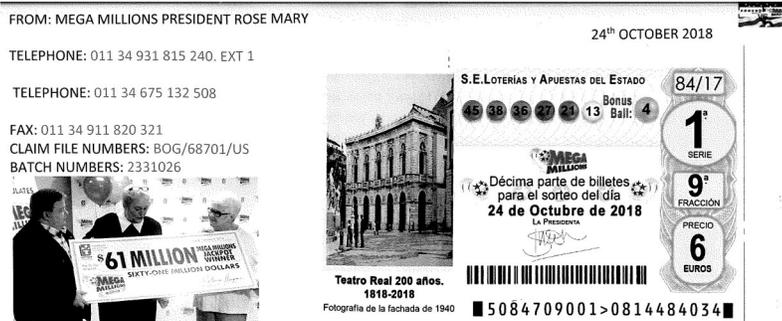
The next day I took the situation to a Telus store and discussed it with the security officer who confirmed that it was a scam.

I sent him the offending email which had a strange sender address.

Then over the next 3 days I received *2 more emails* asking for the same information but from different sender addresses.

So, **be very careful!** We are all so vulnerable where our finances and money transfers are concerned.

-Peter Phillips



Mega Millions - not!

Even if a prize or winnings “notification” comes complete with legitimate-looking logos and identifying data, it is a good idea to question its validity. Recently a member received notification of winning a sweepstake, which included the header above. Note the Claim File Numbers: *BOG/68701/US* (emphasis added) which, when the numerals are removed, spells **BOGUS!**

The document, using lots of impressive file, batch and claim numbers, indicated he had won \$4.5M USD. It also alluded to ties to the EU and US Government, and to a system of entry based on various credit card *account* numbers. The text includes numerous grammatical and format errors, which should be a tip-off that the document is not genuine.

Then things get interesting. An “Important Note” states that if the recipient cannot appear in Madrid, Spain, to claim the prize, fees must be paid to the sweepstake company either by certified cheque or wire transfer.

Finally, xxxxx was warned not to make his winning public, and instructed to contact the sweepstake company and listed a phone number.

For information on how to avoid such scams go to: <https://www.megamillions.com/lottery-scams>

Many more different types of scams are addressed in *The Little Black Book of Scams* at:

<http://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/03074.html>

Did you know that romance scams are becoming more common with the proliferation of online dating and social media sites? Check here for guidelines: <http://www.antifraudcentre-centreantifraude.ca>

Thanks to Maureen Williams and Joe Thomas for their contributions to this article.



2019

Brock House Society Harrison Bridge Tour



April 23/24/25

Lessons | Duplicate | Chicago | Fun

\$355 per person double occupancy

\$495 per person single occupancy

- ◆ Transportation (Return coach from Brock House Society)
- ◆ Two nights accommodation at Harrison Hot Springs Resort
- ◆ Two breakfasts and two dinners
- ◆ Use of all hotel amenities

Register online at www.brockhousesociety.com/harrison, in person, or call the Brock House Society office 604-228-1461 Mon-Fri 8:45am–3:45pm

Registration opens:

Registration closes: **Mar 11, 2019**

BHS members on Feb 4, 2019

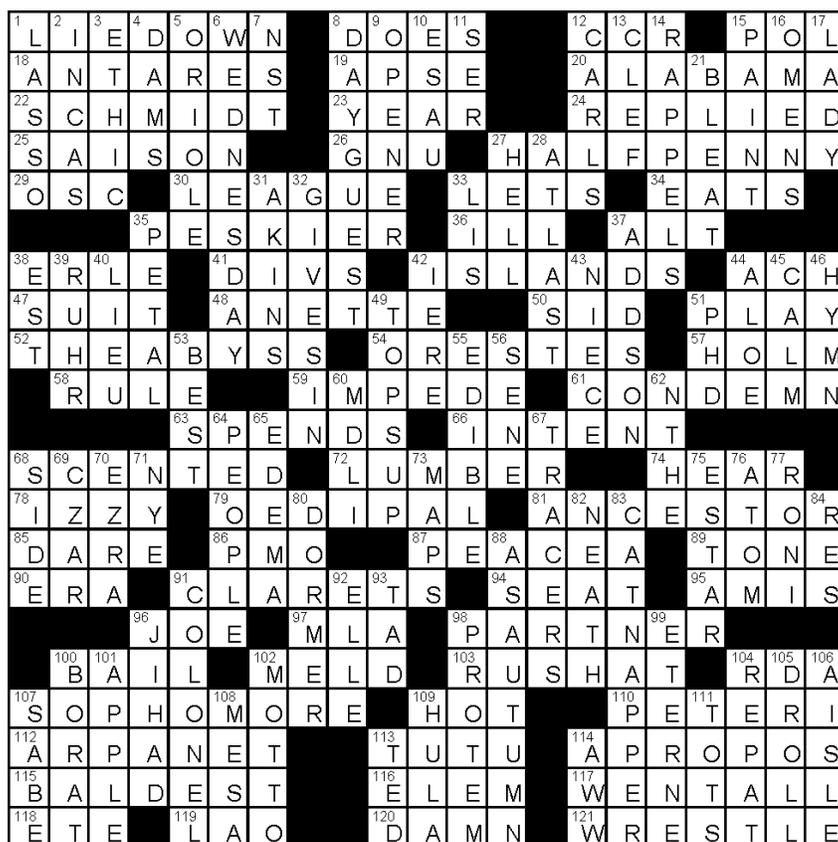
Non-members on Feb 11, 2019

Online registration on February 11, 2019

"Seen, not heard"

by
Parker O'Brian

Puzzle answers



And in MASH, Hawkeye is delighted to find a puzzle in the *New York Times* to alleviate the ennui of war and spends the rest of the episode attempting a solve:

- Six-letter word: burrowing animal.
- Frank Burns.
- Too many letters.
- But close. Let's see, a burrowing animal. A hepler.
- A what?
- Louis Hepler. Kid I went to high school with. Got expelled for burrowing into the girls' washroom. Only guy I ever knew who got flushed out of high school.
- I don't think that's it.

-theguardian.com

Special Events at a Glance

Friday, February 8	Tour: Vancouver Aquarium
Thursday, February 14	Valentine's Day Program
Sunday, February 24	Vancouver Opera: <i>La Bohème</i>
Tuesday, March 5	Q.E. Theatre: <i>Come From Away</i>
Monday, March 11	St. Patrick's Day Social
Wednesday, March 27	Tour: Discover the Mighty Fraser River
Tuesday - Thursday, April 23 - 25	Harrison Hot Springs Bridge Tour
Friday, May 24	Chicago Bridge Luncheon
Wednesday, May 29	Dr. Richard Stace-Smith Lecture: Anne Giardini
Saturday, July 6	Summer Fair
Friday, July 26	Joan & Dick Stace-Smith Pancake Breakfast
Wednesday, August 14	An Afternoon with Edith Piaf, Peggy Lee & more

Buy tickets in advance!
St. Patrick's day Social Event
 Monday, March 11th @ 1:45-3:15pm
 Members \$17, Non Members \$20



LUNCH MENU
Brock House Society
FEBRUARY 2019

Join Brock House Big Band at the
 Kerrisdale Community Center for their
Valentine's Day Program
 Thursday, February 14th @ 1:30-2:30pm.



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
				1 Vegetable Soup Fish & Chips
4 French Onion Soup Ham & Onion Tart Potatoes Gratin & Salad	5 Wonton Soup Chicken Chow Mein Vegetable Stir Fry & Rice	6 Red Cabbage Soup Meat Cabbage Rolls Potato Latkes & Salad	7 Minestrone Soup Shrimp Cannelloni Peas & Salad	8 Italian Wedding Soup Fish & Chips
11 Shrimp Chowder Salmon Phyllo Pie Potato Latkes & Salad	12 Italian Vegetable Soup Spaghetti & Meatballs Rapini & Salad	13 Moroccan Vegetable Soup, Moroccan Chicken Thighs Couscous & Salad	14 Parsnip & Leek Soup Guinness Beef Stew Mash Potato & Salad	15 Manhattan Clam Chowder Fish & Chips
18 FAMILY DAY BROCK HOUSE CLOSED	19 Green Pea Soup Vegetable Phyllo Pie Mix Vegetables & Salad	20 Lentil Soup Butter Chicken Basmati Rice & Salad	21 Corn Chowder Shrimp & Okra Rice, Kale & Salad	22 Wonton Soup Fish & Chips
25 Beef Barley Soup Beef Mushroom Pie Carrots & Peas & Salad	26 Fish Chowder Shrimp & Gritts Okra & Salad	27 Vegetable Soup Chicken Pie Potato & Salad	28 Napa Cabbage Soup Teriyaki Chicken Legs Carrots & Rice	

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.