



# The Gallimaufry

September 2019

25 Cents

## Indian Arm Luncheon Cruise

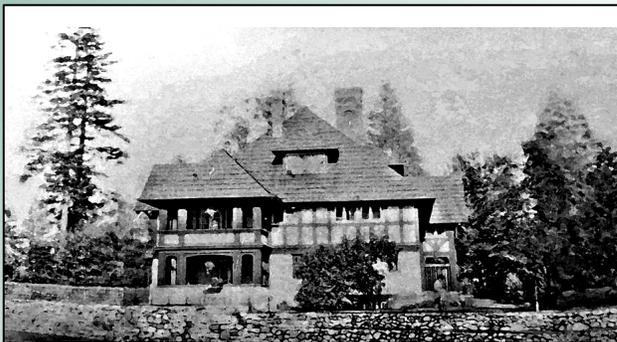
**Mon., Sept. 23<sup>th</sup>**  
**\$139 Members and Guests**  
**10:00 a.m. - 3:45 p.m.**

**PACKAGE INCLUDES:**

- 4-hour cruise • Escorted boarding
- Buffet lunch • Sightseeing • All fees and taxes

Cruise the calm inland waters aboard the luxurious M.V. Harbour Princess on a 4-hour luncheon cruise! See Fall Program, website or contact the office for details.

### The 2020 Brock House Calendar



**BROCK HOUSE Society 2020 Calendar**

**It's gorgeous! Get yours now...**

**1 full size calendar - \$15.00**

**or**

**2 full size calendars for \$25.00 and  
get a small calendar  
as a free bonus**

**BROCK HOUSE Society 2020 Calendar**



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER

3875 Point Grey Road, Vancouver, BC V6R 1B3 | (604) 228-1461 | [www.brockhousesociety.com](http://www.brockhousesociety.com)   

**Where Seniors Stay *Young***

Brock House Society - 3875 Point Grey Rd, Vancouver BC V6R 1B3 - [BrockHouseSociety.com](http://BrockHouseSociety.com)

[BrockHouseGallimaufry@gmail.com](mailto:BrockHouseGallimaufry@gmail.com)



## **From the President's Pen**

Hello again and welcome back...if you have been away.

There is lots of information to catch up on at BHS this month.

First of all, if you haven't already done so, look at the colourful Fall Program, decide what you are interested in and register *a.s.a.p.* to avoid being disappointed.

Now for all of you Brock House Volunteers there is a real treat waiting for you!.

Your sense of commitment, hard work and dedication are going to be rewarded with a

### **Volunteer Recognition event on Thursday, September 12.**

So if you are a volunteer, register by **September 5** and come enjoy the party. If you are not a volunteer, do give it some thought. We are always looking for new people to help us out.

Another change that you will notice soon is the slight increase in the price of some of the items on the cafeteria menu. This is necessary to reflect the increased cost of coffee and premium seafood and to help keep Kaz's cafeteria financially sound. [See p. 6]

We have also found it necessary to increase the cost of Membership for the first time in 3 years, from \$60.00 to \$75.00 for the membership year 2020. This increase is required to help keep us on a sound financial footing in order to address the cost of ongoing maintenance and the upgrade of Brock House. I think you will agree this is still a bargain and is far less than a weekly cup of coffee at Starbucks.

And now for some really good news. A donation has been made to our Vancouver Foundation trust fund that will also assist us in meeting those impending financial demands. The donation is from the estate of the member who started the Chamber Group at BHS and as a result a room will be named after him. So, get used to referring to the old "Games Room" as the new "**James Whittaker Room**".

Also in response to several requests a buzzer will soon be installed at the front entrance door. This will enable members who are mobility challenged to alert the Greeters or whoever else is available in the lobby, to assist with entry.

And finally I will be away for the next edition of *The President's Pen* and when I return we will all be dealing with those fading daylight hours. So again this year I will be spearheading the *Walk and be Seen Program*, which is designed to increase visibility in low light conditions. So, if you are interested in participating then contact the office and I will follow up with you upon my return.

Enjoy these last remaining radiant days of summer.

*-Peter Phillips, President*



### **SFU honoured six changemakers with honorary degrees**

and Brock House member **Jennifer Wade** was one of them. She received a Doctor of Laws, *honoris causa* on June 13.

**Jennifer**, co-founder of Vancouver's Amnesty International chapter, is a justice advocate who has devoted her life to championing human rights, social justice and education, and to speaking out for those unable to speak for themselves.

She told us, "It was a wonderful occasion and a moving one."

*From all of us at Brock House,  
congratulations! - Ed.*

*The Gallimaufry* thrives because of the generosity of Brock House members, who contribute month after month and year after year. In addition to articles about House activities, we welcome creative content.

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

**brockhouse@telus.net**

You can also view it on our website: **brockhousesociety.com** by using the "Newsletters" link on the lower right of the homepage.

*-BevAnn Lister Dean,  
Editor*



**Tuesday, September 24<sup>th</sup> from 6:00-8:00pm**  
**In the Halpern Room**

**\$12 MEMBERS ONLY | CASH WINE BAR**

Please join us on September 24<sup>th</sup> for our first 6-8pm Evening Social. Come for a glass of wine and some tasty food. Barbara-Ann Martindale will entertain us with a few well known timeless tunes. This will be a good chance for members to share summer stories. If there is interest, we will continue with this monthly event. **Please RSVP by September 17<sup>th</sup>.** Please register online or through the office.

## **Alcohol consumption: the benefit is in the dose**

We know that excessive alcohol consumption is dangerous. It is well-documented that drinking leads to motor vehicle accidents, serious diseases, and a weakened immune system.

But there's a saying first coined by Paracelsus in the 1500s: "The difference between a drug and a poison is the dose." And it certainly applies to alcohol consumption. Two important new meta-analyses underscore this point.

In the first article, the authors included 84 studies that look at the connections between cardiovascular risk and alcohol consumption. They came to the conclusion that the evidence is now so clear that moderate drinking reduces cardiac risk that no further meta-analyses are necessary. Instead "debate should centre now on how to integrate this evidence into clinical practice and public health messages. In the realm of clinical practice, the evidence could form a foundation for proposing counseling for selected patients to incorporate moderate amounts of alcohol into their diets to improve their coronary heart disease risk."

But they didn't stop there. They also conducted a second meta-analysis of "feeding studies" (where alcohol is experimentally administered). These studies eliminate the concerns about confounding in the observational studies, and can thus point to mechanisms by which alcohol protects against heart disease.

The finding? "Moderate alcohol consumption had favourable effects on levels of high density lipoprotein cholesterol, apolipoprotein A1, adiponectin, and fibrinogen. These results strengthen the case for a causal link between alcohol intake and reduced risk of coronary heart disease."

"We don't need any more studies examining this association," said Dr. Cary Reid, a geriatrician at Weill Cornell Medical College. "This meta analysis is well conducted and is one of many conducted over the past decade that has shown a consistent protective effect of moderate alcohol consumption on cardiovascular outcomes."

The challenge, Reid says, is communicating the evidence to patients. "It remains unclear whether this finding will be translated into clinical practice given clinicians' concerns about increased alcohol use – particularly among older people – and the associated effects of falls, fractures, and decreased psychological functioning."

The key message is "moderate." And there are some specific guidelines about what that means issued by the National Institute on Alcohol Abuse and Alcoholism. (The rule of thumb is one drink a day for women and two drinks a day for men.)

So raise a glass – but just one or two, and not if you're driving – to your health.

<http://evidencebasedliving.human.cornell.edu/2012/06/29/alcohol-consumption-the-benefit-is-in-the-dose/>

## The Esther Birney Literary Arts Series

Thursday, 10:00 - 11:45

The Halpern Room

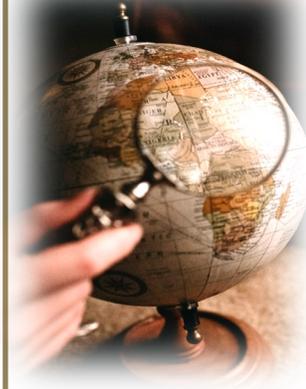
A fine Brock House Society no-charge program

**October 3**

### "Southeast Asian Writing in English"

**Professor Phillip Holden**, a noted scholar of Singapore and Southeast Asian literature in English, is recently retired from the National University of Singapore. He will give a brief overview of this largely neglected aspect of Anglophone literature and then focus on prose fiction, poetry and drama from three countries: Malaysia, the Philippines and Singapore. He'll examine several themes including decolonization, postcolonial politics, gender, and sexuality.

Plan to attend many more talks in this series during the fall. Check next month's issue of *The Gallimaufry* & the Fall Program brochure.



**Location,**  
**Location,**  
**Location.**

**Fridays**  
**2:00 - 3:00 p.m.**  
**Begg Room**  
**No charge**

The modern real estate mantra "location, location, location" names an idea that has long dictated where we choose to settle: as individuals, as communities, and as nations. These lectures will explore the important role our surroundings have on the way we interact with and understand the world around us.

**All speakers are Langara faculty.**

**September 20 - Jen Knapp**

*A Volcano in the Backyard*  
*Affects Resale Value:*  
*Pompeii & Herculaneum*

**September 27 - Jessica Hemming**

*Camelot:*  
*A Cautionary Tale of Unreal Estate*

**October 4 - Niall Christie**

*Istanbul, not Constantinople:*  
*Why Did Constantinople Get the Works?*

Check the website and Fall Program brochure for the rest of the talks in this terrific series.

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others." —Audrey Hepburn.



## Our Volunteers!

# CELEBRATION



**Thursday,  
September 12<sup>th</sup>**

1:00-3:00pm in the *Marquee*

Complimentary light lunch & champagne  
in **YOUR** honour.

Reserve early, we can only accommodate  
175 guests.

**Please RSVP by September 5<sup>th</sup> @ 604.228.1461**

Enjoy entertainment by the Brock House Jazz Band!



## Yarn and Needle Crafts

Our group meets in the **Meyer Room on Mondays from 9:30 to 11:30**. Feel free to drop by for a chat and to see who we are and what we do. Perhaps, if you knit, crochet, quilt, weave, stitch or work with fabrics, fibres, yarns or threads in any way you might like to join us. Or perhaps you have always wanted to knit and now is the time to learn.



wanted to knit and now is the time to learn.

*-Carol Jackson and  
Dorothy Simons, Convenors*

# Seniors' Services Series, Part 2

Wednesdays, 1:30 - 3:30, in the Halpern Room  
A fine Brock House Society no-charge program for members



## September 11 - Susan Johnston

**Pain Management:** Learn how our nervous system interprets pain and how to best manage this through education, lifestyle changes, naturopathic and allopathic means. Focus is on self-management and safe use of over the counter herbs and medicines.

## September 18 - Heather Knittel

**Making Room for Living Well:** Hear how to de-clutter and downsize your home with a team who make it their business to help you. [www.goodriddance.ca](http://www.goodriddance.ca), a local company will provide tips on residential organizing, senior move management, and moving and downsizing.



BROCK  
HOUSE  
Society

September 25 No Presentation - Room Unavailable

BROCK  
HOUSE  
Society

## October 2 - Louise Lydon

**Prevention & Intervention with Hip & Knee Problems:** This informative class will teach you how to manage osteoarthritis for everyday living. Learn about what is happening inside the joints, ways to reduce pain, exercises and strategies to protect your joints from additional stress. Also learn about joint replacement surgery.



Stay tuned for info on additional October, November and December Seniors' Services talks or check the website and Fall Program brochure

## **The Library**

Brock House library's main goal is to provide BHS members with an attractive collection of current fiction, mysteries and nonfiction. Most of the books come from generous donations by our members (I bought it, I read it and now I do not want to keep it). A big thanks to all who give us books to share and make our library useful and used! Our other goal is to collect saleable books for our semi-annual book sales at Brock House fairs.

**In line with our goals, the library team accepts donations that meet these criteria:**

- \*fiction (no more than 5 years since publication);
- \*mysteries (no more than 5 years since publication);
- \*non-fiction: biographies and history only.

Paperbacks are preferred as they take less space and are easier to hold.

The books are processed by our volunteer members, so we ask that no more than 10 books are dropped off at one time. Then our volunteer can process them during one library shift.

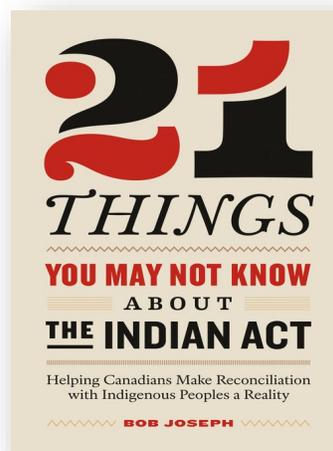
On occasion, members wish to donate all their surplus books as they downsize. **We do not accept** this type of donation. The books that do not match our collection needs or sell at the sales create unnecessary work for library volunteers and our wonderful Brock House staff. Imagine having to get 20 boxes upstairs for processing, only to move 17 down again with the extra task of arranging disposal! We have very limited storage and disposal is a problem especially as blue book bins are disappearing.

So our requests are please keep donating, but please do not give us books that we cannot use or sell. If you need more information please leave a message for Nadine Baldwin, George Bangham or Barbara Holder with the office.

*-Nadine Baldwin*

*What on earth could be more luxurious than a sofa, a book and a cup of coffee?*

Anthony Trollope



## **Indigenous Studies**

**Tuesdays,  
September 24 to  
November 26**

**11:30 - 12:30  
Meyer Room  
No Charge**

Please preregister  
Limit of 10

**We will be discussing agreed-upon sections of the book and it will be available for purchase to group participants for \$20.00**

"Bob's ability to navigate the complex history of the Indian Act is a wonder to behold."  
- *JP Gladu, President and CEO of the Canadian Council for Aboriginal Business*

"There is much for non-Indigenous people to learn and to do. But equally important, there is much to unlearn and to undo....Thank you, Bob Joseph. Gilakasla." - *Shelagh Rogers, O.C. Truth and Reconciliation Commission of Canada Honourary Witness*

*Convenor: Henriette Orth*

## **Cafeteria Food Prices**



Dear Brock House members,

Due to rising food prices in some categories, the following prices will be effective **September 1, 2019.**

Cup of coffee will increase from \$1.75 to \$2.00

- Mug of coffee will increase from \$2.25 to \$2.50
- The following sandwiches will increase from \$7.00 to \$8.00
  - Shrimp and egg
  - Mixed trio
  - Smoked salmon
  - Baked salmon



*Thank you,  
Cafeteria at Brock House Society*



Do Re Mi Fa Sol La Ti Do

# SukFen's Music

**Thursdays, Sept. 12 - Dec. 12 between 9:00-10:45am  
IN THE ACTIVITY ROOM**

Join Suk Fen, a Brock House member and an opera singer for some professional singing exercises. This includes proper posture, breathing exercises, develop voice, practice singing vowels, introduction to Do Re Mi Fa So La Ti Do, do scales, sing melody, read music, and learn rhythm. Most importantly sing songs and have fun! All members welcome. Drop in.

## Christmas Fair Bake Sale

**Get your ingredients ready!**

As always, we require our members' generosity to bake and share seasonal sweetness for those who don't, while supporting our wonderful



Details in next month's issue and feel free to contact:

Glenys: [glenac@telus.net](mailto:glenac@telus.net)

or

BevAnn: [beverleyann@gmail.com](mailto:beverleyann@gmail.com)

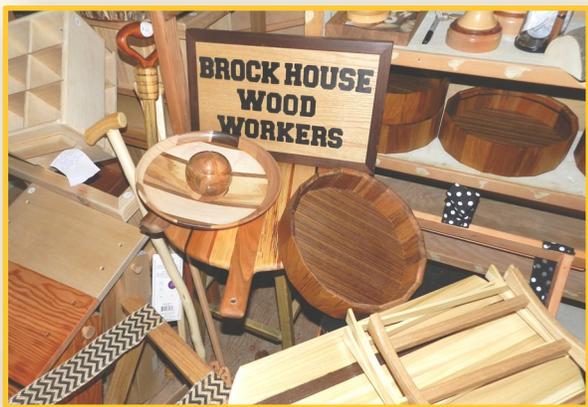
## Recovery Mode!



**The Jewelry Team** is enjoying the summer break, relaxing and getting into shape for the next fair. The team would like to give a heartfelt thank-you to all donors, without your generous offerings we wouldn't be able to raise the funds that contribute to the running of Brock House.

*Thank you!*

Bill Ramey



Part of an essay on the Essay Blog at <http://theessayblog.com/> states that "Nothing in the world is an absolute waste. As there is this beautiful notion; **'It is not waste, until it is wasted'**. Everything contains something in it that can be proven beneficial if used rightfully. On a daily basis, humans dispose of so much waste that can be used for so many good things."

In recent CBC news Bangun villagers in Indonesia point out that embargoes on trash were disrupting their economic livelihoods because trash is a significant commodity. This news was not new. Trash has a significant role in the story "Our Mutual Friend" by Charles Dickens because people in 19<sup>th</sup> century England made a living by sifting through mounds of rubbish collected by private dust collectors to sort out material that could be sold to businesses to make soap, road fill, paper, and other products. It is also expressed in the updated ancient proverb that someone's trash is another person's treasure.

The intent of the Brock House workshop is to craft or repair a variety of wooden items including chairs, tables, benches, boxes, canes, bowls, jewelry stands, cutting boards, toys and other things. Through this process we generate large amounts of sawdust, wood shavings and wood scraps. In the past when we put this waste wood into clear bags and paper boxes and left it at the door to the workshop it would disappear. Sometimes Lee would move the bags to the trash bins but more frequently people would claim it for other purposes. Unfortunately, during the cold weather in May someone used our scrap wood to make a fire in the parking lot. Fortunately, the fire was contained but it made us realize that it was hazardous to leave firewood outside the door.



We still need to get rid of the waste because we do not have the room to store it but it is still potentially valuable to the right people. Fine sawdust is good for mulching and restoring soil. Coarser sawdust is good for litter boxes. Shavings are good for craft projects and guinea pigs. Fine wood makes good kindling and large chunks can keep a fire place burning when the weather turns cold.

***If you have a need for bags of sawdust, shavings or scraps of wood please come to the workshop on Thursday mornings or e-mail the Brock House Woodworkers at <bhww@heavyethics.com> and ask to be added to our contact list for sawdust and wood scraps.*** If you are on the lists, we will contact you by phone or e-mail when appropriate material is available and watch that the material is suitable for your purpose.



If you have a bit of experience with woodworking tools and want to take the orientation for working in 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. You can also contact the convener if you have other questions about the workshop or just want to ask us about your own special project needs, repairs, woodcrafts or a general tour of the shop.

*-Bill Ramey, Convenor*

## **Brock House** **Milestones**

Our condolences to  
the families and friends of:  
**Ruth Mayer and Donna Parnell**



# Celebrity Endorsements

by Parker O'Brian

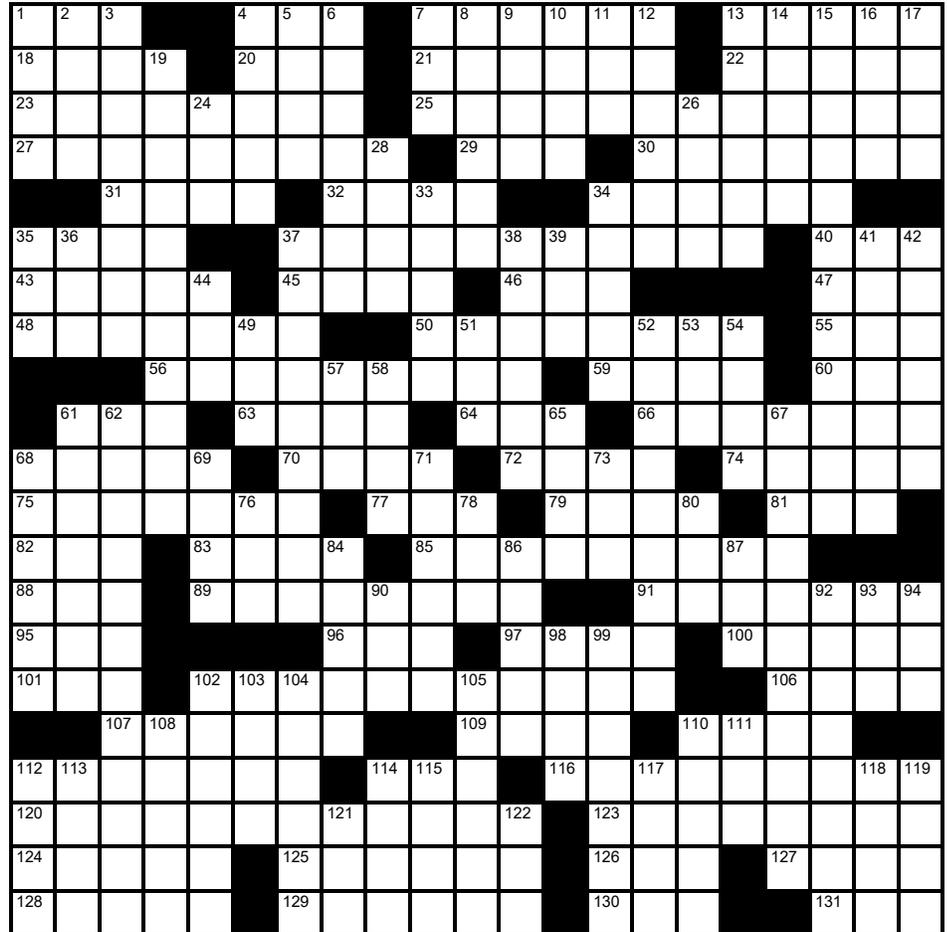
## Across

1. Dallas-to-Houston dir.
4. Image file extension
7. Moon feature
13. Family of Slammin' Sammy
18. Pilgrimage to Mecca
20. Versatile truck, informally
21. Smoothie ingredient
22. Suffix meaning "place"
23. Monopoly Avenue
25. Paint stripping tools endorsed by a "Say Anything" actress?
27. Cattle breed endorsed by an "Ocean's Eleven" actor?
29. Suffix with president
30. Troubles
31. "Take \_\_\_ a compliment"
32. Character played by Gleason in 1961's "The Hustler"
34. Type of photography
35. Neighbour of Cambodia
37. Furniture accessories endorsed by a "The People vs. Larry Flynt" actress?
40. American taxing agcy.
43. Sleep disorder
45. Type of code
46. "Awesome!"
47. IBM competitor
48. Scatter about
50. Uphold
55. CSI firearms evidence
56. Oolong containers
59. Hodgepodge
60. "Let it Ride" grp.
61. Letters following the early years
63. Word with kill or rage
64. Blanc who voiced of Bugs and Daffy
66. Interpret without hearing
68. Yukon and Nunavut, e.g., abbr.
70. Itch
72. Guru
74. Ones who go beyond talking
75. Unscrupulous lawyer

77. Abbreviation on some food packages
79. "Is it allowed?"
81. Chicago hrs.
82. Towel designation
83. Quantities: Abbr.
85. "Horse feathers!"
88. Antenna holder
89. Pinkish quality
91. Expert in Mideast studies
95. Smart phone predecessor, abbr.
96. Easter lead-in
97. Oliver Sacks best seller, "The Man Who Mistook his Wife for \_\_\_\_\_"
100. Pier groups
101. Night school subj.
102. Golf equipment endorsed by "Midnight Train to Georgia" singer?
106. Some feds
107. French toppers
109. Actor Sharif
110. Understands
112. Quantities that have magnitude but not direction
114. Place to relax
116. Artificial water containers endorsed by a Pacific Northwest painter?
120. Computer devices endorsed by "Dexter" portrayer?
123. Ideal date, say
124. Kate's partner ins 1980's sitcom
125. Still
126. Language suffix
127. \_\_\_\_\_-flush (bathroom cleanser)
128. Molière comedy, with "The"
129. Proceeded along
130. It begins in Mar.
131. Not dis

## Down

1. High school course
2. Delhi wrap



3. First ones might be valuable
4. Dance outfits
5. Emphatic type: Abbr.
6. Went gaga over
7. CSI network
8. Roue-like quality
9. "Dragonwyck" author Seton
10. Old Chinese money
11. "Star Trek" rank: Abbr.
12. One of Phoebe's friends
13. Equilibrium
14. \_\_\_\_\_-daisy
15. Apiculturist supplies endorsed by a "Beverly Hills, 90210" actress?
16. Million follower
17. Back talk
19. Hunting dogs endorsed by The Runaways guitarist?
24. Magic org.
26. Hard to find
28. Closer's objective
33. Lion, Tigers and Bears
34. Increase
35. Test site
36. Lummock
37. Sports facilities endorsed by "Alfie" actor?
38. Crops up
39. Indian bread
41. Go back to square one
42. Young haddocks
44. Exist
49. Canal site
51. You can bank on it
52. Pets endorsed by a "Cheers" actress?
53. Square root of IX
54. City of Saints officers, abbr.
57. Laugh syllable
58. Barely beat
61. Rear ends
62. Sports equipment endorsed by a "City Slickers" actor?
65. Light source
67. Bikini parts endorsed by stand-up comedian?
68. Cross pattern
69. Phone button
71. Whiz
73. Enola \_\_\_\_
76. Punk subculture
78. Test result, abbr.
80. Super ending
84. Blabs
86. Sacred song
87. Hack
90. Japanese drama
92. "Do not get me started!"
93. Sault \_\_\_\_ Marie
94. CFL ailer
98. McCarthy's blacklisting Grp.
99. Wears away
102. "Seinfeld" character
103. Detective Wolfe
104. "I just got it."
105. Crude
108. "Dallas" Miss
110. "The Female Eunuch" author
111. U.S. clean air org.
112. Hoax
113. City southwest of Bogotá
114. British submachine gun
115. Duck's home
117. Can. tax reducing investment
118. Superboy's girlfriend
119. Agitated state
121. Elvis Presley's " \_\_\_\_ Lost You"
122. Turf

Puzzle answers on p. 15

## Volunteer(s) of the Month

### Meet the Monday Travel Talk Convenors

The talks were convened for many years by past-president **Dick Stace-Smith** until **Dietram Zell** took over in 2015 at very short notice. Dick and Dietram both preferred to work largely alone, but today a committee of five chooses and facilitates the talks. The convenors' personal interests bring a very varied roster of presentations which include destinations from Australia to Zanzibar and topics from art to zoos. New presenters are always welcome.

**Kate Deakins** is a history and culture buff and she is also interested in natural wonders. In the past year or so she has travelled to Iceland and Botswana, taken a Baltic Sea cruise, and visited Churchill, Manitoba.

**Dorothy Glover** travels to places for scenery, activities such as hiking, biking, wildlife viewing, different cultures and food, museums, art galleries, and historical buildings. Recent trips include Norway, Costa Rica, South America, and Antarctica.

**Jim Leggott** and his wife Dorte enjoy any opportunity they can to explore all the world offers, especially if it's Europe. Two of their more memorable vacations were around the northern shores of the Mediterranean and a separate vacation to Singapore, Malaysia, Thailand, Myanmar, and Cambodia.

One of **John Smith's** most memorable trips was a voyage lasting several months in his 10m sailboat up the BC and Alaska coasts with his wife, Rae, and son in the summer of 2017. This voyage offered a view of a world and a culture few of us have ever seen even though it is on our doorstep.

**Rose Taylor** likes beauty and history and has travelled through most of Europe and the UK. Baroque churches, museums, stately homes, and talking to the locals all fit the bill. She likes to travel alone so that she can spend plenty of time with her camera, but also turn on a dime if something catches her eye.

*-Jo Pleshakov*

### To everyone at Brock House Society,

We absolutely loved performing for your fundraiser.... It was a perfect day for travel, music and meeting wonderful people.

Thank you Christine for recommending us to share our music for your special event.

Please keep in touch and all the best!

Merci Beaucoup,

*Eddie*

 Stan Hohnholz & Michael Le Bas



## **Brock House Orchestra**

**We were the last band standing at the Summer Fair, this year.** So the orchestra provided the only musical entertainment, playing *O Canada* and then a concert lasting an hour before an appreciative audience.

Under our conductor, Jeffrey Tseng, we played a wide range of works starting with the *Colonel Bogey March*, through selections from symphonies by Mozart and Tchaikovsky and ending with the overture to Strauss' *Die Fledermaus*. Not easy repertoire but the group has worked hard under Jeffrey's guidance and hopefully the results are apparent.

This concert was also the debut of the new concertmaster, Judith McPhie, recently appointed by Jeffrey. Judith has experience in orchestral and chamber music and will make a fine leader. Congratulations Judith!

Rehearsals start again **Wednesday morning, 11 September**, in the Begg Room, and any experienced orchestral players are invited to try out.

*-Philip Neame, Outreach*

## **Brock House/Kerrisdale Choir**



Greetings from the Brock House choir. On September 10 we will come to life again.

The choir has had a long break enjoying all the delights summer season brings. The first choir practice of the September session is always intensely social. There is much talk and greeting as we all compare news and summer activities. We are glad to see each other!

During the summer our director has been hard at work at the demanding job of selecting songs for us to sing this fall. Before September 10 our librarians will have been working getting new music organized and ready in each of the 60 folders. We always look forward to seeing what delights our director has in store for us as on the first day we begin getting acquainted with new music.

This year our first sessions will be a little different. Though Elsie Stephens our esteemed director has chosen the music for us, she has hit a bit of a snag. Elsie will be recovering from knee replacement surgery and will not be able to be with us for the first part of the year. A big thank-you to Colleen Coulter who leads the Knox choir and has kindly agreed to step in and help out in the meantime.

*-Judy Ashton*



## **Brock House/Kerrisdale Handbell Ringers**

**The Brock House/Kerrisdale Handbell Ringers are offering beginners' classes starting Wednesday, September 4 from 1:30 to 2:30 p.m. under instructor Amy Poon.**

This is a super hobby involving both physical and mental exercise (good way to avoid Alzheimer's!). Registrants must be able to read music. For more information call **Amy at 604-306-2923 or President Jean Peggie at 604-732-3354**. Classes will be held at Kerrisdale Seniors Centre, 42<sup>nd</sup> and Arbutus, and interested persons can register at the Seniors Desk there.

*-Jean Peggie, President*

## **Meet the Brockites**

By  
**Lisa Smith**

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! Introducing this month's Brockite:

### **Elizabeth Barthel**

Where were you born? **Vancouver BC**

When (approximately) did you join Brock House? **7 years ago**

What do you enjoy participating in at Brock House? **Bridge, hiking, special events like concerts, fairs**

What is/was your profession? **Teacher**

What are your hobbies/interests? **Knitting, reading, walking and hiking, crossword puzzles, Scrabble**

What is your favourite food? Drink? **Italian food, wine**

What is your favourite colour? **Blue**

What is your favourite movie? TV show? **Enjoy Knowledge Network, foreign mysteries and dramas**

What is your favourite places on earth? **Sicily and Mayne Island**

What is your favourite way to relax? **Listening to classical music.**

What kind of weather do you prefer? **Clear, sunny and coolish**

Any pet peeves? **Lots - loud noise**

Discounting family, if you could meet an individual from the past, who would it be? **Martin Luther King**

Choose a word to describe yourself. **Healthy**

Have you ever had a paranormal experience, (ghosts/ UFO sighting, ESP, etc.) you wouldn't mind sharing? **Déjà vu feelings**

Any advice for the youth of today? **Don't do anything that's going to jeopardize your health - smoking, drinking, drugs, you'll be sorry.**

**Grandma of three, all adults now. Enjoy being a grandma!**

## **Gifts & Games**

Please keep in mind that we will once again need your donations for our Fair.

Each season we have a list of regular items, jigsaw puzzles, games gift items that perhaps you have not used, stationary and cards, toys, cosmetic items - unused please, gift items, bar items, small home decor such as new candles, ornaments, knickknacks, kitchen gadgets, etc. Christmas ornaments but no large garlands, wreaths or lights that have been hung outdoors. If you have indoor lights, please make sure that they are working, wind them around a piece of cardboard and write how many lights on the string please.

If any small games are run by batteries, please make sure that they have not corroded the machine. This also applies to small personal care items. We cannot take time to clean these and usually they are useless if badly corroded, dangerous for those handling them as well.

We cannot use VCR tapes, but will take CD's and DVD's, no electronic items such as machines for these items. We have limited space to display.

You have been very generous in the past and we look forward to having your fabulous items.

For our Treasures section we welcome your wonderful crystal, china, antique items, silver, figurines, all those delightful items that you may see in antique shows and stores around Vancouver.

More information will be sent out as we near our Fair day.

We cannot accept the donated items at Brock House yet, as we have no storage areas. Likely close to November 1 we will accept these items. Please check your newsletters for dates to bring your donations to the house.

Thank you in advance,

*-Joan Krombholz, Convenor  
(Including Treasures,  
for the moment)*



The photo was taken at the final class from the summer program, Historic Melodies, which featured the history, music and fashions of the 30's and 40's. The two musicians featured were Donna Cullis and Howard Meadows. The fashions from the late 40's were worn by Rosemary, Marilyn, Loree, and Wendy.

*Looks like they're all  
'In the Mood"! -Ed.*

## **Brock House Chess Players**

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.

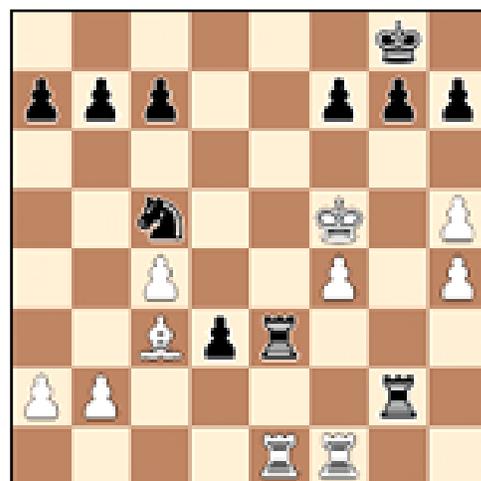
*-Alejandro Ramirez, Convenor*



White moves and wins in 3

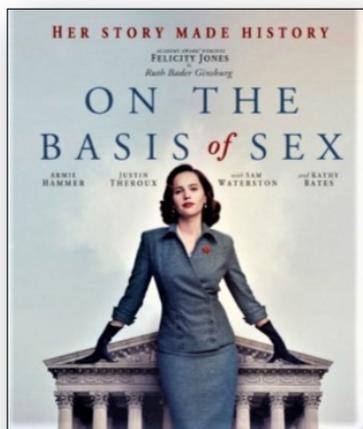


Black moves and wins in 3



The chess puzzle solutions will be discussed during the chess sessions on Tuesday and Thursday.

# BROCK HOUSE *Society*



## Friday Flicks

**Start time: 1:00 p.m.**

**\$2.00 - Exact change please.**

**September 13**

### ***On the Basis of Sex***

**USA - 2018 - 120 Minutes**

As a young woman and struggling attorney, Ruth Bader Ginsburg faces discrimination. A groundbreaking case changes her career as she fights for equal rights.

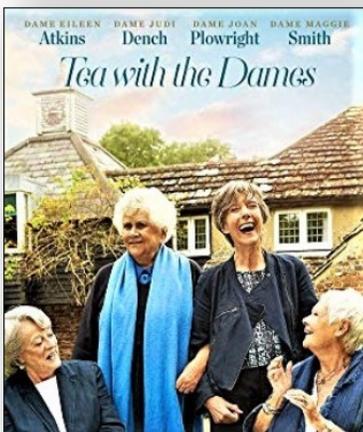


**September 20**

### ***Green Book***

**USA - 2018 - 130 Minutes**

A working-class Italian-American bouncer becomes the driver for an African-American pianist. They tour the 1960s American south and their strained relationship becomes a lifelong friendship.



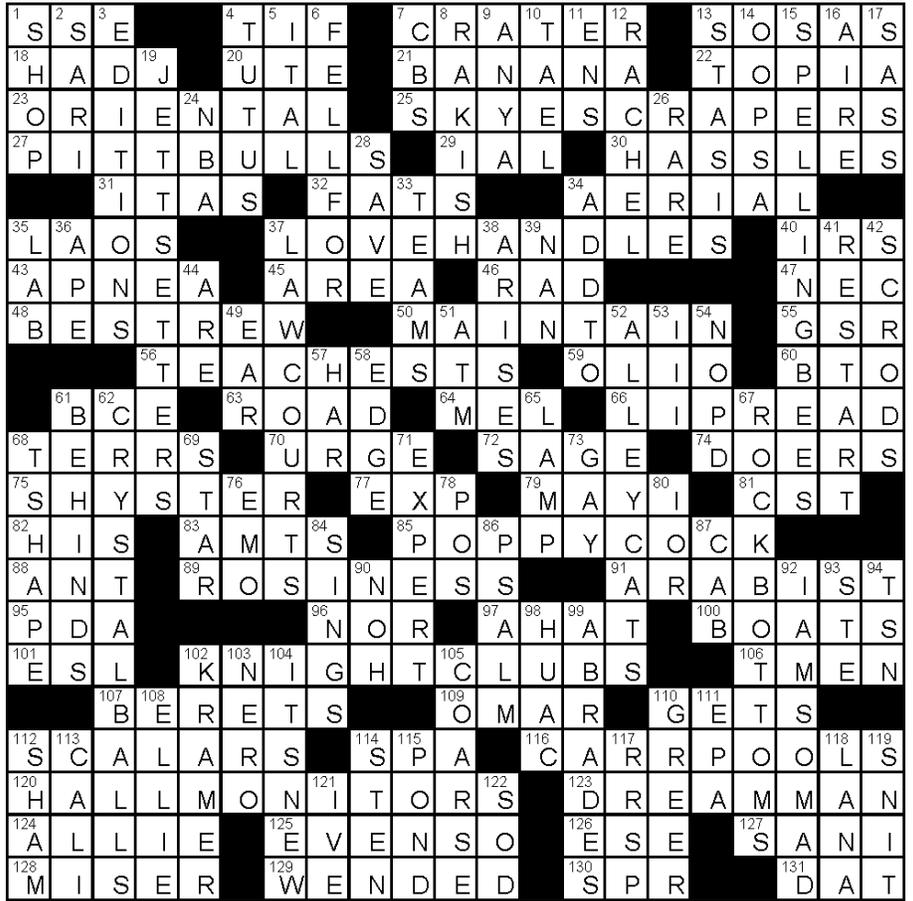
**September 27**

### ***Tea with the Dames***

**UK - 2018 - 84 Minutes - Documentary**

Four legendary actresses (Dames Eileen Atkins, Judi Dench, Joan Plowright and Maggie Smith) meet to gossip, laugh and remember, with predictably humorous results.





**Celebrity Endorsement**  
 by  
**Parker O'Brian**  
 Puzzle answers

**Special Events at a Glance**

<b>Thursday, September 12</b>	<b>Volunteer Appreciation</b>
<b>Friday, September 13</b>	<b>Theatre Group Planning Session</b>
<b>Friday, September 20</b>	<b>Men's Lunch</b>
<b>Monday, September 23</b>	<b>Indian Arm Luncheon Cruise Tour</b>
<b>Tuesday, September 24</b>	<b>An Evening Social Event</b>
<b>Wednesday, September 25</b>	<b>New Members Reception</b>
<b>Tuesday, October 8</b>	<b>Manning Fall Foliage Tour</b>
<b>Thursday, October 31</b>	<b>Halpern Performing Arts: <i>Season of the Witch</i></b>
<b>Friday, November 8</b>	<b>Remembrance Day Tribute</b>
<b>Friday, November 15</b>	<b>River Eagle Cruise</b>
<b>Saturday, November 23</b>	<b>Christmas Fair</b>
<b>Friday, November 29</b>	<b>Chicago Bridge Luncheon</b>
<b>Tuesday, December 10</b>	<b>Halpern Performing Arts: Bernard Cuffling</b>
<b>Wednesday, December 11</b>	<b>Annual Christmas Luncheon</b>
<b>Friday, December 6</b>	<b>Christmas in the Country Tour</b>

**A Pilot Program: An Evening Social Event**

Tuesday, September 24<sup>th</sup>  
6:00pm - 8:00pm | \$12 members only  
Register online or through the office.

**LUNCH MENU**

Brock House Society  
**SEPTEMBER 2019**

**Volunteer Appreciation 2019**

Thursday, September 12<sup>th</sup>  
1:00-3:00  
Register online or through the office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Brock House Closed LABOUR DAY	3 Coffee & Sweets only	4 Coffee & Sweets only	5 Coffee & Sweets only	6 Coffee & Sweets only
9 Fish Chowder, Cod Pie, Rice Pilaf & Salad	10 Lemon Chick Rice Soup Moussaka, Green Beans & Salad	11 Sweet Potato Soup, Chicken Gumbo Rice Okra & Salad	12 Borscht, Beef Stroganoff, Butter Noodles & Coleslaw	13 Green Pea Soup Fish & Chips
16 Vegetables Soup, Vegetable Phyllo Pie Roasted Potatoes & Salad	17 Red Cabbage Soup, Meat Cabbage Rolls, Potato Latkes & Salad	18 Minestrone, Eggplant Parmigiana Potato & Salad	19 Corn Chowder, Pork Sausage Roasted Potatoes & Salad	20 Manhattan Clam Chowder Fish & Chips
23 Italian Wedding Soup, Spaghetti Bolognese Rapini & Salad	24 Shrimp Chowder, Salmon Pie, Mash Potato & Salad	25 Moroccan Bean Soup, Moroccan Chicken Thighs, Couscous & Salad	26 Cream of Spinach Soup, Spanakopita, Roasted Potatoes & Salad	27 Wonton Soup Fish & Chips
30 Fish Chowder, Shrimp Manicotti, Polenta & Salad				