

## "From the Page to the Stage" Continues



**Halpern Room, 10:30, No Charge.  
Limited Seating**

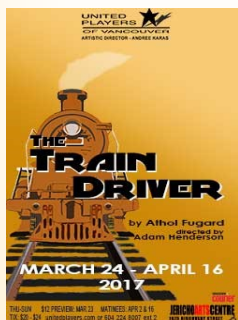
Join local artists as they reveal how they use their imaginations and the creative process to translate a written script to vibrant live drama and take us behind the scenes of the local productions:

**March 9 - Arts Club Theatre's *Angels In America: Millennium Approaches***

**March 16 - United Players' *The Train Driver***

**March 30 - Gateway Theatre in Richmond  
*The Watershed***

To receive an email with background information prior to each session, please add your name to our email list by contacting [mike.flynn@rogers.com](mailto:mike.flynn@rogers.com) with "From Page to Stage Email List" in the subject line.



## **Brock House Society AGM**

**Wednesday, March 22  
1:00 p.m.**

**Conservatory**

Refreshments to follow

The Annual General Meeting is an opportunity to elect new members to the Board and to speak with them. These are the dedicated people who volunteer to keep Brock House Society in good standing now and into the future. Copies of the AGM report will be available in advance and questions and comments will be welcomed. This is one of the few occasions where the communication can go both ways.



Our guest speaker this year is **David Eby**, MLA, Vancouver-Point Grey.

"An award-winning human rights lawyer, David was the Executive Director of the B.C. Civil Liberties Association....He has appeared at all levels of court in British Columbia, where he helped protect human rights, democratic rights, and the rights of the homeless and underhoused in Vancouver."<sup>1</sup>

Last year at this time he was voted the 2nd most popular politician in BC by *Westender* readers.<sup>2</sup> The obvious question is, "Who was first"? Come and find out.

<sup>1</sup> [davidbymla.ca](http://davidbymla.ca)

<sup>2</sup> <http://www.westender.com/best-of-the-city/best-of-the-city-2016-the-results-are-in-1.2183873>



**"Where Seniors Stay Young!"**





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

I, for one, don't know how our wonderful House could be more vibrant and exciting. It's all thanks to you! Whether it's because you smiled and said "hello" to someone or because you're at the House everyday contributing in many ways - everyone adds to the style that is distinctively Brock House.

It's something that we mull over regularly during meetings as we continue to work on the many aspects of the new website and database platform. It's much more interesting than those words may suggest because the program has the flexibility to bring us all closer to each other. If you're at home with a terrible flu, feeling a bit lonely and talking on the phone wouldn't be comfortable, you might be able to go the Society website and engage in a back and forth without the lag of waiting for email. We'll have the ability to set up "forums" for discussion. Do you have ideas and would you like to moderate a forum? Hold onto that thought! Your time is coming.



### **Baubles, Bangles and Beads!**

The Jewelry Committee is preparing for the Summer Fair on July 8. We appreciate all the donations we have received in the past. We wouldn't be successful without your help and sincerely appreciate your generosity.

Please note that when you donate jewelry to our dedicated team we clean, polish and make minor repairs to ensure that we receive the highest value to continue the good works of Brock House.

Leave your contributions in the Brock House Office (3rd floor). Every single one makes a difference. Thank you.

*-Ann McCarthy &  
Patricia Peters, Convenors*

Lucille Ball is on this page to remind us about our biggest annual fundraiser, the Summer Fair. Thank you to Dennis and Elizabeth Jackson, Joan Ellis and Stan Hohnholz for volunteering to take the lead as Co-chairs. As Don Forsyth, Past President, said, "Wow, that's a lot of talent"! Yes, it is.

She also reminds us that there are many ways to make our world a better place. She contributed with comedy and bravery and earned the Presidential Medal of Freedom for meritorious contributions to her country. Some of our members have earned similar recognition, but most of us contribute in the trenches. As I've written before, without you all, Brock House Society wouldn't exist let alone thrive as it does.

Christine Samson, a Past President of the Society and current Chair of the Nominations Committee, is still looking for someone to take on Marketing (p.3); and, during the year, she and her Committee will continue working to identify members willing to serve on various standing committees. On page 7, Thelma Dickman describes the average Fair day from the perspective of a Library volunteer. These examples give you an inkling of the choices you have when you decide to become a Brock House Society volunteer. Interested? Please contact the Office.

If you'd like to "dip your toe into the waters" the Annual General Meeting is a good way (cover).

During the February meeting of the Board, the Directors decided that we need to look at the way we use the House, literally. Peter Phillips very graciously volunteered to chair the "House Capacity Committee". It's part of making sure that the Society is providing its members with a safe and supportive environment and will link to the Health and Safety Committee, which Peter also Chairs. Thank you, Peter.

In closing, thank you to everyone for a year of positive change and great fun. I've been volunteering since I was a "tween" and the adventure continues. Thank you for allowing me the privilege of serving as your President for the past year.

**See you at the AGM!**

And, as always, see you around the House!

*-BevAnn Lister Dean, President*



## **Nominations Committee**

The Brock House Society is seeking a member with Marketing and Communications experience to serve on the 2017/18 Board or Directors. This position is responsible for internal and external communications, marketing events, website content, and social media.

If you are retired, have some or all of these qualifications and are looking to make a difference at Brock House, please contact me.

*-Christine Samson, Chair  
Nominations Committee  
csamson@lightspeed.ca*

# Helen Hansen

in concert at Brock House



## Tuesday, May 9, 2017

Helen Hansen, vocals  
Bill Coon, guitar  
Miles Black, piano  
Rene Worst, bass  
Joe Poole, drums

**Fund-raising event for Brock House**  
**3875 Point Grey Road      604-228-1461**  
**Members welcome to bring guest**  
**Time: 1:30 p.m.      Tickets \$20.00**  
**purchase online at [www.brockhousesociety.com](http://www.brockhousesociety.com)**  
**or in person at Brock House office**

## **Welcome to Our New Members**

Jocelyn Beairsto  
Eleanor Boyle  
Beth Chambers  
Mackie Chase  
Jill Edgar  
James Edgar  
Charles James Frankish  
Samantha Gardiner  
Erin Hur  
Margaret Imire  
Sandra Jarvis  
Sandra Johnston  
Ruth Kirk  
Marlene Kumnick  
Jean Rowe  
W. Ian Roxburgh  
Mary Shaw  
Heather Stokes  
Glenn Swift  
Jean Swift  
Tony Warren  
Peter Weldon



## Workshop News



Regulars at Brock House know that the Brock House Woodworkers contribute a variety of projects including wooden toys, stools, cutting boards, trays, tables, benches, and wood-turnings to the annual Summer Fair in July and the Christmas Fair in November. Many people also recognize the amazing value in this handcrafted woodwork. However, the timing of the fairs means that many potential woodworking opportunities are neglected. Few people would consider exotic redwood lawn chairs or tables at the Christmas Fair because they are out of season and by the Summer Fair they already have all the summer furniture that they want. **To allow for the impacts of chance and seasonality on woodworking needs the Brock House Workshop does consider taking on custom projects between the fairs.**

For example, the workshop can build bird nests based on the current Cornell Lab of Ornithology designs at <http://nestwatch.org/learn/all-about-birdhouses/>

eliminating feather damage in both the adults and the fledglings the Cornell designs enhance the chances of survival of the fledglings.

If you have a custom woodworking project in mind, such as a bird house, you can contact the Brock House Workshop Convenor at the Workshop on Monday and Thursday mornings to discuss your idea.

-Bill Ramey,  
Brock House Society Woodworkers

### Reading Jam

**Tuesday, March 28,  
1:30 - 3:00  
Halpern Room.**

*Reading aloud is the best way to judge  
the clarity and coherence of a [work]  
because it enables us to connect  
the written word with the spoken one.*

*If an argument has broken off;  
if a sentence is unclear, wordy,  
inaccurate or pretentious;  
if there is a lack of evidence;  
or if there is a logical gap—*

*all of these will be immediately obvious  
(to the writer as well as the [listeners]).*

*Reading aloud can be a humbling experience,  
there is no denying that, but it is also  
a fundamentally productive one.*

*-Prof. David Sorkin,  
UW Madison*

If you are a Brock House member who writes poetry or prose and would like to share your writing with others, this is an opportunity for you. Writers and listeners are invited to attend the “Reading Jam”. Writers will find a receptacle in the office labeled “Reading Jam”. Please drop in a note, by March 22, with your name and e-mail address on it. Indicate if you will read a poem or prose.

**Guidelines:** Poetry readings should be two to four minutes in length and prose should be four to six minutes in length. Writers will be contacted by a convenor. Members interested in coming to hear fellow members read their work are very welcome. Read the Friday email from Vera for updates.

-Gerri Patriquin-McKee

## ***March is pharmacists awareness month.***

### **PharmaNet Patient Record**

PharmaNet provides pharmacists and pharmacy technicians with current information about all prescription medications dispensed to you anywhere in BC. Using PharmaNet, pharmacists can quickly identify potentially harmful medication interactions. Your PharmaNet Patient Record information is also available to hospital emergency departments and some medical practices, hospitals and mental health facilities.

PharmaNet:

- Helps to prevent accidental duplication of prescriptions and prescription fraud
- Protects you from drug interactions and dosage errors
- Promotes the cost-effective use of drugs
- Offers authorized health professionals the comprehensive medication information they need to give you high quality care
- Provides immediate adjudication of claims under the BC PharmaCare program.

### **How to Obtain Your PharmaNet Patient Record**

To obtain a copy of your PharmaNet Patient Record, you can make a request through any pharmacy in British Columbia. The pharmacist cannot print your record for you, but will forward your request electronically to the College of Pharmacists of BC. The College will mail your PharmaNet Patient Record directly to you.

To request your patient record you must provide Positive Identification at the pharmacy. Positive identification is:

- 1 piece of Primary Identification (birth certificate; citizenship card; Canadian Record of Landing; Canadian-issued student, employment or visitor authorization; Diplomatic passport; Federal Ministers permit approved by the B.C. Minister of Health; credit card with embedded photo of the cardholder) OR
- 2 pieces of Secondary Identification (Drivers licence; Passport; Native Status Card; Canadian Forces ID Card; Canadian police identification card; Provincial or territorial identification card)

To be sure that your Patient Record is mailed to your correct address, ask the pharmacist to check your address on PharmaNet and update it if it is not current.

The PharmaNet Patient Record you receive in the mail will include:

- Your demographic information on record with the Ministry of Health
- All medications dispensed to you by community pharmacies or hospital outpatient pharmacies in BC during the past 14 months
- Accesses made to your PharmaNet Patient Record by pharmacists, Emergency Department physicians, private physicians, the College of Pharmacists of BC or the College of Physicians of BC during the past 3 years.

The PharmaNet Patient Record does not include any details about the costs of the medications dispensed to you. You can request this information from the pharmacy that dispensed the medication to you, or from Pharmacare for those medications paid for or covered by PharmaCare.

You may obtain a PharmaNet Patient Record that includes medications dispensed more than 14 months ago, and/or which includes accesses to your Patient Record more than 3 years ago by contacting the College of Pharmacists of BC at 604.733.2440 or 800.491.6333.

[bcpharmacists.org/patient-resources](http://bcpharmacists.org/patient-resources)

***What do you call an acid with an attitude? A-mean-oh acid.***

***A miracle drug is one that's the same price now as it was last year.***

## The Brock House Jazz Band



The Jazz Band swung into action in February with a performance at Villa Carital to entertain their residents. On March 30<sup>th</sup> the band will play for the dancers and listeners at Kerrisdale Seniors' Centre. Come dance with us.

At present the Jazz Band has a full complement of musicians. If you are interested, come listen to us practice in the Halpern Room on Thursday afternoons.

-Canby Martin

# Spring Awakening Afternoon Social



**Tuesday, April 4th 1:30 - 3:00 p.m.**

Come and enjoy a demonstration by  
***Hunters Garden Centre***  
on the latest in container gardening

*Containers will be made by members of our own*  
***Woodworking Shop***

Entertainment by Brock House Jazz pianist  
***Doug Rogerson***

Light snacks, coffee and tea will be served

Cost: \$15.00 members; \$18.00 guests

Tickets may be purchased through the BH office or online



## **Selling Books at the Summer Fair**

*One can contribute to the Society in many ways. Volunteering is one of the most rewarding and important experiences. There are opportunities galore. This article was first printed in the October 2013 issue of The Gallimaufry.*

To volunteer for the book stall at the Brock House summer fair is more fun than a basket of best sellers (along with a lot of hard work behind the scenes).

Swimming manfully against a tsunami of donated volumes over a period of months, we sort cartons into categories of Travel, Mysteries, History - although after sorting the twentieth box, categories tend to become anomalous so, for example, one wonders if Peter Mayle's *A Year in Provence* should be a candidate for the travel section, or, as one volunteer flippantly offers, fiction.

Fair day, as always, opens sunny—we brace ourselves for the book dealers, voracious little terriers who rapidly

pile up 20, 30, 40 books. We're grateful they make money for Brock house, but I like selling to the quiet elderly ladies who carefully select books to, as they say, help them through the evenings; or the man with the white goatee who beams when he finds a volume to add to his leather bound library.

Morning shift over, we turn in cash, identification card and apron, pay for the books we never intended to buy and head for home, secure in the knowledge we'll do it all over again for the Christmas edition of the Brock House Fair.

*-Thelma Dickman*



**"Swimming manfully against a tsunami of donated volumes ..."**

## **Yarn and Needle Crafts**



The Yarn and Needle Crafts group are always in need of donations of whole balls of good new yarn to make projects to sell at the Summer and Christmas Fairs. Batches of several balls of the same yarn are especially useful in order to make larger projects. We would also be very pleased to receive donations of new handmade items from Brock House members who sew, knit, crochet, embroider, weave, quilt, etc. to sell at the Summer Fair. Please bring donations to the Meyer Room on Mondays between 9:30 and 11:30, or leave at the office. Thank you.

*-Dorothy Simons and  
Carol Jackson, Convenors*



## **Chicago Bridge and Spring Lunch**

The Chicago Bridge Lunch has been a popular event in the Brock House bridge world for many years and this year's Spring event is on

**Friday, May 12 - 10:00 AM to 3:30 PM  
in the Begg Room**

**Sign-up begins on Wednesday, March 22 - online or in the office.**  
You must sign up with a partner and everyone must be a Brock House member.  
We will take sign-ups until we have the maximum of 10 tables.

*Please be sure you can complete four hands in 30 minutes or less  
and at least one in your partnership knows how to score.  
Thanks for your consideration.*

The day will include one of Kaz' wonderful lunches, prizes,  
and spending an enjoyable day with other Brock House bridge players - all for only **\$20.00**.

Looking forward to seeing 40 keen players on May 12!

*It's not the handling of difficult hands that makes the winning player. There aren't enough of them.  
It's the ability to avoid messing up the easy ones.*

-S. J. Simon



## **The Brock House/Kerrisdale Choir**

The Brock House Choir is looking forward to presenting to you a program of all Canadian songs to honor Canada's 150th year. Some of the greatest song writers in the world are Canadian. Is it the mountains? The clear air? The prairies? The weather? The long days and short nights in summer or the opposite in winter? The vast expanse of geography and scenic sights between the East and the West? It is all of these and more! As always Elsie Stephens our director has made great choices and rehearsals are a joy. See you **May 27**. Details to follow.

A smaller section of the Brock House choir is performing at Seniors Chorfest and that choir has prepared a special concert to perform for you at

**Brock House on  
Friday, April 28, 2:00 p.m.—3:00 p.m.  
Join us!  
Free Admission**



-Judy Ashton



**BROCK HOUSE SOCIETY**  
and the **HALPERN COMMITTEE FOR THE PERFORMING ARTS**  
*Present*

# THE JAMES DANDERFER JAZZ QUARTET

Thursday, April 20th, 2017

1:45 - 3:00

Tickets \$8/members, \$10/guests

*Purchase online or through the office*

James Danderfer



## **JAMES DANDERFER, Composer – Clarinetist**

New York jazz vibraphonist Steve Nelson and Canadian jazz luminary John Twice nominated "*best jazz clarinetist*" in the National Jazz Awards, LEO award-winning composer/performer James Danderfer has been performing and recording with some of the finest jazz musicians in North America. James' fifth and most recent recording "Time and Tide" (Reigning Parade Records) features legendary Stetch.

Jazz Guitarist Oliver Gannon has been very active in the Vancouver and Canadian jazz scenes since the early 1970's. He has performed at many of the major jazz festivals in Europe and North America, and has made three concert tours of the former USSR. He has performed on many jazz records, including four on the Concord label. Not only was he named Guitarist of the Year at the National Jazz Awards in 2002, a duo album, recorded in 1982 with longstanding colleague, the late tenor saxophonist Fraser MacPherson, won the Juno Award (the Canadian Grammy) for Best Jazz Album.

Oliver Gannon



Joe Poole



Joe Poole earned his degree in Jazz Performance under the guidance of Oscar Peterson, gaining Jazz Report Magazine's Best Post-Secondary Jazz Musician award along the way. Joe has played with a respectable ensemble of musicians and bands, including the Verve recording artist Denzal Sinclair, tenor sax legends Red Holloway, Lew Tabackin, Phil Dwyer, and Houston Person, baritone saxophone great Nick Brignola, alto sax players Richard Underhill and Bob Mover, Lorne Lofsky of the Oscar Peterson Quartet, Neil Swainson George Shearing, Woody Shaw, Don Thompson of the Jim Hall Trio, and Guido Basso of the Boss Brass.

Juno-nominated bassist, composer, bandleader, and educator Jodi Proznick has earned a reputation as one of Canada's finest jazz artists. She has won numerous National Jazz Awards, including Bassist of the Year in '08 and '09. Her group, the Jodi Proznick Quartet, was awarded the Acoustic Group of the Year and Album of the Year in '08 and the Galaxie Rising Star at the Vancouver International Jazz Festival in '00

Jodi Proznick



# ROBERT BATEMAN CENTRE & VICTORIA'S INNER HARBOUR TOUR THURSDAY, MARCH 23



**Leave Brock House at 7:30 a.m.  
Arrive back at 7:30 p.m.  
Cost: \$139.00 Members & Guests**

The Robert Bateman Centre is located in the old Steamship Terminal on Victoria's inner harbour, and displays the definitive collection of Robert Bateman's work. It shows the major themes of his life's work, including paintings, drawings, sculptures, etchings, and lithographs providing a refreshing and inspiring view of our natural and man-made heritage. Take a 45 minute guided tour through the gallery with a Bateman expert on the "Nature Tour" focusing on the species and ecosystems that Robert has painted. Following your tour you will have time to stroll through the gallery at your leisure. This tour includes a three course lunch at the Parliament Buildings Legislative Dining Room, an optional guided tour of the Parliament Buildings and afternoon free to explore Victoria's Inner Harbour.

**PACKAGE INCLUDES:** Robert Bateman Centre admission, private guided Robert Bateman Nature Tour, Legislative Dining Room Lunch, optional Parliament Buildings tour, all ferry fees\*.

**\*Please Note: Additional \$17 ferry fee applies to those under the age of 65 and to non-BC residents.**

## **Brock House Chess Club**

Spring is here, the snow is gone for now, and we are making plans to have a friendly chess match with the Bonsor Seniors' Chess Club in April at their community centre in Metrotown.

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

*-Alex Ramirez, Convenor*

**Black moves and wins in 2.**



**White moves and wins in 2.**



## The high cost of falling down ...

- 30% – Up to this many seniors in Canada fall each year**
- 256,011 – older Canadians who reported a fall-related injury in 2009-10**
- \$2B – The cost of seniors' falls in Canada each year**
- 95% – Hip fractures in seniors that are the result of a fall**
- 800,000+ – U.S. patients hospitalized each year because of a fall injury — most often a hip fracture or head injury**
- 50% – Percentage of falls causing hospitalization that happen at home**
- 43% – Increase in injuries from falls in Canada between 2003 and 2008**
- 65% – Increase in deaths due to falls during that same time**

**A fall precipitated singer Leonard Cohen's death in November at the age of 82, according to his son.**

Nearly one in three older Canadians fall every year. For many of them, that moment forever changes their lives. Ninety-five per cent of hip fractures among seniors are the result of a fall. Some falls shorten a senior's lifespan, others lead quickly to death. Seniors who are admitted to hospital after a fall are sometimes forced to linger in hospital beds while awaiting a more suitable level of care. Those who return home can become isolated and less active, afraid of another fall. Their health and quality of life often deteriorates and the health system bears the burden.

That is why there has been a growing focus on the issue at the federal, provincial and local levels in recent

years, as well as internationally. Between 2005 and 2013, according to the Public Health Agency of Canada, fall-related injuries among seniors increased from 49.4 to 58.8 per 1,000 people.

The reasons for falls can be complex — including balance issues, low blood pressure, drug interactions, unsafe footwear, tripping hazards and lack of physical activity — but a significant number of them are preventable. And the benefits of prevention are huge. We used to think that falls were simply part of the aging process. They're not!

<http://ottawacitizen.com/news/local-news/the-high-cost-of-falling-down-why-falls-are-an-overlooked-health-crisis>

### Here's the falls checklist: How do you score?

**I have fallen in the past six months. (Yes? 2)**

Why it matters: People who have fallen once are likely to fall again.

**I use or have been advised to use a cane or walker to get around safely. (Yes? 2)**

Why it matters: People who have been advised to use a cane or walker may already be more likely to fall.

**Sometimes I feel unsteady when I am walking. (Yes? 1)**

Why it matters: Unsteadiness or needing support while walking are signs of poor balance.

**I steady myself by holding onto furniture when walking at home. (Yes? 1)**

Why it matters: People who are worried about falling are more likely to fall

**I need to push with my hands to stand up from a chair. (Yes? 1)**

Why it matters: This is a sign of weak leg muscles, a major reason for falling.

**I have some trouble stepping up onto a curb. (Yes? 1)**

Why it matters: This is also a sign of weak leg muscles

**I often have to rush to the toilet. (Yes? 1)**

Why it matters: Rushing to the bathroom, especially at night, increases your chance of falling

**I have lost some feeling in my feet. (Yes? 1)**

Why it matters: Numbness in your feet can cause stumbles and lead to falls

**I take medicine that sometimes makes me feel light-headed or more tired than usual. (Yes? 1)**

Why it matters: Side effects from medicine can sometimes increase your chance of falling

**I take medicine to help me sleep or improve my mood. (Yes? 1)**

Why it matters: These medicines can sometimes increase your chance of falling

**I often feel sad or depressed. (Yes? 1)**

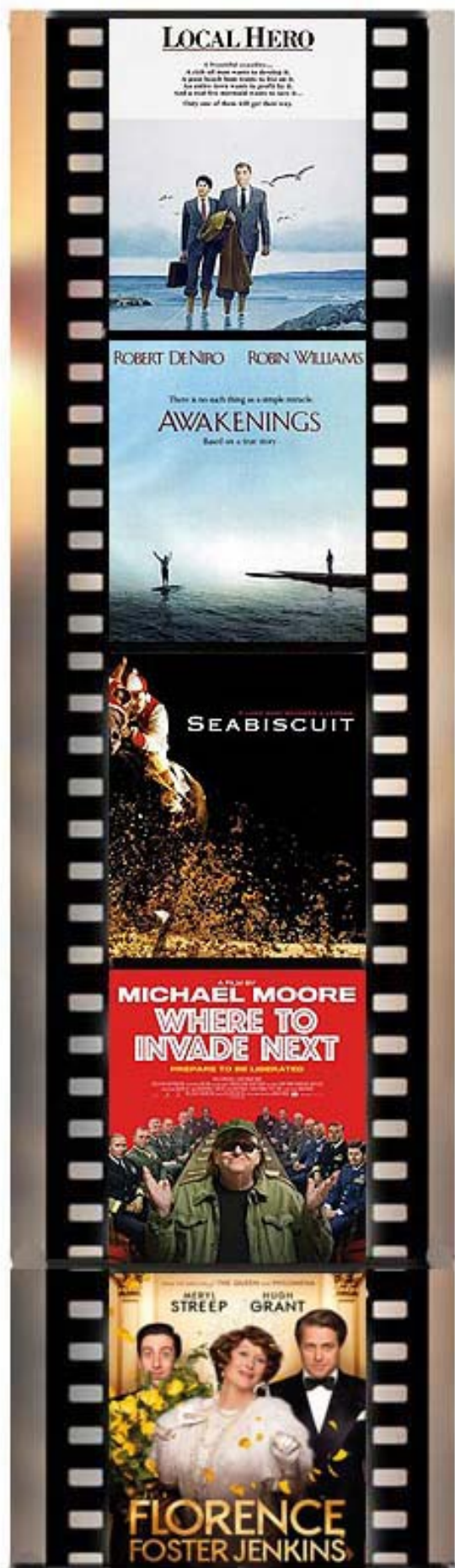
Why it matters: Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

**Add up the number of points for each 'yes' answer. If you scored four points or more, you may be at risk for falling.**

*This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates. It is distributed by the Champlain Local Health Integration Network to medical offices and seniors in the region.*

<http://ottawacitizen.com/news/local-news/heres-the-falls-checklist-how-do-you-score> [Elizabeth Payne]





# FRIDAY FLICKS

## LOCAL HERO

Mar 3rd. 111 min. UK 1983

An American oil company sends a man to Scotland to buy up an entire village to build a refinery.

## AWAKENINGS

Mar 10th 121 min. USA 1990

Victims of encephalitis are offered a new drug that offers the prospect of reviving them from their stupor.

## SEABISCUIT

Mar 17th 129 min. USA 2003

True story of an undersized racehorse whose victories lifted the spirits of the team and the nation.

## WHERE TO INVADENEXT

Mar 24th 120 min. USA 2015

Michael Moore playfully visits Europe and Africa to take their ideas and practices for America.

## FLORENCE FOSTER JENKINS

Mar 31st 111 min. UK 2016

A New York heiress who dreamed of becoming an opera singer despite having a terrible singing voice.

## 1:00 PM START

## \$ 2.00

## EXACT CHANGE PLEASE



## Events at a glance

Monday - Wednesday, March 20 - 22	Spring Program Registration
Thursday, March 23	Robert Bateman Tour (Victoria)
Wednesday, March 22	AGM
Monday, April 03	Skagit Valley Tulip Festival Tour
Tuesday, April 4	Spring Awakening
House closed April 14 & 17	Good Friday & Easter Monday
Thursday, April 20	James Danderfer Jazz Quartet (HPA)
Tuesday - Thursday, April 25 - 27	Harrison Bridge Tour
Wednesday, April 26	National Volunteer Week Celebration
Friday, April 28	Brock House/Kerrisdale Choir!
Wednesday, May 3	Dr. Richard Stace-Smith Lecture
Tuesday, May 9	Helen Hansen in Concert
Monday, May 22, House closed	Victoria Day
Tuesday, May 23	San Juan Islands - Harbour Tour

Sophie Djordjevic



## Don't forget to knock!

If you're one of our many members who struggles with the beautiful front door, please take note, it has an equally beautiful knocker. Our Brock House Society Greeters are prepared to help those who need it and will be listening for your knocks. Give it a try!

**BrockHouseGallimaufry@gmail.com**

Are you a writer looking for an audience for your work?

If so, *The Gallimaufry* would love to hear from you.

Brock House members' pieces are featured regularly.

Send your short story, essay or poem to

**BrockHouseGallimaufry@gmail.com**

Please submit it in Microsoft Word or similar,  
between 500 and 1800 words.

If submitting a photo, a 'jpeg' is preferred.

The deadline for the **April** issue of *The Gallimaufry* is March 22.

-BevAnn Lister Dean, Editor

# **LUNCH MENU** **Brock House Society** **MARCH 2017**

**BROCK HOUSE AGM**  
**March 22**

**St. Patrick's Day**  
**March 17**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		1 Beef Barley Soup Beef & Mushroom Pie Mashed Potatoes Salad	2 Tomato Vegetable Soup Moussaka Green Beans & Tomatoes Salad	3 Manhattan Clam Chowder Fish & Chips
6 French Onion Soup Ham & Onion Calzone Potatoes Gratin Salad	7 Turkey Vegetable Soup Turkey Cottage Pie Peas Salad	8 Won Ton Soup Pineapple Pork Vegetable Stir Fry Rice	9 Lentil Soup Goat Curry Basmati Rice Salad	10 Carrot Ginger Soup Fish & Chips
13 Fennel Soup Eggplant Parmigiana Zucchini Gratin Salad	14 Squash Soup Lamb Curry Pie Squash Salad	15 Oxtail Vegetable Soup Spanish Chicken Thighs Rice Salad	16 Leek & Fennel Soup Irish Beef Stew Mashed Potatoes Salad	17 Green Pea Soup Fish & Chips
20 Fish Chowder Salmon Calzone Rice Pilaf Salad	21 Chicken Corn Soup Chicken Chow Mein Vegetable Stir Fry Rice	22 Italian Vegetable Soup Meat Lasagna Rapini Salad	23 Moroccan Vegetable Soup Chicken Pastilla Couscous Salad	24 Italian Wedding Soup Fish & Chips
27 Pork Vegetable Soup Sweet Chili Chicken Legs Vegetable Stir Fry Rice	28 Cream of Spinach Soup Spinach/Feta Quiche Potatoes Gratin Salad	29 Shrimp Chowder Fish Pie Peas Salad	30 Tomato Soup Spaghetti & Meat Balls Rapini & Escarole Salad	31 Won Ton Soup Fish & Chips