

## Yippee, here it comes!



## Brock House Christmas Fair Saturday, November 25th



Stan Hohnholz

## First Nations 101

tons of stuff you need  
to know about  
First Nations people

Lynda Gray

The Brock House Society Program Committee  
is pleased to offer a presentation  
by

**Linda Gray**

**Thursday, December 7, 1:30-3:00, Halpern Room**  
**Q & A to follow**

**Cost: \$5.00**

**Register online or through the office. Members only**

Lynda's work is grounded in a strong belief in community development, youth empowerment and culture as therapy. She served as the Executive Director of the Urban Native Youth Association in Vancouver, has a degree in Social Work from UBC and released her best selling book *First Nations 101* in June, 2011. She sits on various boards including the UBC President's Advisory Committee on Aboriginal Issues and the Vancity Community. Lynda is the proud mother of two adult children and an active member of the First Nations community.



Where Seniors Stay *Young*





## From the President's Pen

I just took a sneak peek at the Winter Program and the first word that comes to mind is "wow". It's a word that serves me well when our members and staff team up to produce fine quality.

Now is a wonderful time for the seniors in your life who aren't already members to considering joining. They'll receive the balance of 2017 with a purchase of their new Brock House Society membership. That's two (free) months to become familiar with our House, lively members, drop-in activities, etc. before diving in to the new program. If you know someone who receives the GIS, please let them know that they may be eligible for a 50% reduction of the membership fee.

During its last meeting the Board of Directors worked primarily on the budget for 2018. Between lively and, in my opinion, very interesting discussions, we reviewed the financial highs and lows of the past year and the possibilities for the coming one. For anyone who's interested, a copy of the Board minutes is in the Library. We're going to begin the process of looking for people to serve on the 2018/19 Board soon so why not take a look at them and consider volunteering?

Those of you who are wondering about the elevator work - you're part of a good club. The company we contracted has told us we may be in for some delays.

### Celebrating 40 years of success

is, thanks to Don Hudson, the theme for our special events on December 4 and June 6, and to the many members who have done so much over the decades - thank you! Have you noticed the gorgeous new cupboard in the Halpern Room? It represents the kind of team spirit and generosity we're known for. Thank you to the woodworkers!

Our annual Christmas Fair is sneaking up on us. The Committee, chaired by Dennis and Elizabeth Jackson, is cooking up its seasonal magic. Not one to miss a segue, I'll add that Mary Bliss and her crew are cooking the things that appeal to those of us who have a sweet tooth. A look through this newsletter will fill you in on ways you can help by donating and/or shopping and/or telling your friends to add us to their fair crawl on Saturday, November 25.

See you at the Fair and around the House!

*-BevAnn Lister Dean, President*

Think the tree may have grown ....



Notice the driveway and flag pole

**BROCK  
HOUSE**  
*Society*

*Celebrating 40 years of success*

**Please accept this invitation to**

**Stop by on**

**Monday, December 4**  
**10:00 a.m. - 2:00 p.m.**

for a cup of coffee & a sweet treat

Look for details in the weekly office update.

**Opening Day**  
**1977**

Many thanks  
to  
**Tom Grant**  
for sharing  
this photo with  
the Society.



## **Silent Auction & Treasures**

### **Meyer Room, Saturday, November 25**

**Dear Members!** Once again we hope to have a very successful auction year. **With your support we can.**

We are looking for exciting attic treasures suitable for the auction, as well as items (preferably new) suitable for gifts that could be used year round.

For example, gifts that would go into the making of lovely baskets, i.e. toiletries, soap, hand lotions; summer and winter items, such as gardening accessories, wine etc.

**Why not** consider donating tickets that you may not be able to use for Theatre, Dance, Opera (e.g. *The Met: Live in HD* on Saturday mornings) or even a donation for lunch or dinner at one of your favourite restaurants.

There are endless possibilities!

**Thanks!**

*-Elizabeth Smith,  
Convenor*

### **Yarns and Needle Crafts**



The Yarn and Needle Crafts group would 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 Christmas Fair. Please bring donations to the Meyer Room on Mondays between 9:30 and 11:30, or leave them at the Office.

*-Dorothy Simons and  
Carol Jackson, Convenors*

*Their beautiful creations will  
be on display and for sale in  
the Sun Room, main floor,  
during the Christmas Fair.  
- Ed.*

### **Art Group Cards**

The card rack in the office has been restocked and several new images have been added. Here are a few examples:



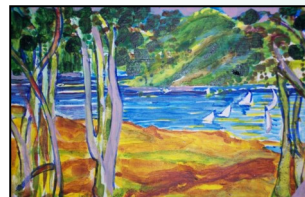
*The Way Through the Woods*  
by Tessa Wilson



*Late Summer*  
by Robin O'Brien



*Secret Cove Boats*  
by Beverley Grice



*Jericho*  
by Lorraine Douglass

Same great price: \$3.00 each, 4 cards for \$10.00. All cards are blank inside.

Thank you to the artists for sharing their beautiful work,

*-Gillian Olson,  
Art Group Convener*

## **Remembrance Day Tribute**

**Friday, November 10**

**1:30 - 3:00  
in the Conservatory**

### Guest speakers:

**Sgt. Leon van Heerden &  
Master Corporal Ryan Chase**  
from the Lord Strathcona's Horse  
(Royal Canadians)

Music provided by  
**The Brock House Big Band**

Light refreshments  
**Members & Guests: \$8.00**

Tickets available in the office or online at  
[www.brockhousesociety.com](http://www.brockhousesociety.com)

Brock House Society members who are  
veterans may attend at no charge.

Please contact the office  
so we have an accurate count.

## **Want to Meet More People At Brock House?**

### **Volunteer in the Cafeteria!**

Brock House members who volunteer weekly in the Cafeteria enjoy the camaraderie and friendships developed after weeks and years of working together. Early risers enjoy the 9-11 shift setting up for the day and chatting up the morning folk, while the afternoon helper clears and cleans, making ready for the next day.

We welcome new members who may get a taste of the above activities by adding their names to our On-Call list. You tell us the days and shifts that best suit you, and we call on you occasionally. At present, we have 2 positions that need permanent volunteers:

- 1) weekly counter person on  
Wednesdays, 11:00 a.m. - 1:00 p.m.  
shift
- 2) bi-weekly person for Tuesday,  
1:00 - 3:00 p.m.

**The Christmas Fair is coming up soon  
on Saturday, November 25! This may be  
a good time to get your feet wet in  
volunteering!**

-Diane Kika, Chair  
Food Services Committee



## **Time Keeps on Slipping into the Future!**

The Christmas Fair is only 5 weeks away! The Jewelry Committee is sorting and pricing donations every Friday afternoon from noon to 3:00 p.m. in the Games Room. If you'd like to donate and that time doesn't work for you Vera in the office will accept items on our behalf. We really appreciate the care you take to offer us donations, we are successful because of you! Thank you from the committee.

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

*They'll be in the Art Room, 2nd floor, during the Fair. - Ed.*

## **Services for Seniors**

*Here's what's on this month in the Halpern Room  
Wednesdays, 1:00 p.m.*

### **November 1**

#### ***Walking Sticks* - Lois Tomlinson**

Lisa Tomlin's vision is to introduce the beauty of the outdoors to all fitness levels. She has over 30 years of experience in the travel and tour industry in over 60 countries. Her passion is to be active outdoors and she loves to share this with others, whether it be here in our local parks or around the world.

### **November 8**

#### ***Continence Management* - Lauren Wolfe**

Judging from the number of products on the drug store shelves dealing with this issue it concerns many of us. Lauren Wolfe, RN, BSN has made it her career focus to address ways of preventing urinary incontinence in both men and women. She discusses causes and potential solutions including referrals to more specialized clinics and practices.

### **November 15**

#### ***Inspire Health: Nutrition & Healthy Eating* - Tamara MacKenzie**

*Inspire Health* is a not-for-profit organization supporting cancer care. It provides programs and services to enhance the quality of life, health and well-being of people living with cancer and their families. Ms. MacKenzie is a nutritionist.

### **November 22**

#### ***Aging in Place : Options and Resources* - Joanne Haramia**

Joanne Haramia from the Jewish Family Services Agency is a very engaging and personable speaker and a member of Brock House Society. She kindly has come by once a year to review this subject which is of great interest to many. She will bring us up to date with the current state of affairs in the public and private spheres of home support, transportation services, meal programs and live-in care.

**"You can't help  
getting older,  
but you don't  
have to get old."**

**~George Burns**



## **Workshop News**

*Be sure to visit the Woodworkers in the Halpern Room on the main floor during the Christmas Fair, Saturday, November 26 - Ed.*

Wherever humans have settled they have claimed land and expanded into the available space then looked for more land to accommodate their needs. The workshop like most of the other groups at Brock House needs more space. The space is needed to reduce the hazardous crowding in the shop and accommodate the needs of modern equipment and safety features like the dust extractors needed to reduce the risk of COPD. Like other groups, we have futilely lobbied for unavailable space until we have finally recognized the need to turn inwards and rationalize our needs.

Some space will be made by eliminating the urinal in the shop since a complete washroom is readily available across the parking lot. This change was relatively easy since it was a sexist holdover from the olden days that was not useful for any of the women woodworkers and could be embarrassing for the male workers since that part of the room also served as the cloak room.

More space has been found by discarding old supplies, old books that were never used, consolidating common items into smaller boxes and making better use of the project storage within the shop. Some short term project storage is required for ongoing work that cannot be conveniently moved and accommodate the active woodworkers that have no space in their apartments.



However, when we carefully inventoried the active short term storage, we discovered several abandoned projects hidden under layers of dust. There were also many special pieces of wood with beautiful grain and colouring that were hoarded on the project shelves instead of the general areas for wood storage. By removing this material and reducing the area for short term project storage we will gain approximately 40 square feet of space and improve the lighting in that part of the shop. Hopefully these changes will tide us through until next year when we discover new needs.

If you had projects or wood in storage in the shop for a project that you have not had time to complete, please visit the shop to claim the material by mid-November. Some special items and wood are in temporary storage but most of the other wood has been put into general wood storage where it might be used by other active woodworkers.

If you have any questions about the shop or your own special projects project please contact the Workshop Coordinator at the Brock House workshop on Thursday morning or e-mail **wramey@interchange.ubc.ca** with **"Brock House Projects in the subject line."**



*-Bill Ramey*

## **Please *Welcome* these new members ...**

Joyce Alisharan, John Ashwell, Elizabeth Ballantyne, Peter Ballantyne, Marg Blake, Donald Buckland, Isana Busheikin, Joe Busheikin, Alexandra Charlton, Richard Chroback, Stephanie Crate, Barry Daniel, Diane Douglas, Barbara Ebelt, Walter Enns, Ross Fahrni, Pauline Fairley, Judy Finch, Virginia Forrester, Kathryn Gademans, Angelita Garcia, Linda Gregory, Phyllis Lamont, Dianne Landes, Donald Lockwood, Virginia MacKinnon, Susan McAleer, Susan Moroney, Donald Panton, Anne Rowles, Margaret Sherlock, Jay Sherman, Jay Storey, Hana Syba, and Marius Van Andel.



# Brock House Chess Club

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.

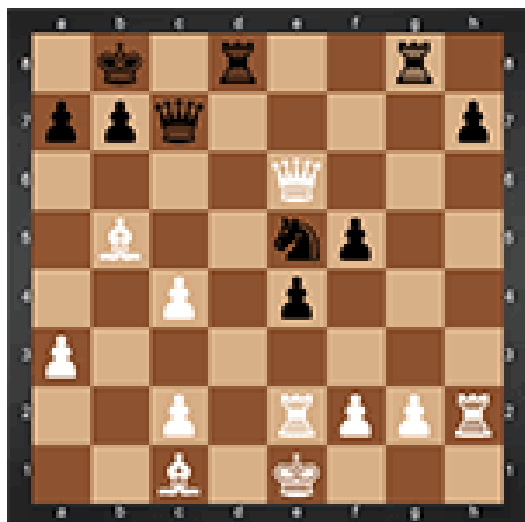
We hope to have a friendly chess match with the Bonsor group this month and plans are underway.

-Alex Ramirez, Convenor

### White to move and win in 3



### Black to move and win in 3



## November Reading Jam

## Tuesday, November 28

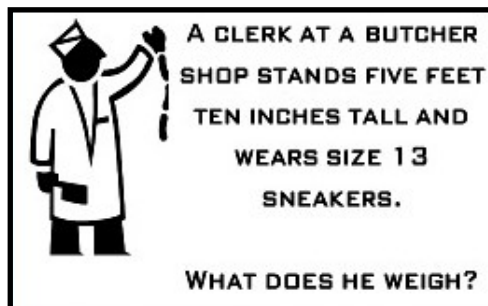
## Calling all closet poets and short-story writers!

Please email me, Brenda McDonald, at **[bguymcd@shaw.ca](mailto:bguymcd@shaw.ca)** if you would like to come and read your own poem or short story.

If you do not have email, give me a call at **778 371 7177** to book your spot!

Reservations will be made in order of receipt of email or phone call.

*-Brenda McDonald, Convenor*  
***bguymcd@shaw.ca***



## Brain Teasers!

1. Four people arrive at a river with a narrow bridge that can only hold two people at a time. It's nighttime and they have one torch that has to be used when crossing the bridge. Person A can cross the bridge in one minute, B in two minutes, C in five minutes, and D in eight minutes. When two people cross the bridge together, they must move at the slower person's pace. Can they all get across the bridge in 15 minutes or less?
2. You're in a dark room with a candle, a wood stove, and a gas lamp. You only have one match, so what do you light first?

**The answers to last month's teasers are:**

1. The same amount. The boat moves up and down with the tide.
2. 4. Cats don't have feet.

## **Request for Donations**

*The Gallimaufry* has again made space for me to insert a message encouraging members to make donations to Brock House Society. You may specify the purpose to which you wish your donation be used, for example, by designating the donation for the Vancouver Foundation Endowment or for the Care and Conservation Fund. If you do not specify a purpose the donations will go into general revenue and become part of the current year's activities.

This year I particularly encourage members to consider donating to the Care and Conservation Fund. We are learning that Brock House Society can expect major expenditures in the near future to maintain the House. Many of you will know about our drainage issues and continuing

problems with water in the basement. This is the most immediate issue for us but, as the Property Management Committee conscientiously assesses the house, other concerns are showing up. The Board will keep members apprised as we understand these issues better.

Please consider making a donation to Brock House Society. You, of course, will receive from the Society a charitable donation receipt for income tax purposes in the year of the donation. Donations made before December 31 2017 are deductible in calculating 2017 income taxes and donations made after December 31 2017 will be deductible in 2018.

*-Keith Service, Treasurer*



### **Harrison Hot Springs Bridge Tour**

**April 17/18/19, 2018**

**This annual event is a successful, enjoyable two days of playing bridge, Duplicate, Chicago and fun bridge, prizes, fine dining, and use of hotel amenities.**

**Cost: \$355.00 per person, double occupancy  
\$495.00 per person, single occupancy**

**This price includes 2 dinners,  
2 buffet breakfasts, 2 night accommodation,  
bus transport to and from Brock House,  
and lessons by Al Freeze.**

### **Registration**

**You do not have to be a Brock House Society member to participate**

Brock House members date will begin Thursday, February 1 to Friday, March 2, 2018  
Non-members may register beginning Thursday, February 8, 2018

### **To Register**

By Phone:	Brock House – 604-228-1461 Monday to Friday 8:45 a.m. –3:45 p.m.
On Line :	After February 8 – <a href="http://www.brockhousesociety.com">www.brockhousesociety.com</a>
In person:	Brock House, 3875 Point Grey Road, Vancouver, B.C., 3rd floor
By mail:	Brock House Society, 3875 Point Grey Road, Vancouver, B.C. V6R 1B3

Full payment required at time of registration  
Cash/Cheque/Visa/Master Card or Debit Card



## **Brock House Jazz Band**



The Jazz Band is back at work with and had a busy fall schedule entertaining folks on September 14 for dancing at Kerrisdale Seniors' Centre, and October 19 at Villa Carital, where residents particularly enjoyed Lorraine Foster's vocal stylings.

In November we will play for residents of Amica at Arbutus Manor. Many Brock House members and former members live at Amica. If you visit friends there, please plan to take in our concert Thursday November 2 at 3:00 p.m. Also in November at Kerrisdale Community Centre the band will play for their Thursday afternoon dance on the 30th. If you enjoy dancing to old style swing and jazz, we're the band for you!

And, of course, you can always listen-in to our Thursday afternoon rehearsals in the House.

-Canby Martin

## **Brock House**

### **Romance! Excitement! Congratulations!**

Brock House Choir members returned from summer holiday to discover that during the break two of our members had married each other! The story goes like this: Sandy Sit is a soprano and Gordon Mar is a bass. They knew each other to say hello only till one day in the spring of 2016 Gordon asked Sandy to sing a duet with him at the Brock House Kabaret that June. She said yes. They sang *Someone to Watch Over Me* together. That was the beginning.

They were married in a beautiful ceremony at University Golf Course on September 1. Sharon Copeman, our new choir president performed the ceremony. Like true choristers music was a theme at the wedding reception. Sandy sang *He Needed Me*. Gordon sang *The Way You Look Tonight*. Now isn't that romantic?

Next Gordon sang a duet with a friend: *Let the Rest of the World Go By*. Our director Elsie Stephen, Sharon Copeman and Sandy sang *Love and Marriage*. A raucous men's chorus sang *Get Me to the Church On Time* and a table of Brock House choristers sang *Always*. Then there was singing at each table and of course the bride and

groom were expected to kiss when each song ended. The evening ended with a Salsa lesson for all.

Congratulations to Sandy and Gordon! This is the **third couple** who first connected at Brock House Choir and subsequently married! A choir is so much more than singing - it forms its own supportive caring world, a community where things can happen, where friendships are found and where love can bloom.

-Judy Ashton



## **Dark Matter**

I'm going to live until physicists discover what dark matter is. What is it that refuses to absorb light and resists reflection? I want to know! In the meantime, the mystery itself brings me comfort. The beautiful vast all encompassing universe reminds me of all those old homilies about life being transient and not taking oneself too seriously, which most of the time means nothing because we are too busy doing just that. So I like the mystery. I like the language surrounding the mystery too.

Of course, the answer could be found tomorrow and then I'd have nothing to live for but that's unlikely. Even twenty years from tomorrow would be too much to hope for. Like Herschel's telescope, I could run out of gas long before that.

Dark matter could be a cluster of rocks or a great deal of dust. It might be a dark galaxy, or even a crowd of "brown dwarfs". It might be made up of gamma rays. That reminds me of a play "The Effect of Gamma Rays on the Man-in-the-moon Marigolds," the title coming from a science project but the content perhaps more to do with alienation. There was talk of a tearoom and cheesecake, I remember. Maybe dark matter is cheesecake, chocolate cheesecake, but with healing properties. It's unlikely to be a gas but it might function as a lens or a shield – like a gravity field. In that case, we'd need "a gravitational field disruptor" like Princess Leia used on Darth Vader! It may just be there to hold things together like skin; conversely, it might hold the secret of time and space. Now, that would be worth waiting around for. I'd go back and do everything differently as many times as it took to get it

right....oh....on second thoughts, I couldn't be bothered.

Perhaps God created dark matter. He did separate light from dark! I know: He isn't dead after all but hiding probably out of sheer embarrassment: "God saw all that he had made and behold" it wasn't what he'd hoped for. Disappointed...he just stopped mentioning the "let there be light" thing. No, HE is a she and is journeying in a space-time continuum destined to repeat herself over and over again to no avail.

On the other hand, dark matter may be the gateway to travel beyond to a place containing everything we've ever wanted – only for the wealthy of course 'cause you'd need a ship. Redeemed by the Beautiful Auntie Matter, our saviour, we will be transformed – some of us anyway - reborn into the light. Alternatively, dark matter could be the river that separates us from the underworld – tickets free for that journey.

Whatever! I suspect dark matter if it cares at all doesn't give a fig about a collection of quivering atoms like us; still, I'd like to know if solving the mystery would change this "third rock from the sun." Whether I do live to see it or not is of no account. Frankly, I don't know what that dark matter is lurking under my bed. Dark matter will no doubt end up an equation on a blackboard that will mean little to most of us and like the largest infrared telescope, it will eventually lose its coolant or in the case of dark matter, its luster albeit in 15 billion years or so.

-VL

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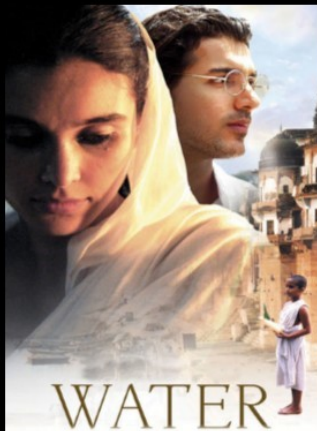
**heic1718 — Science Release**  
**Hubble discovers "wobbling galaxies"**  
**Observations may hint at nature of dark matter**  
**26 October 2017**

**Using the NASA/ESA Hubble Space Telescope, astronomers have discovered that the brightest galaxies within galaxy clusters "wobble" relative to the cluster's centre of mass. This unexpected result is inconsistent with predictions made by the current standard model of dark matter. With further analysis it may provide insights into the nature of dark matter, perhaps even indicating that new physics is at work.**

If this "wobbling" is not an unknown astrophysical phenomenon and in fact the result of the behaviour of dark matter, then it is inconsistent with the standard model of dark matter and can only be explained if dark matter particles can interact with each other — a strong contradiction to the current understanding of dark matter. This may indicate that new fundamental physics is required to solve the mystery of dark matter.

<http://www.spacetelescope.org/news/heic1718/?lang>

**BROCK  
HOUSE**  
*Society*



**Christmas Fair**  
**Saturday, November 25**



# **Friday Flicks**

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

**\$2.00**

Exact change please.

**November 3**

***Arrival***

**116 mins. - 2016 - USA**

Twelve mysterious spacecraft appear around the world and a linguistics professor is enlisted by the US Army to facilitate communications.

**November 10**

**No Film**

**Remembrance Day Ceremony**

**November 17**

***Water***

**114 mins. - 2005 - Can./India - Some subtitles**

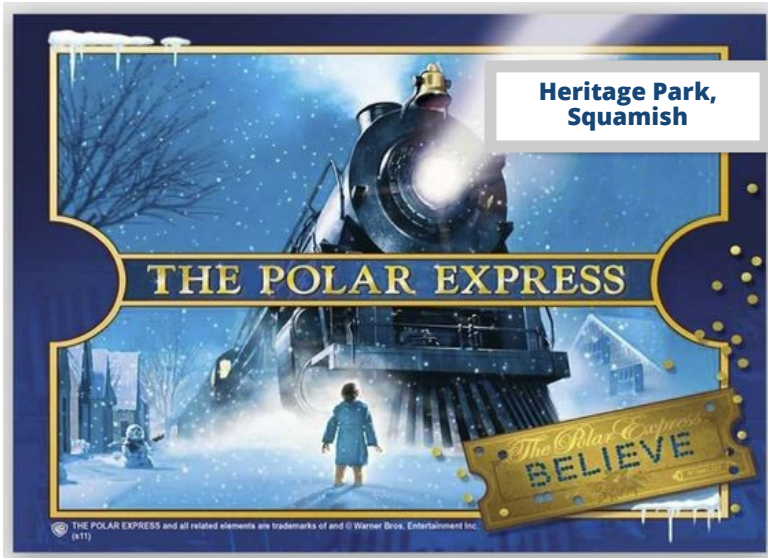
Set in 1938, *Water* is the last film of a trilogy about India by Deepa Mehta. Chuyia is an 8 year-old girl whose husband dies. In keeping with traditions she is sent to an ashram to spend the rest of her life in renunciation, to expiate bad karma and to relieve her

**November 24**

**No Film**

**Christmas Fair preparations in full swing**





**Saturday, December 9  
10:00 a.m. - 5:00 p.m.**

**\$121.00 per person  
Members & Guests  
First Class tickets!**

Kick off the Holiday Season with family and grandchildren by hopping aboard the **9th Annual Polar Express!** The one-hour train ride is filled with magic, music, stories and on-board refreshments Polar Express style. You're traveling first class, so you get priority boarding and a special collector's mug!

**Package Includes:** Polar Express first class ticket, admission to the North Pole Workshop and Gingerbread Village, mini-train ride, lunch at the *Watershed Grill* in Brackendale, and all fees and taxes.

## **Brock House Christmas Luncheon**

**Wednesday, December 6, 2017**

**4 sittings:**

**11:00, 11:30**

**12:00, 12:30**

Join us for a special Christmas feast prepared by the Brock House Restaurant! Enjoy this full turkey dinner buffet

complete with a glass of wine!

Guests are welcome.

*You will not be rushed through your meal, no matter which sitting you choose*

**Ticket \$35.00 - members  
\$40.00 - guests**

*on sale now in the office  
or purchase on-line*

**Absolutely no ticket sales  
or refunds after November 22**

## **Classic Carollers**



**Thursday, December 14**

The Classic Carollers are coming back to Brock House! They will sing a mix of early and modern music - all to do with the Christmas season. The varied repertoire will be sung *a cappella*

**Performers:**

**Tim Pawsey \* Heather Pawsey  
Shelley Hunt \* Stephen Courtenay**

**1:45 - 3:15**

**In the Conservatory**

**Members: \$8 Guests: \$10**

**Tickets available in the  
Brock House Office or on-line**

**Sponsored by the  
George Halpern Fund**

## Events at a glance

Sunday, November 5	Cirque Du Soleil: <i>Kurios</i>
Friday, November 10	Remembrance Day Ceremony
Friday, November 17	Chicago Bridge Lunch
<b>Saturday, November 25</b>	<b>The Christmas Fair</b>
Tuesday, November 28	Reading Jam
Monday, December 4	Celebrating 40 Years of Success
Wednesday, December 6	Christmas Luncheon
Saturday, December 9	Polar Express Tour
Thursday, December 14	The Classic Carollers Return!

### Brock House Sing-Along

As always we are happy to welcome newcomers. Join us any **Monday afternoon from 1:30 to 3:00 p.m. in the Conservatory**. Leora Williams plays the piano and Joane Sunahara accompanies with her recorder. All members are welcome. Come and sing, put a smile on your face and meet some friendly people. Relax and enjoy the songs of our era as well as seasonal favorites. We make our sing-alongs a fun activity that generates smiles and brightens our day.

In addition to our Mondays at Brock House, we visit seniors' residences each month for a participatory sing-along with their residents. These outings are very rewarding experiences for both our members and the home residents.

-Alex Curror



I'm singin' in the rain  
Just singin' in the rain  
What a glorious feelin'  
I'm happy again  
I'm laughing at clouds  
So dark up above ...

-Freed and Brown

Join them at the Christmas Fair

Are you a writer looking for an readers? If so, *The Gallimaufry* would love to hear from you. Brock House Society members' pieces are featured regularly.

Send your short story, essay or poem to [BrockHouseGallimaufry@gmail.com](mailto:BrockHouseGallimaufry@gmail.com) Please submit it in Microsoft Word or similar. If submitting a photo, a 'jpeg' is preferred.

The deadline for the combination December/January issue of *The Gallimaufry* is November 22.

-BevAnn Lister Dean, Editor

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>REMEMBRANCE DAY TRIBUTE NOVEMBER 10</b> Purchase tickets online or through the office		1 Fassoulada Soup Moussaka Green Beans Salad	2 Shrimp Chowder Seafood Crepes Rice Pilaf Salad	3 Boston Clam Chowder Fish & Chips
6 Napa Cabbage Soup Teriyaki Chicken Legs Carrots, Rice	7 Fish Chowder Salmon Phyllo Pie Potatoes Gratin Salad	8 Chicken Vegetable Soup Chicken Pie Mixed Vegetables Salad	9 Turkey Vegetable Soup Turkey Shepherd's Pie Mixed Vegetables Salad	10 Green Pea Soup Fish & Chips
13 Brock House Closed	14 Lentil Soup Indian Chicken Legs Basmati Rice Salad	15 Leek Soup Salmon Croquettes Cabbage Salad	16 Beef Barley Soup Beef & Mushroom Pie Mashed Potatoes Salad	17 Won Ton Soup Fish & Chips
20 Squash Soup Jamaican Chicken Legs Red Bean Rice Salad	21 Italian Wedding Soup Spaghetti & Meatballs Raphani & Leeks Salad	22 Cream of Chicken Soup Chicken Crepes Potatoes Gratin Salad	23 Lemon Chicken Rice Soup Spanakopita Greek Potatoes Salad	24 Carrot Ginger Soup Fish & Chips
27 Lentil Soup Butter Chicken Peas Paneer Basmati Rice	28 Leek & Cabbage Soup Lamb Curry Pie Peas Salad	29 Fish Chowder Cod Pie Mixed Vegetables Salad	30 Fennel Soup Meatloaf Mashed Potatoes Salad	

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.