

Brock House/Kerrisdale Choir

presents

*S*inging in the Rain

**Saturday June 2 at 3pm**  
**Marpole United Church**  
**1296-67<sup>th</sup> Ave at Hudson St.**  
*Tickets \$10 - Children under 12 free*

## Inform Your Vote

### Symposium On Electoral Reform

**Tuesday, May 8, 1:00-3:00 p.m.**  
Halpern Room

The proposed fall referendum will ask you to make an important choice that affects the exercise of your democratic rights.

Our excellent speakers will present information supporting either keeping our present First Past the Post system or changing to a form of Proportional Representation.

#### Speakers:

**Suzanne Anton, Former Attorney General of B.C.**

**Shoni Field, Former member of B.C. Citizen's Assembly,  
member of YesBCPR**

**Jason McLaren, President of Fair Vote Vancouver**

**Herb Silber, Q.C. Vancouver Lawyer**

**Margot Young, Professor, Allard School of Law, UBC**

How we vote matters as much as who we vote for.  
**Save the time to help make an informed choice!**





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

Hello again. What an exciting time to be a member of Brock House Society.

Last month in the *The Gallimaufry* I wrote an article called "Spring into Action" in which I referred to spring as a time of renewed energy and vigor. I added "May a thousand daffodils bloom" Well, look around!

Renewal and activity has also been the case at Brock House Society over the past month as the new Board of Directors and myself, have taken a look at our portfolios and have introduced fresh goals and objectives resulting in a list of possible changes. There is even talk of a catch-phrase:

*Brock House Society: Making a difference!*

The changes that are deemed to be necessary will be introduced to you in a gradual manner, over a period of time, as changes on any level can be confusing for some of us! However let me just share some of the main ones that will soon be upon us:

### *40<sup>th</sup> Anniversary Event (p. 3)*

A request was sent to the Lieutenant Governor of BC's office in Victoria, asking the new Lieutenant Governor, **Her Honour Janet Austin if she could attend the 40<sup>th</sup> Anniversary event of our society on June 6.**

I am pleased to announce that Her Honour has accepted the invitation so get your tickets now and join us for a very special occasion.

### *Members Monthly Special Dinners*

The Restaurant has agreed to host a Special Members and Guests Dinner, once monthly, with a set menu and with a 30% discount on a la carte items. Dates are to be announced shortly.

### *Summer Market (p. 6)*

This year's Summer Fair unfortunately had to be cancelled due to a conflict with the Van. Folk Festival held on the adjacent Jericho Beach. **To replace this Fair we are planning an event on July 18 in the afternoon and evening, called "BHS Summer Market"** So stay tuned! The Christmas Fair will still occur on November 24.

So Team BHS has started their tenure in a *Stop, Look and Listen mode* and is now *Springing into Action* and as mentioned before, your responsibility is to give us feedback on how we are doing.

Oh and by the way, a new formal method for doing this will be announced soon. So, again;

**Welcome to Spring and (even more) Action.**

*Peter Phillips, President*

BrockHouseGallimaufry@gmail.com



## **Meet your Directors**

**Wednesday, May 2**

***Peter Phillips,***  
**President**

**Week of May 14 tba**

***Adrian Gatrill,***  
**Property Management**

**Wednesday, May 30**

***Tom Henry,***  
**Planning &**  
**Business Development**

**1:30 – 2:30**  
**West end of the**  
**Conservatory**

**These sessions are hosted by your Directors and are designed to share the Society's current challenges and needs with members and to flesh out the issues which the Board is working on.**

**Members are encouraged to ask questions and express their opinions.**

**More sessions are planned for the fall.**





# Celebrating 40 Years of Success



**Wednesday, June 6,  
4:00 - 8:00 p.m.**

**Distinguished guests**

**Their Honours, the Honourable Janet Austin  
Lieutenant Governor of British Columbia and  
Mr. Ashley Chester.**

**John Coupar, Liaison, Vancouver Board of Parks & Recreation  
and Heather Coupar**

**Join us for an early evening of  
the good things in life:**

**Music, food and  
wonderful people.**

**We plan to start with a sparkling toast to**

**Brock House Society's  
40 years of success.**

The exceptional  
**Brock House Jazz Band**  
will be playing under the tent and  
we hope everyone will bring either their  
dancing shoes or chair dancing skills.

Next, supper catered by our  
loyal partner of 40 years  
**The Brock House Restaurant.**  
We'll get you started with a glass of wine  
and there'll be a no-host bar.

After supper back to music (and dancing)  
with the outstanding  
**Brock House Big Band**

**& Door Prizes!**

All this for

**\$75.00 per person or  
\$135.00 per couple  
(a couple being any 2 people  
attending together)**

Tickets available online and  
through the office.  
**brockhousesociety.com**

## **Menu**

### **Fresh Vegetable Platter**

Fresh seasonal vegetables served with a creamy dill dip

### **Antipasto Platter**

Assorted grilled vegetables with artichoke hearts,  
salami, capicola, & bocconcini

### **Domestic & Imported Cheese Platter**

Served with an assortment of crackers

### **Breads & Spreads Platter**

Hummus, olive tapenade, sundried tomatoes, baba ganoush  
served with focaccia, pitas & assorted crackers

### **Pasta Station**

*Attended by a chef*

Two types of pasta with fresh Parmesan cheese  
Served with: tomato & Alfredo sauces.  
Accompanied with baby shrimp, mushrooms,  
onions, red & green peppers

### **Roast Beef Slider Station**

*Attended by a chef*

Sliced roast beef accompanied by fresh baguettes,  
horseradish, Dijon mustard, & pickles

*Self made to order*

### **Seafood Stir-fry Station**

*Attended by a chef*

Seafood medley of prawns, scallops and mussels

*Made to order*

### **Gourmet Sushi Display**

Homemade California, cucumber, salmon, & tuna rolls  
with pickled ginger, wasabi & soy sauce

### **Assorted Miniature Desserts**

Fresh fruit platter, profiteroles,  
chocolate mousse, & dessert squares

Coffee & tea

## **Brock House Jazz Band**

Recently your Brock House Jazz Band entertained residents at the Louis Brier Home and Hospital. We will be playing at Kerrisdale Seniors Centre for their May 3 Thursday afternoon dance, and at the **Brock House "Celebrating 40 Years of Success" anniversary party Wednesday June 6.** We hope to see you there.

*PS – Bring your dancing shoes!*

*-Canby Martin*



## **Brock House Orchestra**

The orchestra made a couple of debuts in March. It was our first time playing at The Tapestry at Arbutus Walk and Granville Gardens. Both are modern upscale senior homes and we were made very welcome in both locations. Previously in February we made our annual visit to Kerrisdale SC where there is always an enthusiastic audience. There is one more concert ahead at Southview Terrace before the summer break.

The ensemble continues to improve under our conductor Jeffrey Tseng and we are beginning to attract new players, as word gets around. The Begg Room will soon be too small! Nevertheless, if you or someone you know plays an instrument, please check us out. For beginners, there is the Chamber Group on Wednesday afternoons for more relaxed playing.

*-Phil Neame, Concertmaster*

## **Spring Awakening Afternoon Social**

**Thursday, May 10th**

**1:30 - 3:00 p.m.**

Enjoy a demonstration by

***Bob Tuckey of Hunters Garden Centre***

on how to create beautiful planters with  
sun and shade plants.

(The finished planters will be auctioned off after the demo)

**Tasty savories & sweets, coffee & tea will be served**

*Planters will be made by the*

*Brock House Woodworkers*

*and there will be some available for purchase*

**Cost: \$17.00 members; \$20.00 guests**

**Tickets may be purchased  
through the BH office or online**







## **Yarn and Needle Crafts**

The Yarn and Needle Crafts group is always in need of donations of whole balls of unused yarn to make projects to sell at the Brock House Fairs. Batches of several balls of the same yarn are especially useful in order to make larger projects.

We are 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 next Fair. Please bring donations of yarn or completed projects to the Meyer Room on Mondays between 9:30 and 11:30 or leave them at the Office.

We are also very happy to see Brock House members who might be interested in joining our group. If you like to do any craft involving fabric or yarns, we encourage you to drop by the Meyer Room any Monday between 9:30 and 11:30 to chat.

*-Dorothy Simons  
and Carol Jackson, Convenors*



## **BARBARA ANN MARTINDALE**

*will perform a*

### ***Classical Accordion Concert***

*as a*

### ***Fundraiser for Brock House Society***

**TUESDAY, MAY 29**

**1:00-2:30**

**IN THE MARQUEE**

**Tickets: \$10 per person**

(members & non-members)



Brock House Society member Barbara Ann Martindale is a classically trained Accordionist/Singer. She has played professionally for accordion related events in Canada, England, the USA and China, as well as teaching, lecturing and adjudicating for both adults and children.

Her program will include 7 semi-classical and classical selections arranged for accordion. Two of these pieces are *Dance of the Hours* from the Italian opera *La Gioconda* by A. Ponchielli, and *The Flight of the Bumblebee* by Rimsky-Korsakov. Barbara Ann will also sing well-known songs in German, French, Spanish and Italian, including *La Vie en Rose* and *O Sole Mio*. There will even be an opportunity for the audience to join in and sing some well-known songs!

At the end of the concert, BevAnn Lister Dean will briefly interview Barbara Ann to give you some background on her musical experiences.

**Coffee, tea and cookies will be served  
after the interview.**

# The first ever



# Summer Market

The early afternoon  
and evening of

**Wednesday, July 18**

**Come for the crafts  
Stay for the camaraderie  
There'll be some things old,  
some things new,  
some things borrowed  
and we hope *you'll be there*, too.  
Details to follow ...**

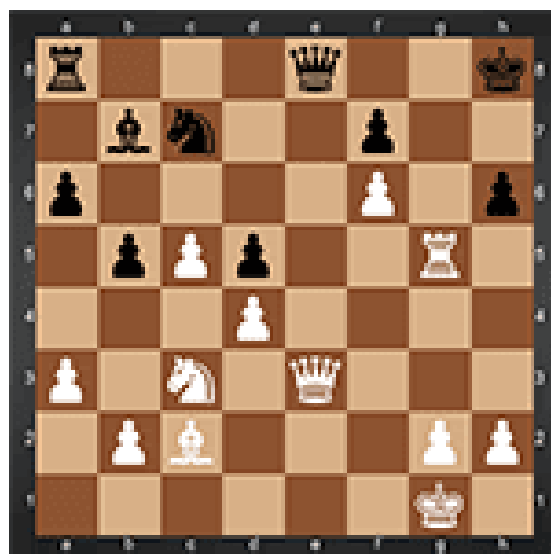
## Brock House Chess Club

Thanks to all who came to the "simul" play with Stephen Wright. We had eleven players. Everyone enjoyed the event and had fun.

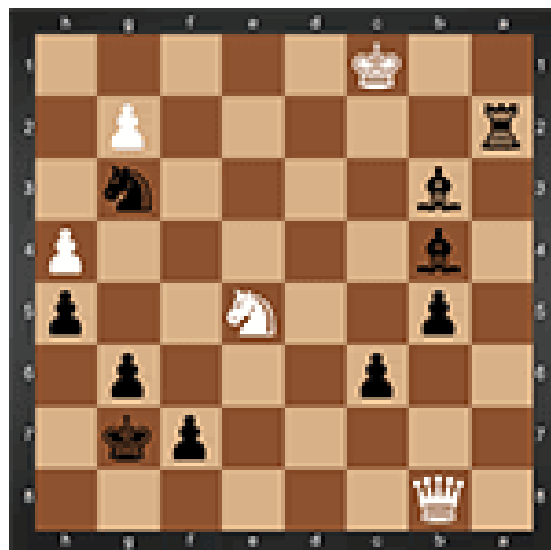
The Brock House chess players meet every Tuesday and Thursday in the Meyer room from 1:00 p.m. to 3:00 p.m. All are welcome to come and play or learn and watch or share their experience.

*-Alex Ramirez, Convenor*

**White to move and win in 3.**



**Black to move and win in 3.**



## From the Artists' Group

**Here's an idea for Mother's Day (or Father's Day) present?**

**Beautiful original painting by Robert Kitt:  
"Crane" - 12" x 24" (oil on canvas) - \$100  
Please contact Sophie in the Brock House office.**



*This little tidbit has been making the rounds on the internet for years. It's been attributed to Woody Allen and George Carlin. In fact the following take on the original was written and performed by **Sean Morey** on the Tonight Show in the 80's. -Ed.*

In my next life I want to live my life backwards.  
You start out dead and get that out of the way.  
Then you wake up in an old people's home  
feeling better every day.  
You get kicked out for being too healthy,  
go collect your pension,  
and then when you start work,  
you get a gold watch and a party on your first day.

You work for 40 years  
until you're young enough to enjoy your retirement.  
You party, drink alcohol, and are generally promiscuous,  
then you are ready for high school.

You then go to primary school,  
you become a kid,  
you play.  
You have no responsibilities,  
you become a baby until you are born.

And then you spend your last 9 months  
floating in luxurious spa-like conditions  
with central heating and room service on tap,  
larger quarters every day and then Voila!  
You finish off as an orgasm.  
I rest my case.

*-Thanks to Jo Pleshakov*

**And**

## Brock House Cards

The card rack in the office has been stocked with cards suitable for almost any occasion. Same great price of \$3.00 each or 4 for \$10.00 – time to stock up.

Here is an adorable image by  
Maureen West called  
"Mauve Mouse"



and one by Gillian Olson called  
"Happy Faces".



*-Gillian Olson, Convenor  
Artists' Group*



# All for One and One for All

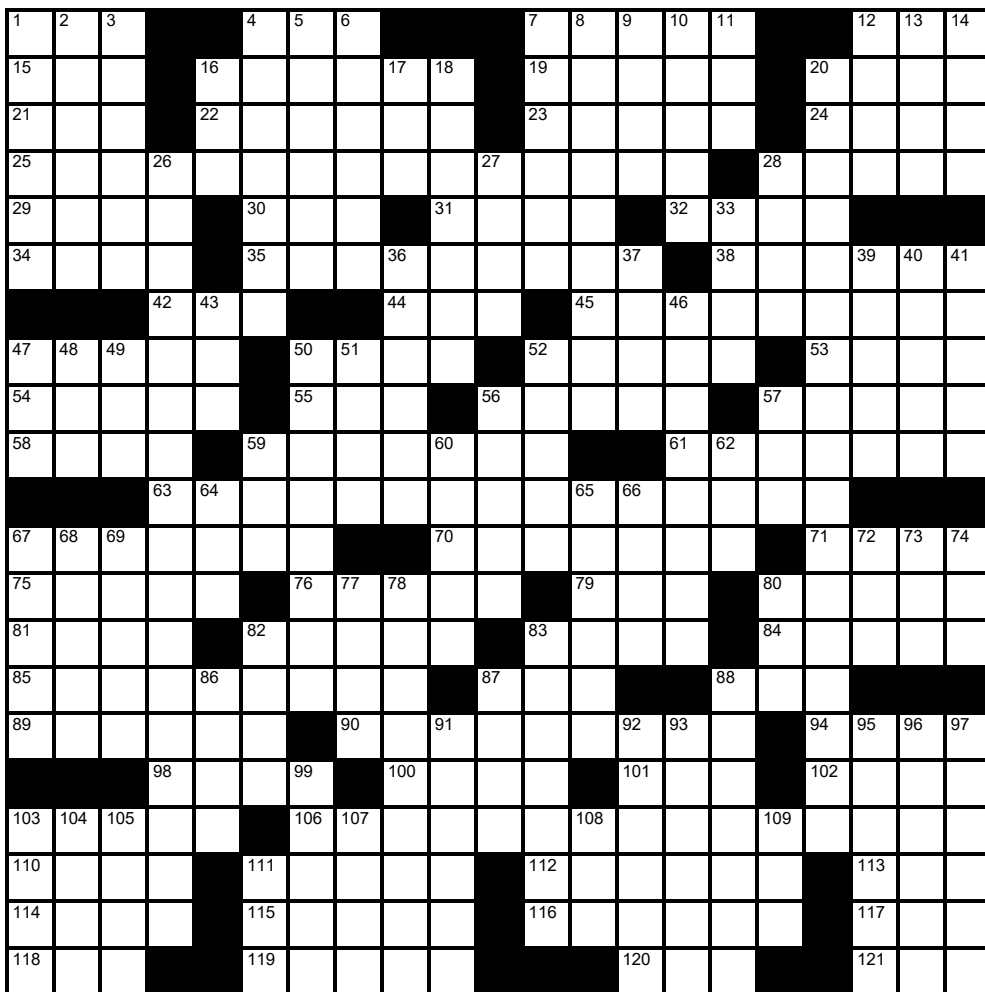
by Parker O'Brian

## Across

1. Ammo for toy guns
4. Shriver of tennis
7. Target competitor
12. Spoiled
15. Food scrap
16. Actresses Hayes and Hunt
19. Santa monitoring org."
20. Walt Kelly's cartoon character
21. Wedding announcement word
22. Titillating
23. Needle and thread holders
24. Where the boyz are
25. Chutzpah while gliding?
28. Vernacular
29. 1952 Olympics site
30. Ear: Prefix
31. Central letters
32. Breeze (through)
34. Jazzman Getz
35. Avoid the femur?
38. Capable
42. It helps get you from here to there
44. Special \_\_\_\_
45. Type of care
47. Complex unit
50. Nursery supply
52. Pizarro's conquest
53. Strong team
54. Tack on
55. Professional suffix
56. Juice Newton hit single, "\_\_\_\_ of the Morning"
57. Cathedral topper
58. Buddies
59. Votes out
61. Most agile
63. Sound emanating from a singing cowboy?
67. Kind of nerve
70. Water lilies
71. Impetuous
75. Temporary tattoo dye
76. Tapestry
79. Fluffy accessory
80. Irish-born actor Milo
81. Util. bill
82. Skedaddles

## Down

83. Dragon of song
84. Bygone rulers
85. Terrier types
87. Musical aptitude
88. Addams Family cousin
89. Moneybags
90. Gala for comedians?
94. "Waterloo" group
98. Is short
100. Early cars
101. Business card abbr.
102. Detective's need
103. Swashbuckling movie star
106. A Brit in bondage?
110. City on the Tiber
111. Beau
112. Gets used (to)
113. Kilmer who played Batman
114. Circle segments
115. Pass
116. Most like a ghost
117. Toronto-to-Ottawa dir.
118. Leaves in a bag
119. I \_\_\_\_ differ
120. Mormons, initially
121. "Awesome!"



13. Awestruck
14. Birdbrain
16. Cut down
17. Something to pick
18. Carries a load
20. Where great thinkers shower?
26. Eye parts used for seeing far away?
27. Where diplomats work, abbr.
28. Pride member
33. Seemingly forever
36. Received
37. Suffix with differ
39. Kind of cup
40. States
41. Basic belief
43. Word with chicken and small
46. Inability to hear basketball players?
47. Ceiling
48. One-kind connector
49. Eagles and Ravens org.
50. Order a Christmas tree over the phone?
51. Bone prefix
52. Map feature

56. A character associated with this puzzle's title
57. Letters on a Cardinal's cap
59. Verse starter
60. One of the Titans
62. Fingers
64. Hiroshima river
65. Commuter's home
66. Beginning
67. Harvest bundle
68. "As You Like It" character
69. Like some gases
72. "Got it!"
73. Sun. delivery
74. Owns
77. Atoll protector
78. Bring back, so to speak
80. Polo Grounds legend
82. Kismet
83. Record of earnings
86. She played Mary Ann on Gilligan's Island
87. Organic compound
88. Malady
91. Close by
92. Words preceding speed and strength
93. Looked like a wolf

95. 1950's TV title character
96. Fruit in a Harry Belafonte song
97. Confused
99. Oscar winning Best Director in 1986 and 1989
103. Dorm alternative
104. Traditional knowledge
105. Place where it's fun to stay, in song
107. American romance author Tami
108. \_\_\_\_ dare
109. Can. tax
111. Entanglement

April solution on p. 15



## **Ode to Van Morrison**

People ask me how I'm coping so well after losing both my daughter and husband in only six months.

I tell them that it's because of Van Morrison. "Who, what why?", they ask as they reach for their device to look him up or to listen to a song.

By 8:00 a.m. I've had coffee, read the newspaper and drunk my smoothie. It's time for Van!

Lay out the yoga mat and start with "And it stoned me". This calls for lunges, stretches and arm exercises. "Oh, the water, oh the water, hope it don't rain all day" I sing along as I look out the window.

Yoga positions and long slow stretches are called for while listening to "Moondance". "La, la, la, la in the moonlight."

Caravan plays while I run downstairs to put a load of laundry into the washer. Chop some onions and carrots for the curry soup. "Radio, radio turn it up, hum

La, la, la, la."

Now is the time for "Into the Mystic". Breathe deeply, relax the muscles, let the tears fall onto the yoga mat. "I don't have to fear it". "Let your soul and spirit fly into the mystic".

Put the yoga mat away now and get ready to face the day.

"Come running" calls for faster moves. A few more chores around the house while using the stairs and singing along before the next song. "These dreams of you" "These dreams of you, so real and so true".

"Brand new day" inspires me. I must think of each day as a brand new day and make the most of the time I have. I sing along as I plan my art studio and my net painting. I put the final touches on my tenth painting of Sonja. "Makes me feel so free makes me feel like me and lights my life with love".

"Everyone reminds me of our life together. "We shall walk again down along the lane. Down the Avenue just like we used to do:. Lastly, my second favourite "Glad Tidings" "La, la, la, la .....

Until tomorrow

*Joan Ellis*

# BROCK HOUSE *Society*



## Friday Flicks

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

**\$2.00**

**Exact change please.**

**May 4**

### ***The Painted Veil***

***US/China/Can/Belg - 2006 - 125 minutes***

The 3rd film iteration of W. Somerset Maugham's novel. "It's the 1920's...China seethes with revolutionary unrest & cholera, an unhappily married British couple...drift into a new state of coexistence carried aloft on opium smoke and their newly liberated desire. It isn't Maugham but it's mildly steamy & pleasurable." - *The New York Times*

**May 11**

### ***Land of Mine***

***Den/Ger - 2015 - 90 minutes - subtitles***

"A tough, well-made war movie - sometimes shockingly violent - about a little known & very grim moment at the end of the second world war...thousands of German PoW's were forced to clear the Danish coastline of the mines that Hitler had ordered be placed there...." - *The Guardian*

**May 18**

### ***The Glass Castle***

***USA - 2017 - 127 minutes***

"Based upon former gossip reporter Jeannette Wall's mega-best-seller memoir, *The Glass Castle* is a family saga...a slice of erratic Americana in which time passes and people grow old and come to terms with things." - *Vanity Fair*

**May 25**

### ***The Big Sick***

***USA - 2017 - 117 minutes***

"...the indie-crossover hit of the summer, is the sharpest, funniest, and most touching romantic comedy in a long time..." - *Variety*



It was another  
magical afternoon  
with

Helen Hansen  
and

Michael Creber, Piano  
Tom Kennlyside, Sax  
Bill Coon, Guitar  
Jodi Proznick, Bass &  
Joe Poole, Percussion

*Thank you!*

Photos: Sophie Djordjevic



## Workshop News

Many traditional societies have a cycle of events throughout the year that provide a focus and structure for that society. The thirteen moons in native societies were each identified by particular expectations and activities. Other societies recognized and focused on the first return of the salmon, the first cherry blossoms, the first frost and so forth. The annual cycle of events guiding the Brock House woodworkers has always been the Summer Fair held in July and the Winter Fair held in November. The woodworkers carry out a wide variety of projects and repairs throughout the year but the intensity of the activity in the workshop always goes up as the dates of the fairs creep closer and each person tries to complete one more item for the sales. A bit like the change in activity in Santa's workshop between mid-January and mid December. This focus meant that we were gobsmacked to learn that the Summer Fair was cancelled for 2018. The astonishment led to despair when we thought about the inventory of advanced strum sticks, bowls, boxes,

toys, cutting boards, tables, planters, pot hangers, stools and looms in our current inventory and realized that we had no market. Fortunately, all of the workers are resilient and in a short while everyone was bringing up suggestions such as weekly sales from the office or the workshop. We are currently planning to provide additional planters for the Garden event on May 10 as well as scheduling a woodcraft sale July in [see p. 9]. If you know of other accessible markets, please let us know.

If you have questions about the workshop or just want to ask us about your own special project needs, please contact the Workshop Coordinator at the Brock House workshop on Thursday morning or email [wramey@mail.ubc.ca](mailto:wramey@mail.ubc.ca) with "Brock House Projects" in the subject line.

*-Bill Ramey, Chair,  
Workshop Committee*







*Did you know that the game of Canasta was invented by Segundo Santos and Alberto Serrato in Montevideo, Uruguay along with Dicy Louise Evans of Bonnyman, Kentucky, in 1939?*

## **Canasta is coming to Brock House**

**Starting Tuesday, May 8  
1:30 - 3:30  
in the Conservatory**

**Join *Christina Albert*  
for a few rounds of this strategic  
and extremely social game.**

*Welcome!*

### **these new members ...**

Deborah Buchanan  
Colin Connor  
Grace Yung Cromie  
Laine Dalby  
Eva Davies  
David Gillen  
Louise Hager  
Kathy Hornby  
Lois Ker  
Dave Mallory  
Deborah Mallory  
Jennifer Matthews  
Sharon McInnis  
Roger Pearson  
Hannelore Pinder  
Tom Pocock  
Steve Potter  
Margaret Riding  
Anne Smith  
Adele Tremblay

## ***Brock House Restaurant***

### **Restaurant Hours**

Join us Wednesday-Sunday Evenings  
from 5:30 p.m. onwards

or

on Sundays between  
11:00 a.m. – 2:00 p.m. for Brunch

*\*Private Events may affect  
regular restaurant hours.  
Reservations required\**

### **Member's Discount**

30% off dinner for all  
Brock House Society Members  
\*discount can **only** be used at dinner\*

### **Upcoming Events**

#### **Mother's Day Brunch Buffet**

Adults \$48.00 / Kids 6-12 Yrs. \$22.00

Sunday, May 13th 2018

with seating's at 10:30 a.m. & 1:00 p.m.

*Please visit our website to view all our menus:*

[www.brockhouserestaurant.com](http://www.brockhouserestaurant.com)

*Reservations: 604-224-3317 or*

[catering@brockhouserestaurant.com](mailto:catering@brockhouserestaurant.com)

*Address: 3875 Point Grey Road, Vancouver*

**\*\* RESERVE YOUR TABLE NOW! \*\***



# Hot Springs Bridge Tournament Wrap-up

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The Brock House Harrison Hot Springs Bridge Tournament held on April 17, 18 and 19, 2018 for the 27th year was enjoyed by all and even the weather cooperated with us although it was held a week earlier than last year. We had players from Salt Spring Island and even one player from Kamloops which we would like to welcome for joining the players from Vancouver and Brock House. Most enjoyed the Hot Springs during the free time in the day time and even after the bridge games in the evening, the delicious meals in the Copper Room with great raves from those that had the lamb shanks and beef fillet, the buffet in the Miama/Cheam enjoyed by all and the buffet breakfast in the Lakeside Terrace with the beautiful view of the lake and mountains. Thank you to all the players that made this a very enjoyable 3 days.

## **Congratulations to all the first place winners**

### **Duplicate Bridge: Tuesday April 17**

#### **Afternoon**

N/S Ted Drew/Carrie Beavington  
E/W Joyce Hollenburg/Margaret Sandor

#### **Evening**

N/S Caroline Patterson/Jean Boyd  
E/W Diane Norton/Kathleen McBridge

### **Duplicate Bridge: Wednesday April 18**

#### **Morning**

N/S Joy Oxton/Khairoon Quadir  
E/W Judy Nurse/Susan Russell

#### **Evening**

N/S Don Forsyth/Elizabeth Barthel  
E/W Diane Rae/Sue Girling

### **Chicago Bridge:**

1st. with 10,040 - Denis/Joyce Sjerne  
2nd with 9,580 - Canby Martin/Doreen McQewan

### **Thursday Morning- Social Bridge, Awards and Wine Draw**

The winner of \$120.00 50/50 draw was Sue Murphy. 12 bottles of wine were given to 12 happy players and the awards for placing first in the tournament were presented. Lunch was on your own and then it was time to say good bye to Harrison Hot Springs and head home. Next year's tournament will be held April 23, 24, 25, 2019. Hope to see you then.

*-Georgette Graham and Sharron Williams*



Photos: Barb Brown and Joy Oxton





## Harrison extras!



Our volunteers  
are our stars!

## **Volunteering**

### **Food for Thought**

Our hard working and long serving Diane Kika is retiring as Convenor for the Cafeteria Volunteers.

Polly Spurr is the new Convenor and is actively looking for volunteers to increase her Spare Roster. Cafeteria shifts are only two hours and you have the opportunity to meet many members. If you are interested in volunteering in the Cafeteria, please contact Polly at:

**[pollyspurr@icloud.com](mailto:pollyspurr@icloud.com) or 604-831-0227.**

You will still see Diane in the Cafeteria on Tuesdays so please take a moment to thank her for her many years of volunteering!

*-Deborah Bush, Chair,  
Volunteer Services*

### **Contribute**

Is there an activity or program that you'd like to see happening at Brock House? We're keen to hear from you. Please email me with your programming ideas.

*-Callie Wong, Chair,  
Program Committee  
[cbw258@gmail.com](mailto:cbw258@gmail.com)*

## **Brock House/ Kerrisdale Choir**

Your Brock House Choir is working hard with extra practices to get our spring concert ready for you. It is **June 2**. Check out our poster on the front page of this edition.

*-Judy Ashton*

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



### **Make a difference**

The Services for Seniors Series plans to be back in the Fall and would welcome volunteer planners on our 2 person planning committee. Please come forward with your help and ideas and contact **Henriette Orth and Carroll Coates** through the Society office. As the summer gets busy and people difficult to get hold of we intend to get started in May.



## Events at a glance

<b>Tuesday, May 1</b>	<b>The Brock House Players</b>
<b>Saturday, May 5</b>	<b>Buddhist Temple, Richmond</b>
<b>Thursday, May 10</b>	<b>Spring Awakening Afternoon Social</b>
<b>Thursday, May 10</b>	<b>The Overcoat: Vancouver Playhouse</b>
<b>Monday, May 14</b>	<b>Milner Gardens and Coombs Tour</b>
<b>Wednesday, May 16</b>	<b>Richard Stace-Smith Lecture: Maestro Tovey</b>
<b>Friday, May 25</b>	<b>Chicago Bridge Luncheon</b>
<b>Tuesday, May 29</b>	<b>Barbara Ann Martindale in Concert</b>
<b>Saturday, June 2</b>	<b>Hastings Park Horse Racing</b>
<b>Wednesday, June 6</b>	<i>Celebrating 40 Years of Success</i>
<b>Wednesday, June 27</b>	<b>Mayne Island Tour</b>
<b>Wednesday, July 18</b>	<b>Summer Market</b>
<b>Friday, July 27</b>	<b>Joan &amp; Dick Stace-Smith Pancake Breakfast</b>

### **Dr. Krystal's Homemade Cereal**

Dr Gerald Krystal spoke at Brock House last month about the important roles that diet and exercise play in preventing cancer. He shared his recipe for a homemade breakfast cereal and for those of you who expressed an interest in it, here it is:

- 1C Sunflower Seeds
- 1C Pumpkin Seeds
- 2C Walnut Pieces
- 1C Hemp Hearts
- 1C Chia Seeds
- 1/2 C Sesame Seeds
- 1C Almonds, slivered
- 1/4C Cinnamon
- 1/4C Oat Bran

Toast in a 400-degree oven for 5 minutes.

Enjoy!

-Christine Samson

April puzzle solution

**"Audio/Visual Disconnect" by Parker O'Brian**

S	O	D	A	P	O	P		L	O	P	O	F	F		S	P	I	N	E	S
E	R	O	T	I	C	A		E	N	A	B	L	E		A	R	C	A	N	E
L	I	G	H	T	T	R	A	V	E	L	S	A	T		M	O	U	S	S	E
A	G	E	E				S	T	Y	L	E			I	T	E	M		S	I
				N	A	B	E	M				R	A	I	S	E			G	A
A	F	A	S	T	E	R	S	P	E	E	D	T	H	A	N	S	O	U	N	D
N	I	T			H	A	S			L	A	D	D	S		M	E	O	W	
A	S	T	E	R	N			P	O	S			R	A	P		A	R	E	T
T	H	A	T	I	S	W	H	Y	T	H	E	R	E	A	R	E	S	O	M	E
			C	E	L			I	D	S			E	S	T	A	T	E		T
A	S	K			L	C	D				S	T	S			T	R	A		D
L	T	D	S			H	O	N	S	H	U			B	O	A		B	C	E
P	E	O	P	L	E	W	H	O	A	P	P	E	A	R	B	R	I	G	H	T
O	R	G	I	E	S			L	O	D			E	A	T		L	E	G	R
						R	A	T	S					T	I	L	E	S		B
U	N	T	I	L	Y	O	U	H	E	A	R	T	H	E	M	S	P	E	A	K
B	A	H	T				I	N	E	R	T				O	D	E	T	O	
O	R	R				M	O	L	E					H	E	E	L	S		S
A	R	I	S	E	N				A	L	B	E	R	T	E	I	N	S	T	E
T	O	C	O	M	E				S	T	E	R	N	A			D	E	N	O
S	W	E	D	E	S				E	R	A	S	E	S			E	L	O	P



Spring Awakening Afternoon  
Social  
May 17, 1:30-3:00

# LUNCH MENU Brock House Society MAY 2018

Barbara Ann Martindale  
Accordion Concert  
May 29, 1:00-2:30

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	1 Chicken Vegetable Soup Chicken Pie Peas Salad	2 Won Ton Soup Chicken Chow Mein Vegetable Stir Fry Rice	3 Borscht Meat Cabbage Rolls Potato Latkes Salad	4 Italian Wedding Soup Fish & Chips
7 Leek Soup Baked Salmon Rice Pilaf Salad	8 Shrimp Chowder Shrimp Manicotti Polenta Salad	9 Red Cabbage Soup Pork Stew Potatoes Salad	10 Jamaican Vegetable Soup Jamaican Chicken Thighs Red Bean Rice Salad	11 Vegetable Soup Fish & Chips
14 Italian Vegetable Soup Spaghetti & Meatballs Rapini, Salad	15 Leek & Fennel Soup Seafood Lasagna Peas Salad	16 <i>Stage-Smith Lecture</i> Squash Soup Butter Chicken Peas Paneer Basmati Rice	17 <i>Spring Awakening</i> Lentil Soup Sausage Casserole Potatoes Salad	18 Tomato Soup Fish & Chips
21 BROCK HOUSE CLOSED	22 Won Ton Soup Black Bean Chicken Vegetable Stir Fry Rice	23 Potato Leek Soup Cod Pie Peas, Salad	24 Chicken Rice Soup Chicken Pie Mixed Veggies Salad	25 Green Pea Soup Fish & Chips
28 French Onion Soup Ham & Onion Quiche Potatoes Gratin Salad	29 <i>Martindale Concert</i> Carrot Ginger Soup Pork Pie Beans Salad	30 Cabbage Soup Beef Stroganoff Butter Noodles Salad	31 Fish Chowder Salmon Pie Rice Pilaf Salad	40th Anniversary Celebration coming up on June 6!