

April
2017

The Gallimaufry

A Brock House Society Publication

25
Cents

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

THE JAMES DANDERFER JAZZ QUARTET

Thursday, April 20

1:45 - 3:00

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

Purchase online or through the office

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
or in person at Brock House office

Celebrate Canada's 150th

With the

Brock House/Kerrisdale Choir



O Canada, Our Home!



Friday, April 28 at 2:00 p.m.

Brock House Conservatory

No Charge



“Where seniors stay young!”



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



From the President's Pen

First and foremost thank you to the many members who attended the AGM last month. It may have been a record turn-out and I'll credit that to Mr. David Eby, MLA. Thank you, Sir.

a productive year! Thank you to Christine Samson and her Nomination Committee members, Margaretta Shirkoff and Shirley Hurl, for bringing us all together.

Congratulations to the Board of Directors, Brock House Society, 2017/18 (see below). It met on the Thursday after the AGM. It was a topnotch "first" meeting because the enthusiasm and cooperation in the room were more than encouraging. Here's to

And, as always, see you around the House!

-BevAnn Lister Dean, President



The Brock House Society Board of Directors 2017 - 2018

Officers

BevAnn Lister Dean.....President
Peter Phillips.....1st Vice President
Michael Le Bas.....2nd Vice President
Keith Service.....Treasurer
Stan Holnholz.....Secretary

Directors

Glenys Acland.....Programming
Patricia Brady.....Events
Brenda Clark.....Performing Arts
John Coupar.....Vancouver Park Board Representative
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Peter Phillips.....Membership
Jo Pleshakov.....Governance
Peter Scott.....Volunteer Services
Laurie Wilmot.....Information Systems

Administrator

Sophie Djordjevic

Workshop News

The craftsmen in the Brock House workshop are capable of producing a variety of custom projects including wooden toys, stools, cutting boards, trays, tables, benches, and wood turnings for the annual Summer Fair in July and the Christmas fair in November. Some projects such as the cedar and redwood planters crafted by Wally Malinowski and Ron Nielson can be cut to specific dimensions to fit any garden or balcony. They can also be equipped with legs to minimize the back strain caused by stooping to weed the plantings. However, people are not looking for planters or lawn furniture at the Brock House Christmas Fair and by July when the

summer sale is held most people have already been growing their gardens for two or three months. To allow for the impact of chance and seasonality the workshop does consider taking on custom projects between the fairs. If you have a custom woodworking project that you wish to discuss please contact me, 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, Chair, Workshop Committee



WANTED



REAL MEN



**to join
PLAY READING GROUP**

**Come read and enjoy plays
in a friendly and supportive atmosphere.**

***English reading and speaking skills are required.
No acting experience is necessary.***

**Mondays 1:00 - 3:00 p.m.
Meyer Room**

***Convenors:
Steven Jung (604-734-9370)
Penny Pearson (604-224-1490)***

**We thank the Vancouver Public Library
for the use of their play set collection
for over 25 years.**

The Importance of Documentaries

“Thought Provoking Topics”



Most Mondays, Apr. 03 - May. 01
Halpern Rroom 1:00 - 3:00

The Dialectics of Liberation:
“How I Saved Allen Ginsberg’s Life -
well probably - well maybe.”

Apr. 03

D.H. Lawrence in New Mexico:
Lawrence relocated to New Mexico to ranch
high on Lobo Mountain in Taos County.

Apr. 10

The Legacy of Jon Gates:
A modern-day hero, Jon Gates was one of the world’s
leading experts on the development issues of AIDS.

Apr. 24

The Nature of David Suzuki:
A personal journey through Suzuki’s life, from
childhood to his current fame.

May. 01

Presenter - Peter Davis

A Free Presentation

Designs for an Aging Population **Follow-up**

Join us in the:

Begg Room
Friday, April 28
1:30 - 3:00
No Charge

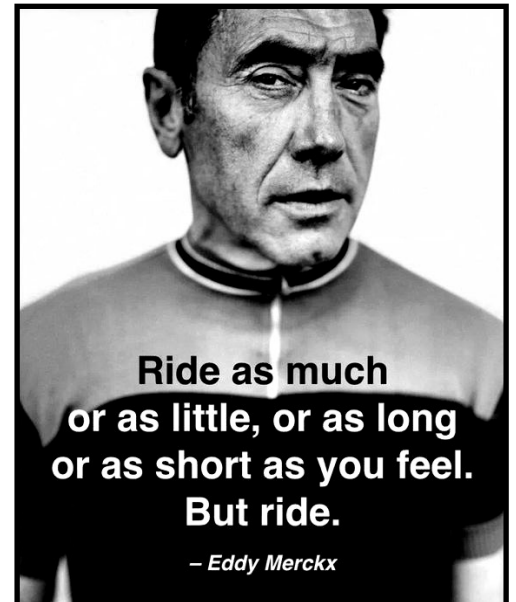
-Glenys Acland, Chair, Program Committee

"Our graduate architectural studio at the University of British Columbia is exploring the idea of aging within Vancouver and the role the built environment should play in this evolving issue. Rather than focusing on housing alone, the traditional territory in architecture for addressing aging, this studio is going to look at the city. We are confronting the stereotypes and assumptions our society and architecture as a profession makes about this demographic. We are looking at the categories that define the aged, what they want and need, and finally their networks, both social and familial.

In February we met with several members of Brock House Society to learn about some of the most pressing concerns for seniors. In the end we got a diverse range of ideas which we have spent the last month turning into a series of small proposals for Vancouver for the emerging neighborhood, False Creek Flats.

We invite the members of Brock House to once again join us to see the our final projects and give us a chance to share some of our lessons learned and show how those lessons translate into new architectural ideas. While we cannot claim to have resolved everything in just a short period, we assure you the projects will contain some thought-provoking ideas from students who will one day be responsible for shaping our cities."

*-Dr. James Huemoeller,
UBC School of Architecture and
Landscape Architecture*



Brock House **Cycling Group**

Daffodils are in bloom. Time to pump up the tires and get our weekly ride going again.

Usually once a week, several members meet to go cycling together. We sometimes begin at Brock, more often from another location. Rides are typically Tuesday or Wednesday morning. The destination is often a lunch location.

Rides are mostly 25K with only a few hundred feet vertical. Brock house to Coal Harbour via Lost Lagoon is one of our popular rides. Another is the West Richmond Dyke to Steveston starting at the Olympic Oval.

Our style of riding is weather dependent. In order to maintain flexibility in all aspects, primary communication of planned rides is by e-mail to those Members who have expressed an interest. When the timing is right, we also post rides in the Weekly Update.

To join the e-mail list please e-mail the Convener, Frank Jameson, at

FrankJ21@hotmail.com

Have you been traveling recently?

I will be convening the Travel Talks starting with the Fall Program and I am looking for people, members and non-members, to step forward to share their own travel experiences in this very popular Monday morning series. Presentations can be in either digital slide or video format. And the good news is that if you don't know how, we can help you learn the software you will need!

I'm also looking for two or three members to help facilitate the series by working with me on a committee which would meet three times a year to plan the series.

Here's a little bit of history. Monday Travel Talks have been a regular part of the Brock House program since the society opened in the late 1970's. For many years, the late Dick Stace-Smith convened the talks alone until ill health struck him down suddenly a couple of years ago. It was just one of the many lasting contributions Dick made in his retirement years.

Then the current convenor, Dietram Zell ably picked up the task and has continued the good work with assistance from John Smith. They have facilitated a wonderful array of presentations about your travels to all corners of the world.

Speaking as an occasional presenter and attendee, but also as a member of the board, I thank Dick, Dietram and John and the many, many presenters on behalf of all Brock House members for their contributions over the years.

If you can help, either on the committee or by presenting a talk in the fall, please phone me at **604-737-9004** or email me at **jpleshakov@telus.net**.

-Jo Pleshakov, Convenor

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*

Membership Fee

If you know someone who receives the Guaranteed Income Supplement and would like to become a member or renew, please tell them that they may be eligible for a 50% reduction of our membership fee.

See our Administrator, Sophie, for details.

Brock House Milestones

Our condolences to the family and friends of:

John "Jack" Devereaux (May 12, 1928 - March 6, 2017)

Howard Lear (April 30, 1931 - February 24, 2017)

Beverley McConnell (May 26, 1932 - March 21, 2017)



Please submit "Milestones" notices or memories to:

BrockHouseGallimaufry@gmail.com
or *The Gallimaufry* mail tray in the Office.

The 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.

For Canada's 150th anniversary, we have assembled and are learning a new Canadian Song Set. We are so fortunate to live in this country and singing about our country just feels good. This Canadian Song Set

is an ongoing work in process – if you have a song to contribute, please bring the music to our Monday afternoon sessions or drop it off in the Brock House office.

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. In March we visited Cavell Gardens and on Thursday, April 20 will visit Tapestry Wesbrook.

-Alex Curror, Convenor

The Brock House/Kerrisdale Bellringers



The Brock House/Kerrisdale Bellringers will be presenting their annual

**Spring Concert on Sunday, April 9 at 2:00 p.m.
at the Kerrisdale Seniors Centre.
All are welcome.**

We are also performed at Crofton Manor on March 31 and are scheduled for Arbutus Manor on April 19.

-Jean Peggie

Brock House/Kerrisdale Choir

The BC Choral Federation coordinates a two day semiannual event for seniors choirs in BC. Many choirs attend creating a choir of 2 or 3 hundred people. They practice the songs for two days then have a concert. Each individual choir that attends first gives a little performance then there is a massed choir of all participants. It is quite an event. This year the event is in White Rock and a small section of the Brock House Choir will attend. This smaller section of the Brock House Choir will also put on a small concert at Brock House after the event.

Come have a bit of lunch then listen to us sing for you!

**Brock House Choir Sings at Brock House
Friday, April 28, 2:00 p.m.**





Vancouver Public Library



bhs

May is VPL Month at Brock House

Join us for this four-part series

VPL: What's New for You!

May 10 PART 1: INTRODUCTION

An overview of what's new for you at your library

A PowerPoint presentation and discussion

May 17 PART 2: VPL's DIGITAL RESOURCES FOR LEARNING

Online newspapers and magazines, medical, financial and consumer information, plus other lifelong learning tools

A presentation and hands-on workshop using VPL iPads

May 24 PART 3: VPL's DIGITAL RESOURCES FOR LEISURE

Online movies, music, theatre, opera, dance, eBooks, downloadable audiobooks, and more

A presentation and hands-on workshop using VPL iPads

May 31 PART 4: VPL's ACCESSIBLE SERVICES

For those with, or helping those with, a print disability or requiring home delivery service

A presentation and discussion



FREE. Please arrive early. Seating is limited. A limited number of VPL iPads will be available for sharing during the workshops on May 17 and May 24. If you have a portable device, please bring it to these two workshops. Be sure to bring your Vancouver Public Library card and Personal Identification Number (PIN). If you don't have a VPL card, please bring two pieces of ID and a card will be created for you.

Wednesdays, 1:00 - 3:00 p.m. | Halpern Room

The centuries-old charm of Japan's cherry blossoms

A quick history on the cultural and historical significance of the beloved flower



The time of year much awaited by many people across the country is finally near: the blooming period of the nation's beloved sakura (cherry blossoms).

Numerous people plan hanami (cherry-blossom viewing) under the trees, one of the biggest

spring events on the Japanese calendar.

But when did people first start cherishing sakura? And when and how did they start gathering for viewing parties under the trees?

Following are questions and answers about sakura and hanami:

What does hanami mean?

Hana literally means "flowers" in Japanese, and mi means "viewing."

But when the two terms are combined, it usually means cherry-blossom viewing, indicating cherry blossoms have been adored for centuries.

Until the Nara Period (710-794), the nation's most favorite flower was ume (Japanese apricot), most likely because of a strong cultural influence at that time from China, where ume originated.

But in the Heian Period (794-1185), sakura became more popular among Japanese aristocrats.

Many experts link this transition to the 894 abolition of Kentoshi, Japan's official delegations to China. The abolition cut off Japan from Chinese influence and helped people cultivate their own culture based on the local climate and nature, they say.

After the mid-Heian Period, "the flower" mentioned in poems usually referred to sakura, even if it wasn't stated explicitly, according to Yozaburo Shirahata, professor of comparative culture studies at Chubu University who published the book "Hanami to Sakura" ("Hanami and Cherry Blossoms") in 2000.

Did the Heian Period have hanami parties similar to now?

No. During the Heian Period, hanami was an elegant custom among the well-educated aristocracy only and did not involve crowds eating and drinking under cherry trees.

In 1598, the warlord Toyotomi Hideyoshi held an extravagant hanami party at Daigoji Temple in Kyoto for feudal lords and their followers, but the practice had yet to spread to the common people.

According to Shirahata, today's hanami parties are characterized by three elements: crowds, food and drinks, and a large number of sakura trees.

Today's hanami parties trace their roots to after the mid-1600s in Edo, today's Tokyo. One of the earliest hanami venues was Ueno of today's Taito Ward, which is still a very popular place with numerous sakura trees.

How did hanami become popular with non-aristocrats?

During the Edo Period (1603-1868), Japan enjoyed freedom from warfare at home and abroad for more than two centuries. This allowed common people, in particular those living in Edo, to nurture a rich culture of their own. Edo was the capital of the Tokugawa shogunate.

Tokugawa Yoshimune (1684-1751), the eighth shogun, planted numerous sakura trees and created several hanami venues in Edo for common people to enjoy. This, too, greatly helped spread the hanami practice among the public, Shirahata wrote in his book.

Among the Edo hanami sites Yoshimune created were those in Asukayama, Mukojima, Gotenyama and Koganei. Some of those places are still among the most popular hanami spots in Tokyo today.

Are we seeing descendants of the Edo Period cherry trees?

Probably not. Until the end of the Edo Period, people viewed various cherry blossom varieties, including yamazakura, edohigan and kanzakura.

But after the someiyoshino hybrid was artificially created, probably in the late Edo Period or early Meiji Era (1868-1912), the variety has become extremely popular in Japan thanks to its beautiful, slightly-pinkish blossoms.

Someiyoshino now probably accounts for 70 to 80 percent of all sakura trees in Japan, according to Toshiki Sato, professor at the University of Tokyo who published the book "Sakura ga Tsukutta Nippon" ("A Japan Created by Cherry Blossoms") in 2005.

All someiyoshino trees are planted using a technique called tsugiki (grafting). This means all existing someiyoshino trees have identical DNA, the exact reason most sakura in Japan blossom, then subsequently fall, almost simultaneously.

This synchronization makes the scenery of cherry blossoms even more stunning, probably another reason someiyoshino are dominant in Japan.

**The Japan Times LTD. July 12, 2016,
Reiji Yoshida, Author**

Knowledge.ca

Brock House Chess Club

Thanks to those who came to play the simul games with Stephen Wright. We had ten players, good fun and a valuable experience for all.

On April 5th we are invited to a friendly match with the Bonsor Seniors' Chess Club in Burnaby. We hope to field a team of seven or eight members.

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

-Roger Wooldridge

White moves and wins in 3.



Black moves and wins in 2.



Baubles, Bangles and Beads!

The women of the jewellery committee are reaching out for donations for the summer fair. No matter how small the donation we thank you and appreciate every donation. We make every effort to present the baubles we receive with care because we know that all pieces were loved by the original owner.

Thank you for helping us to raise funds to keep the lights burning at Brock House.

*-Ann McCarthy &
Patricia Peters, Convenors*

If it was good enough for Henry VIII, it is good enough for us!

For the last few years Brock House has been a wonderful source of lawn bowlers; members sign up here, come up to the West Point Grey Lawn Bowling Club, take five lessons and then are competent enough to join the club as active playing members!

So, a little about the sport, which we sometimes call "curling on grass".

It is played in teams of one, two, three or four; it involves bowling a bowl (not a "ball") down the green, trying to get it as close as possible to a little white ball, called the "jack". Sounds easy? Well, the bowls have a bias - they don't roll straight - and your opponents will try to thwart you at every turn! But it is fun, social, inexpensive, and you can participate as much or little as you wish. We have a lot of fun, on and off the greens! Age range? 10 to 90!

Versions of the game date back to 5,000 BCE – although no doubt the equipment was a bit different! Henry VIII was an avid lawn bowler but banned the game for those who were not "well to do". Why? They spent too much time bowling and not enough time at their work!

And we all know the story of Sir Francis Drake who was playing a game when notified that the Armada had been sighted and said, "We can finish the game and thrash the Spaniards, too." And he did!

So check out the write-up in the Spring Calendar and come join us...you won't regret it!

-Cathleen Rowlette



CANADA LIT READ - A - THON

April 1st to August 1st

The Program Committee invites Brock House members to participate in a **Canada Lit Read-a-thon** from **April 1st to August 1st**. Here's how:

Read any book by a Canadian author. On a slip of paper, write the title of the book, the author and a 5 to 7 word review. Put the slip in the box on the Greeter's desk. The slips will be collected regularly, and in August the person with the most book reviews will receive a gift card to purchase a book.

READING CANADIAN LITERATURE PROGRAM

*If you're a Brock
House Society
Volunteer
then you're a
Star*

**Join us on
Wednesday, April 26, 1:30
in the Conservatory
for a treat and to
to acknowledge our
long-time volunteers.**



No
Movie
This
Week



No
Movie
This
Week

FRIDAY FLICKS

The DAUGHTER

Apr. 7th 95 min. AUSTRALIA 2015

A man returns home to discover a long-buried secret.
His attempts to put things right, threaten the lives of
those he left at home years before.

Apr. 14th
Closed for
Good Friday

LOVE & FRIENDSHIP

Apr. 21st 93 min. USA/Ireland 2016

Lady Susan Vernon takes up temporary residence at her
in-laws' estate, where she is determined to be a matchmaker
for her daughter Frederica - and herself too, naturally.

Apr. 28th
No Movie this Week
Brock House Choir Performance

1:00 PM START

\$ 2.00

EXACT CHANGE PLEASE

Events at a glance

Monday, April 03	Skagit Valley Tulip Festival Tour
Tuesday, April 4	Spring Awakening
House closed April 14 & 17	Good Friday & Easter Monday
House closed Tuesday, April 18	Filming Contract
Thursday, April 20	James Danderfer Jazz Quartet (HPA)
Tuesday - Thursday, April 25 - 27	Harrison Bridge Tour
Wednesday, April 26	Volunteer Appreciation & Celebration
Friday, April 28	Brock House/Kerrisdale Choir!
Wednesday, May 3	Dr. Richard Stace-Smith Lecture
Tuesday, May 9	Helen Hansen in Concert
House closed Monday, May 22	Victoria Day
Tuesday, May 23	San Juan Islands - Harbour Tour
Thursday, May 25	The Historical Performance Ensemble
Monday, June 5	Pemberton Valley Strawberry Tour

How do I use the defibrillator?

Members regularly ask about our Automated External Defibrillator (AED - which is located on the main floor in the hallway leading to the east exit). Those of you who would like to learn how to use it, go to [youtube.com](https://www.youtube.com) and type "Philips AED Training Video" in the search bar at the top of the page. You may be surprised by how easy it is to use.



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 **May** issue of *The Gallimaufry* is April 22.

-BevAnn Lister Dean, Editor



LUNCH MENU

Brock House Society

APRIL 2017



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
3 Squash Lentil Soup Goat Curry Peas Paneer Salad	4 Borscht Meat Cabbage Rolls Potato Latkes Salad	5 Fish Chowder Salmon Croquettes Cabbage Salad	6 Napa Cabbage Soup Teriyaki Chicken Thighs Carrots Rice	7 Carrot Ginger Soup Fish & Chips
10 Vegetable Soup Eggplant Involtini Mixed Vegetables Salad	11 Leek & Fennel Soup Seafood Crepes Rice Pilaf Salad	12 Beef Barley Soup Beef Stew Mashed Potatoes Salad	13 Green Pea Soup Baked Ham Mashed Yams Salad	14 BROCK HOUSE CLOSED
17 BROCK HOUSE CLOSED	18 BROCK HOUSE CLOSED	19 Chicken Vegetable Soup Chicken Pie Scalloped Potatoes Salad	20 Beef Vegetable Soup Short Rib Calzone Rice Pilaf Salad	21 Vegetable Soup Fish & Chips
24 Cream of Spinach Soup Salmon Phyllo Pie Rice Pilaf Salad	25 Lentil Soup Lamb Curry Pie Mashed Potatoes Salad	26 Lemon Chicken Soup Spanikopita Roast Potatoes Salad	27 Fassoulada Soup Moussaka Green Beans & Tomatoes Salad	28 Manhattan Clam Chowder Fish & Chips
April 4 Spring Awakening 1:30-3:00	April 20 James Danderfer Jazz Quartet 1:45-3:15	April 26 Volunteer Appreciation 1:00 - 3:00	April 28 Brock House Choir Performance 2:00-3:00	