

Halpern Performing Arts Event

Sponsored by the George Halpern Fund

Spinning You Home

By Playwright & Director Sally Stubbs

**Thursday, September 21,
1:45-3:15**

Members \$8/Guests \$10

Available online or through the office

Spinning You Home begins and ends in 1951 at a graveyard in Victoria, BC. It had its beginnings in family and Canada's gold rush history, specifically a remarkable promise which set in motion an epic journey and, years later, a chilling exhumation.

**Adapted by Ms. Stubbs for the
Brock House Society audience
and performed by
Simon Webb and Sarah Roa.**



Simon Webb, one of Vancouver's best known actors, recently worked with both Sally and Sarah, in Sally's wonderful one-act, *And Bella Sang With Us*. He is so happy to be bringing his love of being a grandfather in real life, to this lovely story.

Sarah Roa is a performing artist based in Vancouver. She is alumni of the theatre programs at both UBC and Douglas College.



Pacific Opera Company's production of
Leoš Janáček's

Jenůfa

Based on the play *Její pastorkyňa*
by Gabriela Preissová



Sunday, October 22

**\$115.00 members
& non-members**

Leave Brock House 9:30 a.m.
Return 9:45 p.m. (est.)

Internationally known director Atom Egoyan returns to Victoria to direct Leoš Janáček's gripping masterpiece, *Jenůfa*. This monument of 20th century opera centres on the relationship between two formidable women – Jenůfa and her stepmother – and the consequences when Jenůfa has a child out of wedlock. Janáček's distinctive musical voice, mixing folk harmonies with the rhythms of spoken Czech, is radiant and haunting.

Package includes: Bus transportation from Brock House to and from Tsawwassen ferry terminal. Bus transportation to and from Schwarz Bay ferry terminal to the Royal Theatre. One ticket to *Jenůfa* and all ferry fares.



Where Seniors Stay *Young*



From the President's Pen



Given the banging and thumping on the first floor, our relatively quiet summertime house has been noisy and it's good news. Under the wise direction of Property Manager Adrian Gatrill, the Halpern Room is getting an equipment closet and a techno upgrade in time for the always exciting, and now even more exciting, Fall season.

If I give you too much information it may ruin the "ta-daa" effect and I don't want to take the wind out of Glenys Acland's sails. As the Director responsible for programming, she's been working very hard with other volunteers and our staff and is the personification of the excitement I referred to above.

Fred Daniels and Glenys began the adventure last year when they successfully applied for a New Horizons for Seniors Grant from the Federal Government. I hope I've written just enough to pique your curiosity. You'll be hearing and seeing more soon.

You'll note below that Diane Kika, who heads up the Food Services Committee, is looking for volunteers. In my opinion, and I speak from experience 🧐 every volunteer position within the Society is a wonderful opportunity to give, share and receive. The possibilities are endless. New members may not know that we have only 4.5 staff positions. The rest of us are volunteers and between bouts of hard work we have one helluva good time.

Joan Neville is your contact for the office volunteers, Cathleen Rowlette for the Greeters and Frank Winter for the Library. Our Director responsible for Volunteer Services, Peter Scott, is usually on point but is currently touring Europe. He can fill you in on the **many other** areas in which you can help. It's a great way to get to know more members and, if your nosy like I am, to get the skinny on some of the behind-the-scenes action. We may be a small community but we're an animated one!

I'm always eager to meet with members whether it's to have a casual chat or to talk about Brock House Society. See you around the House!

-BevAnn Lister Dean, President

Food Services

Calling on Brock House members!

Can you find time in your fall schedule to help us in the Cafeteria?

1. For the month of October, working the 1:00 - 3:00 p.m. shift on Thursdays.
2. Starting October 27, working the lunch shift behind the counter, 11:00 a.m. - 1:00 p.m. on Fridays. This is for several months.
3. Be on our On-Call list throughout the year.

Please phone me at **604-324-4351** or leave your name and number at the Office.

*-Diane Kika, Chair,
Food Services Committee*

Here's the scoop



We need more volunteers

A stroll around the grounds ...



Recently a friend and I met at Brock House for our morning coffee and freshly baked, delicious scone. It was a beautiful summer day so we decided to take a stroll around the grounds. The gardens were at their finest and we ooh'ed and aah'ed all the way around the house. A cascade of pink roses, a new and beautifully designed succulent garden, many varieties of hosta in the shaded areas, and every colour of coleus in the east garden beds. There were the usual impatiens and geraniums; colourful and thriving! The grass looked lush and green and the planters overflowing. The little oak tree that was planted to celebrate the centennial is thriving and I am certain that in another ninety plus years it will be a mighty oak. We were thrilled by all we saw.

I would like to commend the Vancouver Park Board and the gardeners responsible for taking such pride in making our grounds so pleasing. I particularly enjoy the creativity and newness that each summer brings. Thank you.

When you are next at Brock House please take a little time to experience and enjoy our beautiful grounds.

-Christine Samson

Reading Jam Reminder

**Tuesday, September 12,
1:00 - 3:00 p.m.,
in the Halpern Room**

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

Please email me, Brenda McDonald, at bguymcd@shaw.ca if you would like to come and read your own poem or short story.

The deadline for readers to reserve their time (5 minutes) has been extended to **September 5.**

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*



Come enjoy afternoon tea while
listening to wonderful music.

Better yet - dust off your dancing shoes and
let yourself swing a little!

*BIG BAND SWING and
Afternoon Tea Dance*

with the

BROCK HOUSE BIG BAND

Performing your favourite old and new songs

**Tuesday, September 19
1:30-3:00 in the Marquee**

Tasty tea sandwiches, sweets, tea and coffee will be served

Ticket prices: \$17/members, \$20/guests

Tickets may be purchased online at
www.brockhousesociety.com
or through the Brock House Society office

604-228-1461

'Super agers' avoid brain shrinkage, retain youthful thinking abilities

As people age, changes occur in all parts of the body, including the brain. While certain areas of the brain shrink with age, scientists from Massachusetts General Hospital have found that "super agers" - older adults whose memory and thinking skills are comparable to young adults - have no shrinkage in brain regions associated with memory ability.

In the "super agers," several parts of the brain appeared thicker and healthier than that of other adults of the same age with memory decline.

Particular parts of the brain shrink with age, mostly the prefrontal cortex (a zone at the front of the frontal lobe) and the hippocampus (a part of the limbic system located above the brain stem and below the cortex). Both areas are associated with learning, memory, planning, and other complex mental activities.

Shrinkage of these brain areas kick-starts a decline in a person's ability to learn new things, retrieve information, and ability to perform tasks of attention, learning, and memory.

A study published in The Journal of Neuroscience offers clues as to why some people - dubbed as super agers - retain these abilities of resilient memory and youthful thinking, and preserve the brain areas that are linked to those abilities.

Bradford Dickerson, M.D., director of the Frontotemporal Disorders Unit at Massachusetts General Hospital (MGH) Department of Neurology, and Lisa Feldman Barrett, Ph.D., M.G.H. Department of Psychiatry - who are co-senior authors of the new study - aimed to investigate how super aging adults differ from other older adults who display expected traits of memory deterioration.

The MGH team enrolled 40 older adults between 70-80 years and 41 younger adults between 18-35 years. While 23 of the older participants exhibited normal results for their age group, 17 of the older participants performed equally well to younger adults 4-5 decades younger than them.

"Previous research on super aging has compared people over age 85 to those who are middle-aged," says Alexandra Touroutoglou, Ph.D., M.G.H. Neurology, co-senior author with Dickerson and Barrett. "Our study is exciting because we focused on people around or just after typical retirement age - mostly in their 60s and 70s - and investigated those who could remember as well as people in their 20s."

Brain region thickness comparable in super agers and young adults

Touroutoglou and colleagues conducted imaging studies on the brains of the super agers that revealed that the prefrontal cortex and hippocampus (that typically shrink with age) were similar in size to those of young adults.

"We looked at a set of brain areas known as the default mode network, which has been associated with the ability to learn and remember new information, and found that those areas, particularly the hippocampus and medial prefrontal cortex, were thicker in super agers than in other older adults. In some cases, there was no difference in thickness between super agers and young adults," Touroutoglou says.

Barrett points out that the team also examined a group of regions in the brain known as the salience network - involved in identifying information that is important and that needs attention for specific situations - and found that several areas had preserved thickness among super-agers, including the anterior insula and orbitofrontal cortex.

No shrinkage was observed in these brain networks and, furthermore, the size of these regions correlated with memory ability. The area in which the correlation was most noticeable was at the intersection of the salience and default mode networks. Previous studies have shown this region to be significant in allowing different brain networks to communicate efficiently.

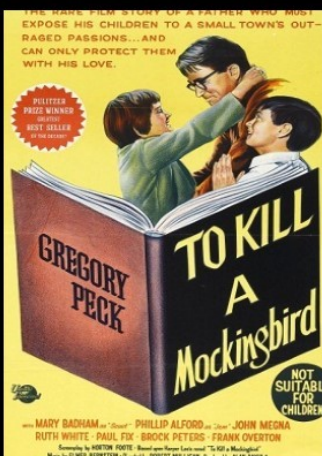
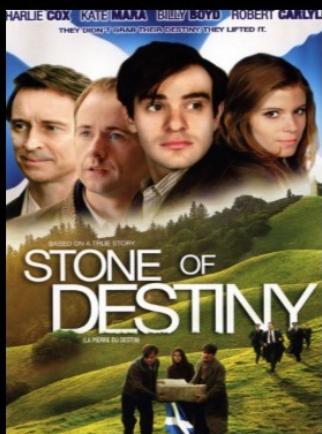
"We believe that effective communication between these networks is very important for healthy cognitive aging," says Touroutoglou, an instructor in Neurology at Harvard Medical School.

"We desperately need to understand how some older adults are able to function very well into their seventh, eighth, and ninth decades. This could provide important clues about how to prevent the decline in memory and thinking that accompanies aging in most of us."

Bradford Dickerson, M.D.

Dickerson concludes by saying that recognizing the factors that protect against memory decline could lead to advances in preventing and treating age-related memory loss and potentially even dementia.

Hannah Nichols



Friday Flicks

Start time: 1:00 p.m.

\$2.00

Exact change please.

September 15

***Stone of Destiny* - 96 mins.**

A 2008 Scottish-Canadian adventure/comedy film. Based on real events, the film tells the story of the theft of the Stone of Scone on Christmas Day, 1950.

September 22

***Iris* - 79 mins.**

In this 2014 documentary, Filmmaker Albert Maysles pays tribute to nonagenarian Iris Apfel, the quick-witted, longtime interior designer and outspoken champion of eclectic fashion.

September 29

***To Kill a Mockingbird*
130 mins.**

This acclaimed 1962 drama, based on Harper Lee's Pulitzer Prize-winning novel, won 3 Academy Awards, including Best Actor for Gregory Peck, and was nominated for 8, including Best Picture.

Services for Seniors

*This very popular no-charge series is resuming.
Here's what's on this month in the Halpern Room*



Fire and Safety Information for Brock House

Wednesday, September 20, 1:30 - 3:00 p.m.

Be Aware of your Surroundings: St. John's Ambulance will be showing members how to use the **defibrillator** and other methods of helping members in stressful situations.

We will also have an overview of **Safety Exits** from the building: **Where** and **how to access** these exits.

In some parts of the UK, and elsewhere, disused phone booths are being turned into public defibrillator stations.

**Ours is on the 1st floor, east exit hallway,
next to the women's washroom.**

Environmental Health

Wednesday, September 27, 1:30 - 3:00 p.m.

Agnes Pisarski, MBA, will present on chemicals in the environment that affect health and safety. Household chemicals, air quality, gardening tips, food and safe food handling, drinking water, extreme heat and safety with consumer products will all be part of her presentation.

Ms. Pisarski has worked for Health Canada for eight years. She is the Risk Communication & Public Involvement Officer doing outreach and education targeted at seniors, ethnic groups, the Aboriginal community, and families with children.



Brock House Chess Club

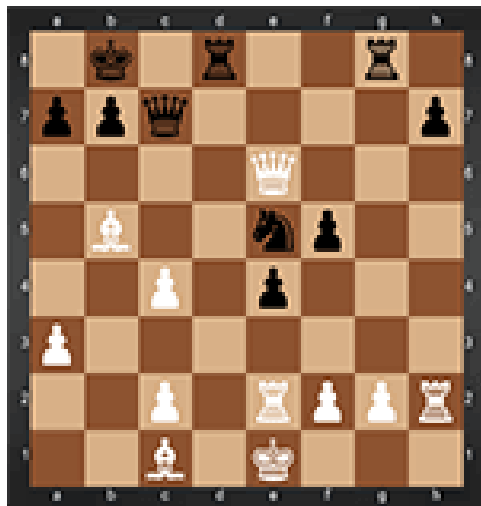
Thanks again to all who took part in playing or setting up the outdoor chess set at the Brock House fair.

The chess club hopes to continue chess lessons with Stephen Wright starting on **Thursday, September 7th.**

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

-Alex Ramirez, Convenor

Black to move and win in 3



White to move and mate in 3



Brain Teasers!

1. Which statement is true out of the following?
One statement here is false.
Two statements here are false.
Three statements here are false.
2. You are in a bathroom with stone walls and no windows. You start to run a bath when the handles come off and there is no way of turning the tap off. You can't escape because the door is locked and there are no windows. The room will flood and you will drown. How can you save yourself?

The answers to last month's teasers are:

1. Mount Everest
2. (W)eight(y)

The Brock House Choir



... has nothing to report.

That means we were still goofing off on holiday.



We will be back at it in September.

-Judy Ashton



Secret Cove Sunshine Coast Tour

Monday, October 2

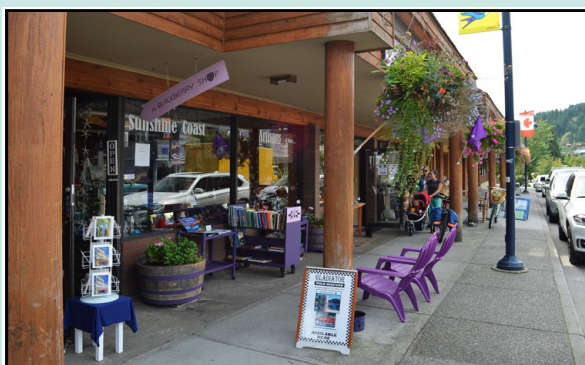
\$119.00 pp, Members & Guests

Depart Brock House: 7:30 a.m.

Return: 6:00 p.m.

Explore the Sunshine Coast and see why BC is called the “**Best Place on Earth.**” Get into nature on a 30-minute escorted walk in Hidden Grove’s Ancient Forest, full of majestic old growth trees (suitable for all abilities). Visit the coastline at Davis Bay and stroll the long wooden fishing pier or the seawall lined with viewing benches. This tour includes a delicious lunch at the well-appointed Rockwater Secret Cove Resort and afternoon free time to discover Gibsons Landing’s charming stores, art galleries and cafes, with views of Howe Sound and vistas of the coastal mountains.

Please Note: Additional \$8 ferry fee applies to those under the age of 65 and to non-BC residents.



© d. holmes chamber-

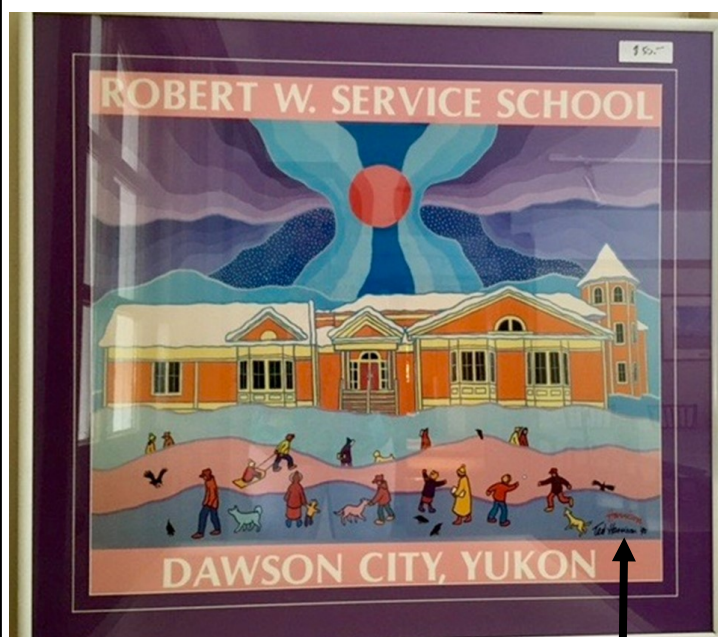
Art Group Follow-up to Summer Fair

We had another great Summer Fair, thanks for your support of our “Art Stuff” booth.

Missed the fair, not to worry, there are a few special items left which I will tell you about over the next few months, here’s the first:

**A Ted Harrison
Robert W Service Poster
(framed and signed)**

Asking price \$50



If you are interested in purchasing this please contact me at gillinthestudio@gmail.com

*-Gillian Olson,
Art Group Convener*

Workshop News



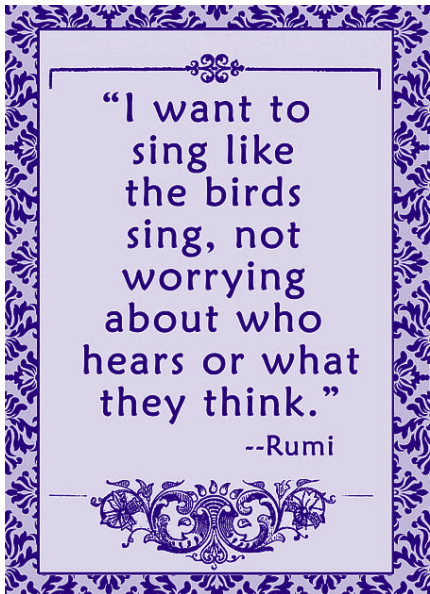
The Brock House Woodworkers produce a variety of crafted wooden items for the annual Brock House fairs including stools, tables, planters, spatulas, bookshelves, canes, bowls, platters, cutting boards and boxes. Sometimes they enjoy custom repairs and special projects.

This summer Steve Norman and Susan Lamb took on a special request to custom produce 15 traditional Musqueam looms for the Musqueam Weaving and Storytelling class that will start in late September at Brock House. These simple pine wood looms were each produced with the same size and design reflecting the general heritage of family weaving even though it would be relatively simple to increase the size and incorporate decorative woods and design elements.

If you have a custom woodworking project that you wish to discuss please contact the Workshop Coordinator at the Brock House workshop on Thursday morning or e-mail wramey@mail.ubc.ca with "Brock House Projects" in the subject line.

-Bill Ramey, Convenor

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



Remembrance Day Tribute

Friday, November 10

1:30 - 3:00

**in the
Conservatory**

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

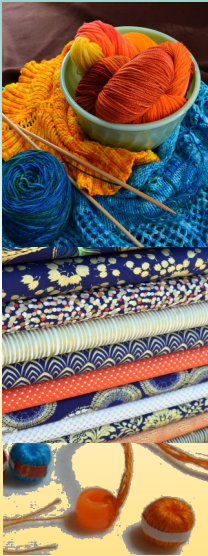
Light Refreshments in the Halpern Room after the program

Cost: Members & Guests: \$8.00

Tickets available in the office or online at 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



Yarn and Needle Crafts

The Yarn and Needle Crafts group is 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. Donations of clean new fabric, thread and notions would also be appreciated. We are also 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 Fairs. 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

Please welcome these members to Brock House Society

Paula Aaronson, Marilyn Cassady, Tina Chow, Mary Davison, Marianne Gibson, Diane Goodale, Verna Gropp, Gloria Harman, Patrick Hartney, Barbara Knox, Jeremy Leggott, Paula Mahon, Freda McNaughton, J. Darryl McNaughton, Derrick Milne, Betty Nielson, Maria Odendaal, Lee Org, William Randall, Paul Rogerrs, Wendy Rogers, Selwyn Romilly, Gertie Rubio, Sharon Salloum, Darline Sanderson, Rosalie Soregaroli, John Swift, Lucille Taylor, Mary Toye, Judith Troesch, Graham Unwin, Jill van der Slagt, Eva Wadolna, Beverley Watt, David Williams, and Katie Wooster,

Events at a glance

Monday, September 4	Brock House Society Closed (Labour Day)
Tuesday, September 19	Big Band Afternoon Tea Dance
Tues. September 19 - Thurs. September 21	Okanagan Wine Escape Tour
Thursday, September 21	Halpern Performing Arts: <i>Spinning You Home</i>
Monday, October 2	Secret Cove Tour
Sunday, October 22	Pacific Opera Tour: <i>Jenůfa</i>
Sunday, November 5	Cirque Du Soleil: <i>Kurios</i>
Friday, November 10	Remembrance Day Ceremony
Friday, November 17	Chicago Bridge Lunch
Wednesday, December 6	Christmas Luncheon
Saturday, December 9	Polar Express Tour
Thursday, December 14	The Classic Carollers Return!



A delightful angelic little boy was waiting for his mother outside the ladies room of the gas station.

As he stood there, he was approached by a man who asked, "Sonny, can you tell me where the Post Office is?"

The little boy replied, "Sure! Just go straight down this street two blocks and turn to your right. It's on the left."

The man thanked the boy kindly, complimented him on how bright he was and said, "I'm the new pastor in town. If you and your mommy come to church on Sunday, I'll show you how to get to Heaven."

The little boy replied with a chuckle; "You're kidding me, right? You can't even find the Post Office."

-Thanks to Bruce Harrower

Are you a writer looking for an audience for your work? If so, *The Gallimaufry* would love to hear from you. Size doesn't matter.

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

The deadline for the October issue of *The Gallimaufry* is September 22.

-BevAnn Lister Dean, Editor

Classes begin September 11

LUNCH MENU Brock House Society SEPTEMBER 2017



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	<i>BIG BAND SWING & AFTERNOON TEA DANCE</i> Tuesday, Sept. 19 1:30-3:00		Halpern Performing Arts presents SPINNING YOU HOME Thursday, September 21, 1:45-3:15	1 Coffee only
4 BROCK HOUSE CLOSED LABOUR DAY	5 Lentil Soup Lamb Cannelloni Rapini Salad	6 Leek Soup Salmon Croquettes Cabbage Salad	7 Fassoulada Soup Moussaka Green Beans Salad	8 Green Pea Soup Fish & Chips
11 Napa Cabbage Soup Teriyaki Chicken Thighs Carrots, Rice	12 Shrimp Chowder Fish Pie Peas Salad	13 Vegetable Soup Eggplant Parmigiana Broccoli Salad	14 Eggplant Soup Butter Chicken Basmati Rice Salad	15 Carrot Ginger Fish & Chips
18 Chicken Vegetable Soup Chicken Pie Mixed Vegetables Salad	19 <i>Big Band Swing 1:30</i> Green Pea Soup Baked Ham Mashed Yams Salad	20 Lemon Chicken Soup Spanakopita Greek Potatoes Salad	21 <i>Spinning You Home 1:45</i> Beef Barley Soup Beef Mushroom Pie Mashed Peas Salad	22 Won Ton Soup Fish & Chips
25 Italian Vegetable Soup Spaghetti & Meatballs Broccoli Salad	26 Cream of Spinach Soup Spinach/Feta Quiche Potatoes Gratin Salad	27 Fish Chowder Salmon Calzone Rice Pilaf Salad	28 Lentil Soup Lamb Curry Pie Mashed Potatoes Salad	29 Italian Wedding Soup Fish & Chips

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.