
The Park News

Spring 2020

Message from the Park Committee

Hot Dog sale and Garage Sale:

As more than likely we will not be able to have the hot dog sale and/or garage sale and keep the physical distancing as required by the Public Health authorities. One suggestion has been to collect food & funds for both the Saanich Peninsula Hospital as well as the Sidney Food Bank. If you have other suggestions, please contact any one of the Committee, by phone or e-mail, (**centralsaanichcommittee.outlook.com**) and let us know your suggestions.

Yearly \$5.00 park fee:

This will be put on hold until we can begin having our social events again, once we have a better idea of when we can have our AGM as well as vote for the committee, we will then begin anew.

The Annual General Meeting:

The current park committee will remain in their positions and will support the park until an AGM can/will be held in order to elect/re-elect the next committee. Hopefully as soon as possible after the pandemic is over.

Digital Communications:

If you are interested in receiving the Newsletter via email, rather than printed form, please forward a message to The Secretary, James at; **centralsaanichcommittee.outlook.com**

I made this email address for just the park residents **ONLY**. It will follow the new Secretary if there is a new one. It will be handed over to the new Secretary at that time. **ONLY** the Secretary will have access to the password.

This will:

- Help with printing costs, helps the environment, and reduces recycling.
- E-mails will be kept confidential and only used for this type of communications.
- You can at any time opt in to receiving via email or opt out of and receive it in printed form.
- If this is successful, we will use it to communicate with the residents about all the important events and news you should know.

Kismet the Poet

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

-Kitty O'Meara

Kismet:

An event (or a course of events) that will inevitably happen in the future.

Come and make some noise with us tonight at 7:00pm

And show your support for the park and health care workers.

You might have heard some kind of racket going on outside through the park at 7:00 PM, come join us or come out to your decks or front yards and clap, make noise with pots & pans or ring bells ... we are doing this in support of all those that support us and make it possible for us to remain at home and cared for during this Pandemic.

In Passing

*Our condolences in the passing of
Jerry Malan of #95 this month.*



Important Information

For the residents of the park

COVID-19 Scams Increasing:

During this time, it is important for everyone to be especially careful of any Coronavirus-related emails, calls and texts that they receive, to not open any suspicious attachments.

Fraudsters are pretending to be from the World Health Organization or the Public Health Agency of Canada with links claiming to provide updates on the organization's response to the COVID-19 pandemic.

Some people also report receiving phone calls and voicemails from scammers pretending to be from a public health agency. In these calls, the fraudster says the person has tested positive for the coronavirus or been exposed to it, and, to get a prescription, must provide the scammer with their credit card and health card numbers. Real public health officials will not ask for your credit card information.

If you have received this kind of scam, you can call the RCMP, or, if it's an email, you can flag it as a scam and it will be investigated by your ISP (Internet Service Provider) and it will be blocked from your email.

Other news:

Gus has advised, at the last committee meeting this year, he is collecting quotes for repair and replacement of the fence in order to proceed with it this year.

Those of us walking around the park at 7:00pm and making noise are noticing just how wonderful everyone's yards and gardens are looking and it is really a very uplifting experience!! Thanks to everyone for taking care of your property and making our park look so beautiful.

There is a poster on the bulletin board from BJ's granddaughter:

"Grocery Deliveries"

"Hello, my name is Meghan. I am the granddaughter of B.J. in #28. If you need someone to deliver groceries or other items, I am available to help".

"You can reach me at 250-532-6599"

Be sure to mention a big Thank You to B.J. and tell B.J. a big Thank You from us to your granddaughter.

Gardening Tips

Coronavirus concerns may keep you from socializing, but you do not have to stay inside



Horticulture therapy, which employs gardening to treat both mental and physical ailments, has gained increasing support. Such therapy used with nursing home residents found that it makes people healthier, happier, and living longer according to another 2018 study.

As people pick up new hobbies while they remain in self-quarantine due to the COVID-19 pandemic, interest in gardening and farming is experiencing a

boom among Canadians.

Developing a green thumb is a way to pass the time for some people, but others are using it as a way to attempt to make sure they have access to fresh food after panic buying led to shortages in grocery stores.

Health experts encourage older adults to garden in order to get exercise and reduce stress. Interpreting stay-at-home restrictions as sitting on the couch and watching TV could cause an absence of activity that is unhealthy.



Joke of the Day



'You thought dogs were hard to train.

Look at all the humans that can't sit and stay.'



Park Residents Committee: Chairperson, Ann Miller 778 351 0114, Vice-Chairperson, To-be-elected, Secretary, James Dies 778-977-2497 Treasurer, Jaan Scheel 250 665 6137 Hospitality, Karen Fraser 250 656 3062 Members-at-Large: Detlev Szukalla 250 818 4211, Lucy Bandet 250 857 5109, B.J. Ward 250 652 4461, Teresa Britton 250 652 9664, Sylvia McMahan 778 351 2888, Lilly Botting 778 351 4445. Margie Cogill 250 665 6137

The Park Committee plans and organizes the Social Activities. If you need information on any social activities, please contact any Committee Member. For Park Issues and concerns please contact Park Management: Gus Underwood 250-652-3724 or Tony Underwood 250-652-5777. If unable to contact either, call Ann at 778 351 0114.