
The Park News

Spring 2019

The Annual General Meeting

The Annual General Meeting (AGM) we had on March 28th was a good turnout as 30+ residents came out. We missed some people this year as Gus had last minute family business to attend. A few other people as well, for personal reasons or other commitments. I received phone calls and emails from those people expressing their regrets at not being able to make it. All in all, it was still a good showing.

Our Chairperson, Ann, called the meeting to order at 7:00pm and introduced the Committee. There was Carol, Detlev, B.J., Margie, and James. Unable to make it to the meeting were Jaan, Lucy, Lilly and Teresa.

Next, we circulated a copy of last years minutes and the financial report from last year. Carol noted that there are two new people in the park and 2 people in the hospital.

Margie talked about the front gardens. She did some trimming and brought in some new soil. She plans on cutting down the taller plants to improve visibility for drivers at the entrance. Also, a big improvement are the solar lights to light up the entrance sign.

Even though Gus wasn't there he did leave notes with Ann to deliver to the park. He advised he plans on doing some work on the fence this year, as well as some paving, some line painting and a sweeper to clean up the streets. We opened the floor to the residents at the meeting after that and had some issues for the Committee to take back to Gus.

First the residents wanted to pass kudos to Gus for the great things he's done for us. Thanks for trimming the hedge along the road, it looks great. Thanks for plowing the snow and the shiny new compost trailer.

We had some issues to bring back to Gus. Water is causing damage in the Cul-de-Sac between 106 and 104. There are, again, too many cats on the loose. Also, what are the park bylaws regarding the height of hedges and shrubs in people's yards? Can Gus investigate any of these issues when the Committee sees him again?

The last thing we did was elect our new Committee for this year. Everyone of us is coming back again which is wonderful. Ann is Chairperson, Carol is Vice-Chair, Jann, is Treasurer, James is Secretary, as well as all our great members-at-large. We also got 2 new members-at-large, Carmen Robertson and Carol Edestrand, which is awesome.

A special thanks to Carol for the amazing home-made cookies and a BIG thanks to Starbucks for donating the coffee for us AGAIN. The cookies were not only delicious but works of art. Also, a thanks to Detlev and Margie who came in early to help set up the meeting area.

A message from Carol and the Telus Upgrade

The Telus upgrade was fully completed for 88 of the 92 units just before the new year, and the network was actually just activated for our park! So that's amazing timing, and fibre services are now fully available for use.

I have been authorized to let the residents of Central Saanich Estates know that if they are already with Telus, someone from the Telus team will reach out to them in the near future to schedule a migration to the new fibre optic lines if that is something they would like to have.

While everyone has the new line to their home, a further technician visit will be required to connect their equipment to the new line. There is NO COST for this Migration!

Also, to ensure you keep getting your 40% discount you need to call in and renew near the anniversary of your sign-up with Telus. The phone number for the discount renewal is 250-310-3343.

- Carol Lewis

Message from the Park Committee

Again, we are getting complaints about pets, especially cats, running loose in the park and making a mess in peoples gardens and lawns. However, we know some of these cats may be coming from outside the park. We can still act by setting traps and taking the captured cats to the Humane Society. So, if little Fluffy goes missing that may be why. Be responsible for your pets.

More about cats

Teresa has found an interesting article in the Peninsula News Review about the problems cats cause when they are not controlled and posted the article on the bulletin board. It is a good article that all cat owners should read. I found the most interesting part to be: "In Victoria, city bylaws mandate that cats need to be in the owner's control in public spaces, and violations come with a \$150 fine."

Read the whole article at:

<https://www.peninsulanewsreview.com/community/outdoor-cats-one-of-the-biggest-causes-of-wildlife-injuries-says-wild-arc/>

Your Health

Your Health and Loneliness: We may not like the fact that we are hardwired such that our well-being depends on our connections with other humans, but that is a fact proven by science. For us humans, data suggests that we are profoundly shaped by our social environment. Being such social creatures means we need to be around people as much as we need food to survive. We suffer greatly when our social bonds are threatened or severed. When this happens, it can lead to long-term health and emotional problems.

Loneliness can lead to various psychiatric disorders like depression, alcohol abuse, sleep problems, personality disorders and Alzheimer's disease. It also leads to various physical disorders like diabetes, autoimmune disorders like rheumatoid arthritis, lupus and cardiovascular diseases like coronary heart disease, hypertension, obesity, physiological aging, cancer, poor hearing and poor health. Left untended, loneliness can have serious consequences for the physical health, and especially, the mental health of people.

Just to be clear, there is a big difference between living alone and enjoying it and chronic loneliness. A lot of people prefer to live by themselves as they get older, but they have a good social network to keep them going. Someone can live alone and not be lonely.

Chronic loneliness arises when a person loses every social connection and have absolutely nobody, which sometimes happens to older people. It also becomes a vicious cycle as it can lead to depression and loss of social skills which further isolates that person.

It can be extremely hard to get yourself out of chronic loneliness, but here are some ways for people to connect with others and feel useful and appreciated again.

- Read books on making friends
- Invite someone for coffee
- Keep in touch by phone
- Learn to love computers - email
- Get involved in Park social activities
- Set a goal of talking to 5 people a week
- Join a yoga group to get into shape
- Take a night class at a community centre

It is very important as we age to keep our social network active if we want to live a happy, healthy, long life, full of satisfaction, surrounded by people who care about us.

Here are a few websites to find out a more in-depth explanation:

www.ncbi.nlm.nih.gov/pmc/articles/PMC4225959/

www.scientificamerican.com/article/why-we-are-wired-to-connect/

www.youtube.com/watch?v=n3Xv_g3g-mA

Gardening Tips



Summer Gardening Tips

Don't forget to add the trace elements your plants need in the Summer. Magnesium encourages robust growth and the production of energy in plants. Gardenias and roses benefit from supplementary magnesium in summer. Add 1 heaped tsp of Epsom salts (magnesium sulfate) to 4.5L of water. Either spray the foliage, or water it in at the roots. If the leaves of Citrus, Banksia,

Grevillea, Camellia or Azalea become stunted and mottled yellow, now is also the time to boost the iron content of soil by applying iron chelates. This acidifies soil and adds iron which is necessary for healthy growth. It takes a month or so to see a result.



Joke of the Day



Sherlock Holmes and Dr. Watson went on a camping trip. After setting up their camp and after a good meal, they laid down for the night and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend.

Holmes said: "Watson, look straight up and tell me what you see".

Watson said: "I see a fantastic panorama of countless stars."

Holmes: "And what does that tell you?"

Watson pondered for a moment: "Theologically, I can see that God is all powerful and that we are small and insignificant little creatures on this planet. Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Meteorologically, I suspect that we will have a clear, beautiful day tomorrow."

"Why? - What does it tell you, Holmes?"

Holmes was silent for a moment then spoke: "Why, it tells me, my dear Dr. Watson, that someone has stolen our tent".

Park Residents Committee: Chairperson, Ann Miller 778 351 0114, Vice-Chairperson, Carol Lewis 250 885 2550 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, Carol Edestran 250 652 8454, Carman Robertson 778 351 3893

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.