
The Park News

Summer 2019



Potluck

**Summer Social
Hosted by Teresa
Unit #19**

**Saturday, September 7th
3:00pm to 7:00pm
Dinner starts at 5:00pm**

Games, Music, Socializing and Good Food.
Dinner will be a Harvest Festival Theme.

Make up your favorite dish and bring it over to Teresa's

Bring your own cutlery and plate, bring a chair to sit on, and we'll have coolers and ice for any cold beer or pop you bring for yourself.

We will be having a draw for 3 prizes for those who come to the dinner.

Catch up on the latest park news, learn what your neighbours are up to, enjoy some good company, try some delicious food, listen to golden oldies music, play a few games if you like, or reminisce with your old friends and **you have a chance to win a nice prize.**

Guests and relatives are welcome.

Unfortunately, with all the food we cannot allow pets to attend.



*Our condolences in the recent
passing of
Ray Zander and Ronald McMahon.*

Message from the Park Committee

The Committee would like to thank Lorne Wilson for the work he has done to fix up the little library box by the bulletin board.

The Committee, on behalf of the residents of the park, would like to thank Gus for repainting the line markings on the roads. It has much improved safety.

Your Health

You have probably heard that Japan consistently has among the highest life expectancy in the world and that the island of Okinawa has the greatest concentration of centenarians in the world.

If you ask anyone in Okinawa why they live so long, you will hear two words: ikigai and Moai.

Ikigai, loosely translated, means sense of purpose in life. And in Okinawa, a person's ikigai often grows as they get older. It is their reason for living, that thing that propels them out of bed in the morning. In Canada, people often retire in their mid-60s, but there isn't a similar word in Japanese because the concept of retirement doesn't even exist.

Moai is an informal social group of people who have common interests and look out for each other. Your moai is your "tribe" and another reason Okinawans believe they live so long.

Remember this term: hara hachi bu. Translation: Stop eating when you are 80% full.

With hara hachi bu, the philosophy is that you should still be a little hungry when you push the plate away. While the average calorie consumption for a Canadian is 2,500 calories a day, in Okinawa, it is closer to 1,900 calories.

Most everyone in the scientific community promotes the idea that eating less is associated with longevity, but it also depends on what you eat. Read the rest of this fascinating article at:

<https://www.cnn.com/2019/04/05/health/japan-okinawa-food-diet-hara-hachi-bu-chasing-life-gupta/index.html>

Our annual Park Garage and Hotdog Sale

We sold lots of hotdogs and made \$444.00 for Saanich Peninsula Hospital Foundation. We had 22 residents setting up tables, the most that we on the Committee can remember for the last few years. We had a number of people come to our park to check out the garage sale.

This large turnout is thanks to the hard work of several people I would like to mention. Carol, our Vice-Chair, donated her plywood so that we could make 4 new sandwich boards, each 4' X 4'. She also designed the artwork and painted them. Much thanks to Lilly, Lucy and Margie for helping Carol with the painting and all the other hard work they did for the event. We got comments from outsiders about how outstanding the signs were.

Also, a mention to Detlev for standing for over 3 hours cooking dozens and dozens of hotdogs and to Teresa who was kind enough to host it again this year. Thanks to George for relieving Detlev.

I want to mention Ann, Jaan, Carmen, Karen, Sylvia and B.J. who put in a lot of time and hard work. Thanks to everyone who helped make it a success. Also, Lyle at unit #1 who supplied a huge "Garage Sale" banner we hung along the front entrance. A real eye catcher. A shout out to Gus for all the donuts, wieners, hotdog buns, and condiments he provided.

Our raffle was a huge success. We had 9 prizes to give away and we brought in \$174.00 just from the draw. To all those who donated a prize a special thanks. They were:

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| ✚ Gus – Smoked Salmon | ✚ Sylvia – Hand made Canvas Bag |
| ✚ Carmen – Hanging Basket | ✚ Teresa – Red Hat Rock lady and Lady Slipper ornament |
| ✚ Carol – Her Own Watercolor Painting | ✚ Tom Foster – 3 pieces of hand made leather |
| ✚ Lilly - \$50.00 gift certificate from The Prairie Inn | ✚ B.J. Ward – Decorative Plates |

Of the 9 winners of the raffle, we had 7 winners from within the park, they are:

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| ✚ Patty of unit 56 won the watercolor painting | ✚ Carol of unit 11 won the Lady slipper ornament |
| ✚ Audrey of unit 121 won the decorative plates | ✚ Sylvia of unit 27 won the Prairie Inn gift certificate |
| ✚ Teresa of unit 19 won the handmade canvas bag | ✚ Tom of unit 22 won the Red Hat Rock lady. |
| | ✚ Ann of unit 104 won the smoked salmon |

All of us involved in this event had a great time.

We, the Committee, want to thank all those who set up tables in the garage sale. It would not have been as great as it was without you, the residents. Thank you for all your support. It is much appreciated. Let's do it again next year.

Gardening Tips



Every garden needs good soil, especially when the conditions are hot and dry. Adding organic matter is a great way to enrich the soil. So, when you plant, add some compost or soil improver to enhance your soil's wettability and water holding capacity. It will also help with the transfer of nutrients to your plants.

Introducing organic matter to your soil also creates a healthy home for microbes and other beneficial organisms like worms. It helps keep the soil healthy and protects root systems from pests and diseases.

If you have an established garden, add some compost to the topsoil around plant roots and lightly turn it into the soil. Also, mulch the garden well. Covering your soil with straw, bark, pebbles or other ground covers will help stop water from evaporating in the heat and keep plant roots cooler.



Joke of the Day



A man was watching his wife looking at herself in the mirror with a sad look on her face.

Knowing her birthday was coming up, to cheer her up he asked her what she wanted for her birthday.

"Oh, if only I could be eight again." She sighed as she continued looking in the mirror.

On the morning of her birthday he surprised her by serving her Capt'n Crunch children's cereal for breakfast with a glass of milk, then he took her to Adventure World and took her on all the kids rides, the Death Slide, the Screaming Rollercoaster, the Wall of Fear and more exciting rides.

After leaving the park, with her head reeling and dizzy and her stomach feeling upside down, he took her to McDonalds where he ordered her a kids Happy Meal and a chocolate milkshake.

Next it was off to the movies where he took her to see the latest Toy Story movie with popcorn and soda drinks and candy. After a long exciting day, they headed home.

At home and with a big smile on his face he asked: "Well, how does it feel to be eight again?"

His wife slowly turned her head and glared at him. Then said angrily: "When I said I wanted to be eight again, I meant my dress size!!"

Moral of the story: Even when a man is listening to his wife, he really isn't.

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, Lilly Botting 778 351 4445, Margie Cogill 250 665 6137, Sylvia McMahon 778 351 2888, B.J. Ward 250 652 4461, Teresa Britton 250 652 9664, 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-

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