



**Southeast Vancouver Seniors Arts  
And Cultural Centre Society**  
**S-53479**  
**Meeting # 53**  
**Champlain Heights Community Centre**  
**Thursday January 17, 2013 at 10:30AM**  
[www.SVSACS.org](http://www.SVSACS.org) – 604-325-0163

**Minutes**

Present: George Grant, Lorna Gibbs, Des Burke, Linda Hagen, Barbara Warner, Tom Chin, Donna Davies, Mohinder Sidhu, Gail MacKay, Margaret Homonnay, Pietro Cassano, Bert Massiah, Jean MacPherson, Eddie So, Keith Jacobson, Lucette Moody, Joan Wright, Peter Kwong.

1. Call to Order – at 10:30 am Lorna Gibbs in the Chair
2. Approval of Agenda – moved by Donna Davies, 2<sup>nd</sup> by Des Burke, approved
3. Minutes of Meeting 52 – no changes
4. Approval of Minutes of Meeting 52 – moved by Donna Davies, 2<sup>nd</sup> by Margaret Homonnay, approved.

5. Reports - President

- Our yearend, currently March 31, is to be changed to Dec. 31 to facilitate the issuing of charitable receipts. The change does not require a special meeting and will be undertaken by the Treasurer. Our AGM must be held in late May or early June to meet CRA requirements.
- Lorna reported on the presentation by MP Wai Young Dec. 14, 2012 at SVNH. 22 community volunteers were recognized for their service. Seven are members of SVSACS: **Ramesh Kalia**, Bert Massiah, George Grant, Kamlesh Sethi, Lorna Gibbs, Mohinder Sidhu and Nelson Didulo. Each received a special Lapel Pin and Parchment attesting their community contributions.
- Mohinder Sidhu will also be recognized March 8, 2013 for her many years of service providing nutrition instruction to the community. The site of the award has not been announced.
- Lorna, George and others attended the Seniors Dinner at Fraserview Golf Course Dec. 6. The Killarney Community Centre Seniors Association subsidizes the dinner. Replacement of the JOA with the proposed CPA may impact their ability to continue to host the dinner.

6. Presentation by Margaret, George & Arlene of COSCO on ***Healthy Eating for Seniors***.

They gave a very informative talk on nutrition for seniors and distributed a copy of ***Healthy Eating for Seniors*** to all those present. Copies may be ordered by calling 1-800-465-4911. PDF copies may be downloaded from the BC Government web site. The book is available in English, Chinese, Punjabi and French.

Highlights of their presentation: (much more detail in ***Healthy Eating***)

- Control your weight, be physically active, use less salt and monitor your blood pressure.
- Eat healthy: more vegetables and fruit, whole grains, legumes, fish and calcium rich foods.
- Watch portion sizes, eat in moderation and drink plenty of water.
- Recommended daily servings are: Vegetables and fruit - 7; Grain products - 7 for men, 6 for women; Milk and alternatives - 3; Meat and alternatives - 3 for men, 2 for women.

Fruit and vegetables portions are  $\frac{1}{2}$  cup 100% juice, vegetables –  $\frac{1}{2}$  cup (raw leafy vegetables 1 cup) fruit  $\frac{1}{2}$  cup or one whole fruit. Eat a variety of dark green and orange vegetables.

- Whole grains: 1 slice of bread,  $\frac{1}{2}$  bagel,  $\frac{1}{2}$  cup rice bulgur or quinoa,  $\frac{1}{2}$  cup hot cereal, 1.3 cup hot cereal,  $\frac{1}{2}$  cup pasta or couscous.
- Milk and alternatives – 1 cup whole or canned or 1 cup soy beverage,  $\frac{3}{4}$  cup yogurt or kefir, 1.5 oz. cheese.
- Meat and alternatives – 2.5 oz. fish, shellfish, poultry or lean meat; 3.4 cup cooked legumes;  $\frac{3}{4}$  cup tofu, 2 eggs; 2 tbsp. peanut or nut butter;  $\frac{1}{4}$  cup shelled nuts and seeds.
- Eat healthy unsaturated fats and watch your cholesterol.
- Drink plenty of fluids – plain water; vegetable and fruit juices; low-fat milk and buttermilk; unsweetened soy beverage; low-fat yogurts, soup, decaffeinated tea or coffee.
- Alcohol does not count as a fluid.

7. New Business – Keith Jacobson spoke of the Park Board plan to replace the ***Joint Operating Agreement (JOA)***, which has governed operation of Community Centres across Vancouver for many years, with a new ***Community Partnership Agreement (CPA)***. All are invited to attend a community meeting 7:00 pm January 29, 2013 in Room 205 at Killarney Community Centre. Keith has been associated with Killarney CC for 25 years. The proposed agreement will curtail community input in CC programs. The ramifications may be considerable. The Killarney Community Centre Society contributed \$800,000.00 to the swimming pool and ice rink replacements. **Please attend January 29<sup>th</sup> and urge your neighbours to also attend.**

8. Adjournment – at 12:30 pm.

February 6, 2013 – *Coming to America* - Luncheon registration begins January 23.

**February 21, 2013** – next SVSACS meeting 10:30 am CHCC.

March 6, 2013 – *Calendar Girls* – Luncheon registration begins February 20.

Champlain Heights Community Centre:

Web: [Champlain Heights Community Centre](http://ChamplainHeightsCommunityCentre)

3350 Maquinna Drive, Vancouver. Phone: 604-718-6575

**SVSACS PARTNERS are all working together to get a real Seniors Centre for you!**

