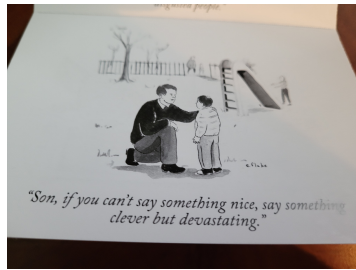
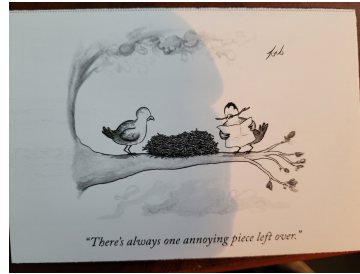


BOSWYK BYTES

Monthly News from Boswyk Seniors Activity Centre



"Son, if you can't say something nice, say something clever but devastating."



"There's always one annoying piece left over."

The summer weather has been quite dependable, so our gardens are growing well and the fresh produce we find in groceries may be expensive, but looks nutritious and satisfying!

The **Boswyk** has a few programs slowed or temporarily on hold, but otherwise is buzzing as usual. the **Boswyk Cafe** remains as well attended as ever. Hopefully, all our members are wearing sunhats, sunscreen, and sitting in shady spots. Heatstroke can be devastating, and downright dangerous! Best to rise early, eat breakfast within an hour, and spend up to 20 minutes (maximum) outside.

Keep your eyes and ears alert for any new programs in the next month. Apparently, **karaoke** is a possibility in August. Most programs are continuing with perhaps one or two weeks off to give our volunteer activity leads some well-deserved rest, but in September all should resume as before. If you have ideas about a new activity, be sure to fill in a form, available at Reception that **Tanis Bentley** can assess for interest, cost, feasibility and space!

With the Fall approaching, The Board has formed an ad hoc committee to seek nominees for the **AGM** in December. If you should know of someone who might enjoy volunteering for the Board, has some knowledge of how Boards run, can offer sound advice, be it financial, communications, technical, practical, organizational, or is open and friendly etc. please encourage them to complete the appropriate form, available at Reception. You can consider a current member, a relative, a friend, or yourself! These forms will be initially handled by **Edith McArthur and Gillian Andrew** (committee members).



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REMEMBER**

Over The Top Catering



David and Linda Bensmiller have owned and managed this excellent catering service for over 17 years. Their reputation reaches as far as Vancouver to Hope and beyond. The service is known for its excellent menus as provided by Chefs David and Richard, and Linda's baking prowess would win awards!

When MSAC first opened a cafe service for soup and sandwich lunches when on 10th Avenue, the Board of Directors hoped to break even with quality food at low prices for our members.

Coming to The Boswyk demanded a huge change in direction and service. Board members spent almost a full year, interviewing (and rejecting) several candidates who were not a good fit with our vision, and we despaired finding a suitable Chef/cook/manager in this century!

Then along came a delightful couple with a proposal that seemed too good to be true. Soon MSCA and the City of Mission came to an agreement with OTTC, and **The Boswyk Cafe** was born. After a hugely satisfying first year, all three parties recently agreed to a **3 year contract!**

Thank you to the OTTC staff, their trainees and our own well-trained, dedicated kitchen volunteers for making this venture successful!

what about bee pollen?

Be aware of **the good, the bad** and **the unknown** before consuming bee pollen – and discuss with your health care provider.

the good

Bee pollen is loaded with things your body needs, including:

- Antioxidants and flavonoids
- Copper
- Nutrients
- Vitamins B1, B2 and B6



the bad

Bee pollen can cause some problems:

- Allergic reactions in people with bee or honey allergies
- Contraction of the uterus
- May interfere with blood-thinning medications
- Negative interaction with some medications
- Side effects such as muscle weakness, nausea, skin rash, swelling, trouble breathing

the unknown

Many claims about extraordinary healing power of bee pollen remain unproven and require further research:

- Cancer prevention
- Improve athletic performance
- Reduce allergies
- Weight loss



OSF
HEALTHCARE

THERE IS MUCH TO LEARN ABOUT DAILY INTAKE OF BEE POLLEN. SPEAK WITH AN ACCREDITED OUTLET; ENSURE THE POLLEN IS ETHICALLY COLLECTED; START WITH A SMALL AMOUNT SUCH AS A DOZEN GRANULES.

Dates to Remember

The Centre will close for the Civic Holiday August 7th, 2023

The kitchen needs another volunteer for **FRIDAYS**, 10:30 until 1:30. You can apply at the Reception Desk.

Don't forget the **Boswyk Walk** which occurs every Monday and Thursday, starting at 9:15 am. (Unless too much rain, hail, snow or a forest fire nearby!) Summer is a grand time to get more active - who knows, the habit might stick!

Please note that **floor curling** will resume September 7th
Drop-in Bridge also resumes September 7th
Exercise classes run all summer with cancellation August 26th to September 4th



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