

Qualicum Beach Seniors' Activities Centre

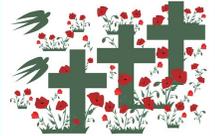


NEWS

for the Young at Heart

Box 103, 703 Memorial Ave.,
Qualicum Beach, BC V9K 1S7
<http://www.qbseniors.com>
email: qbseniors@shawbiz.ca
~ OPEN ~

Monday - Friday
9:00 a.m.
to
3:30 p.m.



Volume 24 Issue 11

November 2021

250 752-0420



REMEMBRANCE

Lest We Forget

Old men marching side by side,
Wearing their medals with glowing pride.
And as they stop at the monument,
One of their number, old and bent
Approaches the shrine on shuffling feet,
With tears in his eyes he lays a wreath,
To honour the ones who have gone before,
Casualties of that distant war.

A little boy in the watching crowd,
Turns to his daddy and asks aloud,
"Tell me daddy, tell me why
All those old men stand and cry?"
He doesn't know of that ancient strife,
That fight for a cause, a way of life.
Doesn't know of the youths who've died,
While loved ones stayed at home and cried.

He hasn't watched as mighty planes
Suddenly roll and crash in flames,
Or seen great ships on the ocean blue
Explode and disappear from view.
He hasn't crawled through a field of mud,
Sick of the horror and stained with blood.
While all around the cannons roar,
And young men die by the countless score.

If he understood why so many died,
He would know why old men stood & cried.
Why each succeeding year they come
And proudly march to the pipe and drum,
Shoulder to shoulder, side by side,
Wearing their honours with open pride,
He hasn't studied history yet,
Tell him daddy, lest we forget.

This poem by Gus Barrett, a long time member of the Senior Centre, volunteered many years as a faithful dishwasher. He and his wife Blanche moved to Port Alberni in later years. Gus was well known as a poet, his printed work "Poetry and Other Nonsense" can be purchased on Amazon. Much of his poetry is derived from real life. 1931-2021.



from Lorne

First I would like to thank two retiring Board members, Dorothy Young and Julia Laviolette.

Dorothy was our secretary and Julie managed the applications for membership. Next I would like to welcome the new board members, Bonnie Evoy, Dianne Meyer and Ian Blaikie. They will be a very welcome addition to the Team.

The good news is that we are seeing

progress towards life returning to normal, albeit progress is slow. We still need proof of vaccination and soon we will need a National vaccine passport. There would also be job losses for those who simply won't get vaccinated.

The AGM that was held on Tuesday, signified the end of what can only be called the Covid Year. From August 2020 to September 2021, the Centre was closed. During that time some events and activities were still had, using technologies such as ZOOM. However it wasn't until this September that we could open the door to activities at the Centre. The website contains all the relevant information.

Continued on page 3.



Amyra Carsh started the "shot day" off at the Centre, a very busy place on

September 22nd with over 110 members lining up to get their shot. Huge THANKS to BRANDON from the Medicine Shoppe who come over to look after everyone, his third year of doing this for us. Also thanks to Pat, Inger and Judy for keeping everyone moving

Senior Bulletins

COMPANION WANTED

...for a 92 year old lady: one hour, three times a week.
Please call 250 281-2225
For further information
* * *

~ FOR SALE ~

- ♦ 38" Toshiba TV \$150
- ♦ Antique Cabinet \$50

Call 228-0039

~ WANTED ~

A small adult DOG (not puppy)
approx. 26 lbs & under 10 years
for a senior lady
Call Shirley 594-6119



Seniors' Centre Activities

SUNDAY

DUPLICATE BRIDGE

1:00—3:30 TBA

\$2.00 per session

Starts in November

MONDAY

YOGA: 9:30—10:30

CHAIR YOGA: 11:00-12:00

Bonnie 248-7691 - **\$8** per session

UKULELE 1: 12:30—2:30

Catherine 250 752-9082

BEGINNERS LINE DANCING

3:00 4:00: **\$5** per session

ONGOING LINE DANCE

4:00 - 5:00: **\$5** per session

Judy 250 752-6837

TUESDAY

FUN BRIDGE—9:00 am

Eldon/Shirley 250 752-3758

WHIST: 1:00 - 3:00

UKULELE: 1:00—3:00

Henk 250 954-9484

Activities such as Canasta, Scrabble, Needlework & Bonnies Yoga previously scheduled are not happening due to lack of participants and/or lack of a leader. If you would like to lead an activity, contact Judy Palipowski 752-6837.

WEDNESDAY

HATHA YOGA: 10:00-11:00

Joanita 594-4194 - **\$8.00** pp

Conversational SPANISH

11:30—12:30 - Harvey 594-5915

QiGONG TAI chi

1:00—2:00: Riva 752-7178

DOMINOES—10:00—12:00

Audrey 250 752-9134

TOPS: Weigh-in 3:45—5:00

Elaine 250 594-3604

A CAPPELLA: 7:00—9:30

Marion 250 468-9280

THURSDAY

CARDIO DANCE AEROBICS

8:45—9:45—**\$6**

Jeannine 250 240-0692

DARTS: 10:00-12:15

Bernie Brockway 757-2330

Member: **\$60**—752-4876

DROP-IN BRIDGE: 12:30—3:00

Lorne 952-9050

TECHNOLOGY TUTOR

starts in November

1:30—3:30: Brian 947-8258

BALLROOM DANCE: 5:00—6:00

\$20 for 4 consecutive sessions

Judy Palipowski 752-6837

NOTE: All activities are \$1.00 per person unless otherwise noted.



FRIDAY

UKULELE FRIDAY: 10:00—12

Maureen 250 594-6071

MAHJONG:

1:00—3:00. Chic 752-6846

ART GROUP: 1:00—3:00

Jan 250 738-1040

SATURDAY

HATHA YOGA: 10:00—11:00

Anne 752-9771—**\$8:00** pp

...from the kitchen

MONTHLY SPECIALS

Friday, November 5
Judy's **HOT DOGS**

Tuesday, November 16
Lila's **CHILI** and
Corn Meal Muffin

*** EVERY MONDAY ***

Mike's **QUICHE**

CENTRE'S CHRISTMAS DINNER

at **DeeZ**, Sunday, December 12th

4:00 pm - \$25 pp. A sign-up sheet is posted on the activity board, be sure to get your name on the list along with your cash/cheque (to the QB Senior Centre) in the envelope provided at register time.

VAX and **ID cards** required.

your choice of **Beef** or **Turkey**. \$25 covers all taxes and gratuity. Drinks are extra.



WELCOME NEW MEMBER

- ◆ Maria Agostini
- ◆ Elizabeth Hammond
- ◆ Margaret Rogers
- ◆ Valerie Axford
- ◆ Monique Holtzman
- ◆ David Shadbolt
- ◆ George Avotte
- ◆ Phred Judson
- ◆ Keith Smith
- ◆ Mike Bachynski
- ◆ Sherry Judson
- ◆ Louise Sosa
- ◆ Barb Cameron
- ◆ Leslie Kleven
- ◆ Glen Stedham
- ◆ Audrey Cope
- ◆ Saxon Lambert
- ◆ Mary Jane
- ◆ Pat Cryer
- ◆ Susan Bowes
- ◆ **Welcome to our Seniors' Centre**
- ◆ Bill Dent
- ◆ Debra Halverson
- ◆ **We look forward to getting to know all of you**
- ◆ Elma Harder
- ◆ Doris Hunter

Continued from page one

Welcome New Board Members

A popular feature is that the kitchen is open for drinks, lunches and additional items like cookies and cake.

Our membership numbers are showing we are on the way to having restored our numbers to pre Covid levels. Currently, we have almost 550 members, which matches our entire total for all of last year. We also have almost 100 new members. That will bring energy and ideas to our Club.

The important thing now is to be careful, be safe and be as active as you can.



BONNIE EVOY, DIANNE MEYER and IAN BLAIKIE have been elected to take positions on the Board of Directors for 2021-2022. We are pleased to have them join the Board, bringing valuable experience and talent with them to share here at the Senior Centre. We look forward to working with you and that you will feel the same working with us.

DECEMBER NEWSLETTER DEADLINE
Friday, November 26

Congratulations Pat Weber



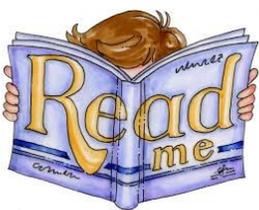
PAT was awarded a **Life Membership** at the AGM on Tuesday, November 2nd. A person who is continually finding ways to enhance our centre, is a great fundraiser, always willing to step up to the mark. Pat has headed many enjoyable functions along with some wonderful travel trips. He has enhanced our lunch menu with delicious, healthy

lunches, which everyone seems to rave about. Involved in every aspect of our centre from President to doing any menial task required. As an Ambassador for the centre, has given 150% of his time and energy. Most deserving of this award, thank you Pat for all you do!

“They had dreams too.
Plans for the future.
Think of them gently.
Grant them a silent moment.
These Canadians”



WIN GAETZ is the Centre's **SUNSHINE LADY**
If you know of someone who may be grieving, in hospital, sick at home?
Call Win at:
250 752-9229
She'll happily send a card



...and WIN a **PRIZE**

Find and describe where the **Centres Logo** is hidden in this newsletter (**NOT in the headline**) and email me your answer at lilapat@shaw.ca

ONE \$25 WINNER EACH MONTH!!

CONGRATULATIONS HUGH ASHWORTH
Winner of our monthly draw for a **\$25 Gift Card** from **Quality FOODS**
Thank You Quality Foods



We now have Samaritan's Purse Shoe Boxes in the Centre. It is an easy task to fill a box which will be sent to needy children in parts of Africa and S. America. Boxes need to be filled and returned to the Centre by Monday, November 8th. There will be a great many children who will thank you profusely if you can help out with this wonderful project.

Lots going on..

... at the Centre!

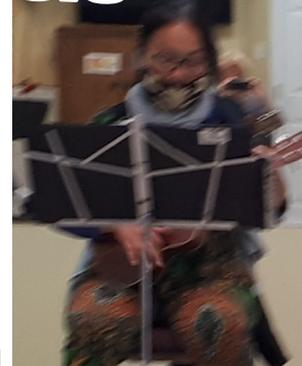


Chair Yoga

Every Monday, 11:00 a.m. to Noon Bonnie leads the group in various poses suitable for seniors...an excellent workout at your own pace and ability. Shown, some of the ladies in her current class. Call her at 250 248-7691 if you would like to join her class.



Friday Ukulele



We play



Ukulele



Every Friday morning, 10:00 to noon, Ukulele players drop in to the centre to strum their favourite songs on their ukuleles. Led by Judy Palipowski For info 752-6837



MANY THANKS to everyone who came to our "Kitchen Meeting" recently and to those who have offered to volunteer help, this is so much appreciated.

BRENDA CHARLES has agreed to co-ordinate the baking group. Please contact her at **604 379-0290** and enjoy sharing your baking skills while building new friendships.

If you prefer to bring your own ingredients, the Centre will reimburse you—just bring your sales slip. We will provide the baking tools.

INTERESTED in being a part of the 'Soup Making Group?' Call Judy Southern 752-5586. We hope to start

Just one of the jobs required of the president of the Senior's Centre! Surprise birthday cake for Judy on October 21. Everyone coming into the Centre enjoyed a tasty piece of chocolate cake that day!



TRAVEL Talk

VANCOUVER CHRISTMAS MARKET

Tuesday December 7 - \$85

Catch the bus at the Civic Centre at 7:00 am and off to the ferry and the market. Includes bus, ferry, admission and a few surprises

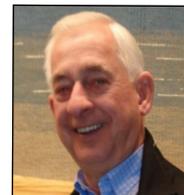
along the way. Sign up on the posted list on the Travel Board at the Centre. Limited space, so sign up quickly. Lots of entertainment, walk in Christmas tree, the Alpine Lounge, the Carousel and much more. Further information: **Pat 250 951-**

...WOW, a good day swingin' that

Ian showing off his Hole-in-one trophy. Now he has two big wins under his belt having scored an 8-ender back a few years ago when he was still curling.



Bragging rights Ian, (Dee Mathison was on the same team !) good for you! Looking forward to all this talent while on the Board of Directors Ian!



with **Judy** and **Pat**

12 DAYS of CHRISTMAS—\$270 BUTCHART GARDENS

December 1 & 2

Ticket price is based on double occupancy. Incl: deluxe coach transportation, accommodation at the Huntington Inn in the Victoria Harbour area, admission to Butchart Gardens 12 Days of Christmas, a special dinner in the Poppy Dining Room at the Butchart Gardens, breakfast in the hotel, all taxes and gratuities. For single occupancy, please add \$70. Sign up on the list on the Travel Board. _____



FOREST COACH TOURS

has a trip going to the main land leaving **December 23rd** and returning on the **26th** for those who would like to have a slightly different kind of Christmas—*especially the gamblers out there*—as there are four different casinos to try your luck at,

receiving a monetary Christmas present for yourself! For details call:

Sherry at 250 248-4525
(toll free 1-888-248-4525).



The "HEALTHY" Corner

signs, Symptoms of Shingles

Most people have heard of the condition referred to as shingles. It is a painful skin rash caused by the same virus that gave you chickenpox as a kid.

Almost anyone can get shingles. It is thought that one in three people experiences shingles during their lifetime. The reason why people develop shingles is not known.

Almost everyone has had chickenpox at some time in their life. This is usually a short-lived affliction that causes a lot of skin itching and goes away after a week or two. The truly sad part is that it doesn't really go away. It is thought that the virus that causes chickenpox (the varicella-zoster virus) is also responsible for shingles. After your body successfully fights off chickenpox, some of the virus travels down the nerve fibers to the skin surface. this causes the classic symptoms of shingles: Remember these symptoms and go **DIRECTLY TO A DOCTOR. DO NOT WAIT UNTIL MORNING OR A MORE CONVENIENT TIME.**

- ◆ Numbness, tingling, itching, or pain in the place where the rash is about to appear.
- ◆ Fever (sometimes with chills), nausea, or headache.
- ◆ The appearance of bumps or blisters that contain clear liquid.

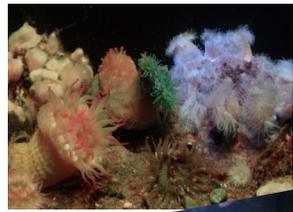
- ◆ A rash or odd sensations usually appearing in a band or patch on just one side of the body. (Any part of the body can be involved: back, chest, abdomen, arms, legs or face).

Your doctor will order a course of antiviral medications to slow down the rapid growth, nerve damage. These medications help your immune system to "catch up" and fight off the virus. It's essential to start the antiviral drugs as soon as possible. Delaying treatment will not lead to a good outcome; leaving you with long lasting nerve pain.

Luckily, there is a vaccination against this virus. Your Heart Pharmacist is able to give the Zostavax vaccine against shingles. In studies, people who received this vaccine had a reduced occurrence of shingles by about 50%. It's also thought if you do get shingles, after having the vaccine, there's reduction in the severity of nerve pain. This vaccine is indicated for all people over 50 years old.

If you have had shingles in the past 12 months, speak with your Doctor or your Heart Pharmacist to see if this vaccine is right for you. There are a few side effects experienced after receiving the vaccine. It might sting at the injection site for a day or two. You may also experience mild flu-like symptoms for a few days. Also a chance you might develop a short lived rash at the injection site.

...a day at the Salish Aquarium



On a sunny September morning a happy crowd of 42 Seniors boarded a Forest Tour Bus ... destination Sidney to visit the Maritime Shaw Centre Salish Sea Aquarium. The weather was absolutely amazing. **Pat Weber**, leader/organizer of this trip obviously had the right connections with the weather god.

Our first stop was at a the Duncan Farmers' Market restaurant where excellent hot coffee and delicious muffins awaited us. Thus fortified, before arriving in Sidney, we took the turn-off to the Elk Lake covered picnic shelter and were presented with a souvenir cooler bag containing our earlier choices of lunch. We had time to stroll in the beautiful forest and along the lake. Then off to the Shaw Centre. Viewing the various sea creatures and

fish in tanks, simulating the actual underwater environment was absolutely amazing. Thereafter we were free to walk the beautiful sea wall, sit in the sun enjoying an ice cream cone or go shopping. On our return trip we stopped at the Duncan Market again to purchase tantalising fresh vegetables.

Needless to say, no one made the right guesses in the earlier quizzes we were given. There were door prizes and a big 100% cash return to a lucky winner of tickets purchased by the group. All in all, a well organized fun trip enjoyed by all.

from **Christiane Kerr**



Many Thanks to **Alida Antonelli, Jerri Burke & Geoff Clayton** for just some of the fantastic sea life photos taken at the Salish Aquarium...even though these aquatic plants look like south sea implants

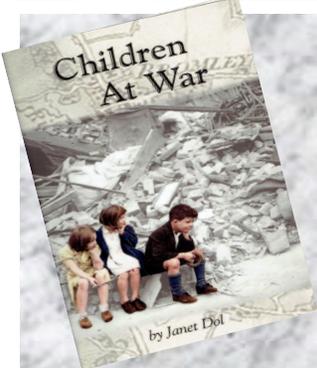
"they are not" they exist in the Salish Sea.



On left, metal cutouts of fish at entrance to the diving bell (elevator) 'up' to view fish you would see in the Salish Sea.



Dad was approached by his young son who told him he would probably be getting a note from school. "Why", he asked. Junior replied: "While standing in line to get some food, I saw a note on the bowl of apples with a note saying: *take only one, God is watching you!* At the end of the line there was basket full of cookies, so I decided to write my own note that said *"take all you want, God is watching the apples."*



"...it has been nearly eighty years since the Second World War began, and still today I cannot stand the burst of balloons, let alone sirens. Several years ago I was stopped by an RCMP car with its sirens blasting away. My nerves were completely shattered and I stopped immediately and rolled down my window. Suddenly I found myself tearing a strip off the officer yelling him never to

do that again. He looked amazed and told me politely to go on my way. I was certainly not intending to be rude and he never told me what he had stopped me for in the first place".

This is an excerpt from the book 'Children At War' by Janet Dol, one of our long time members of the Senior Centre. Not only is she a talented writer but, I am sure many of you have watched her over the years performing with Echo Players, a very talented actress as well.

"Children At War" is for sale for anyone who would like to read of her experiences as a child in London during WWII. They are only \$12, available on the low table by the front door or telephone Janet at 250 752-8694. A very nice read.



President	Lorne Tetarenko	752-5630
Secretary	Bonnie Evoy	248-7691
Treasurer	John Telfer	240-9609
DIRECTORS		
Activities	Judy Palipowski	752-6837
Newsletter	Lila Greene	752-6489
History	Judy Southern	752-5586
Membership/Advert.	Dianne Meyer	586-1904
Facilities	Barry Lohman	248-9286
	Ian Blaikie	752-8499
AFFILIATES		
Sunshine	Win Gaetz	752-9229
Kitchen volunteers	Judy Southern	752-5586
Travel	Pat Weber	951-1159
	Judy Southern	752-5586
Welcome Desk	Shirley Shaw	594-6119