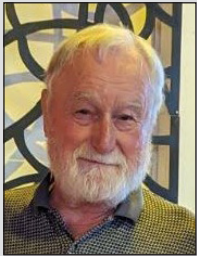


Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

JULY 2024 For the young at heart

703 Memorial Avenue
 Qualicum Beach BC
 Monday to Friday
 9:00 am to 3:30 pm
 250-752-0420
 VOLUME 27 | ISSUE 7



from
 Lorne

To me, the next two months are the highlight of the year. I see many of you taking a vacation to visit and be visited by family and friends. As we get older that time becomes more and more precious. It is the perfect time to find the positive factors in our life and to make others smile with us.

Now I am going to put on my professor's hat and try to clear up some possible confusion. When I began my Master's Degree in the Management of "Not for Profit Organizations" the very first requirement was to be sure to have consistent Operational Procedures. I see that there seems to be some confusion about the Kitchen so let me summarize for you.

1. First the purpose of the Kitchen is to be a service to the members. Quality food at the most affordable price.
2. The volunteers have a free hand to choose the menu and prepare the food (they do this very well).
3. The Board sets the prices. This is to give consistency across the Board. The prices are determined by taking the cost of the ingredients and adding a small mark-up.
4. George Wimmer is our Kitchen Manager and can be approached with suggestions to improve any aspect of the kitchen.

Now my message to everyone is: Relax, enjoy the summer, and don't sweat the small stuff.

Oh Canada! Confederation

From 1864 to 1867, representatives of Nova Scotia, New Brunswick and the Province of Canada, with British support, worked together to establish a new country. These men are known as the Fathers of Confederation. They created two levels of government: federal and provincial.

The old Province of Canada was split into two new provinces: Ontario and Quebec, which, together with New Brunswick and Nova Scotia, formed the new country called the Dominion of Canada. Each province would elect its own legislature and have control of such areas as education and health.

The British Parliament passed the *British North America Act* in 1867. The Dominion of Canada was officially born on July 1, 1867. Until 1982, July 1 was celebrated as "Dominion Day" to commemorate the day that Canada became a self-governing Dominion. Today it is officially known as **Canada Day**.



Expansion of the Dominion

- 1867 — Ontario, Quebec, Nova Scotia, New Brunswick
- 1870 — Manitoba, Northwest Territories (N.W.T.)
- 1871 — British Columbia
- 1873 — Prince Edward Island
- 1880 — Transfer of the Arctic Islands to N.W.T.
- 1898 — Yukon Territory
- 1905 — Alberta, Saskatchewan
- 1949 — Newfoundland and Labrador
- 1999 — Nunavut



Dominion of Canada \$1 bill, 1923, showing King George V.



Maple leaf cap badge from the First World War. Canada's soldiers began using the maple leaf in the 1850s.

How do you find a Canadian in a crowd? Just start bumping into people until someone apologizes.



SENIORS CENTRE *Activities*



SUNDAY

Contract Bridge 1:00 - 4:00 pm

\$2 per session

Wolfgang Dost 250-594-4513
wolf.dost@yahoo.ca

MONDAY

Knitting/Crochet for MANNA

9:30 - 11:30 am

Jan Curtis 250-738-1040
jancurtis5431@gmail.com

Yoga 9:30 - 10:30 am

Chair Yoga 11:00 am - 12 noon

\$8 per session

Jane Loney 250-228-1157
janeloney@hotmail.com

Membership Office Time

11:30 - 3:00 pm

Anne Sharp 250-752-9771
sharp44@shaw.ca

QB Ukelele Band 12:30 - 2:30 pm

Catherine Khan 250-752-9082
mckhan2@shaw.ca

Beginner Ukelele 2:30 - 3:30 pm

Henk Verkerk 250-954-9484
hcverkerkis@gmail.com

Line Dance I 3:00 - 4:00 pm

Line Dance II 4:00 - 5:00 pm

Ballroom Dance Practice

5:00 - 6:00 pm

Judy Palipowski 250-752-6837
judypalipowski@gmail.com

TUESDAY

Fun Bridge 9:00 - 12 noon

Al Gagnon 250-596-2500
algagnon006@gmail.com

Whist 12:30 - 3:00 pm

Sally Jagger 250-752-3556
sallyjagger@gmail.com

Cleaning 4:30 - 6:30 pm

Ramblers Practice 6:30 - 8:30 pm

Colin Craig 250-738-0464
goodison95@shaw.ca

WEDNESDAY

Hatha Yoga 10:00 - 11:15 am

\$8 per session

Ani MacGillivray 250-228-0518
anymacg@hotmail.com

Dominoes 10:00 - 12 noon

Pauline Childs 250-752-2440
dave7522440@gmail.com

Resuming in September

Intermediate Spanish

Conversation 11:30 - 12:30 pm

Harvey Freedman 250-594-5915
landed@telus.net

Fun with Chaz 12:30 - 1:45 pm

Chaz Booth 250-240-0465
chazentertains@gmail.com

Chair Yoga 1:00 - 2:00 pm

\$8 per session

Jane Loney 250-228-1157
janeloney@hotmail.com

Book Club 2:00 - 3:00 pm

First Wednesday of the month Sept - June

Gail Smith 905-808-4585
xgailsmith@gmail.com

Starting in September

Gentle Restorative Yoga

2:30 - 3:30 pm

Ani MacGillivray 250-228-0518
animacg@hotmail.com

TOPS Weigh-in 3:45 - 5:00 pm

Elaine MacDougall 250-594-3604
repac5@shaw.ca

Parkville/Qualicum

Foundation 5:30 - 6:30 pm

Monthly

Rob Duncan 250 752 2847

A Cappella 7:00 - 9:30 pm

Marion Clark 250-468-9280
oceansideacappella@gmail.com

Note: extra copies of the Activities list are in a basket by the Greeters desk. Please check for any changes that may have taken place.

THURSDAY

Darts 10:00 - 12:15 pm

Bernie Brockway 250-757-2330
berniebrockway82@msn.com

Drop-in Bridge 12:30 - 3:00 pm

Donna Roberts 250-228-2788
robos@telus.net

Resuming in September

Technology Tutor 1:30 - 3:30 pm

Brian Collicott 250-947-8258

Line Dancing 4:00 - 5:00 pm

Ballroom Dance 5:00 - 6:00 pm

Dance Practice 6:00 - 7:00 pm

Judy Palipowski 250-752-6837
judypalipowski@gmail.com

FRIDAY

Ukelele Friday 10:00 am - 12 noon

Maureen James 250-594-6071
maureenjames@shaw.ca

Introduction to American

Mahjong 10:00 am - 12 noon

Inger Weber 250-951-9298
inger-weber@shaw.ca

Mahjong 1:00 - 3:00 pm

Chic Starling 250-752-6846
senchic40@gmail.com

Art Group 1:00 - 3:00 pm

Richard Waterfall 613-791-6425
rgwaterfall@gmail.com

SATURDAY

Hatha Yoga with Richard

9:45 - 11:00 am

\$8 per session

Anne Sharp 250-750-9771
sharp44@shaw.ca

Qi Gong 11:15 - 12:15 pm

Dr Rod LeBlanc
rod@lifelonghealth.ca

Flowerstone

HEALTH SOCIETY

Urgent Support Needed!

We have 12,000 people in the Oceanside area without a Primary Care Practitioner.

As a first of its kind model, the *Flowerstone Health Society* was created in 2019, as a Community driven, not-for-profit organization that supports patient needs and clinics in the Oceanside area.

The FHS is making great efforts to recruit at least 4 more Health Care Practitioners and expand clinic hours to evenings and weekends. To this end community support and funding is needed.

Be a part of the future of our local health system by becoming a member of FHS today.

A \$20.00 membership fee in the Flowerstone Health Society provides the opportunity to be involved and informed, supporting and improving Primary Care Services in the Oceanside Area.

Apply for your membership online at: flowerstonesociety.org

Canada Day

WORD SEARCH

Q C E S O R D L I W J Q U H F N T Y L K I D R Q
 K S M F B D A S L B P L U K X Y B S R I C A M D
 I M O U N T A I N S R E E D X H W J S L E D S G
 A M R S O F T K T J P S N O W M A N D L O N J B
 X O R X U Y W B E A V E R Y U V E F E P R N P P
 J K C W R N M S G K W A S E A L Q K Y Q I U K L
 T B M M C Y U N K A X X S E K D T G O O S E P R
 V V P C O P E Q A I U N I A T P I P F J Q B Q U
 M A P L E L E A F P I J M K K A G L G L G A V D
 F K J M R M T D F S C N L S L X K R O H A P H J
 J U R E L W U W F U N T G W X Y Y S I H Y G B M
 J F I R E W O R K S P S C D I E Y Z E Z L B N G
 W B Y L U J I Q F Y G B M P P K X W U C Z V J T
 J G Y N V Q W L A C R O S S E C V G A H J L M V
 C O B A U P U R Y S E K S M S O O K H C K U Y M
 D O E Q E Q Q Y A S P N T X W H C B N D E Y C G
 L R J V V E I I W D O B V P A K V Y G X Q J D G
 Z E A S Q P D D O S T Y T R I B Q A W A T T O D A
 T N N O P E Z I R G F R J C J R J E W T D W D Q
 R C O A B R C O G Q X M Z E Y P D N T E H N E G
 B Q Q U M W H W W F D U Y E C Y I P S U W K Y S
 V C D G I M O I B J V O R X Y Z U O L H U S F Q
 A E D A I T A N J N G R D L T S O R M N U R J T
 Z B N T Z E M Y S U Z A Z R G M W X L H J S R K

TIM HORTONS	MAPLE LEAF	FIREWORKS	SNOWBOARD
MOUNTAINS	WILD ROSE	LACROSSE	HOLIDAY
SNOWMAN	GRIZZLY	HOCKEY	BEAVER
OTTAWA	SKIING	SKATES	MOOSE
GOOSE	SYRUP	JULY	FLAG
SLED	DEER	RCMP	RED
ICE	ELK		

Whist Players Wanted!



Any well-seasoned or beginner whist players are most welcome to our get togethers on **Tuesday** afternoons each week in the activity room at the Seniors Activities Centre from **12:30 to 3pm**.

If interested, please contact
Sally Jagger at 250-752-3556



Welcome July!

The month of July is named for a mortal, albeit one who devised and ruled an empire. Julius Caesar was a Roman general, statesman, and historian who conquered Gaul (what is now part of Italy, France, Belgium, and the Netherlands), changed the structure of the Roman government into a dictatorship, was assassinated in legendary fashion, and most importantly for our purposes, helped make the calendar what it is today.

Quintilis, Caesar's birth month, was renamed July when he died. Quintilis means "fifth month" in Latin, which represents where this month originally fell in the 10-month Roman calendar which started in March.

The rest of the months were numbered; their original names in Latin meant the fifth (Quintilis), sixth (Sextilis), seventh (September), eighth (October), ninth (November), and tenth (December) month.

January and March honour the gods Janus and Mars; February may derive from the ancient Roman Februa festival; April derives from the Etruscan goddess of love Apru; and May and June honour Maia (mother of Greek god Hermes) and Juno (goddess of heaven).

LUNCH on MONDAY

MIKE'S QUICHE with Brenda and Barry



TUESDAY JULY 2, JULY 16 & 30

Leslie's fresh baked CINNAMON BUNS are a favourite with all.

Only \$1.00 and one person – no take out.

Watch for August dates in the next newsletter.



WEDNESDAY, JULY 17

Bill & Verdellas

CHILI with Corn Meal Muffin



THURSDAY LUNCH

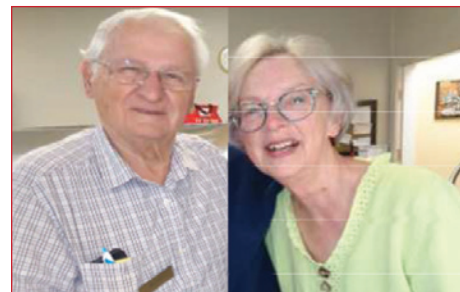
Cathy & Brenda's

CREAMY CLAM CHOWDER



FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



Greetings from the Cookie Cutters BAKING GROUP

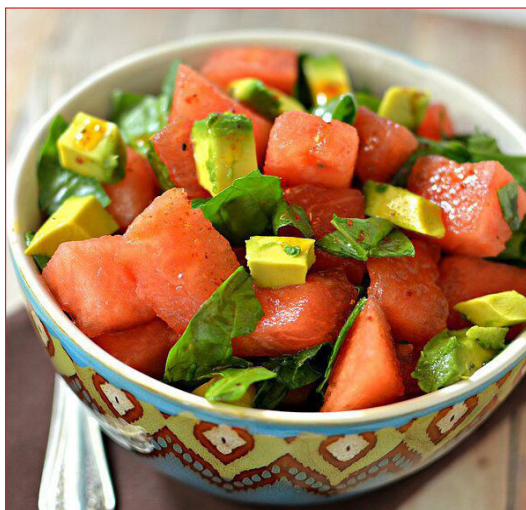
Greetings from the Cookie Cutters! Many of you may be aware I haven't been around the Centre for the past few months. That hasn't stopped our dedicated group of bakers. The kitchen continues to offer a lovely variety of baked goods. There is something for everyone.

If you would like to do some baking for the seniors centre, we would love to have you join our group. For information call or text me (Brenda) at 604-379-0290 or drop me an email at Charles.brenda@me.com.

I expect to be back in the kitchen in July so you can see me alternate Thursday mornings if you prefer.

I am taking a different approach for our recipe this month. I'm just back from the Yukon (where it was warmer there than here!) and a friend made me this delicious salad.

When the hot weather comes this is super refreshing! And a good source of fibre!



Avocado Watermelon Salad

Ingredients:

- 4 cups cubed watermelon
- 4 cups baby spinach, torn
- 2 large avocados, peeled, pitted and diced
- 1/4 cup walnut oil (my friend often substitutes this with a citrus infused oil and it's awesome!)
- 1 lime, juiced
- 1/2 teaspoon paprika (or try tajin seasoning for a little bite)

Method:

1. Toss watermelon, spinach and avocados together in a bowl.
2. Whisk oil, lime juice and paprika together and add to watermelon mixture.

Toss gently and serve.

Travel Talk

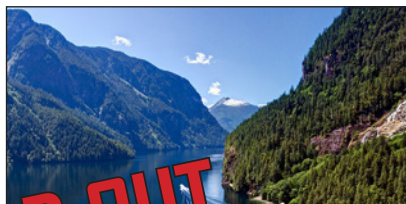
Check the website qbseiors.com for updates on the trips that are being planned



Princess Louisa Inlet

AUGUST 19 & 20

Includes: Return Bus transportation and Ferries from Qualicum / Port Alberni to a 3-course dinner at Laughing Oyster; Okeover Arm, 2-night accommodation at Powell River Town Centre Hotel; Continental Breakfast; Private Boat Tour to Princess Louisa Inlet; Box Lunch for the Boat Tour; visit to Nancy Bakery in Lund; Tour Host for Trip.



SOLD OUT

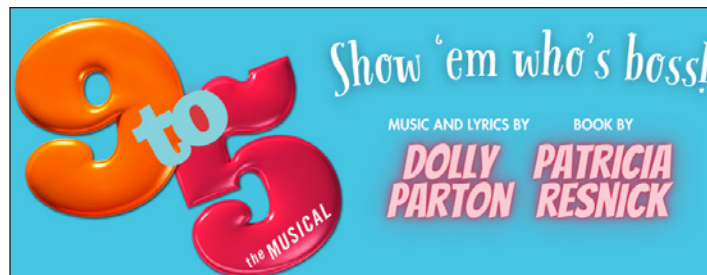
Lady Rose MV Frances Barkley

THURSDAY, JULY 11

Includes: Return Bus transportation from Qualicum to Port Alberni along the Alberni Inlet, from Port Alberni to historic Bamfield. Bring your binoculars and you might just find some wildlife all around.



SOLD OUT



9 to 5 The Musical Chemainus Theatre

WEDNESDAY, AUGUST 21 2:00 pm matinee \$189pp

Based on the 1980 hit movie, this is a story of friendship and revenge, pushed to the boiling point by three female co-workers who concoct a plan to get even with their egotistical boss.

Price includes:

- Return transportation from Qualicum Beach Civic Centre to Chemainus;
- Buffet lunch at the Theatre at noon;
- Free time before the performance;
- Performance starts at 2:00 pm

A LIMITED NUMBER OF TICKETS ARE AVAILABLE

Bus Trip to Victoria June 18

Thirty nine Members set out on a cloudy day to visit Victoria. Once on our way, you could hear the chatter and laughter from our members, happy to be on a Seniors Centre trip again.

Traffic was light and we made a stop at the Duncan Old Farm Market to stretch our legs. Tanya from the Market met our group, walked them inside where the coffee was brewing. We continued on our way, the clouds broke and the sun peeked out and began to shine.



Arriving at the Royal BC Museum in Victoria, Members got off the bus and were on their way to meet friends/family, a show at the IMAX Theatre, a visit to the Stonehenge Display at the Museum. Some got on local buses to get to their desired destination. There were trips over to Fisherman's Wharf for some tasty fish and chips. Water taxis were taken to various areas,

others shopped along Government Street and found favourite spots for lunch.

After four hours of enjoyment in Victoria, they boarded the bus to head back to Qualicum Beach. On the way home, we stopped once again at the Farm Market to stretch our legs, buy fresh produce or taste some of the Farm's delicious ice cream and then back on the bus.

All in all, a great day for everyone!



Never a dull moment!

Our Board Meeting on June 19 was interrupted by a sudden flooding hot water tank. As always, our senior's community quickly pulled together and went into action with mops, pails and brooms to avert disaster and deal with all the water pouring into the centre. *Thanks everyone for a great job!*



A Gigantic **THANK YOU** to **COURT BROOKER** who stepped up and offered to take on the task of selling the furniture and many other items while my home was for sale.



He spent many hours and days on his phone, contacting and meeting with so many nice folks coming to take away their purchases. To quote Court: *"I love doing this, selling and meeting with so many lovely, interesting people."*

Suffice to say, no words can express my appreciation for the time and energy he dedicated to doing this task, and was so successful at it!

Thank you again Court for your help and advice along the way ... you are a valuable friend.

Lila Greene



**We're holding
a Raffle!**

Four beautiful gift baskets have been generously donated by Kathleen Kennedy.


Tickets are available at the Seniors Centre from **Tuesday, July 2 to Wednesday, July 10.**

Proceeds will be donated to the Food Bank

Tickets \$1.00 each

Winning Tickets will be drawn by Lorne Tetarenko, President on Wednesday July 10 at 3 pm

Health Corner



Magnesium: The multi-tasking mineral for everyday health

While a magnesium deficiency may not be on your radar, embracing magnesium for everyday health can be a game-changer. From sustaining energy levels to supporting stress management and promoting muscular harmony, magnesium is a versatile ally that supports over 800 biochemical reactions in the body.

What is magnesium?

Magnesium is a naturally occurring macro mineral, meaning higher amounts are needed compared to trace minerals, such as zinc or iron. It is found in high concentrations in our bones, our hearts, our muscles and throughout our network of nerves, and inside every cell of our bodies.

How can magnesium help give your body what it needs?

From protein synthesis to cellular metabolism, every cell in your body uses magnesium. Here are some of the key roles magnesium plays in supporting our body's overall health:

- Regulates heart rhythm and helps to maintain healthy blood sugar and blood pressure levels
- Plays a key role in building strong bones and teeth, aiding in calcium absorption
- Alleviates fatigue by metabolizing glucose into available energy
- Supports lung function by increasing airflow to the lungs
- Promotes healthy muscle function
- Relaxes muscles and nerves
- Calms the mind
- Supports sleep regulation
- Improves insulin sensitivity

Why is it so tough to get enough magnesium?

Even traditionally magnesium-rich foods like leafy green vegetables and whole grains may not be good sources of magnesium, as they are grown in nutrient-depleted soil, thanks to modern agricultural practices. And processed foods have even less, as further refining can remove up to 97% of magnesium from foods like breads and pasta. And your water supply? Municipal water treatment usually removes much of the mineral content.

Whether it's phosphates in soda or gastrointestinal conditions like IBS, many facets of our lives can impair the absorption of the magnesium we do get. Drug-induced nutrient depletion is also widespread. Some

prescription medications and mineral-binding antibiotics can block magnesium before your gut even has a chance to absorb it.

And then there's the modern day stressors of everyday life which cause our bodies to expend and excrete more magnesium. For instance, when we're stressed, magnesium is expended to produce cortisol. Alcohol consumption and blood sugar sensitivity may also cause our kidneys to eliminate more magnesium.

Can I have too much magnesium?

The body is highly competent at regulating magnesium levels. If too much dietary magnesium is consumed, it can flush the excess through the digestive tract as diarrhea. Too much magnesium in the bloodstream is flushed out through the kidneys in urine. As long as these safety mechanisms are functioning, it is very difficult to take too much magnesium. The worst you may experience is loose stools.

If these safety mechanisms are not functioning, then you should consult your doctor prior to oral magnesium supplementation. In particular, if you suffer from kidney failure or bowel obstructions, you may not be able to clear magnesium from the body.

You should also consult a healthcare practitioner if you have any conditions that involve too much muscle relaxation such as very low blood pressure or irregular heartbeat.

Excerpts from <https://magnesium.ca/>

FIND THE LOGO AND WIN \$25!

Find and describe where the Centre's logo is hidden in this Newsletter (*NOT in the headline or this form*) and drop your entry into the jar provided on the table by the Greeter's desk.

One winner per month (winner will be notified by phone)

The  is hidden on page _____

Name & phone _____

JUNE NEWSLETTER – Find the logo contest

And the winner is . . . **MARGO GRAHAM!**

The logo was hidden on the page 6, top right corner on the bottom left corner of the photo.

Many thanks to all who participated in this fun contest!

A REMINDER FROM ROSE

Rose, the Centre's very valuable librarian, wishes to *thank everyone for donating books*, and wanted to remind us all that:

- paperbacks only – we do not accept hard cover books
- only books printed in 2010 or later are accepted



We couldn't stand it any longer!

Peachy has given the old **LOST AND FOUND BOX** a new look. Items in the Centre that are deemed Lost or Found are in this *new look* box on the shelf above the coats in the closet nearest the Greeters' desk. If you are missing anything, that's the place to look.

WELCOME NEW MEMBERS

- | | | |
|----------------|---------------------|-----------------|
| Denise Brown | Barbara Kisschowsky | Andrew Rave |
| Pete Chiko | Janie Mackay | Lorna Reid |
| Cathy Craft | Pat Matheson | Nancy Routly |
| David Craft | Jennifer Mullett | John Smith |
| David Croot | Thelma Nixon | Brian Wesley |
| Janet Croot | Judy Noritz | David Wilson |
| Murray Jarrett | Mike Noritz | Janice Wittchen |

The Sunshine Lady



Do you know of someone who may be feeling ill – in hospital – or grieving?

Be sure to contact **Pat Bull**, the Centre's Sunshine Lady.

250-752-3946

Pat would be happy to brighten their day with a card.

MEMBERSHIP REPORT

For the month of May there were an additional **18** new Members, and **16** renewals.

Year to Date as of May 31, 2024:

1066 Members

- 955 Regular (366 are new Members)
- 90 Complimentary
- 19 Life
- 2 Honorary



Time to Renew!

A reminder that existing memberships (green card) will expire on July 31, 2024 – don't forget to renew!

A smart person knows what to say. A wise person knows whether to say it or not.



Congratulations!

The winner of this month's draw for a \$25 Gift Certificate for *Swell Sweets* is **ROXANA BERRY**. Enjoy!

Notice:

The **TECHNOLOGY TUTOR**, **Brian Collicott**, will be away for the months July and August, returning September 5, 2024.



BOARD OF DIRECTORS 2023-2024



- President Lorne Tetarenko 752-5630
- Vice President Rob Duncan 752-2847
- Secretary Bonnie Evoy 248-7691
- Treasurer John Telfer 240-9609

DIRECTORS

- Computer Gerry O'Brien 752-0702
- Facilities Geoff Rigby 594-5411
- Kitchen Manager George Wimmer 594-7840
- Membership Anne Sharp 752-9771
- Past President Pat Weber 951-1159
- Printing Lila Greene 752-6489
- Travel / Events Cynthia Crawford 594-7701

AFFILIATES

- Activities Anne Driesbach . . 604 679-1703
- History Ann Svensen 752-5537
- Kitchen Volunteers .. Jan Desjardins ... 250 686-0348
- Newsletter Karen Garland ... 250 589-5059
- Sunshine Pat Bull 752-3946
- Welcome Desk Jeri Burke 752-9320
- Website Les McLean

Arrowsmith Home Services



Dan and Carolyn

250-228-7653

Our goal is to simply your life!

- **Decluttering and Downsizing**
- Listing and Selling Your Home
- Maintenance and Home Services

arrowsmithhomeservices@gmail.com