

# S News

for the Young at Heart

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

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



## FROM LORNE

I hope that your summer has been as enjoyable as mine. A family reunion, visiting old friends and just being a tourist highlighted my July and August.

But, as I am sure you know, coming home was a real treat. We do live in the closest thing to Paradise that exists in North America.

At the Centre this fall there are many travel and

events on tap. Two highlights will be the annual Fall (Fowl?) supper and the celebration of the 25th Anniversary of the Centre.

Our Annual General Meeting will be on November 27th, which was the date of the first ever AGM.

Another highlight for me is the fact that we are getting more new members than ever before.

If you are interested in joining the Board please feel free to call me.

As Pat & Mike Bull will be away on a six week vacation, **Joanita Fernandes** will take on the job of Sunshine Lady and **George Wimmer** has



been trained in the art of Quiche Creation, so we are in good hands! Enjoy your vacation Pat and Mike...we look forward to your return and with lots of exciting tales to tell us all.



### DOMINOES

Enjoyed by enthusiastic players, gathered every Wednesday. Thank you Audrey for taking time to organize this event



**THANKS TO EAGLE-EYE SAM** with his handy screwdriver... he'd spotted some loose screws in the chairs...all fixed now...how about those 95 year old eyes!! You are hired Sam! Thanks Ann for the pic.

## ANNUAL HARVEST FOWL SUPPER



*there will be a slight, little more modern take on this Prairie Supper*

**SATURDAY OCTOBER 1st**

**\$25 pp ~ 4:00 p.m. at the Legion**

There will be a cocktail hour with 15 minutes or so of entertainment by **Darla** on the **Marimba** & **Judy P.** on keyboard ...time to show off the musical talents of some of our members ...sit and listen if you wish or you can keep on visiting until 5:00 pm meal time

Chicken and trimmings, veggies, salads, puffy bread and home made pies with ice cream

**Plan to stay and enjoy the hour of music chosen for your pleasure to dance and sing to by the**

### The Ramblers

Sign-up poster is posted on the Activity Board, please place cheque/cash in the envelope provided. Drop in the box above the desk by the office. One name per line



# Senior Centre <sup>2</sup>

# Activities

~ SUNDAY ~

## DUPLICATE BRIDGE

(OFF UNTIL THE FALL)

~ MONDAY ~

## KNITTING/CROCHET

10:00 - 12:00 ~ Jan 250 738-1040

\*\*\*

## YOGA: 9:30—10:30:

Jane 228-1157 - \$8

\*\*\*

## CHAIR YOGA: 11:00-12:00

Jane 228-1157 - \$8

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## UKULELE Band: 12:30—2:30

Catherine 250 752-908

\*\*\*

## BEGINNER UKULELE

3:00 - 4:00 - Henk 954-9484

\*\*\*

## LINE DANCE EASY

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

## LINE DANCE INTERMEDIATE

4:00 - 5:00: \$5

Judy 250 752-6837

~ TUESDAY~

## FUN BRIDGE: 9:00 – 12:00

Al Gagnon 250 596-2500

\*\*\*

## WHIST: 12:30—2:30

Sally Jagger 250 752-3556

\*\*\*

## GUIDED AUTOBIOGRAPHY

2:30 - 4:00

September 20- November 22

Norma Cameron 778-533-508

\*\*\*

## CLEANING: 4:30—7:30 pm

## PUNS FOR EDUCATED MINDS

⇒ How does Moses make his tea?

Hebrews it.

⇒ Venison for dinner again? Oh deer!

⇒ I used to be a banker, but then I lost interest.

⇒ Haunted French pancakes give me the crepes.

⇒ England has no kidney bank, but it does have a Liverpool.

⇒ I tried to catch some fog, but I mist.

⇒ They told me I had type-A blood, but it was a Type-O.

~ WEDNESDAY ~

## CHAIR FITNESS/YOGA COMBO

9:00 am - \$7 Drop In,

45 minutes in length

## Will start September 7th

Liz Moore 250 248-4116

\*\*\*

## HATHA YOGA with Ani

10:00-11:15 - \$8 a session

Ani MacGillivray 250 228-051

\*\*\*

## DOMINOES—10:00—12:00

Audrey 250 752-9134

\*\*\*

## INTERMEDIATE SPANISH CONVERSATION (OFF UNTIL SEPTEMBER 14)

11:30—12:30

Harvey 594-5915

\*\*\*

## TOPS:

Weigh-in 3:45—5:00

Elaine 250 594-3604

\*\*\*

## PARKVILLE/QUALICUM FOUNDATION

5:30-6:30

Monthly: Pat Weber 951-1159

\*\*\*

## A CAPPELLA: 7:00—9:30

Marion 250 468-9280

**NOTE:** please check the Activity List posted on the Activity board for any changes that may have taken place throughout the month. Copies are in the basket by the Greeters Desk

~ THURSDAY ~

## DARTS: 10:00-12:15

Bernie Brockway 757-2330

\*\*\*

## DROP-IN BRIDGE:

12:30—3:00

Barbara Wade - 250 228-4233

\*\*\*

## TECHNOLOGY TUTOR 1:30-3:30

Brian 250 947 8258 or

tlc@sd69.bc.ca or book own apt.

oblt.ca/calendar

\*\*\*

## LINE DANCING - 4:00 - 5:00

\$5 a session

## BALLROOM DANCE LESSONS

& Practice time: 5:00—8:00

\$5 pp/group, \$10 private

Judy Palipowski 250 752-6837

\*\*\*

~ FRIDAY ~

## UKULELE FRIDAY IS FULL

10:00—12:00

Maureen 250 594-6071

\*\*\*

## INTRODUCTION TO AMERICAN MAHJONG

10:00—12:00

Inger 250 951-9298

\*\*\*

## MAHJONG 1:00—3:00

Chic 250 752-6846

\*\*\*

## ART GROUP: 1:00—3:00

Beryl Hargreaves

250 752-9200

\*\*\*

## CLEANING 4:30—7:30

~ SATURDAY ~

## HATHA YOGA with Richard

10:00—11:00

Registration required to max. of 13 persons.

Anne 752-9771—\$8 a session



**PAT BULL**  
is the  
Centre's  
**SUSHINE LADY**



If you know of someone who may be feeling ill, in hospital, grieving? Be sure to call Pat at:  
**752-3946**  
She will be happy to send them a card

SEPT. NEWSLETTER DEADLINE

Monday, Aug. 29

lilapat@shaw.ca

250 752-6489

## Greetings from the 'Cookie Cutters'

### What's cookin'?



### LUNCH on MONDAY



### MIKE'S QUICHE

with crew  
Barry  
& John



(Every 3rd)  
**WEDNESDAY**  
September 21

### Lila's CHILI



### LUNCH on FRIDAY



### MIKE'S CHICKEN

with crew  
Bette & John



It's the time of year when the gardeners are reaping their rewards from the hard work of weeding, watering and tending to their fruit, vegetables and flowers. And, for those who don't garden, the local market is full of fresh produce to pick from. Maybe some of you have found a zucchini on your doorstep.

The Cookie Cutters have been busy baking their favourites over the summer

#### FAB FIG SCONES



1 cup whole wheat flour	2 tps. Baking powder
1/2 cup old fashioned rolled oats	
1/2 tsp salt	1/4 cup canola oil
1/4 cup sugar	1 egg, lightly beaten
1 cup fresh figs diced (3 or 4)	1/4 cup honey

Preheat oven to 350 deg F. line baking sheet with parchment paper and sprinkle lightly with flour. Whisk flour, oats, baking power and salt in large bowl.

Whisk oil and egg in separate bowl, add honey and mix well.

Add oil mixture to flour mixture until just mixed.

Sprinkle sugar over figs and mix lightly before folding into butter.

Transfer batter onto baking sheet and form into a 7 inch round. It will be sticky

but we haven't got together as a group.

That will change once the cooler weather arrives. In the meantime, stop in at the Senior Centre there is fresh baking to go with your coffee, tea and conversations. Always something new to try.

If you are lucky enough to have access to fresh figs, here is a lovely recipe for scones to try.

so flour your hands.

Bake in oven for 10 minutes, then score into 8 sections. Continue baking until scones are cooked through and lightly browned, about another 20 minutes. Remove from oven and cut into 8 sections and allow to cool

*If you would like to be part of the  
Cookie Cutters baking group,  
contact Brenda at*

*Charles.brenda@me.com or call/text  
604 379-0290 ~ the more the merrier!*

### ~ Pancake Breakfast ~



Thirty-two paying folks and the rest who were 'the working class' really enjoyed those excellent pancakes cooked up by **Court Brooker, Gerry O'Brien and John Telfer**. Thanks guys!

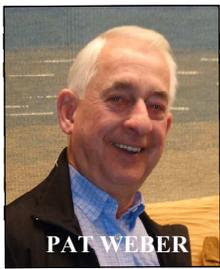
Typically it is "Men in the Kitchen" for our annual breakfast. **HUGE THANKS** to **Bonnie Evoy** and **Betty Brooker** who served—and helped with clean-up ... and to **Vicky Burton** and **Jeri Burke** who did the check-in and money collecting. Thanks girls!

My apologies!! The sausages were Hertels' best, but the advice on the cooking (somehow coming from me) was lacking considerable merit! I figured the convection oven would be the best—but it wasn't. Never again! One ate them in one's fingers if one ate them at all ...a knife just didn't cut it. I do hope that everyone enjoyed the socializing—and the pancakes.

**THANK YOU** if you are one of the kind people who have donated some home baking for the kitchen. Much appreciated!

From Judy





PAT WEBER



Nita Jack  
Vicki Burton  
Barbara Rad-

# TRAVEL Talk

## Adventure to Nootka Sound & Friendly Cove

We set out on our adventure dark and early for what was to prove a stellar day on the MV Uchuck. After Campbell River, the turn west through Strathcona Park to our destination of Gold River was new territory for us. A pretty drive (now that it was daylight!) on a well maintained road would wind its way alongside Upper Campbell Lake, the steep mountainsides casting dramatic shadows across the glassy lake water. One distant peak still had a trace of snow and the landscape practically shouted out "postcard from Vancouver Island". Small enclaves of campers were positioned above the lake and what a view to wake up to on such a pristine, sunny morning. Hydro lines snaked their way across the landscape high above us and our thoughts went to winter time and what it must take to keep the lights on and the roads clear of snow. Perish the thought as Fall beckons.

The community of Gold River had once been a thriving settlement but that all changed when economics closed the mill. The town's rebirth is now solidly grounded in tourism and the perfect place to experience the Island's west coast. Our adventure today was a cruise on a supply vessel, the MV Uchuck and a visit to Friendly Cove on Nootka Island. a spot of unfinished business for us in a way.

In another life, Doug and I had been Vancouver tour guides and part of our commentary would explain how Captain Cook had sailed into Nootka Island in 1778 in his search for the Northwest Passage looking for a sheltered bay to make repairs to the Resolution and the Discovery before continuing his quest. In doing so, he discovered we actually did exist! Adding some spice to the story, a dispute between Spain and Britain soon arose over ownership and



truth of the matter is that the Nuu-chah-nulth peoples have inhabited the coastline since time immemorial. In our guiding days we were a little hazy as to where Nootka Sound actually was. That would change today.

Captain Cook ended up exploring the rest of the Nootka Sound, stopping at the Nootka village of Yuquot or as it is known today, Friendly Cove. Yuquot literally translated to "wind coming in all directions", but not today. The weather was glorious. The calm seas and pleasant breeze made the 2.5 hour voyage really enjoyable. We had found a secluded spot aft which was ideal to avoid the hot sun. A tasty 'doorstopper' sandwich served with a bowl of chili was provided for lunch and soon we had slowed and were making our way into Friendly Cove's harbour. The lighthouse and its asso-

ciated buildings stood atop the hill overlooking the dock. Its buildings stood atop the hill overlooking the dock. It looked like easy access from our position below. It wasn't. Getting to the lighthouse involved a walk along the pier, a detour through a wooded area, a walk across the shale beach to some uneven steps, then ramps, more stairs until finally a helipad appeared and then the lighthouse.

Continued on page 6



### SEPT, 17-19—OKANAGAN GETAWAY \$829 pp

to Kelowna & Summerland only has two seats remaining. Take sunset cruise on Okanagan Lake with a buffet dinner. Visit the historic Kettle Valley railway followed by a BBQ. Stops along the way to enjoy a local winery & brewery for tastings and lunch. Inc; coach return from the Civic Centre to Kelowna, ferries, 2 nights at Hyatt Place. Kelowna, breakfast daily etc.



### FRIDAY, SEPT. 23 –Cowichan Valley Wine Tour ~ \$120 pp



Join us for a visit to the winery where we will visit 3 of the finest wineries on the Island, enjoying an amazing farm to table lunch at the Alderlea Farm and Café. Leave from Civic Centre at 8:30 am, back about 5:30. Sign up & pay at the Centre. Only a few seats remain.

### WEDNESDAY, SEPT. 7 NOOTKA SOUND and FRIENDLY COVE ~ \$299



Leaving Qualicum Beach travel to Gold River to enjoy a day on board the MV UCHUCK as it makes deliveries to numerous remote marine outposts throughout Nootka Sound. Includes bus, cruise with lunch onboard and dinner at

the Ridge Roadhouse Pub. The sign-up sheet is on Travel board in the QB Seniors' Centre.

INFORMATION ON THESE TRIPS IS POSTED ON THE TRAVEL BOARD. PLEASE SIGN YOUR NAME & PHONE NUMBER (One name only per line) AND DROP YOUR CHEQUE INTO AN ENVELOPE PROVIDED IDENTIFYING CHOSEN TRIP.

**FOREST BUS TOURS** is continuing their monthly trips to **VICTORIA** (if they have enough passengers). Their next trip is **THURSDAY, SEPTEMBER 29** if 20 or more are reserved. They will drop you at a

Casino, the Museum, shop or just be a tourist...enjoy dining in one of the restaurants. Bus leaves the Civic Centre at 8:00 a.m., returning by 5:30 p.m. Only \$60 pp/return. Make your reservation at 250 248-4525



# 2022 Qualicum Beach Seniors' Island Survival Challenge

Well, the challenge is over and the survivors can all breathe a little easier. The final day saw a great competition highlighted by a musical introduction by the QB Ukulele players from the Centre. All 10 players for each team were awarded an Island Treasure. You can watch the final challenge on YouTube by following this link: <https://youtube/F-RHXaMdC>.

Thank you to **Judy Palipowski** and **Brenda Charles**, the appointed leaders for each team; **Inger Weber** for keeping track of the eliminating of players, and

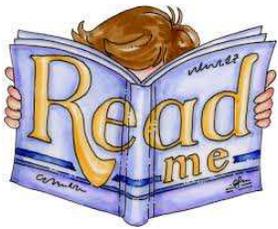
**Court Brooker** for the masterful video work on the entire series.



## SKYDIVE CHALLENGE IS ON!

Because our once Travel Coordinator, Bill Cove, will celebrate his 90th birthday in March, we are Skydiving in April. Date: **Saturday April 22nd, 2023**. Details to follow!

This will be a Challenge to other groups in the community to raise as much money for our chosen charity as we do (of course, we always do more!) So, if you really don't want to jump out of a perfectly good airplane, (as some of us do) there is actually nothing like it!), remember a monetary contribution helps out every bit as much. Pic: **Bill Cove, Gordon Nasky, SkydiveVancouverIsland.com** and **Judy Southern**, a former "jumper" at the last Sky Dive event pre covid!



## ...and WIN \$25!

Find and describe where the Centres Logo is hidden in this newsletter (**NOT in the headline or this form**) and drop into the jar provided on the table by the greeters desk.

**ONE WINNER EACH MONTH !!**

The  is hidden on page .....

Name .....



**LOGO WINNER FOR AUGUST NL- Vi Ainsworth Found on page 3: MikeS ...** Lots of guesses, thanks everyone for keeping this 'fun logo find' alive.



### Board Of Directors

\*

2021  
2022

President	Lorne Tetarenko	752-5630
Past President	Pat Weber	951-1159
Secretary	Bonnie Evoy	248-7691
Treasurer	John Telfer	240-9609

#### DIRECTORS

Activities	Judy Palipowski	752-6837
Newsletter/Advert.	Lila Greene	752-6489
Membership	Dianne Meyer	586-1904
Facilities	Barry Lohman	248-9286
	Ian Blaikie	752-8499

#### AFFILIATES

Sunshine	Pat Bull	752-3946
Kitchen Volunteers	Jan Desjardins	1-250-686-0348
Travel	Pat Weber	951-1159

History	Ann Svensen	752-5537
Welcome Desk	Jeri Burke	752-9320

## Two new upcoming Events

### KNITTING / CROCHET GROUP

Monday 10:00-12:00

In the lounge at the Senior's Centre

Jan Curtis and Jan O'Connor hope to get a knitting/crochet group together on Mondays from 10-12 in the lounge creating warm items to give to **Manna Homeless Society**. If you are interested please let Jan know and *if anyone can donate unwanted yarn, it would be most welcome, even small amounts that can be used for knitting stripes!*

Manna Homeless Society was established in 2011 as a charitable organization, operating entirely with committed volunteers and with incredible community support to assist the well being of homeless and impoverished people in the Oceanside area. We hope to give them our support and get a jump on the colder weather.

JAN 250 738 1040



### GUIDED AUTOBIOGRAPHY COURSE:

Discovering and Sharing stories of Your Life  
Introductory Session

Tuesday September 20 ~ 2:30 p.m.

Course continues each Tuesday 2:30-4:00

At the Seniors' Activity Centre

SEPTEMBER 20 through to NOVEMBER 22

Over the ten weeks, participants will explore various experiences (themes) that shape their lives. Themes include family, the role of money, work or volunteering, health, relationships and other experiences that form the tapestry of one's life. Each week, participants will be asked to write two pages on a specific theme, at home, then bring these to share in small groups. It isn't about writing, grammar or performance—it's about *discovering and sharing the experiences that collectively create the tapestry of our lives.*

**Leader: Norma Cameron**, a certified Guided Autobiography Leader, writer and professional storyteller  
normacameron33@gmail.com



Sad News. Two of our Senior Centre's members have passed away.

**VAL TINNEY** was a long time member of the QBUB Ukulele Band and an active member of the Macular Degeneration group. She was a dear friend and we will miss her.



**GWEN McCLELLAN**, who had recently returned from an Alaskan Cruise, passed away suddenly. She was a happy smiling volunteer at the Greeters Desk. Our centre has lost two gracious members. May they rest in peace.

### Adventure to Nootka Sound, continued from page 4

The gentleman who greeted us turned out to be the resident lighthouse keeper and we spent a wonderful time chatting about the responsibilities of modern day lighthouse keeping. In answer to probably what was one of my sillier questions, we learned that groceries are ordered on line from Thrifty's in Victoria and they arrive weekly via the Coastguard Services helicopter. An adjoining house is occupied by Coastguard staff who are assisted by university students during the summer months. Apparently if you Google "best summer jobs in Canada" this assignment ranks in the top three! The views from the lighthouse made the time so worthwhile and what a bonus to meet a real lighthouse keeper!

We did not get the opportunity to visit the church which now serves as a museum. Next time! We wandered back to the dock to prepare for the return trip to Gold River.

Sailing out of the Cove in the mid afternoon sun, the ocean had taken on shades of emerald green dotted with small whitecaps. A few puffy white clouds had appeared on the horizon. A relaxing sail back to home port was ideal after such an enjoyable visit to Friendly Cove. On our way, the location where Captain Cook had docked on his arrival to Nootka Sound and the uncharted BC coastline was pointed out.

Thanks to today's experience, another of former tour guides life's ambitions had been fulfilled!

**Myra and Doug Watson.**

### It's Never too late to laugh!



- I used to be able to do cartwheels—now I tip over putting on my underwear.
- I told my wife she should embrace her mistakes ... so she hugged me.
- I thought growing old would take longer.
- Life is too short to waste time matching socks.
- Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people.
- If you see me talking to myself, just move along. I'm self-employed and we are having a staff meeting.
- Some people call me crazy. I prefer happy with a twist..
- My doctor asked if anyone in my family suffers from mental illness. I said "No we all seem to enjoy it."
- If you are happy and you know it, it is your meds.

W E L C O M E

# NEW MEMBERS

*"We look forward to getting to know you"*

Ken Witala  
Geraldine Buxton  
Pat Smith  
Rodney Luck  
Darryl Meads  
Gordon Normarrdin  
Judi Gunter  
Kathryn Houtby

Marilyn Ryan  
Patricia Ingram  
Keith Richardson  
Anne Richardson  
Dale Lawlor  
Carole Almond

Leigh Dybenko  
Tom Halmosi  
Rowena McPhee  
Arlene Luksay  
Ron Derrick  
Sally Pearson

Audrey Derrick  
Jacqueline Staples  
Sharon Doucette  
Terry O'Connor  
Jacqueline Cooney  
Edward Berndt

Pauline Brown  
Marion Watts  
Laurie Pettijohn  
Anne Lihou  
Jule Briese  
Irene Creally  
Pamela Vandy  
Richard Rodda

## THE "HEALTHY" CORNER

### Vitamin D & Alzheimer's Disease

Is there anything vitamin D cannot help? Apparently not. This hormone, yes vitamin D is a hormone, seems to be in the news quite often. We know it can help maintain strong bones and teeth. Adequate intake of vitamin D is also associated with reduced risks of cardiovascular disease, depression and diabetes. So what is this about vitamin D helping to treat and prevent progression of Alzheimer's disease? But first, what is the difference between a hormone and a vitamin? Vitamins help with chemical reactions in the body. For example, vitamin C helps to convert iron into a form that is usable in the body. They don't directly act on the body, they work in concert with. Hormones act directly on the body to alter their function. The hormone adrenaline can increase heart rate and dilate the pupils.

So back to the hormone vitamin D and Alzheimer's disease.

Recently, a small study followed patients with Alzheimer's disease who were given vitamin D. The dose given was 800iu daily, so relatively low doses. After 12 months, these patients had improvements in cognitive function and reduced levels of amyloid beta in the blood.

A good idea to anyone concerned with Alzheimer's disease to talk to their doctor or pharmacist and determine if vitamin D supplementation would be suitable.

There are several options for helping to prevent Alzheimer's disease. These steps are also helpful for preventing a multitude of other diseases.



The number one step is to get regular exercise that will help increase blood flow, reduce stress hormones and improve mood.

You don't need that much, not to say that more isn't better. But given 15 minutes of moderate exercise daily is enough to notice health benefits. Diet can also be helpful.. Focus on eating more fruits, veggies and fatty fish while reducing intake of other animal products. Social connections and challenging mental tasks can also help. These activities stimulate the brain to form new connections.

### Aren't we Lucky!

... and grateful for just a few of our faithful volunteers who serve up great food every week from our kitchen. Shown here are some of our "chefs" that take the time and have the talent to produce the tasty lunches members can enjoy every day at the Centre.

Regular sleep cannot be overlooked. Your body heals while it sleeps.

If you are concerned with cognitive or memory issues, speak with your Physician. There are treatment options available but if nothing else, this is an opportunity to plan ahead in case memory issues become a serious concern there is nothing more worrisome than ignoring memory decline until it becomes an urgent issue.

***This item by your friendly Heart Pharmacy Pharmacist appeared recently in the Victoria Times Colonist,***

### CONGRATULATIONS BILL NORMAN

Winner of our monthly draw for a **GIFT CARD** from



With  
Thanks



Glenys & Brenda



Brenda Charles



Diana & Alida



Magaret & Roz



Barb & Linda C



August 20 ... a very busy day for The RAMBLERS & The QBUB Ukulele band



The Ramblers' 3rd Annual SOS Fund Raiser took place once again on Knight Terrace in Qualicum Beach. Three canopies (thanks to the QB Seniors' Centre) protected the 50+ crowd that gathered on this hot, sunny day to enjoy the familiar tunes they could sing and dance to.

Some of the ukulele players dropped by to join in after their gig at the QB 'Museum for Children Day'. Huge thanks to all who joined us and donated to this very special need. **Geoff's comments next say it so well!**



In life's upward slope to adulthood children are facing, we should give them the joy of music intertwined along the way. It is very apparent the tunes I heard at a very early age are still with me. Music is stored in a separate part of our brain, and exposed to music at an early age, can become your happy memories to get you through the troubled times in life. Yes, a busker playing a song you heard as a child can lift your spirits with the memories captured in those wisping sounds of music

that flood through you and put a smile on your face. Now think of a child that has never heard music—that would be so sad. **Qualicum Beach Ukulele Band** played old tunes of our youth. We handed our music memories off to the children at the Museum. One day they may hear one of those tunes and remember this happy day. **From Geoff**

