

# 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](mailto:qbseniors@shawbiz.ca)  
~ OPEN ~  
Monday to Friday  
9:00 a.m. - 3:30 p.m.

Volume 25 Issue 12

DECEMBER 2022

250 752-0420



## FROM LORNE

At this year's AGM, we celebrated the 25th Anniversary of the Qualicum Beach Seniors' Activities Centre

Centre is with activities for all, almost reaching the capacity of the Centre.

Another pertinent observation was that there is a continual influx of new members. Word is out that this is the place to join.

On behalf of the Board, I want to wish you Good Health and a very happy Christmas Season.



Judy presented the Mayor his Ex Officio Membership

Very appropriately our Mayor, Teunis Westbroek opened the proceedings. He was and is, a good friend and supporter of the Centre. He stressed that the Centre was started, and continues to be, an example of what this Town is all about. Volunteers working to provide services that enhance the quality of life in this area.

## Welcome New Board Members



Anne Sharp



Court Brooker



Anne Driesbach



Judy honored Christian Kerr With a Life Membership

Several of the original members were in attendance and introduced to the crowd.

One group that should be given special mention is the kitchen crew who prepared and presented treats worthy of the occasion.

The AGM illustrated how vibrant the



*As Christmas draws near,  
It's time to send a Christmas  
Greeting to the special people, who,  
each year, volunteer their time and energy,  
helping our 'Centre' provide a welcome  
place to meet new friends, visit with  
old friends, where you may enjoy the  
tasty treats from the concession,  
entertainment at various events, and  
the activities throughout the year.  
As family and friends gather together  
May Christmas come gently into your  
Hearts and Home  
From your Board of Directors*



**1:30 pm ~ Drop In**  
**Thursday, December 22**

The QBUB (ukulele band) will entertain as you enjoy coffee/tea and special baked goods from the 'Cookie Cutters' ... a Merry Christmas treat from the Board  
*See everyone there!*



Mayor Westbroek cuts the special cake donated by Qualicum Foods, celebrating the 25th Anniversary. Asst. manager Jackson, of Qualicum Foods and president Lorne by his side. Photos of old and new centres were imprinted on top of the cake.



# Senior Centre

# Activities

## ~ SUNDAY ~

**CONTRACT BRIDGE** - 1:00 pm  
Wolfgang Dost 594-4513

## ~ MONDAY ~

**KNITTING/CROCHET**  
10:00 - 12:00 ~ Jan 250 738-1040  
jacurtis5431@gmail.com

**YOGA:** 9:30—10:30:  
Jane 228-1157 - \$8

**CHAIR YOGA:** 11:00-12:00  
Jane 228-1157 - \$8  
janeloney@hotmail.com

**UKULELE Band:** 12:30—2:30  
Catherine 250 752-908  
mckhan@shaw.ca

**BEGINNER UKULELE**  
3:00 - 4:00 - Henk 954-9484  
hcverkerkis@gmail.com

**LINE DANCE EASY**  
3:00 - 4:00: \$5 per session  
**LINE DANCE INTERMEDIATE**  
4:00 - 5:00: \$5

**BALLROOM DANCE PRACTICE**  
5:00 - 6:00  
Judy 250 752-6837  
judypalipowski@gmail.com

## ~ TUESDAY ~

**FUN BRIDGE:** 9:00 – 12:00  
Al Gagnon 250 596-2500  
algagnon006@gmail.com

**WHIST:** 12:30—2:30  
Sally Jagger 250 752-3556  
sallyajagger@gmail.com

**CLEANING:** 4:30—7:30 pm

## BOOK CLUB

... will meet on Wednesday, December 7 from 2:00-3:00 in the lounge. Members are encouraged to share a summary of a recently read book at this time.

*"Reading is to the mind as exercise is to the body"*  
Joseph Addison

Having **PROBLEMS WITH YOUR ELECTRONIC DEVICES** ?  
Call **TECHNOLOGY TUTOR BRIAN**  
at 250 947-8258

tlc@sd69.bc.ca  
or book your own  
Appointment go to:  
obl.t.ca/calendar  
**Every Thursday**  
**1:30-3:30**



## ~ WEDNESDAY ~

**HATHA YOGA** with Ani  
10:00-11:15 - \$8 a session  
Ani MacGillivray 250 228-051  
animacg@hotmail.com

**DOMINOES** ~ 10:00- 12:00  
Audrey 250 752-9134  
amishbell@shaw.ca

**BOARD** - 2nd Wed./month  
1:00—3:30—Lorne 250 752-5630

**THE BOOK CLUB**  
2:15 to 3:15—Gail 905 808-4585  
Xgail.smith@gmail.com

**SPANISH CONVERSATION**  
11:30—12:30  
Harvey 594-5915  
landed@telus.net

**CHAIR YOGA:** 1:00-2:00  
\$8. - Jane 228-1157  
janeloney@hotmail.com

**TOPS:**  
Weigh-in 3:45—5:00  
Elaine 250 594-3604  
repac5@shaw.ca

**PARKVILLE/QUALICUM FOUNDATION**  
5:30-6:30  
Monthly: Pat Weber 951-1159  
patrick-weber@shaw.ca

**A CAPPELLA:** 7:00—9:30  
Marion 250 468-9280  
oceansideacappella@gmail.com

**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



## PAT BULL is the Centre's SUNSHINE 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



## ~ THURSDAY ~

**BRIDGE LESSONS**  
Oct, 6—Dec. 8 - 9:30—noon  
Peter 586-5740  
psegers225@gmail.com

**DARTS:** 10:00-12:15  
Bernie Brockway 757-2330  
berniebrockway82@msn.com

**DROP-IN BRIDGE:** 12:30—3:00  
Barbara Wade - 250 228-4233  
barrickwade@yahoo.ca

**TECHNOLOGY TUTOR 1:30-3:30**  
Brian 250 947 8258 or tlc@sd69.bc.ca  
or book own apt. obl.t.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  
judypalipowski@gmail.com

## ~ FRIDAY ~

**UKULELE IS FULL**- 10-12  
Maureen 250 594-6071  
maureenjames@shaw.ca

**INTRODUCTION TO AMERICAN MAHJONG**  
10:00—12:00  
Inger 250 951-9298  
inger-weber@shaw.ca

**MAHJONG** 1:00—3:00  
Chic 250 752-6846  
senchic40@gmail.com

**ART GROUP:** 1:00—3:00  
Beryl 250 752-9200  
arieslady3847@gmail.com  
**CLEANING** 4:30—7:30

## ~ SATURDAY ~

**HATHA YOGA** with Richard  
10:00—11:00  
Anne 752-9771—\$8 a session  
sharp44@shaw.ca

**RAMBLERS PRACTICE**  
1:00—3:30  
Lila Greene 752-6489  
lilapat@shaw.ca

**JANUARY. NEWSLETTER  
DEADLINE  
Wednesday, Dec. 28  
lilapat@shaw.ca**

# News from the 'Cookie Cutters'

## What's cookin'?



The last newsletter of 2022. It's a cliché, but really, where did the year go? Here's my two bits ...

Greetings. Our group is small but mighty! The members of our group are a dedicated bunch and have contributed grand variety of cookies, cakes and squares this past year, both for the daily kitchen as well as some of the special events that the centre hosted. We have been fortunate to have the choice to get together to bake at the centre, as well as the option to bake at home.

If you have tried any of the baking, you know there is an ever changing choice from traditional (I love those peanut butter cookies Judy!) to seasonal blackberry and fig scones and the creative. Always a variety, just like the bakers! It has been a fantastic year and looking forward to next year. We hope you have enjoyed the homemade goods as much as we have enjoyed baking them. Here's to another year of happy baking. We welcome new members! Call/text Brenda at 604 379-0290 or mail Charles.brenda@me.com. See recipe for Carmel Corn, a Christmas favorite.

### LUNCH on MONDAY



#### MIKE'S QUICA

with crew  
Barry  
& John



(Every 3rd)  
**WEDNESDAY**  
December 21  
**Lila's CHILI**



### LUNCH on FRIDAY



#### MIKE'S CHICKEN

with crew  
Bette & John



#### CARMEL CORN



- 8 cups popped popcorn (1/2 cup raw kernels)
- 3/4 cup whole toasted almonds
- 3/4 cup whole toasted pecans
- 1/2 cup butter                      1 cup white sugar
- 1/4 cup golden corn syrup
- 1/2 tsp salt                          1/4 baking soda
- 1/2 tsp vanilla

Preheat oven to 350 deg.

- Place popped popcorn in a very large bowl. Add toasted nuts and combine.
- Place butter, sugar, syrup and salt in a saucepan, bring to a boil over low heat. Boil for 8 minutes, stirring only once.
- Remove from heat and stir in baking soda and vanilla. Pour over popcorn/nut mixture while hot and toss with wooden spoon until well coated.
- Spread on parchment paper lined baking sheet and bake for 15-20 minutes. Stir with a spatula once while baking. Let cool and break into bite sized pieces

#### SMOKED SALMON In Sourdough



**Ingredients:** 5-1/2 oz. can smoked salmon (I use St. Jean's smoked Chinook or my own smoked and canned in oil recipe)

- 500 gr cream cheese
- 500 gr sour cream
- 300 gr shredded cheddar cheese
- 1 medium round loaf or 2 bread bowl sized sourdough loaves.

**Instructions:** preheat oven 350 deg. Shred cheese, add sour cream, cream cheese and smoked salmon. Mx thoroughly. Cut top off bread, remove inside to make a bowl. Fill with smoked salmon mixture. Cover with the top of the loaf and bake in preheated oven for 1 hour.

**NOTE:** this delicious dish was served warm as a dip at the anniversary buffet. Many requests for Pat Weber's recipe...was a hit! Salmon available at the fish market in French Creek & Woodgrove Mall.

### Notes from Judy

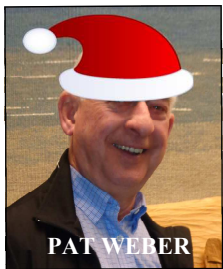


A Christmas Tree filled with Thank You Ornaments to our absolutely wonderful Kitchen Volunteers. This welcoming place could not happen without YOU! Have a wonderful Christmas holiday time



#### Samaritans Purse Shoe Boxes

A Christmas stocking filled with Thank You's to our members who filled 18 SHOEBOXES to send to needy children. That effort is so much appreciated.



PAT WEBER

# TRAVEL Talk

## Ladysmith Light Up

A full bus load departed just after 2:00 heading south to enjoy the rather spectacular Ladysmith Festival of Lights.

*\*From Melody:* Experiencing my first visit to the Light-

Up was quite exciting! The weather was perfect, bus trip comfortable, the company delightful. We arrived early enough to take in an interesting local Craft Fair, wandered the streets of town—some of which are quite hilly. Everyone went their own way when it came time to eat. The bus was parked conveniently facing the main street, so those of us who were tired of walking were able to stay on the bus until actual light-up. All in all, a wonderful way to start the holiday season. *\*From Judy:* I had been many times before, but always find it an exciting occasion. All the young people in the streets, music playing everywhere, and the Santa countdown to turning on the lights make it a worthwhile trip every time you go! I heard from people who enjoyed their meals at the Fox & Hound Pub and the Spanish restaurant (both up hill) all the way to Tim Horton's. The Legion hosted a Ukrainian supper with perogies, cabbage rolls and bratwurst. The parade was fantastic (I bet those semi-trailers had thousands of lights at least); fireworks were good as you ca get, so



all in all, you missed a lot if you weren't there!

### Magic of Christmas



### BUTCHART GARDENS Dec. 15-16

Includes buffet breakfast, bus and tour host for the trip. Sign up at the Centre to enjoy an overnight trip to the Butchart Gardens 12 Days

of Christmas. Dinner buffet in the Poppy restaurant with an overnight stay at the Chateau Victoria. \$359 pp, double occupancy or \$429 single. Booking is with square 1 Travel, 449B 5th st. Courtenay, BC 250 334-0355. SQUARE1TRAVEL@TELUS.NET.

*more travel adventures on the way!*

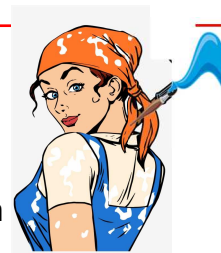
### 'COME FROM AWAY'



We know this is very early, but a bus has been reserved for us to take in this very popular musical. Cost, times etc. not yet available. It's a

May venue, so lots of time. A sign-up poster will be posted in January, so keep it in mind. This show is in Victoria...a nice break from ferries!!

## Our very own Winter Wonderland!



Once again JULIE

STARKEY arrived, paint brushes in hand, ready to create the pretty seasonal scenes on the Centre windows. A perfect display for all who walk by, to admire. THANK YOU Julie, your talent with the brushes is really appreciated, a perfect way to help get the winter season started!

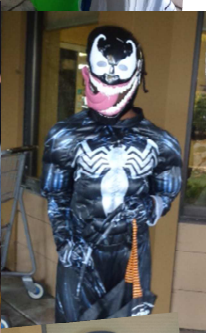
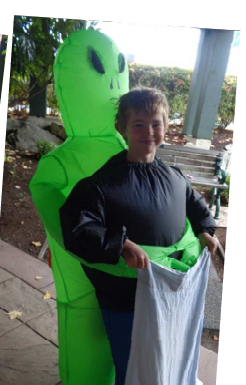




MADAM MOOCOW Welcomed everyone Monday morning at the greeters desk ...



HAPPY HALLOWEEN



The 'pics' say it all. Trick or Treaters invaded us on Halloween day as candy was handed out to the "scarry mob" in very creative costumes. A few weeks later, the grown up crowd gathered to enjoy very tasty meat pies and all that goes with them, plus Barbara's bread pudding with choices of three delicious sauces for dessert.

# 'Goblins & Pubers'



After supper, some of the ukulele band arrived to lead a sing-along of familiar tunes, and ending the night with music to dance to by the Ramblers. All in all a fun time at both events.

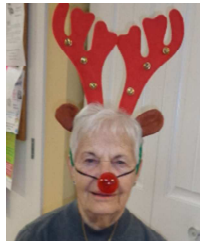


HUGE THANKS to the kitchen crew for all their hard work ... supper was well worth the wait.





Two of our "fun loving" Greeters, ready to welcome the Christmas Season at the Centre. Rudolph's nose also blinks! Thanks gals, I promised not to name names



## CONGRATULATIONS

### SERENA HOUSE

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



## WELCOME NEW MEMBERS

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

Dan Blue  
Elizabeth Blue  
Tim Luthian  
Debbie Head  
Deenie Korba  
Colleen Frank  
Diane Richards  
Glynis LeBlanc  
Rod Leblanc  
Paul Jenkins  
Donna Anderson  
Judy Alberg  
Wanda O'Toole  
Ray Jungaro  
Carol Popp

Diane Ermacora  
Margaret McMahn  
Anne Skipsey  
Lynn Beamond  
Beryl Sawyer  
Blair Wilkerson  
Barbara Pettinger  
Marlene Hohm  
Chuck Hohm  
Sharon Barlow  
Sheila Simpson  
Ann Jessey

Scott Jessey  
Deb Price  
Marilyn Bilsbarrow  
Dawn McKay  
Louise Dawson  
David Cresswell  
Gail Cresswell  
Rita Warrington  
Barbara Swail  
Susan Jones  
Margaret LeLievre  
Pam Oldfield

Reine Rutter  
Tess Cormack  
Norma Harris  
Michael Harris  
Glen Macdonald  
Nicole Jones  
Evelyn Winter  
Mike Mullaley  
Dan Donaldson  
Pat Leach  
Jill Gooden  
Opal Long  
Beverley Lasure

\* \* \*

## THE "HEALTHY" CORNER

### Factors that can adversely affect mood

No one is immune to the occasional bad mood. A bad mood can make a difficult day feel even more so, and multiple-person households can become uncomfortable places to be if one person's mood is less than welcoming.

Bad moods can be easy to shrug off, and that may not inspire people to wonder why their generally upbeat outlooks can suddenly take a turn for the worse. Each person is different, so what triggers a mood swing in some individuals may not necessarily do so in others. However, various factors can adversely affect mood. Taking steps to avoid or minimize such factors can reduce the number of days when you feel as though you woke up on the wrong side of the bed.

**LACK OF PHYSICAL ACTIVITY:** A study from Harvard found that running for 15 minutes a day or walking for an hour reduces the risk of major depression. That link is likely connected to the release of endorphins triggered by exercise. Endorphins are hormones that studies have shown contribute to a general feeling of well-being, which



adversely affect mood.

**CHRONIC STRESS:** chronic stress puts individuals at increased risk for heart disease and weight gain, but also issues that affect mood, including anxiety and depression.

Individuals who find themselves routinely confronting bad moods may be dealing with chronic stress. Identifying the source of that stress and speaking with a health care professional about how to reduce and manage it may lead to improvements in mood.

**HUNGER:** a 2018 study from researchers at the University of Guelph in Ontario found evidence that a change in glucose levels can have a lasting effect on mood. The study found that rats injected with a glucose metabolism blocker experienced stress and depressed mood due to the

resultant hypoglycemia. The study lends credence to the notion that many people have about feeling moody when they don't eat.

**WEATHER:** Seasonal Affective Disorder is a type of depression that adversely affects certain individuals' moods during winter when hours of sunlight are fewer than during spring, summer and fall and when temperatures outside can sometimes be so cold as to keep people indoors for extended periods of time in addition, a 2013 study published in the journal Social Indicators Research found that individuals report greater life satisfaction on exceptionally sunny days than they did on days with ordinary weather.

Bad moods come and go for most people. Identifying common triggers for bad moods can help individuals prepare for potential mood swings and navigate them in healthy ways.

*This article ran in an issue of the Victoria Times Colonist.*

# Knit & Crochet Group

Monday  
10 - noon in  
the lounge

**JERRALD**, Chaplain of the Manna Homeless Society dropped in to pick up two huge parcels of knitted socks, scarves, toques, mitts for this worthwhile organization. These ladies meet every Monday morning to knit and visit, needles clicking away. The Centre is so fortunate to have this group contributing to this important organization.



Knitters: Jan, Terry, Wendy, Lil, Diana (x2), Linda, Andrea, Cindy, Sally, Anne, Jorga, Pat, Janice & Pamela



90th  
Happy Birthday!

Helen Waller, one of our very long time members celebrated her 90th Birthday November 22. Helen, may you enjoy many more special birthdays, you are a valuable member of the Seniors Centre.

Helen is also responsible for the pretty Poinsettia Plant on the coffee table. Thanks so much for her thoughtfulness

**SONGBIRDS** entertained at the Centre recently, back after covid and happy to be singing and entertaining once again. They sang familiar songs of the "20's" and members delighted us with their solos & duets dressed in the styles of the day. A pleasant day for all of the folks who sang along to the music, and then enjoyed coffee/tea and delicious cake.



Photos by Court

**CHRISTMAS GREETINGS** to those who contributed coins to the collection jar for the local **FOOD BANK**. Judy S. was able to contribute \$120 to the Food Bank on the Centre's behalf. The amount consisted of bottle & milk carton return money + the collection jar contents.  
\* The plastic jar for coins, along with containers for stamps & aluminum can pull-tabs, is on the shelf near the end of the Lending Library. Santa says, please continue to donate.



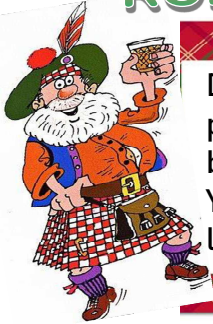


**SO MANY TO THANK:** Mayor Westbrook & Jackson of QF. The huge variety of food was wonderful ...



**Kitchen workers:** Judy Palipowski, John Telfer, Beverley Rink, Bonnie Evoy, Graham Baker, Norah Rawcliffe, Anne Svensen, Judy Southern cookies, Pat Weber: the smoked salmon donation (*recipe on p3*), Bette Brooker and Jan Desjardins. Lila for squares, memory pamphlet & invitations. Court Brooker, wine server, photos, power point. Jeri Burke, greeter. Setup/clean up: Judy S, Lorne, Graham, Gerry, Court .

## ROBBIE BURNS NIGHT



Date: Saturday, January 21st. Sign-up will be posted early December on the activities board. Cost \$25. A great time to get the New Year started with good food, good music, & lively dancing!! *Nollaig Chrìdheil!*

~ Plan to wear your naughty or nice ~

## CHRISTMAS SWEATER

To **Dan Drake and Carolyn Christison**, a **Very Merry Christmas** and our best wishes for the coming New Year, 2023! Stockings full of gratitude for your very generous sponsorship of our ad in the PQB News twice a month.

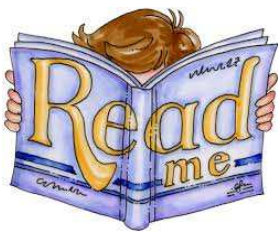
Let's make our **Christmas Dinner evening** a fun one. If you don't have one tucked away somewhere in your dresser drawer, you can visit SOS or the Salvation Army where you may be lucky to find one. There will be prizes, donated by some of the centre members. Time to have some fun to blank out all the upsetting things going on in our world these days.

Looking forward to a happy time on December 10... of course there will be turkey and all the trimmings' prepared by valuable volunteers in our kitchen. Refreshments and always door prizes.



See you there!

**NOVEMBER WINNER: Wendy Willingshofer. Logo found on page 7 'S'upplements THANKS** everyone for keeping this 'fun logo find' alive.



...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 **S** is hidden on page .....

Name & phone: .....



**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	Anne Sharp	752-9771
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