

# Qualicum Beach SENIORS ACTIVITIES CENTRE

# NEWSLETTER

NOVEMBER 2025 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 28 | ISSUE 11



from Rob

Autumn has finally arrived along with the October wind and rain.

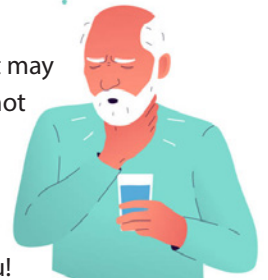
The days are getting shorter also making it harder to see. Be watchful of pedestrians on the road.

Remember the AGM on November 12 at 130 in the Activity room.

## Not feeling well?

Just to remind to folks that may have a cough and / or are not feeling well please do not come to the Centre until you are feeling better.

Let's play it safe. Thank you!



## Lest We Forget

In June of 1917, the HMCS Shearwater embarked on a four month voyage as a tender to two small Canadian submarines. From Esquimalt, BC, the trio made their way down the West Coast through the Panama Canal, the first Canadian warships ever to do so, and all the way back up the East Coast to Halifax. Arriving in October of 1917, the HMCS Shearwater was perfectly positioned to experience one of the most devastating incidents in the history of Canada and possibly the world, up to that point: the Halifax explosion.

The French SS Mont-Blanc, a cargo ship fully loaded with wartime munitions and the Norwegian SS Imo collided. A fire broke out on the SS Mont Blanc which could not be contained. The fire ignited the ammunition. The detonation was so immense that it vaporized the water beneath it, creating a void so large a tidal wave was born that razed what hadn't already been blasted to shards. The most devastating man-made explosion in all of history, prior to nuclear weapons. Parts of the ship were found miles away. Shielded by an adjacent ship, the crew of the HMCS Shearwater survived. Can you imagine how a young man of

sixteen felt, running through the streets of a no longer recognizable metropolis looking for survivors, seeing headless bodies hanging out of broken buildings, jumping over body parts and ruins unimaginable? Having survived physically, how does one now survive mentally?



We'll never know, in mortality, what the likes of Aubrey Bissett endured. But, we can bow our heads and give them some respect; some sympathy, our thanks, our commitment to never forget!



King George V inaugurated the tradition of remembrance for fallen members of the military. The cumulation of a myriad of subsequent conflicts brought about a change in what was originally Armistice Day. It was determined that a new name would be more inclusive of all who sacrificed their lives for our freedom: Remembrance Day. Despite the new name, the promise to "Never Forget" remains the same. Although hostilities have raged, are raging, and will continue to rage, we are a blessed nation.

Above all, let us never forget that aspect of our freedom. In song, we pray: *God keep our land, Glorious and Free.* In French, we proclaim: *We are ready to wield the sword, steeped in faith, to protect our homes and our rights. And, in*

*boldness we declare: We stand on guard for thee, O Canada!*

To the fallen and survivors: We thank you. From the bottom of our hearts and the very core of our souls - thank you.

Ronald David Bissett of the  
Edmonton Millwoods Alberta Stake



# SENIORS CENTRE *Activities*



## SUNDAY

**Duplicate Bridge** 1:00 - 4:00 pm  
**\$2 per session**

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

**Open Mic / Karaoke** 6:30 - 8:30 pm  
Bill Wilson 250-752-8542  
laveer34@gmail.com

## MONDAY

**Knitting/Crochet for MANNA**  
9:30 - 11:30 am

Joy Strobl 250-594-4043  
joystrobl@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 Ukulele Band** 12:30 - 2:30 pm

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

**Beginner Ukulele** 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 250-586-2500  
algagnon006@gmail.com

**Henk's Practice Group**

10:00 am - 12 noon

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

*TUESDAY continued*

**Whist** 12:30 - 3:00 pm

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

**Splatters Painting Art Class**

3:00 - 4:30 pm

Mike Sherlock 604-815-7711  
msherlockqb@gmail.com

**Rambler's Practice** 4:45 - 6:15 pm

Colin Craig 250-228-3349

## WEDNESDAY

**Hatha Yoga** 9:45 - 11:00 am

**\$8 per session**

Bonnie Evoy 250-248-7691  
tangledandark@hotmail.com

**Dominoes** 10:00 am - 12 noon

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

**Beginning / Elementary Spanish**

11:30 am - 12:30 pm

**\$2 per session**

Elena Ortiz 250-752-8803  
elenaortiz23@yahoo.es

**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

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

**Guitar with Chaz** 2:30 - 3:45 pm

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

**QWEST Weigh-in** 3:15 - 5:00 pm

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

**Beginner Line Dance**

5:30 - 6:30 pm

**Dance Practice** 7:00 - 9:30 pm

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

## THURSDAY

**Darts** 10:00 am - 12:15 pm

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

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

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

**Technology Tutor** 1:30 - 3:30 pm

Brian Collicott 250-947-8258  
Or book your own appt: tlc@sd69.bc.ca

**Line Dancing** 4:00 - 5:00 pm

**Ballroom Dance** 5:00 - 6:00 pm

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

**A Cappella Choir** 7:00 - 9:30 pm

Marion Clark 250-468-9280  
treblemagic19@gmail.com

## FRIDAY

**Ukulele Friday** 10:00 am - 12 noon

Thuy Bui 250-607-8448  
Linhthuyca2018ca@gmail.com

**Classical Guitar** 10:00 am - 12 noon

Cathy MacFarlane 250-594-2260  
fiona3@shaw.ca

**Mahjong** 1:00 - 3:00 pm

Angie Bettam 250-937-1862  
angiebettam@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

**\$5 per session**

Dr Rod LeBlanc  
rod@lifelonghealth.ca

*Note: Extra copies of the Activities List are available from the Greeter's desk. Please check for any changes that may have taken place.*

# What's Cookin'?



## MONDAY LUNCH

**BRENDA'S QUICHE** with Brenda & Helen



## TUESDAY NOVEMBER 4 & 18

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all. *Only \$1.50 and one per person – no take out.*



## WEDNESDAY LUNCH

2nd & 4th – Roz & Margaret  
**SHEPHERD'S PIE**



**NOVEMBER 19** – Bill & Verdelle's  
**CHILI with Corn Meal Muffin**



## THURSDAY LUNCH - 2nd & 4th

Cathy & Brenda's  
**CREAMY CLAM CHOWDER**



## FRIDAY LUNCH

**MIKE'S CHICKEN** with co-worker Betty



## Greetings from the Cookie Cutters

We have been having such a lovely fall. The colours of the trees are spectacular and I have loved crunching my way through fallen maple leaves on my walks through the woods.

This weather also makes me think of soup! It's perfect soup weather. I have had a few requests for my clam chowder recipe and thought this would be a good month to share it. It is embarrassingly easy! It's a recipe from my old Betty Crocker cookbook from the 70's, but I've tweaked it over the years.

As always, we welcome new bakers to our group. This time of year we are in demand for baked treats to provide for Christmas events. If you are interested give me a call/text at 604-379-0290, or email me at [charles.brenda@me.com](mailto:charles.brenda@me.com).

I am also in the kitchen on the 2nd and 4th Thursday mornings.

### Clam Chowder Soup

#### Ingredients

- 3 strips bacon (the smoked bacon at QF deli is very good!), chopped small
- Half an onion, diced
- 3 potatoes, peeled and diced (about 2 cups)
- 2 cans (142 grams) baby clams
- 2 cups milk
- 1/4 cup cream
- 1/2 cup parsley, chopped
- Salt and pepper, to taste

#### Method

Sauté bacon for a few minutes before adding onion. Give a good stir occasionally and stir in potatoes once the onion has softened and the bacon is getting crispy. Add the clams with the liquid and add about half a can of water. Bring to boil and then reduce heat and simmer about 15 minutes



until potatoes are cooked through. Remove from heat and add the milk and cream. Return to heat and bring back to simmer. Try not to let it boil. Add parsley and salt and pepper. Makes about 5 bowls of soup.

This is a very forgiving recipe. You can increase or decrease amounts according to what you need or have on hand.



# BUSY NIGHT AT THE FOWL SUPPER

Lila Greene

Another fun Fowl Supper hosted at the Legion, saw 70 folks gathered to enjoy **Bruce Feltham's** lively music and singing.

The 'Beau of the Ball' Jeff Maden, Geri's grandson, joined in the hour of dancing with the "Seasoned Oldies" (some of us are!). As the ladies set up the pie table, **Court Brooker** strummed his Accordion encouraging everyone to join in the sing-along tunes he played.

**SPECIAL THANKS** to **COURT BROOKER** for stepping up to help with many errands, dashing here & there, over & above his usual tasks! And, of course **SPECIAL THANKS** also to Mariann Keyland and the **Auxiliary Crew** who cooked chicken, veggies, served the meal AND cleaned up! This is their fourth year hosting our fowl supper ... a superb job so very much appreciated.

Can't forget **MIKE BUCHYNSKI** who looks after purchasing and prepping the chicken every year, also the tasty coleslaw. The Seniors Centre **LADIES** who bake the pies, make the salads, dressing, design decorations for the tables, gather door prizes ... the list goes on. **THANK YOU** Ann Svensen, Geri Burke, Sally Jagger, Barbara Tesluck, Brenda Charles, Brenda May, Betty Brooker, Margot Graham, Beverley Evans, Peachey Giacomazzi, Judy Southern ... **THANK YOU ALL.**



**A SPECIAL THANK YOU CINDY CRAWFORD** for dealing with the Door Prizes and for stepping in to do various other tasks as Paula Kalsi, the Centre's Events Coordinator, was unable to attend. She had planned to be at the supper to become familiar with all the 'goings on'. Next year will be her turn to organize the supper, a very capable person along with helper Barbara Davidson.

**HUGE THANKS** to all the **SENIOR CENTRE MEMBERS** who support the supper every year ... always so happy to see everyone visiting with friends, dancing, singing, winning a prize. It has been a happy event throughout the eight years when it first started and throughout a few ups and downs, has always been a fun event due always to the **VOLUNTEERS** who made donations and took on special tasks. **AND** to the **SENIORS CENTRE BOARDS** who supported my efforts over the years to organize the Fowl Supper. I look forward to many more to come.

*Alone we can do so little; together we can do so much. Helen Keller*



Thank you to **RICHARD WATERFALL** and his Art / Artists donors.

Door Prize Winners were:

- Three Sailboats by Barbara Howell: *Trevor Wicks*
- Mixed Media by Andrea Kennedy: *Julie King*
- Framed Pansies by Carolyn Gilbert: *Arlene Wakaruk*
- Collage/Mixed Media by Andrea Kennedy: *Glenys Hewitt*
- Quilled Ballerina by Cindy Crawford, tucked in the quilted Tote from Sanda Osborne also contained kitchen cloths by Monday Knitting Group to: *Ann Peyton*
- Lake Scene by Richard Waterfall: *Patricia McCully*
- \$25 Fowl Supper: Gene Wakaruk
- Gift Basket by Kathleen Kennedy, donated by Peachy Giacomazzi: *Norah Rawcliffe*
- Wine bottle from Judy Southern: *Dunley Peyton*



*From Judy Southern*

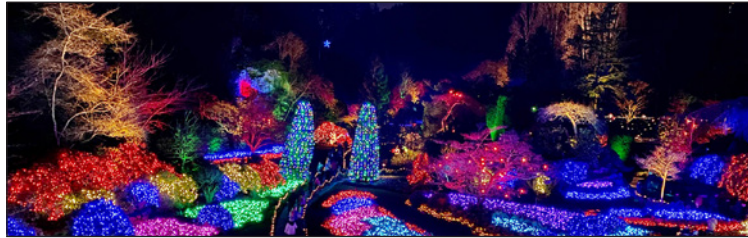
- Does anyone have a contact that accepts aluminum pull tabs? I have been taking them to the Legion, but the person there no longer has anywhere to pass them on. If you have any ideas, please call Judy at 250-752-5586.
- Thank you to all of you who have donated Halloween treats for the children. The donations are very generous.
- If you know of someone deserving of a Lifetime Membership because they have contributed to the Centre in immense ways, please fill in a form posted on the Activities board in the hallway.
- If you are interested in being a part of the Board of Directors for the upcoming two years, please fill in a form posted on the chart in the foyer.
- A quick Thank You to Mary McCormack and friend, Margaret Sills, for taking over our seasonal decorating. Thanks very much from all of us!

# Travel Talk

Check the website [qbseiors.com](http://qbseiors.com) for updates on the trips that are being planned



Cindy Crawford



## Another Trip Planned!

DECEMBER 16 – 18     \$989 pp double     \$1199 pp single

Full payment at time of booking (cheques made payable to Square 1 Travel or call 250-334-0355 to pay by credit card.)  
100% non-refundable however name changes are permitted, if you find someone to take your place or there is a Waitlist for this trip.

## The Butchart Gardens at Christmas

Price includes:

- Return bus transportation from Qualicum Beach
- Christmas Light Display at The Butchart Gardens
- Dinner at the Blue Poppy Restaurant (Butchart Gardens)
- Two nights accommodation at the Chateau Victoria including two breakfasts
- Christmas Tea at the Fairmont Empress
- Yuletide Evening Christmas Market
- Cider Tasting / Charcuterie Board at Merridale Cidery and Distillery
- Christmas Train at BC Forest Discovery Centre

# Upcoming Events



Paula Kalsi | Barbara Davidson



## British Pub Night Saturday, November 15 Doors open at 5 pm

- Dinner (cottage pie, veg, buns and dessert)
- Trivia prizes / Door prize
- Cash Bar

**\$20 pp**

A sign-up sheet has been posted on the Activities Board.

## Christmas Dinner Saturday, December 20 Doors open at 5 pm

Live music with Bruce Feltham followed by a delicious turkey dinner with all the trimmings and dessert, at the Centre.

- Trivia / Door prizes
- Cash Bar

**\$35 pp**

A Sign-up Sheet will be posted at the Centre on November 18.



## Christmas Tea Monday, December 8 12:30 to 2:30 pm



Join us at the Centre as we are entertained by *The Ramblers* from 1 to 2 pm along with coffee & tea and baked goods.

Cash Donations for the FOOD BANK are gratefully accepted.

Wear your favourite Christmas Sweater!

A Sign-up Sheet will be posted at the Centre on November 4.

## Christmas Day Turkey Lunch December 25 12 noon to 3 pm



Join us at the Centre for Lunch with all the trimmings, dessert and tea or coffee.

**\$15 pp** to cover supplies

Bring your favourite beverage.

Volunteers needed! A sign-up sheet will be posted at the Centre on Nov 18.

Christmas giggles welcome!

# SINGO

Sunday, October 26

Cindy Crawford

Another great evening was enjoyed by our Members at our 3rd Singo Night. The sign up sheet was posted on the Activities Board and this event sold out quickly.

**Jeri Burke** managed the Sign Up sheet, collected payments, and then followed up by checking in Members for the event. **Paula Kalsi**, Director of Special Events organized and managed the evening along with Kitchen Volunteers **Tyra-Lynn Henschel**, **Brenda May** and **Cathy Witala** who prepared and served dinner from Mugs n Hugs Dining Area at the Centre.

**Paul Keogh**, **Betty & Court Brooker**, **Cindy Crawford** set up tables and chairs, followed by **Peachy Giacomazzi**, **Bev Dernisky**, **Betty Brooker** and **Beverly Evans** who set the tables with tablecloths, china and cutlery. **Linda Hoem-Wesley** handled the Bar, offering and serving Members wine and beer.

The group then enjoyed a meal of Beef Taco Casserole, Salad, and Tortilla Chips with Sour Cream and Salsa.



**Bob Martineau** from Prime Time Services brought his great Singo game to our Seniors Centre. He began the evening by explaining the Musical Bingo game (*Singo*) consisting of tunes played for 30 seconds and Members checking off the name of the tune if it was on their card. We played 3 games on our first card. As the tunes rolled out, Members won and the winners spun Bob's Wheel of Fortune for won prizes.

Game 1: **Jeri Burke** – a lovely Christmas plant; **Donna Woodward** – a Plush Scarf; and **Lorraine Linton** – Godiva Chocolates.

We then took a break to enjoy a dessert - a slice of Tuxedo Cake. It was then time to play Game 2. Again, tunes were played and Members won:

Game 2: **Lorraine Linton** – Condiment Set; **Diane Duncan** – Godiva Chocolates; **Beverly Evans** – Toblerone Chocolate Bar; and **Peachy Giacomazzi** – a lovely Christmas plant.

All in all, thanks to Members for joining in for a fun event and all of our valued Centre Volunteers, who we couldn't provide these great events without them.



On October 2, **John Telfer** and **Judy Palipowski** collaborated in the kitchen and prepared a spaghetti lunch cooked in John's Instant Pot using a novel, fresh, and wholesome recipe. They are planning to offer the meal again some time in the New Year.



# WELCOME NEW MEMBERS

Judy Arnew	Gwen Ihl	Angelika Robillard
Shirley Bolden	Donna Kennedy	Lynette Stucky-Mack
Ted Britton	Brenda Klassen	Lynn Thompson
Liselot Denece	Grant Klassen	Kelly Townsend
Elaine De Rooy	Suzanne Laroy	Trish Whelpton
Brenda Drury	Lynn Martin	Suzanne Whitman
Sandra Elliot	Cathy McInnes	Shelley Wiebe
Bernadette French	Sonya Miller	Barbara Wilkinson
Margaret Gish	Nelson Murphy	
Janet Hargrove	Lorna Reid	

## MEMBERSHIP REPORT

For the month of October there were an additional **28** new Members and 40 renewals.

Year to date (2025-2026) as of October 31, 2025:

- 737 Regular (of which 166 were new members)
- 107 Complimentary (90 years old or over)
- 16 Life
- 1 Honorary



## PROBLEMS with your ELECTRONIC DEVICES?

Call the **TECHNOLOGY TUTOR!**

**Brian Collicott**  
250 947-8258

To book an appointment, contact the OBLT Technology Learning Centre at [tlc@sd69.bc.ca](mailto:tlc@sd69.bc.ca)



**Every Thursday 1:30 to 3:30 pm in the Lounge**

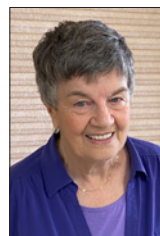


## Annual General Meeting

Wednesday,  
November 12

- ▶ 1:30pm
- ▶ Activity Room

## The Sunshine Lady



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

Be sure to contact **Jeri Burke**, the Centre's Sunshine Lady at **250-752-9320**.

*Jeri would be happy to brighten their day!*

The **Book Club** meets the first Wednesday of each month from 2 to 3 pm in the small room at the QB Seniors Activities Centre.



The book for November is *Nomadland* by Jessica Bruder.

Our next book for December is *Time of the Child* by Niall Williams.



New members are always welcome!

Email [xgail.smith@gmail.com](mailto:xgail.smith@gmail.com) or call/text 905 808 4585

## BOARD OF DIRECTORS 2024-2025



President ..... Rob Duncan ..... 236-544-0021  
Secretary ..... Bonnie Evoy ..... 248-7691  
Treasurer ..... Sandi Grant ..... 778-987-2472  
Past President .... Lorne Tetarenko ..... 951-9050

### DIRECTORS

Events ..... Paula Kalsi ..... 250 738-6020  
Facilities ..... Geoff Rigby ..... 594-5411  
Membership ..... Anne Sharp ..... 752-9771  
Travel ..... Cynthia Crawford ..... 594-7701

### AFFILIATES

Activities ..... Anne Driesbach ... 604 679-1703  
History ..... Ann Svensen ..... 752-5537  
Kitchen Manager.. George Wimmer ..... 594-7840  
Kitchen Volunteers.. Jan Desjardins ... 250 686-0348  
Newsletter ..... Karen Garland .... 250 589-5059  
Sunshine ..... Jeri Burke ..... 752-9320  
Website ..... Barbara Davidson  
Welcome Desk ... Jeri Burke ..... 752-9320

The deadline for submissions for the **December** Newsletter is Friday, Nov 28