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. - 3:30 p.m.
Closed until further notice

Volume 24 Issue 4 | April 2021 | 250 752-0420

from the board

The thing I like most about this time of year is that the best is yet to come. The weather will keep getting warmer, the flora will bloom and turn green, the birds will return, people will enjoy the outdoors, so on and so forth. To add to this feeling that the best is yet to come, is that we can see the end of the pandemic.

The vaccination rollout seems to be going smoothly, feedback as to our vaccination places is very positive. Soon the over 80's will be vaccinated and then the rest of the population.

At many places, galleries, museums, and clubs for example, things have been on hold. Not so at our Seniors' Centre. We have had many on going activities, mostly virtual.

The Board has been actively looking to the future. We will keep everyone informed of the plans via email, in the newspaper, during our regular radio interview on The Beach on the 3rd Monday morning each month..

One very important item is deciding what form our kitchen will take. The kitchen is the heart of our Centre, getting it back in action is ultra important.

This is not going to be easy, as Island Health and WorkSafe BC have introduced many rigorous rules and procedures that must be followed.

Our email system and website are very well designed and are updated continuously.

I encourage you to keep looking at the website to keep up to date.

Now, let us be patient, be safe and bring good cheer to our friends and neighbors.

Hope your Easter's Happy.
Hope your springtime's Bright.
Hope your skies are Sunny,
And hope your heart is Light.

LATEST NEWS from YOUR BOARD of DIRECTORS

Spearheaded by our president and his trusty assistant, the Board has decided to dip into the Centre's financial reserves to (re) renovate the kitchen area. Many of us know that lack of space in the kitchen area has long been a problem. Commencing April 15, the wall between the kitchen and Activities room will be removed enabling an extension of the counter and cupboards, as well as installing a refrigerated work table beside the island providing more preparation space.

*We sincerely apologize to our large activity groups such as Darts, Dance Aerobics, Line Dance, QB Ukulele, Songbirds and especially Yoga classes as you will be considerably impacted by the loss of floor and wall space—but unfortunately there is no other choice.

*As well, the extensive renovations will likely delay the reopening of the Centre after COVID by 2 or 3 months.

*If you have concerns, please feel free to contact Lorne 250 752-5630 or Pat 250 951-1159. For further information and more details, see "Latest News" on page 4

Centre Activities

WELCOME!

PEGGY BRAY
has joined the Centre. We look forward to getting to know you!

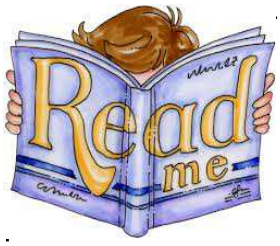
CONGRATULATIONS PATRICIA RODGER
OUR LATEST WINNER OF A
Quality Foods
$25 GIFT CERTIFICATE
More draws monthly from the names of all current members.
THANK YOU QF!

Aphorism is a statement of truth or opinion expressed in a concise & witty manner.

- I read that 4,153,237 people were married last year. Not to cause any trouble...but shouldn't that be an even number?
- I find it ironic that the colors red, white and blue stand for freedom until they are flashing behind you.
- When wearing a bikini, women reveal 90% of their bodies. Men are so polite they only look at the covered parts.
- Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
- You know that tingly little feeling you get when you love someone? That's common sense leaving your body.
- My therapist says I have a preoccupation with vengeance. We'll see about that!
- I think my neighbor is stalking me as she's been Googling my name on her computer. I saw it through my telescope last night.
- Money talks … but all mine ever says is good-bye.
- You're not fat, you're just easier to see.
- If you think nobody cares whether you're alive, try missing a couple of payments.
- The location on your mailbox shows you how far away from your house you can go in a robe before you start looking like a mental patient.
- The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Helen, Thelma Lou, Earnest T Bass, Clara and of course, Opie were all single. The only married person was Otis & he was a drunk.
- "*Diapers & politicians should be changed often and for the same reason*". **Mark Twain**

With things gradually getting back to normal … (*sooner than later, we hope*) have you thought of what you may do *first thing once the Covid has been 'kicked out'?* If you would like to share your plan with NL readers, send me an email … I am sure everyone would love to hear from you! lilapat@shaw.ca

NOTE BELOW: YOUR CHANCE TO GET RICH!



...and WIN $25 CASH!

Find and describe where the Centres Logo is hidden in this newsletter, ***(NOT the one in the headline)*** and email me **(lilapat@shaw.ca)** your name, address and telephone number. Your entry will be placed in the "pot" from which a winner will be drawn and a cheque mailed to you.

ONE WINNER EACH MONTH !!

GOOD LUCK. The board decided it is time to get this fun project up and running again. Do take time to seek out the logo (lots of time on our hands these days to spend some time looking for it! Right?!) I look forward to your emails.

Your must be a QBSAC member to participate

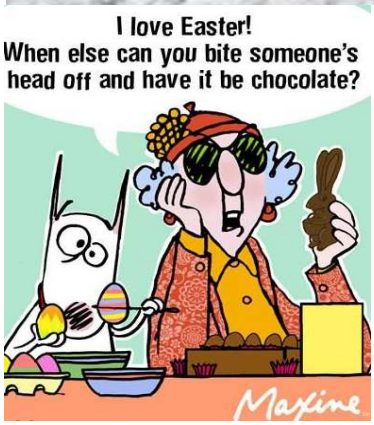
FOR UPDATES ON ALL ACTIVITIES DURING COVID 19, PLEASE CHECK OUR WEBSITE at qbseniors.com
The Centre is CLOSED UNTIL FURTHER NOTICE

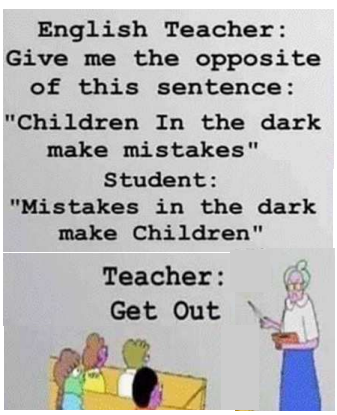
We are the smallest group of children, born since the early 1900's. We are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war which rattled the structure of our daily lives for years. ***Please see more on page 4***

DEADLINE FOR MAY NEWSLETTER
WEDNESDAY APRIL 28th
lilapat@shaw.ca or 250 752-6489

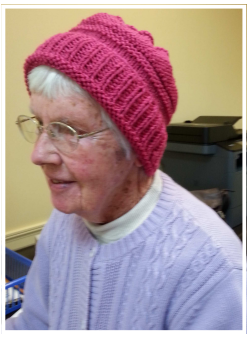
How smart is your right foot? This is hysterical. You have to **try this.** It is absolutely true. I guess there are some things the brain cannot handle.

1. While sitting in a chair, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction. Told you so! And is absolutely nothing you can do about it! You and I both know how stupid it is, but before the day is done you are going to try it again, if you've not already done so!



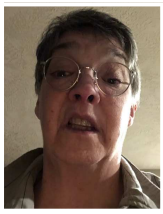


Another of our valuable volunteers has left us. **ALEX CHARLES** passed away recently. Alex was often seen at the Centre spending time at the greeters desk, and many times during the summer, he would drop in with armloads of fresh produce from his garden for anyone to help themselves. Judy Palipowski tells us of his "cheerful, gentle presence in the Qualicum Beach Ukulele Band, giving freely his time for the community. You could not help but notice the Scottish burr in his voice. Alex had a dairy farm in Agassi before moving to the island. He loved to play the bagpipes in days of yore. The band will play a Hawaiian farewell song for him when we resume playing". "Our deepest sympathy to his wife Alice and daughter Brenda on the loss of such a likeable guy". "Love knows not the dark of night but shines on with eternal life."



It is with great sadness that we announce the passing of **MARJORIE GREEN.** She was of our earliest members and at 95 she was an 'energetic young' lady enjoying bowling, Coronation Street, Qi Gong/Tai Chi and Qualicum Beach Baptist Church. As a member of the Needlework group, Christine tells us she loved to show off this lovely toque she knit for herself, her pride and joy! She often introduced herself as Elizabeth (she was the same age of Queen Elizabeth). Norah mentions she was always kidding with a smile and forever thanking her for "all I did for her … a lovely lady to be around!" Judy speaks of her very caring and sincere manner …"one of those people that leaves you with a sense of gratitude that you've had the pleasure of knowing". Marjorie was well known in town due to her almost daily walks with her close friends Phyllis Maughan and Pamela O'Connor, her watchful neighbour who took her to many medical appointments. Christiane was her very special friend also, "Marjorie was especially grateful for all the help given her in many forms from her many friends during her recent illness". "She is mourned by her daughter and extended family in Toronto as well as all of us here who had the privilege of knowing her." "Memories left that cannot be stolen".

Travel Talk with Elaine



Some trips offered by PITMAR TOURS:

Start June 24 for 13 days

Start August 2 for 12 days

♦ **QUADRA ISLAND**:
start July 13 to 15

MILE ZERO in Victoria are offering tours beginning in July. **CruisePlus** (local office) is advertising, but no cruises until 2022. "The word is that everything is filling fast due to big numbers of people wishing to plan a "get-away"!

AND

Remember to check out our website for **VIRTUAL VIKING TOURS.** As I mentioned in the March newsletter, this is an excellent website. There are several presentations of various lengths and a large variety of topics. Tho' you can't travel in person, you can still enjoy the experience.

JANIE'S GOT A BUS
Road Trips &Adventures Ltd.

Hoping you are all doing ok and keeping safe and maybe looking forward to getting to hug someone soon. Looks like I might get my first vaccine shot in April.

I am so very ready to be back on the road again with all of you. So many adventures to do and so many places to go; so many things to see. I am so excited to get going, just waiting for the park and province to say "way we go!"

CHEERIO and/or PUFF WHEAT TREAT(S)

1 cup brown sugar 1/3 cup butter or margarine
1/2 cup corn syrup 2 TBSP cocoa 1 tsp vanilla
6 cups Multigrain Cheerios (or 7 cups Puffed Wheat)

Melt butter in small sauce pan, add syrup, cocoa, brown sugar and cocoa. Bring to a rolling boil and boil softly for two (2) minutes. Take off heat, carefully add the vanilla. Pour over cereal, mix well and press into a 9x13 oiled pan. Cheerios are good in the Rice Krispie marshmallow recipe too, they stay nice and crispy. Enjoy!

THE "HEALTHY" CORNER

While we are waiting for the COVID vaccine, we should already have had the **pneumonia shot.** The complications from pneumonia are well known. If the infection builds up too much fluid in the lungs it could be difficult for your body to get enough oxygen. This is referred to as respiratory failure. This lung inflammation may allow bacteria to enter the bloodstream-and can lead to septic shock. As you can imagine, all these conditions are not desirable. This is why people are urged to keep up-to-date with their pneumonia vaccine. If you develop symptoms of difficulty breathing, shortness of breath or fatigue, you should certainly seek medical attention. Always … take care and keep well!

Address **sarcopenia**—the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss leading to weakness and loss of stamina inevitable. However, new indications suggest that exercise, particularly resistance training, is the main treatment regime for sarcopenia. Cardio exercise delivers more oxygen to tissues and cells which improves blood pressure and lipid levels. Exercise has direct stress-busting benefits that can promote longevity. Strength training and physical activity can stave off the effects of fragility and osteoporosis, which builds bone strength and helps one to avoid falling. SO, all in all, exercise is good! Everyone up and at it!

Special Group – Interesting Facts

Peggy, still looking very pretty at 100 years !

THANK YOU from Peggy's son Stephen Feist, in reply to the birthday greetings to Peggy.

Good Day,

I wanted to thank you for sending the bulletin with Moms picture and birthday wishes. She was thrilled to think she was still remembered and she told me she had many fond memories at the Seniors' Centre.

Although COVID prevented us from holding a party, we were able to put together a binder with well wishes and pictures from friends and family.

And it also includes letters from the Queen, Prime Minister, Premier of Ontario and the Lieutenant Governor of Canada.

We also had a number of friends and family gather outside her room at the Senior Home to sing Happy Birthday to her.

It was a great day for her.

Regards, Stephen Feist

… more from page 2.

- We are the last to remember ration books for everything from gas to sugar to shoes to stoves.
- We saved tin foil and poured fat into cans. We saw cars up on blocks because tires weren't available
- We can remember milk being delivered to your house early mornings.
- We are the last generation who spent childhood without television; instead, we imagined what we heard on the radio. No TV until the 50's, we spent our childhood "playing outside". Lack of TV meant we had little understanding of what the world was like. Saturday afternoon movies gave us newsreels sandwiched in between westerns and cartoons.
- Telephones, if we had one, were one to a house, shared (party lines), hung on the wall in the kitchen (no privacy there!)
- Typewriters were driven by pounding fingers, throwing the carriage and changing the ribbon.
- INTERNET and GOOGLE were words that did not exist.
- Polio was still a crippler.
- Only our generation can remember both a time of great war, a time when our world was secure and full of bright promise and plenty. We grew up at the best possible time, a time when the world was getting better...

THE GUEST HOUSE

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house,
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing, invite them in.
Be grateful for whatever comes because each has
been sent as a guide from beyond. ***-Rumi***

Submitted by **Dorothy Young**

This poem by a 13th Century Persian...his words and wisdom still so meaningful to this day!

IF YOU'VE EVER LIVED ON AN ISLAND

BY J. EARNHART

If you've ever lived on
an island,
If ever you've lived by the sea,
You'll never return to
the mainland
Once your spirit has
been set free.
If ever you've smelled
the ocean
Or tasted the salt in the air;
You'll know you've
discovered a haven
That is uncommon,
precious and rare.
If ever you've seen the
whales play
Or watched the eagles in flight,
You'll remember, again, why you
live here, and why
it feels so right.
If ever you've seen the sunset
As the ferry passes the shore,
You've seen the beauty
of the island
That will be with you
forever more.
If ever you've heard the seagulls
The waves, a foghorn,
the winds;
Then you've heard the
song of the island
And the peaceful message
it sends.
Indeed, if you live on an island,
you're lucky to live by the sea,
You'll never return to
the mainland,
As your spirit has been set free.

Submitted by **Joyce Ronyecz**

BOARD OF DIRECTORS

President	Lorne Tetarenko	752-5630
Past President	Pat Weber	951-1159
Secretary	Dorothy Young	752-7253
Treasurer	John Telfer	240-9609
	DIRECTORS	
Activities	Judy Palipowski	752-6837
Newsletter	Lila Greene	752-6489
History/publicity & Membership	Julia Laviolette	594-3389
Facilities	Barry Lohman	248-9286
Director at Large	Henrik Verkerk	954-9484
	AFFILIATES	
Sunshine	Win Gaetz	752-9229
Kitchen volunteers	Judy Southern	752-5586
Travel	Elaine May	778 886-0045

Latest News...

from page one:

I guess we deserve a 'pie in the face' because of our ***front page comments !! ??***