

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 to Friday
9:00 a.m. to 3:30 p.m.

VOLUME 25 ISSUE 5

MAY 2022

250 752-0420



FROM LORNE

Let me make three points to be sure we are all on the same wave length. First, we introduced a user fee of \$1.00 per session for activities. This was needed to help meet our ongoing expenses. But it was a cumbersome and unpopular method, so we dropped that approach and have raised the annual Membership Fee from \$20 to \$25. This will start with the 2022/2023 year. The second point is that Bonnie Henry is scheduled to make an announcement on May 3rd. Depending on what she has to say, we

will review our vaccination policy. Until then, we will continue with our present requirements.

The final point is we have a computer problem with online applications. For some people it is taking their payment but not recording any information. If this has happened to you, please come in and fill out the form at the Greeter's desk. Then we will fix the problem ASAP.

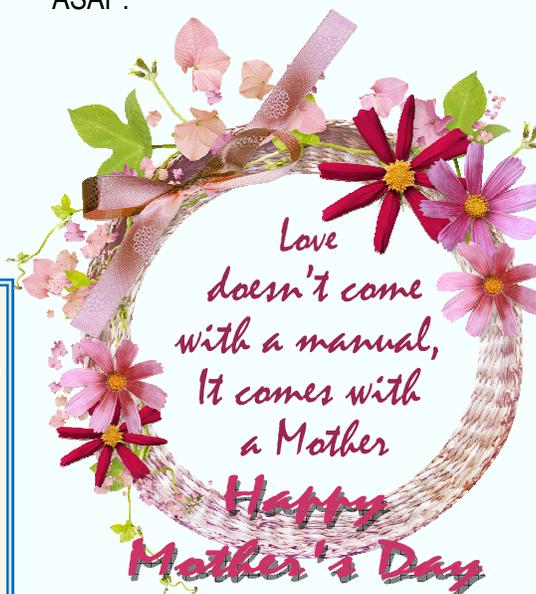
Victoria Day Tea

Saturday,
May 21

2:00 pm ~ \$10



Join us wearing your Vintage outfits (if you have some? Check your trunk!) and enjoy a nice afternoon visiting and enjoying some tea/coffee and tasty goodies from the "Cookie Cutters." We will have entertainment for your enjoyment. Sign up on the list posted on the Activities Board. We look forward to seeing you there!



The OCEANSIDE-ACAPPELLA

from QBSAC would love to have you join them for their

SPRING PERFORMANCE of READY for JOY

at St. Edmund's Hall,
407 Wembley Road, Parksville
Saturday, MAY 14 at 2:00 p.m.

* See details below *

Contact Marion Clark at
oceansideacappella@gmail.com

For Tickets

\$20

Upcoming Events:

- ♦ JULY: BBQ
 - ♦ AUGUST: Pancake Breakfast
 - ♦ OCTOBERFEST
 - ♦ NOVEMBER: Senior Centre's 25th Anniversary Fowl Supper
 - ♦ DECEMBER: Christmas Dinner
- These are tentative plans, stay tuned*

MEMBERSHIP

The Qualicum Beach Seniors' Activities Centre memberships run from August 1 to July 31 each year. Current membership is required to participate in any of the activities.

Applications for new membership or membership renewals are now being received.

The applications received between May 1, 2022 and July 31, 2022 will include the time remaining on the current year as well as the full membership for 2022/2023.

Due to the increased operating costs of the Centre, membership fees for this year have been set at \$25

We look forward to seeing you at the Centre.



Seniors' Centre

Activities

~ SUNDAY ~

DUPLICATE BRIDGE

1:00—3:30 TBA

\$2.00 a session

Wolfgang Dost 594-4513

~ MONDAY ~

YOGA: 9:30—10:30:

Jane 228-1157 - **\$8**

CHAIR YOGA: 11:00-12:00

Jane 228-1157 - **\$8**

UKULELE Band: 12:30—2:30

Catherine 250 752-9082

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

Eldon/Shirley 250 752-3758

WHIST : 12:30—2:30

Sally 752-3556

CLEANING: 4:30—7:30 pm

~ WEDNESDAY ~

HATHA YOGA with Margaret

10:00-11:15 - **\$9**

Margaret 604 961-2376

DOMINOES—10:00—12:00

Audrey 250 752-9134

INTERMEDIATE

SPANISH CONVERSATION

11:30—12:30

Harvey 594-5915

RAMBLERS PRACTICE

1:00—3:00

TOPS:

Weigh-in 3:45—5:00

Elaine 250 594-3604

A CAPPELLA: 7:00—9:30

Marion 250 468-9280

~ THURSDAY ~

DANCE AEROBICS

Commencing July 7

8:45 am—9:45

\$ 8 a session

Liz Moore - 250 248-4116

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 947-8258 or

tlc@sd69.bc.ca

FEE collected by Robert

778 424-7007 or book an

appointment at obit.ca/calendar

LINE DANCING - 4:00 5:00

\$5 a session

BALLROOM DANCE

LESSONS

& Practice time: 5:00—8:00

\$20 for 4 consecutive sessions

Judy Palipowski 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

MAJONG 1:00—3:00

Chic 250 752-6846

ART GROUP: 1:00—3:00

Beryl Hargreaves

250 752-9200

~ SATURDAY ~

HATHA YOGA with Richard

10:00—11:00

Registration required to max. of 13 persons.

Anne 752-9771—**\$8** a session

RAMBLERS PRACTICE

1:00—3:30

BEGINNER'S JIVE DANCE LESSONS

Thursday April 7, 21, 28 and May 5 ~ 5:00 to 6:00 pm

Beginner's instructions for jive dance at the Qualicum Beach Activities Centre

Please register for Beginner's jive dance by emailing judyopalipowski@gmail.com or phone 250 752-6837

A commitment to 4 sessions is preferred with 6 persons registering to offer fun and easy introductory jive steps for **\$20** per person. Attending with a partner is ideal. Singles may partner with another person in attendance with a lead and follow being decided.

Each session will feature a different step with review of the previous session

JANE, THE MONDAY 9:30 A.M. YOGA INSTRUCTOR WOULD LOVE TO SEE MORE FOLKS PARTICIPATING IN THIS VALUABLE EXERCISE ... WHAT A GOOD WAY TO GET YOUR DAY STARTED! DROP IN, SHE WILL BE HAPPY TO SEE YOU!

HAVING PROBLEMS WITH YOUR ELECTRONIC DEVICES ?

Call TECHNOLOGY TUTOR BRIAN at 250 947-8258

EVERY THURSDAY 1:30-3:30

Fee collected by Robert

778 424-7007 or book an

Appointment:

obit.ca/calendar



mother nature apologizes for the late arrival of spring.

father time was driving and refused to stop and ask for directions.

What's Cookin'!



Greetings from the
**Seniors' Centre
Baking Group**

THE COOKIE CUTTERS

We are starting to find our groove and things are really heating up in the kitchen! We have added a few more members to participate in baking for daily kitchen offerings, as well as providing baked goods for special events.

We are learning as we go.

One thing we have determined is that three or four bakers are the maximum for baking in the kitchen.

This means we don't all need to commit all the time. In the near future we will post a sign-up sheet for those interested in our Saturday morning bake offs, almost as much fun as The Great Canadian Baking show! Without the pressure!

Here is the recipe for one of the popular baked treats that was recently offered in the kitchen. Good old fashioned Rice Krispie Squares.

I'll bet there are many of you that don't need this recipe. It was a popular one in our house when my boys were little.

INGREDIENTS:

- 1/4 cup butter
- 1 tsp. vanilla
- 40 large marshmallows
- 5-1/2 cups Rice Krispies

Method: Melt butter and marshmallows in a large heavy bottomed pot over low heat. Stir until melted. Remove from heat and stir in vanilla. Stir in Rice Krispies and turn into buttered 9x9 pan. Place in fridge to cool before cutting into squares. *There is always room for more volunteers in our group.*

Contact **BRENDA** at 604 379-0290 or Charles.brenda@me.com if you would like to join



HELP WANTED

MANAGER
for the KITCHEN

Judy Southern would be happy to get you started and work with you at first. 752-5586

WELCOME NEW MEMBERS

Jack Allen	Sandra Hickey	Roland Ruf
Myrtle Arnold	Kathleen Jones	Ramona Ruf
Ann Barling	Larry Lane	Peter Spodzieja
Patricia Burks	Liz Lane	Ria Steck
Chuck Burks	Bonnie Mardis	Reinete Summers
David Caproff	John Reid	Rum Hykaway
Carolyn Gemgembre	Elena Rivait	Darlene Zimmerman

CONGRATULATIONS JOHN CASE
Winner of our monthly draw for a
GIFT CARD from Quality Foods

Thank You 



The Garden of Life

PLANT THREE ROWS of PEAS

- *Peas of mind
- *Peas of heart
- *Peas of soul

PLANT FOUR ROWS of SQUASH

- Squash gossip
- Squash indifference
- Squash grumbling
- Squash selfishness

PLANT FOUR ROWS of THYME

- Thyme for each other
- Thyme for family
- Thyme for friends

PLANT FOUR ROWS of LETTUCE

- Lettuce be faithful
- Lettuce be kind
- Lettuce be patient
- Lettuce be loving

PLANT FOUR ROWS of TURNIP

- Turnip for meetings
- Turnip for services
- Turnip to help one another



EVERY MONDAY
Drop in for Lunch

(Every 3rd)
WEDNESDAY
MAY 18

Lila's **CHILI** & Corn Meal Muffin

EVERY FRIDAY
Lunch time!

MIKE'S CHICKEN

with crew Christine & John



MIKE BULL'S QUICHE





SPRINGTIME in VICTORIA

Travel by deluxe Coach for an overnight trip that includes tea at the Butchart Gardens, accommodation in the Chateau Victoria, breakfast in the Parliament Dining Room and free time to enjoy downtown Victoria. The all-inclusive price is **\$329** per person, based on double occupancy and **\$429** single occupancy, There is optional visit to the Malahat Skywalk for an additional \$35. Go to www-qbseniors.com and the activities/travel section for details.

Play ball! The 2022 professional baseball season will be going ahead, and the Toronto Blue Jays will be in Seattle to play the Mariners. Check out the travel portion on our activities page for an amazing opportunity to travel to Seattle for the July 8, 9 and 10th games. Prices include transportation, hotel accommodation, tickets to the games & much more.



DINNER CRUISE on a HISTORIC PADDLE WHEELER



Tickets selling fast for June 19 & 20 overnight journey to New Westminster Quay where we'll explore around the mouth of the Fraser River while enjoying dinner on the MV Native paddle-wheeler. Overnight at the Inn at the Quay. The 2-day trip includes return bus, ferry fares, dinner, river cruise, accommodation, breakfast at New Westminster Quay...time to explore market, shops, walkways to Quayside Park. **\$375** pp, based on 2 people, single occupancy for additional \$120. Travel must be **confirmed by May 6, fares paid by May 15.** For full details, see the poster and sign-up sheet on the Travel Board. Further info call **Pat at 250 951-1159**

TALK With Pat and Judy



SIGHTSEEING FLIGHT And DINNER

The sun is setting later in the day—the perfect time to grab a scenic flight to Powell Lake for dinner. Starting in **MID MAY** groups of four (4) can take the scenic return flights from Qualicum Beach airport, fly over Lasqueti, Denman, Hornby and Texada Islands. Taxi to and from Powell River for dinner at the Shinglemill Pub and Bistro, all for the low price of **\$139** per person, including a **\$25 gift certificate** at the restaurant and taxes.

For details check the website or call **Pat at 250 951-1159.**



JANIE'S GOT A BUS ROAD

TRIP and ADVENTURES REGULAR BUS TO VICTORIA

Janie has a regular scheduled bus that travels to Victoria on the 25th of each month, leaving Qualicum Beach at 8:30 a.m. and arriving back in QB at 5:30 p.m. A great opportunity to go shopping or to be a tourist in Victoria for a day. The return trip is **\$75** plus taxes. The monthly sign-up sheet is on the Travel Board.

Happy Travels!



ASSISTANT

to work with Pat (and Judy) in planning and carrying out TRAVEL TRIPS from the Centre. Call Pat 250 951-1159, Judy 250 752-5586

When I offer to wash your back in the shower, all you have to say is yes or no.

Not all this "who are you and how did you get in here?" nonsense.



THIS SHOW IS A GO!!

We have 22 seats reserved. Pat has paid the down payment, **Tickets must be purchased by 4:00 p.m. May 4th. \$150 covers bus, lunch at the theatre and show. Please call Pat at 250 951-1159 or Judy 250 752-5586 to reserve your ticket.** This is always a fun day! Check out the MAIL CHIMP for more information on this trip and other travel plans.

WHAT A GRANDMOTHER IS

Today we honor cooks, nurses, chauffeurs, counselors, teachers, maids and referees... in other words... moms.



As seen by 9-year-old Tanin, many years ago

A grandmother is a lady who has no children of her own, so she likes other people's little girls. A grand-father is a man grandmother. He goes for walks with boys and they talk about fishing and tractors and like that.

Grandmas don't have to do anything except be there. They are old, so they shouldn't play hard or run. It is enough if they drive us to the market where the pretend horse is and have lots of dimes ready. Or, if they take us for walks, they slow down past things like pretty leaves or caterpillars. They should never say "hurry up."

Usually they are fat, but not too fat to tie the kids shoes. They wear glasses and they can take their teeth and gums off. It is better if they don't type or play cards, except with us. They don't have to be smart, only answer questions like why dogs chase cats, or how come God isn't married. They don't talk baby talk like visitors do, because it is hard to understand. When they read to us they don't skip words or mind if it is the same story again.

Everybody should try to have one, especially if you don't have television, because grandmas are the only grownups who have got time.



PRIDE

By Gus Barrett

A robin sat upon the fence,
With bright red breast a'panting,
Very interested in
The garden I was planting.
He waited till he saw a worm
In the dirt that I had dug.
A tasty little snack he'd make,
Much better than a bug.
And so the robin left his perch,
And fluttered down by me.
Then in a flash, he grabbed the worm,
And hid behind a tree.
Then, as he slowly ate his meal,
His chest swelled up with pride,
As he thought about how skilfully,
He could hunt, then hide.
So, when he'd finished eating,
He preened and dozed, then—"Splat".
The little bugger, he forgot
About the neighbour's cat.



Gus was a long time Centre member, the 'Wednesday Dish Washer' for many years, and a very talented poet. **Poetry and Other Nonsense** is published and can be found on the website. He passed away a year ago, his last years spent in Port Alberni

I was doing some serious thinking
And a thought came into my head.
If you can't have a
Laugh when you're living,
You'll have a hell of a job when
you're dead!



*Norah had a birthday,
Candles glowed on a cake
On April Fools Day, for goodness sake!
Only a few to blow out, no doubt!
The Center's "Busy as a Bee" gal,
She's always 'round 'n about.
Many happy returns Norah,
May your days be filled with
happiness, good health and
many more happy 'special days'*

"Time to Stop and Smell the Flowers"



As we all know the "Town Planters" are always spectacular and Dorothy took the opportunity to enjoy the beautiful scent of the hyacinths as well as the tulips and daffodils in the planter outside the Senior Centre.



JERI BURKE, for stepping up to take on organizing the **GREETERS DESK** as Shirley has sadly found it necessary to leave this position and is pleased to hand the position over to Jeri. Many, many **THANKS** to **Shirley** for her time, energy and dedication, best wishes for a happy retirement. We welcome Jeri, who is well known for her organizing skills, we are happy she has decided to join the fold along with her happy smile! More info call 250 752-9320.

Welcome smiles from some of our cheerful Greeters



PREPARE FOR YOUR ROAD TEST



Seniors are understandably nervous about having to take a driving road test. The examiner knows that seniors, for the most part are experienced drivers. The examiners are there to see if seniors are doing the proper safety checks. But first, the parking lot vehicle check list must be completed.

Here is where things can go terribly wrong. Before the road work begins, all safety controls on the car are examined. This includes the lights, low and high beam, signal, and brake lights, along with the horn, licence plate insurance decal. Before leaving for the road, the senior will show the hand signals. It is advisable to know the

controls for temperature, defrost, AC and wipers.

While on the road there will be skills assessed while turning left or right at stop signs, lights and uncontrolled intersections. Playground and school zones, and various speed zones will be encountered along with the surprise construction zones. Turning around with a 3-point, 2 point or a U Turn will be carried out. Parallel parking fortunately is not included. Included in the test, the senior will be given several instructions to follow and execute.

This is one of the cognitive tests to test short term memory, while asking to change the interior temperature, turn on the wipers or toot the horn.

There will be a short break and another round of multiple instructions to follow and return the reverse route just

completed. (From an article in the Victoria Times Colonist)

POTENTIAL VOLUNTEER INVOLVEMENT

- ◆ **ACTIVITIES:** Judy P. 250 752-6837
- ◆ **FACILITIES:** Barry 250 248-9286
Ian 250 752-8499
- ◆ **MEMBERSHIP:** Dianne 250 586-1904
- ◆ **NEWSLETTER:** Lila 250 752-6489
- ◆ **HISTORY:** Ann 250 752-5537
- ◆ **KITCHEN:** Jan 1-250 686-0348
- ◆ **TRAVEL:** Judy S. 250 752-5586
Pat 250 951-1159
- ◆ **SUNSHINE:** Pat 250 752-3946
- ◆ **GREETERS** Jeri 250 752-9320
- ◆ **WEBSITE & MANAGEMENT:** Les
- ◆ **OTHER:** Lorne 250 752-5630

~ THE "HEALTHY" CORNER ~

Start now. That's the takeaway when it comes to safely and comfortably aging in place, which simply means remaining in your own home for as long as you can.

It's certainly what a lot of us desire. A survey commissioned by March of Dimes found 78 percent of Canadians and 81 percent of seniors want to age in place. COVID-19 deaths in long-term care facilities have doubtless heightened our desire to delay institutionalization as long as possible.

Problem is, while we may have financial plans to see us through retirement, we put off preparing our homes to support us, sometimes until it's too late. A homeowner with diminishing eyesight trips on a scatter rug breaks a hip, lands in hospital and, instead of going back to her beloved but unsafe home, lives out the rest of her days in long-term care. If your needs change, your environment has to change.

In your home that can mean anything from better lighting to a more accessible bathroom with walk-in shower.



Courage helps identify appropriate changes through a detailed assessment of the homeowner, including cognitive and mobility changes, home and activities they do.

Aging safely in place brings important benefits. For example life-sustaining relationships—with neighbours, nearby family, even pets—can remain intact, which may not happen if we have to move to distant condo or off to a nursing home.

Courage points out that modifying at home for aging in place can also benefit others. For example, re-landscaping a front yard so there are no steps to mount. No matter the modification, adapting a home for aging in place starts with a reality check. Recognizing that our homes aren't always our allies and that decisions made in haste—piecemeal renovations after a nasty accident, for example—tend not to be good ones and can be costly because

they're rushed.

TIPS FOR AGING IN PLACE

- Accessible bathrooms are an aging-in-place must. Grab bars, a curbless shower and a raised toilet or toilet-seat extender.
- In the kitchen, a microwave at or just below counter height makes lifting cookware easier]
- A kitchen countertop with contrasting colour around the edge warns older eyes about where the counter ends, decreasing the chance of spills.
- Doorway openings should be 32" or wider for walkers and wheelchairs
- Ditching the throw rugs, which are tripping hazards because we don't lift our feet as high when we age and often don't see as well. Installing non-glare, non-slip flooring is also a smart idea.'
- Stairs need to be brightly lit with handrails on both sides.
- Install lever-style handles on doors and bathroom taps..

WACKIE WORDIES: ever alert to catch the latest wave of national dementia before it crests. Object is to discern a familiar phrase, saying, cliché or name for each arrangement of letters. Answers on page 8

1. you just me	2. belt hitting
3. head lo heels	4. Symphon
5. O TV	6. night fly
7. search and	8. dothepe

Senior Bulletins

FREE TV 's

One large 29" fat one, and one smaller 26" flat screen. All in excellent condition, hardly watched, hate to take to recycle — 752-6489
* * *

ISO: In search of a person who can converse in Bulgarian to befriend a lady who has recently moved to Qualicum Beach, to be with her family. Just a once per week for lunch at the Senior Centre would be most appreciated. Call Bonnie 250 248-7691

TO ALL MEMBERS

If you have something to sell, need something, something to give away etc, try this bulletin board ... over 350 newsletters placed in the Centre every month always get picked up.
email lilapat@shaw.ca
or phone
250 752-6489
*

Check out the events and activities at the Centre

From aerobics to yoga and everything in between. Check it all out on the website www.qbseniors.com. Try something new like line dancing or Mjijong. Learn to play the ukulele, join the Acappella group or speak Spanish. And, if you would like to be involved as a volunteer, try cooking or baking in our fantastic kitchen, become greeter,

teach an activity or help organize an event.

We have events being planned for month of May, a summer barbeque, a pancake breakfast and special events in the Fall to celebrate our 25th Anniversary,

You'll be amazed at everything happening at the Centre.

WALK FOR ALZHEIMER'S ~ SUPPORT OUR LOCAL TEAM!

The QB Seniors team is raising money in support of the Alzheimer Society by participating in the IG Wealth Management Walk for Alzheimer's in Oceanside on Sunday, May 29, 2022.

Dementia is the fasted growing healthcare issue of our time and, as more and more people are impacted, there is an increasing demand for the many Alzheimer Society programs and services that help people to manage the disease and live left to the fullest.

By supporting our team you help the Alzheimer Society + continue to make a

difference in the lives of people affected by dementia.

Please join our team or help us reach our fundraising goal! Look at our Team Page where you will be able to follow our progress, join our team, donate to help the team, or select the name of a team member to sponsor them individually. You will find our Team page at:

<http://www.alzgliving.ca/site/TR?teamid=15482&pg=team&fr id=3861>

Thank you again for your generous commitment and support!

MONTH OF MAY WORDS ... FIND THEM

Shower
Emerald
Mothers Day
Chocolates

Flowers
Cards
Spring
Garden

Daffodils
~~Tulip~~
Hawthorn
Lilly of Valley

Taurus
Gemini
Rain
Bees

Robin
Humming birds
* * * *

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

~TECHNOLOGY TRAINING ~

Learn how to get the best from your **cellular phone, tablet, laptop or desktop computer**. Training is available in the Centre on Thursdays from **1:30 to 3:30 pm**. Book your appointment with Brian Collicott from the Technology Learning Centre at 250 **947-8258**

Special online training is also available from the Technology Learning Centre, View and register for workshops online at www.obit.ca/calendar.

JUNE NEWSLETTER DEADLINE

FRIDAY, MAY 27

lilapat@dshaw.ca or 250 752-6489

Sunshine!

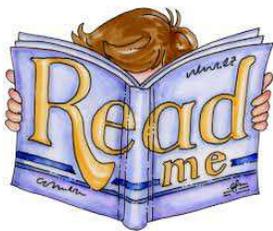
PAT BULL is the Centre's **SUNSHINE LADY**

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



As you see, the "Find the Logo" is back ... giving it another try. Drop your guess into the jar provided on the table across from the Greeters desk and cross your fingers you will be a winner. *The logo you search for is not in the headline or this coupon...keep searching!*



...and WIN \$25!

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

ONE WINNER EACH MONTH !!

The  is hidden on page

.....

Name

Phone.....



Did you know?

*In any given year, no month ever begins or ends on the same day of the week as May does.

*May was considered a bad luck month to get married.

*Blue Jeans were officially invented on May 20, 1873 when Levi Strauss and Jacob David obtained a patent for the pants.

Never make fun of someone who speaks broken

English.

It means they know another

language



From page 7:

1. Just between you and I.
2. Hitting below the belt.
3. Head over heels in love.
4. Unfinished symphony.
5. Nothing on TV.
6. Fly by night.
7. Search high and low
8. The inside dope.

QBSAC NEWS

MEMBERSHIP:

✓ Year to date, as of March 31, 2022: **674 members: 185 new members** (545 regular, 103 complimentary, 24 Life and 2 Honorary).

✓ Watch for "Find the Logo" in the Newsletter once again., your chance to win some cash!

✓ **Christmas dinner still on hold at DeeZ.**

✓ Pat continues his **monthly radio interview 8:45 am Monday's** on our local radio station. Contact him if you have something you'd like to have mentioned.

✓ **GOOD NEWS:** The Parkville Qualicum Community Foundation have finalized the grant approvals and the Centre now has the funds to replace the fridge and freezer in the kitchen with commercial appliances. **Many thanks to Pat** for his time and expertise in applying for grants the Centre has been so fortunate to be the winners of these many years.

BOARD of DIRECTORS:

✓ It's early, however Members of QBSAC are invited to contact Lorne to express their interest in allowing their name to stand for election to the **2023 BOARD (held in October)**.



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
	Judy Southern	752-5586
History	Ann Svensen	752-5537
Welcome Desk	Jeri Burke	752-9320