

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 3

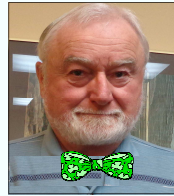
MARCH 2021

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It is all too easy to be unhappy with the lifestyle Covid 19 has forced upon us. But, not all is negative, today let us concentrate on some of the positive things that have and are happening.

Valentines day brought good feelings to many who could visit our website. Thanks to Pat and Bruce for that.

The powers that be in our government announced today that all our most vulnerable members (over 80) can expect to be vaccinated by the end of March. This will bring the opening of our Centre one more step closer. When that will happen we simply do not know, but it will happen, and when it is possible will



from the board

likely be with some activities starting first.

The most difficult function of the Centre to restart will be the kitchen. But again, that will happen. Pat has submitted a grant proposal to the gaming commission and, if successful, will give us a real boost towards starting the kitchen.

Speaking of grants, the Centre was very successful in obtaining money from various sources over the past year and

this avenue will be followed again this year; we have already been invited to apply for a local grant.

Our government has a policy that the Premier only speaks when it is necessary. Adrian Dix, Bonnie Henry and others speak for their areas of responsibility. That is in keeping with my philosophy, I coordinate the Team that is the Board. Website and digital functions, Facilities, Activities, Membership, Travel and so on can speak for themselves, as you will see in this newsletter.

Last word: you have all done a good job of helping others. Kudos to all of you.

communications update from Pat

Winter is almost over! We are now starting to feel a little warmth in the sun and the early spring flowers are starting to appear. It's a great time to go out and enjoy the amazing scenery and to visit the attractions in our community.

If you're downtown, take a moment to walk past the Centre to view the Valentine window art that Julie Starkey has produced for us. As usual, they are fantastic. We will be keeping them up until the end of the month in recognition of the ongoing contributions being made by our front line workers.

We continue to offer online, interactive activities via zoom. Check the activities section on the website for contact information, registration and the zoom links needed to participate.

And, if you are missing being able to travel, visit our virtual travel section under activities. Every day there is a different opportunity to participate in documentaries, interviews, musical presentations, culinary shows and cultural experiences. If you sign in a little before the daily program starts, you are able to send questions to the presenters which may be answered during the program.

Each week features a different region and we will post the itinerary on the website: www.qbseniors.com.

We update the website regularly and a mail chimp is sent to our members updating them on activities, special birthdays and events keeping them posted on what is happening.

membership update from Julie

Despite Covid-19 disrupting our lives, we are pleased that at a little past the midway point in our 2020-2021 year, we total 555 members. Of this number, 24 are Life Members, 102 Complimentary (Over 90), two Honorary and 427 regular members.

This number is thanks in part to the volunteers who, for many days, manned the Centre for drop-in registrations, to the businesses who donated gifts for our early registration draws and to those who support on-going membership benefits including Quality Foods for their \$25 gift certificates drawn monthly, as well to the Royal LePage team of Dane Drake and Carolyn Christison for sponsoring our newspaper ads.

Most of all, however, this number is thanks to the unre-served support of members renewing their memberships and to those new members who have joined in our anticipation of a brighter tomorrow.

In the meantime, we invite you to check out our new website: qbseniors.com where you will find out online activities, latest news, links to virtual special events, newsletters present and past, and membership application forms.



Centre Activities



Info below valuable dialogue on how to know if you suspect you may be having a heart attack ...

From Dr. Patrick Teefy,
Cardiology Head at Nuclear
Medicine Institute University
Hospital, London Ont.

1. Let's say it's 7:25 pm (alone of course) you're going home after an unusually hard day on the job.
2. You are tired, upset and frustrated.
3. Suddenly you start to experience severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about 5 km from a hospital nearest home.
4. Unfortunately you don't know if you will be able to make it that far.
5. You have been trained in CPR, but the guy that taught the course didn't tell you how to perform it on yourself.
6. **HOW TO SURVIVE A HEART ATTACK WHEN ALONE**

7. Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and begins to feel faint and only about 10 seconds left before losing consciousness.
8. However, these victims can help themselves by coughing repeatedly and vigorously. A breath should be taken before each cough and the cough must be deep and prolonged as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every 2 seconds without let-up until help arrives or until the heart is felt to be beating normally again.
9. Deep breath gets oxygen into the lungs and coughing movement squeezes the heart and keeps blood circulating.
10. The pressure on the heart also helps it to regain a normal rhythm.
11. In this way, heart attack victims can get help or to a hospital.

CONGRATULATIONS BERNA CLAXTON,

our latest winner of a

\$25 GIFT

CERTIFICATE

More draws monthly from the names of all current members. **THANK YOU QFI!**

financial update from John

Despite the loss of income from kitchen sales and special events since March 2020, the Centre has managed to operate without incurring a deficit for the current financial year to date, namely from August 1, 2020 to January 31, 2021.

The reasons we have managed to do this is because we have received community grants, donations from a few of our members and, by minimizing our ongoing operational expenses.

We still have ongoing costs of heating and maintaining the Centre, despite it being shut down, and so we are likely to incur a deficit for the remainder of the year. Based on our estimates, we do have sufficient resources for this. We will continue to look for opportunities to create revenue from available sources, including special events.

Saint Patrick's Day

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roma Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity. By the time of his death on March 17, 465, he had established monasteries, churches and schools. Many legends grew up around him—for example: that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.

It was emigrants, particularly to the United States, who transformed St. Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants, who often wielded political power, staged the most extensive celebrations such as the St. Patrick's Day parade in 1736, followed by New York City in 1762. Since 1962 Chicago has

coloured its river green to mark the holiday (Although blue was the colour traditionally associated with St. Patrick, green is now commonly connected with the day). Irish and non-Irish clothing or a shamrock, the Irish national plant, in the lapel. Corned Beef & Cabbage are associated with the holiday, even beer is sometimes dyed green. Tho' some of these practices eventually were adopted by the Irish, they did so largely for the benefit of tourists.

**FOR UPDATES ON ALL ACTIVITIES
DURING COVID 19, PLEASE CHECK OUR WEBSITE AT
qbseniors.com**

The Centre is CLOSED UNTIL FURTHER NOTICE

**Paddy says to
Murphy,
"Have u seen the
news? 3 Cliff
Walkers have fallen
to their deaths!"**

Keep Calm And Oh Teck It Enjoy Some Craic

**"Unbelievable,
said Murphy, I can't
believe they all had
the same name!"**

**Paddy shouts frantically
into the phone "My wife
is pregnant and her
contractions are only
two minutes apart!"**

**"Is this her first child?"
asks the Doctor.**

**"No", shouts Paddy,
"this is her husband!"**

**Paddy is driving
past the bus stop
when he spots
Murphy there.**

**"Would you like a
lift Murphy?"**

**"No thanks paddy,
I might miss me
bus."**



We are very sorry to hear that **STAN WOODHALL** has passed away. He had just celebrated his 93rd birthday on the 18th. The Legion was very close to Stan's heart and he participated in many events there—and did enjoy his glass or two of cabernet sauvignon (while winning prizes at the Meat Draw). As well, he really enjoyed his time at our Seniors' Centre, especially every Friday when he'd arrive before 11 a.m., don his apron and get his hands

in the dishwasher. He was so dedicated, he'd even come when we weren't really busy enough to need a dishwasher. Roy (Jones) pointed out that if he had arranged any dishes in the rack, Stan would rearrange them ... it was cute! After his shift was over, you could often find Stan at the jigsaw table. He was not a man of many words, but was kind and had a good sense of humour...he also loved getting his special hug! He will be missed so very much!



We hope everyone enjoyed a Happy Valentine Day. The board decided to continue the tradition of painting the centre windows at various festive times. We have continued this with these pretty scenes painted by Julie Starkey... an attractive display of grateful hearts acknowledging **all the dedicated health care workers** and **all the people who have 'stayed on the job'** to keep us safe and able to continue to be healthy and well.



How about a tasty Irish Calcannon for St. Patrick's Day Dinner?

Serves six. 8 cups water (divided)
 1/2 head roughly chopped cabbage
 6 medium Russet potatoes 1 cup whole milk
 2 tsp minced garlic Crisp cooked Bacon

1 tsp salt, pinch pepper 2 Tbsp butter 2 sprigs green onion
In large pot cook cabbage in 2 cups water. Simmer until cabbage is reduced to half original size, about 10-15 min. Drain, reserve water. Transfer cabbage to bowl. In the large pot add the cabbage water, and potatoes, plus more water to cover all. Bring to boil, then reduce to allow to cook uncovered, about 15-25 min. ('til potatoes tender). While potatoes are cooking bring milk, green onions, garlic, salt and pepper to a boil then simmer for 20 seconds. Set aside. drain cooked potatoes, mash and add cooked cabbage and milk mixture, gently combine. Serve topped with chopped bacon, fresh parsley and butter. A most tasty dish to serve with boiled/baked ham or your favourite Corned Beef Irish Stew along with some soda bread. Enjoy!



HAPPY BIRTHDAY, PEGGY FEIST! Peg was a long time resident of Qualicum Beach. Both she and Ted were very involved workers in both the Legion and our Seniors' Centre. They became members in 1999. Peg managed the kitchen until 2004. After Ted passed away she moved into The Gardens for a time and from there to Paris ON to be closer to her family. And—she is still going strong at 100 years old! Have a wonderful day on March 25th Peg!

Love from all of us here in QB.



Janie's Got a Bus Road Trips and Adventures LTD

Hello everyone. Just a note to let you know that I am ok but just a tiny bit stressed. I am finding Loomis, though fun and I love the people, I need more work. Doordash just might have to go that way, but not ready yet. Making one more attempt to apply for the CEBA loan so cross your fingers and send in your good wish and prayers...need all the help I can get, hoping to know by the end of the month. I love you guys and can't wait to see you all. Praying that Dr. Bonnie will let us get back on the road again soon.



Travel Talk
with Elaine



As spring is on the horizon, wouldn't it be nice to be able to travel somewhere, in spite of the 'virus'? Why not join **Viking Cruise Lines** for virtual, interactive, travel experiences. Viking TV explores the world from your home providing free to watch livestreams at the same time every day, with short documentaries, interviews, lectures, musical performances and more. **"This is an excellent website, I've watched several of the presentations and have enjoyed them. They are of various lengths and lots of variety of topics."**

As well, as Viking explores world wide countries, we discover their history, culture and cuisine. Though you can't travel in person, you can still enjoy the experience.

For full information, go to: VIKING.TV

Answers from p4.

1. Belfast 2. Lollypops. 3. Doc Brown. 4. Bulmers. 5. Celtic Harp. 6. Blue. 7. County Dublin. 8. 1973. 9. Introducing CPR to the world. 10. Boiled pigs feet.

facilities from Barry

The Centre is sanitized twice a week

- ◆ All taps are turned on to keep the water system fresh and to fill the traps beneath each sink to prevent sewer gases from flowing back through the drainage pipes and into the building.
- ◆ The dishwasher is turned on and a full cycle is run through to make sure that the water heaters and plumbing are working properly, there are not leaks in the seals and the internal trap is filled with water.
- ◆ All toilets are flushed and checked
- ◆ All light fixtures have been checked and burned out bulbs and fluorescent tubes replaced.
- ◆ Grant Kilgour from Jones Refrigeration and Air Conditioning conducted the quarterly inspection of the HVAC system, changed the filters and reset the system.
- ◆ Eric from Genesis Fire Protection conducted the annual fire suppression equipment inspection and replaced the extinguishers.
- ◆ Pat removed, cleaned and replaced the disposal unit in the dishwasher.

DEADLINE APRIL NEWSLETTER
Thursday, March 25th
 lilapat@shaw.ca or 250 752-6489

Everyone's Irish March 17th



SMILE

By Spike Milligan

Smiling is infectious
 You catch it like the flu.

When someone smiled at me today
 I started smiling too.

I passed around the corner
 and someone saw my grin.

When he smiled I realised
 I'd passed it on to him.

I thought about that smile
 then realised it's worth.

A single smile just like mine
 could travel around the Earth.

So if you feel a smile begin,
 don't leave it undetected.

Let's start an epidemic quick
 and get the world infected!

Spike Milligan was a well known Irish
 writer and comedian

Not everything is locked down
REMEMBER:

Sunrise is not locked down. Fresh air is not locked down. Family Time is not locked down. Nor is Friendship, kindness, creativity, learning, prayers, conversation, imagination, sunsets or hope. Cherish what you love. Stay at home and make the most of your time. May you be safe, may you be happy and well. Amen



"If you can spend a perfectly useless afternoon in a perfectly useless manner, you have learned how to live."

How Irish are you?

1. The Titanic was built in which Irish City? *Galway, Belfast, Waterford, Dublin.*
2. What the heck are Pear Picking Porky, Joker and Polly Pineapple? *Whiskey, card games, mushrooms, lollypops.*
3. The DeLorean car built in Dunmurry, Northern Ireland was featured in the movie "Back to the Future". What's the name of the movies professor? *Doc Holliday, Doc Brown, Doc Payne, Doc Jones.*
4. Which of the following ISN'T a famous Irish Brewery? *Guinness, Smithwicks, Bulmers, Harp Lager.*
5. What is the National symbol of Ireland? *Crown Jewels of Ireland, The Celtic Cross, the Celtic Harp, Irish Wolfhound.*
6. What colour was originally associated with St. Patrick? *Blue, yellow, purple, brown.*
7. Which county is most heavily populated in Ireland? *County Dublin, Kerry, Wexford, Tyrone.*
8. Which year did Ireland join the European Community? *1956, 1987, 1973, 1968.*
9. Frank Pantridge born in Hillsborough County Down. What was he famous for? *Discovered the first radio pulsars, developer of modern tractor, creating the ejector seat, introducing CPR to the world.*
10. What the heck are Crubeens? *Boiled pigs feet, Bread fried in bacon fat? A type of Black Pudding? Mashed potatoes with scalions. See answers on page 3.*

March Birthstone and Flower



Aquamarine, a symbol of honesty, loyalty and beauty; offers

protection from evil.

*Daffodil
 Friendship, a
 new beginning,
 eternal life,
 hope,
 inspiration,
 endless love*



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