

Qualicum Beach Seniors' Activities Centre

S 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 2

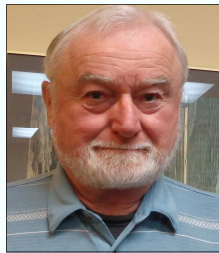
FEBRUARY 2021

250 752-0420

As we begin the year 2021, we can proceed with some optimism. In the foreseeable future our most vulnerable members will receive a vaccine. I hope that all who are eligible will be able to get this done.

A complication that has just occurred is the reduction in the amount of the vaccines that Canada is going to receive in the next two weeks. This has muddied the waters of just how and when the vaccine will be received so it can be administered.

Understandably people are getting impatient to get back to some sense of normal and are starting to bend the rules. Larger gatherings of friends and family, more travel and so on. The problem is that there are mutations of the virus that are much



Lorne's Literary

more contagious than before.

As Dr. Henry keeps stating, now is the time to be extra diligent to prevent another wave.

Many lessons have become obvious and hopefully will have been learned. For example, Canada needs the ability to manufacture vaccines of the type needed for this scourge. We have to have more rigorous rules (and enforced) for Care homes. And there are many more examples that would take all of the space in our Newsletter to mention.

We would all like to see our Centre

reopen for activities and to be the social centre it was before the Covid pandemic. Needless to say, the Centre will have to remain closed until the Island Health determines the time and conditions that will permit this. At this time they have not decided what these are. We are keeping in continuous contact with the powers that be, but frankly, we do not know how long it will be.

To keep you up to date on what is happening, as soon as we know, it will be updated on the website and in the monthly Newsletter.

At this time we need to be patient, the vaccines will arrive, everyone will be inoculated, the pandemic will end. Most importantly, we need to be extra diligent in following the guidelines to prevent another spike in infections.

POTENTIAL VOLUNTEER INVOLVEMENT

- ❖ ACTIVITIES: Judy P. 250 752-6837
- ❖ FACILITIES: Barry 250 248-9286
- ❖ MEMBERSHIP/PUBLICITY: Julie 594-3389
- ❖ NEWSLETTER: Lila 250 752-6489
- ❖ KITCHEN/HISTORY: Judy S. 752-5586
- ❖ GREETERS: Shirley 250 594-6119
- ❖ TRAVEL: Elaine May 778 886-0045
- ❖ SUNSHINE: Win Gaetz 250 752-9229
- ❖ WEBSITE MANAGEMENT: Les McLean
- ❖ OTHER: Lorne 250 752-5630

PUNXSUTAWNEY

PHIL

Predictions
for 2021

**FEBRUARY
2**



In early February, the nation (OK, a few of us) will watch with bated breath as he emerges from his burrow! If he sees his shadow, we will have six more weeks of winter weather...but, (pray for this!) ...if he doesn't see his shadow, then spring is just around the corner... at least that's what the Farmers Almanac always says!



A REAL TREAT! A SONG ABOUT OUR CANADA!

If you are interested in something nice to see/hear on line, go to:

Canadiansatarms.ca/we-are-Canadian/ and enjoy this lovely song about our great country.

Written by 83 year old Ellis Craig, a resident in a seniors home in Perth, Ontario ... such a talent!

As it is quite long, I didn't have space to print the lyrics.

ENJOY!

Centre Activities



"I decided to share this for all my friends. Why do we have to wait to be 60 or 70 or 80 or? Why can't we practice this in any stage and age?"
Author unknown

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



New Members to the Senior Centre
Nancy Hamilton & Eva Feuersenger

GOOD WORDS we can all take from!

I asked a friend who has crossed 70 and is heading towards 80+ what sort of changes he is feeling in himself? He sent the following:

- * After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
- * I have realized that I am not "Atlas". The world does not rest on my shoulders.
- * I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
- * I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
- * I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane and relive their past.
- * I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
- * Walk away from people who don't value me. They might not know my worth, but I do.

SUSAN BERGMANN is the latest lucky winner of the **\$25 GIFT CERTIFICATE** being drawn monthly up to July 2021 from the names of all currently registered members. Just one benefit of renewing your membership!



THANK YOU QF!

- * I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You"
- * I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
- * I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.
- * I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
- * I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
- * I have learned to live each day as if it's the last. After all, it might be the last.
- * I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!



1996 +/-
"my car is there somewhere!"
from Lila



2008...neat "marshmallowy world" ...from Ann

With colder weather and snow predicted in early February ... let's hope we don't get what you see here ... again!! We can only hope~!!



Snow on Judy's Palm tree last year!



It is with sadness that we announce the passing of **NANCY CHISHOLM**. She passed away peacefully after having hip surgery. She was known to many Qualicum Beach people as she liked to go for walks in her neighbourhood. She loved living there because, as she always said, "every day is a great day in Qualicum Beach". She is survived by daughter Tia (Gary), grandsons Andrew and David and great grandchildren.

Thank you to my Mom's treasured friends that looked out for her over the years. She loved being active in the QB Seniors and St. Mark's Anglican Church both of which she was missing greatly due to the current restrictions. She was "a great lady" and a "special person," and "quite the character who could make their day". Due to the current situation there is no service planned at the present time.



With Sympathy



On Sunday, January 24th one of our dearest Centre members, Gloria Paul, lost her long time close friend, **FRANK NIESINK**. Frank lived in Ontario, but came yearly to visit with Gloria and always joined the Centre as a guest member. He enjoyed playing scrabble on Mondays and interacting with all of us at lunchtime. We will all miss this kind, well-travelled and interesting visitor. Our hearts and condolences go out to Gloria.

Answers from page. 4 1. Gold. 2. Your tongue. 3. Zero. 4. Kites. 5. Nine out of every ten. 6. The banana. 7. University of Alaska. 8. The tooth. 9. Catching it. 10. Intelligent people. 11. A Comet's. 12. The stars. 13. Sight. 14. They were unarmed. 15. Strawberries and cashews. 16. Everything. 17. Falling space dust.

- ◆ Chocolate is God's way of telling us he likes us a little bit chubby.
- ◆ It's probably my age that tricks people into thinking I am an adult.
- ◆ Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember...don't sing!
- ◆ It's weird being the same age as old people.
- ◆ I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance.

- ◆ .If you can't think of a word, say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.
- ◆ I'm at a place in my life where errands are starting to count as going out.
- ◆ You don't realize how old you are until you sit on the floor and then try to get back up.
- ◆ We all get heavier as we get older, because there's a lot more information in our heads

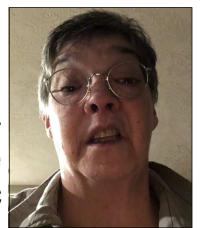
Travel Talk with Elaine



"NO TRAVELLING WITH ELAINE". There are a few things to do on the island,

since almost everything is still closed. MacMillan Arts Centre is open, with lots of different activities aimed at seniors. There are several parks that have beautiful walks.

Englishman River, MacMillan, Rath Trevor, Little Qualicum Falls, Pacific Rim. Please check for COVID restrictions before heading out. Have a great walk.



ELAINE MAY



A BRIEF MESSAGE from JANIE



I have no words but a huge amount of hope for a speedy end to this pandemic. Also praying like crazy for us to be back on the road by the end of February.

but I have always been one to believe in rainbows and sunshine. When the weatherman says rain, I believe in sunshine. Love you guys, stay safe and well. I've had some fun travel times, going out eve-

ry morning to take pictures of sunrises and all the flora and fauna. Above are some pics I snapped on my journey's around the Island.

from Janie

*Thank You for
your Kindness*

We always appreciate donations ... but we ask, at this time, when the Centre is not open, that you do not donate any books for our library. Once we are open again, donations of pocket books (soft cover) printed since 2008 are most welcome. *****BUT, NO hard cover books please.**

Have you applied for your \$500 Covid benefit yet?

It's come to our attention that there are folks out there who do not know about this benefit you can apply for from the BC government. You can apply on line or telephone at **1-833-882-0020**. Don't have a computer? If you know someone

with a computer, they could apply for you. It would be faster and you get confirmation of acceptance right away.

Information required is:

- ◆ Social Insurance number
- ◆ Health card number
- ◆ Drivers licence

◆ 2019 taxable income (line 23600)

◆ Bank name, account, transit & institution numbers.

If approved, money is deposited directly into your bank account, usually within five working days.

SIX LITTLE STORIES

*Once all villagers decided to
pray for rain.*

*On the day of prayer, all the
people gathered.*

*But only one boy came with
an umbrella*

THAT'S FAITH

*On an old man's shirt was
written a sentence 'I am not
80 years old, I am sweet 16
with 64 years of experience'*

THAT'S ATTITUDE

*When you throw babies
in the air, they laugh
because they know
you will*

catch them

THAT'S TRUST

*Every night we go to bed
without any assurance
of being alive the next
Morning but still we set the
alarms to wake up*

THAT'S HOPE

*We plan big things for
tomorrow in spite of zero
knowledge of the future*
THAT'S CONFIDENCE

*We see the world suffering,
But still we get married
And have children*

THAT'S LOVE

*Have a happy day and live
your life like the six stories.
When I was a child, I thought
nap time was punishment.
Now it's like a mini-vacation*

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Travel	Elaine May	778 886-0045



This is what happens if you have to isolate for too long!!

How smart are you ?

1. What is the only one metal that doesn't rust, even if buried underground for thousands of years?
 2. What muscle in your body is attached at only one end?
 3. What is the only number that cannot be represented by Roman numerals?
 4. How were letters and newspapers delivered in the American Civil War?
 5. What proportion of living things live in the ocean?
 6. What fruit cannot reproduce itself and is propagated only by the hand of man?
 7. What American University spans four time zones?
 8. What part of the human body cannot heal itself?
 9. In ancient Greece, tossing an apple to a girl was a proposal of marriage. What did she have to do to mean acceptance?
 10. What people have more zinc and copper in their hair?
 11. What "Tail" always points away from the sun?
 12. If you get into the bottom of a well or a tall chimney and look up, what can you see in the middle of the day?
 13. When a person dies, hearing is the last sense to go. What is the first sense lost?
 14. Strangers shaking hands in ancient times showed what?
 15. What are the only fruits whose seeds grow on the outside?
 16. What weighs one percent less at the equator?
 17. What causes the Earth to get 100 tons heavier
- NO PEEKING ON GOOGLE!***
See page 3 for answers



*When I get old, I'm not
going to sit around knitting.
I'm going to be clicking my
Life Alert button to see
how many hot firefighters
show up!*

*Happy
Valentine
day*