

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

DECEMBER 2024 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 27 | ISSUE 12



from
Rob

I would like to thank Lorne for his experience and wisdom during this past year as president.

I would also like to express my appreciation for the help of the board and the welcoming I have received from the numerous volunteers and members.

During the Christmas Season it is a time of joy and togetherness. But for some of us we live alone and our families are quite a distance away.

To that end we are trying something new this year. We will be open limited hours over the holiday season. We are open for tea, coffee, goodies and, of course, good company.

All the best for the holiday season!

AGM

The Seniors' Centre's Annual General Meeting was held the afternoon of Wednesday,



November 13 beginning at 1:30 pm. **Lorne Tetarenko**, the now 'past president' had put together a comprehensive package with the agenda, minutes of the 2023 AGM, Treasurer's Report and Directors' Reports so everyone had the opportunity to have complete information on what had been happening for the past year. Copies of this package are available to anyone who is interested and who missed the meeting. Contact Lorne at 250-951-9050.

Teunis Westbroek, our Mayor spoke for a few minutes to outline any news from the Town – and to answer questions from the attendees. Directors' Reports were given orally to the audience.



The present (2024-2025) **Board of Directors** will be as follows:

President: Rob Duncan

Past President: Lorne Tetarenko

Secretary: Bonnie Evoy

Treasurer: John Telfer

Directors: Cindy Crawford, Lila Greene, Paula Kalsi, Geoff Rigby, Anne Sharp, Pat Weber, George Wimmer



New Hours at the Centre over Christmas and New Year Holiday

This year we are going to be open for additional times over the Christmas & New Year season, to make the Centre more available for members wishing to socialize during this time.

The Centre will be open in the afternoons from **12 noon to 3:00 pm** on the following days:

December 23, 27, 30, 31

January 2 and 3

The kitchen will be open to provide drinks, cookies and goodies (no lunches).

We welcome all members who would like to come and enjoy good company at the Centre.

Note: The Centre will be closed December 24, 25, 26 and January 1. Reopening fully on Monday, January 6.



New Year's celebrations are not a new thing; most of the traditions we celebrated started long ago. Here are some interesting facts about New Year's.

🕒 The earliest recorded festivities in honor of a new year's arrival date back some 4,000 years to ancient Babylon.

con't pg 3

SENIORS CENTRE *Activities*



SUNDAY

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

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

Open Mic 6:30 - 8:30 pm

1st & 3rd Sunday - Dec 1st & 15th
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 250-596-2500
algagnon006@gmail.com

Whist 12:30 - 3:00 pm

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

Songbirds 3:00 - 4:30 pm

Diana Meyer 250-752-4856

Ramblers Practice 6:30 - 8:30 pm

Colin Craig 250-738-0464
goodison95@shaw.ca

WEDNESDAY

Hatha Yoga 9:45 - 11:00 am

\$8 per session

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

Dominoes 10:00 - 12 noon

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

Intermediate Spanish

Conversation 11:30 - 12:30 pm

Harvey Freedman 250-594-5915
landed@telus.net

Fun with Chaz 11:30 - 12:45 pm

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

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

Heart Healing Somatic Yoga

2:30 - 3:30 pm

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

TOPS Weigh-in 3:15 - 5:00 pm

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

Parkville/Qualicum

Foundation 5:30 - 6:30 pm

Monthly

Pat Weber 250-951-1159

Dance Practice 7:00 - 9:30 pm

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

Note:

Thursday, Dec 5: Due to the Christmas Dinner activities following the Bridge Game are cancelled.

Monday Dec 15: Due to the Christmas Tea the Beginner Ukulele and Line Dancing will be cancelled

THURSDAY

Darts 10:00 am - 12:15 pm

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

Intermediate Bridge Lessons

9:30 - 11:30 am \$8 per lesson

Peter Segers 250-586-5740 psegers@gmail.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

Splatters Painting Art Class

2:45 - 3:45 pm

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

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
oceansideacappella@gmail.com

FRIDAY

Ukulele Friday 10:00 am - 12 noon

Maureen James 250-594-6071
maureenjames@shaw.ca

Introduction to American

Mahjong 10:00 am - 12 noon

Inger Weber 250-951-9298 inger-weber@shaw.ca

Mahjong 1:00 - 3:00 pm

Chic Starling 250-752-6846
senchic40@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

Dr Rod LeBlanc rod@lifelonghealth.ca

Upcoming Events

Thursday, December 5

Starts at 4:00 pm

QB Seniors Centre

Sold Out

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



Christmas Tea

Monday, December 16 1:00 to 3:00 pm



Join us at the Centre as we are entertained by the QB Ukulele Band, sing-along to Christmas Carols, and enjoy coffee & tea and special treats prepared by the Cookie Cutters. Santa Claus will pay a visit! Cash Donations for the FOOD BANK are gratefully accepted.

Remember — wear your favourite Christmas Sweater!

A Sign-up Sheet will be posted at the Centre on Tuesday December 3.



Wednesday, December 25

Dinner Reservation

Cancelled

A reservation will be made at a local restaurant for any members who would like to join other members for Christmas Day dinner.



Robbie Burns Supper

Saturday, January 25

Plans are underway for the January 25th celebration at the Centre. Details to follow!

A Sign-up Sheet will be posted at the Centre on Tuesday January 7.

- ① *Auld Lang Syne* is a Scottish folk song made famous in America by Canadian bandleader Guy Lombardo in the late 1920s.
- ① Kissing someone at midnight is said to come from the idea that doing so will prevent loneliness during the coming year and ward off evil spirits.
- ① Ancient Romans are credited with the kissing tradition because of their Saturnalia festival. It was a celebration honoring Saturn, the god of time.
- ① The island nation Kiribati in the Central Pacific is the first location to ring in the new year each year.

con't pg 5

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.

Lunch prepared by Judy Palipowski, John Telfer and volunteers from amongst those who sign up to attend.

A sing song and Christmas giggles welcome!

Songbirds!

The Seniors' Centre was fortunate indeed to have our own choir perform for a very receptive audience on Tuesday, November 5th. The music and singing were excellent! The guys arrived in western outfits for the selections from Oklahoma; and then, while the ladies sang several selections from other musicals, the men returned, wearing their smart white shirts and black pants to complete the program. Lynn Beamond, the choir director, performed a solo as did Ann, the piano accompanist. Mike Sherlock, the humorous MC, gave the audience several opportunities to sing along.



As well he treated us to a lovely solo himself. All in all, a wonderful way to spend an hour! Hopefully, they will perform for us once again in the Spring.

Photos taken at The Gardens



Greetings from the Cookie Cutters

I would like to thank the kind soul who got in touch with me to let me know I had missed an ingredient in last month's recipe. You need to add 1/4 cup of sugar to the ingredient list for the Thumbprint cookies. My apologies to anyone that tried the recipe and it didn't work like you hoped and my gratitude to the person who let me know. A good reminder to review before tapping the send button!

Today as I write this the sun is shining but we certainly have had lots of baking days with all the rain we have had.

If you would like to be part of our baking group here at the seniors centre, you would be most welcome. For information give me (Brenda) a call/text at 604-379-0290 or email me at charles.brenda@me.com.

This month's recipe is a real Christmas classic. Great to give for gifts or to have on hand. They freeze well.

Chocolate Pecan Snowballs

Ingredients:

- 3/4 cups unsalted butter, room temperature
- 1/2 cup sugar
- 1 egg
- 2 teaspoons vanilla
- 2 cups flour
- 1/2 teaspoon salt
- 1 cup pecan (or walnuts), chopped
- 1 cup chocolate chips
- 1/2 cup powdered sugar (icing sugar)



Method:

1. Preheat oven to 350°F degrees
2. Add butter and sugar to the bowl of your mixer and mix together until light and fluffy. Add egg and vanilla and mix well. Combine flour and salt and stir into butter mixture. Fold in nuts and chocolate chips. Roll into 1 inch balls.
3. Place on an ungreased baking sheet. Bake for 15-20 minutes.
4. Cool slightly before rolling in icing sugar.

Makes about 30 cookies.

What do you call a kid who doesn't believe in Santa?
A rebel without a Claus.



What do snowmen wear on their heads? *Ice caps*

FIND THE LOGO AND WIN \$25!

Find and describe where the Centre's logo is hidden in this Newsletter (*NOT in the headline or this form*) and drop your entry into the jar provided on the table by the Greeter's desk.

One winner per month (winner will be notified by phone)

The  is hidden on page _____

Name & phone _____

NOVEMBER NEWSLETTER – Find the logo contest

And the winner is . . . **NANCY HARRISON!**

The logo was hidden on page 7 at the bottom right under the article about Shoebox Season.

Many thanks to all who participated in this fun contest!

Holiday Word Search

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

ORNAMENTS	WORKSHOP	HOLIDAY	GIVING
STOCKING	COOKIES	NATIVITY	CAROLS
RUDOLPH	NORTHPOLE	REINDEER	WINTER
PRESENTS	MISTLETOE	CANDYCANE	GARLAND
ELVES	CHIMNEY	SNOWFLAKE	FIREPLACE

What's Cookin'?



LUNCH on MONDAY

BRENDA'S QUICHE with Brenda & Barry



TUESDAY DECEMBER 3 & 17

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all.

Only \$1.00 and one person – no take out.



WEDNESDAY DECEMBER 11

Bill & Verdelle's **CHILI with Corn Meal Muffin**



THURSDAY LUNCH

1st Thursday of the month – Yvonne's **CABBAGE ROLLS & PEROGIES**



2nd Thursday – Cathy & Brenda's **CREAMY CLAM CHOWDER**



3rd Thursday – Yvonne's **SHEPHERD'S PIE**



4th Thursday – Cathy & Brenda's **CREAMY CLAM CHOWDER**

FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



Shoeboxes Thank you to the 20 members who took home a Shoebox and filled it with helpful and fun items for needy children in poorer countries of Africa, South America or Southeast Asia. The boxes are a thing of joy to those children – and ensures that they have a special treat at Christmastime. Our Seniors' Centre has taken part in this program (through the Baptist Church on Pym Street) for many years now.

A huge **Thank You** from Judy Southern to all of you who participated, *and best wishes for a very Merry Christmas!*



Scam alert!

Members have reported receiving emails supposedly from Shaw that read "your mailbox has exceeded storage limit and you will no longer be able to send or receive emails by (a certain date) until you re-validate. [Click here to re-validate.](#)"

THIS IS A SCAM AND IT IS ADVISED TO DELETE THE MESSAGE

- ⌚ American Samoa is the second to last place to celebrate the new year behind Baker and Howland Islands, which are both uninhabited.
- ⌚ The most common resolution people make is to get healthier.
- ⌚ Each year, it is estimated that 80 percent of New Year's resolutions are abandoned by February.
- ⌚ Celebrating the first baby of the New Year has been a symbol of the holiday since around 600 B.C., starting in ancient Greece when an infant was paraded around in a basket in celebration of Dionysus, the god of fertility (and wine). The baby represents a rebirth.
- ⌚ Times Square first hosted a New Year's Eve celebration in 1904 with a giant fireworks show but when city leaders banned fireworks a few years later, the ball drop tradition was born in 1907.

con't pg 7

Travel Talk

Trips and tours for 2025 are in the planning stage. Stay tuned for notices in our Newsletter, on our website and via email.



Cindy Crawford



Over the past year, we have had some great trips and tours offered to Members:

June *Chemainus Theatre* – Lunch Buffet and Performance – **9 to 5 – The Musical**

June & October **Tulip Casino**, Tulalip, Washington, overnight stay Tulalip Resort

June, September & October Day trip to **Victoria**

July **Lady Rose Marine** *MV Frances Barkley* – Boat trip Port Alberni to Bamfield

July **Newfoundland & Labrador** – 13 day guided tour

August **Princess Louisa Inlet** – overnight in Powell River

September 7 night **Alaska Cruise** – Vancouver to Vancouver

November **Cirque du Soleil**, Vancouver – *Echo* performance

November **Festival of Lights**, Ladysmith

December **Christmas Magic**, 3 nights in Leavenworth, Washington

December **Butchart Gardens** at Christmas – Dinner at Butchart Gardens, 12 Days of Christmas display, overnight in Victoria

December *Chemainus Theatre* – Lunch Buffet, Performance **Miss Bennet: Christmas at Pemberley**



Festival of Lights Ladysmith Light Up Thursday, November 28th

In 1987, two merchants in the town of Ladysmith, located south of Nanaimo, agreed that the town needed some more festive street decoration to enhance Ladysmith's heritage project. And the **Festival of Lights** was born. Now 37 years later this little town comes alive with hundreds of thousands of lights. Service clubs along with many other organizations, downtown merchants, sponsors but most of all the volunteers are major supporters of the Festival of Lights. These volunteers work effortlessly for months to make this celebration of the town and the coming of holidays and Christmas. From the last Thursday in November until the second Sunday in January, Ladysmith is ignited with thousands of twinkling Christmas lights.

With that in mind, a group of Senior Centre Members went to Ladysmith to enjoy this annual official Light Up of the Christmas lights display.

It was a cool evening, but everyone bundled up to enjoy the town of Ladysmith. The Aggie Hall held its annual Christmas Artisan Craft Fair, 1st Avenue was blocked off to traffic and barriers were placed along the parade route so that everyone could safely enjoy the festivities. Before the Parade began, jugglers, stilt walkers, Christmas characters and basically everybody walked the street adorned with Christmas lights, a band played at Centre Stage for the enjoyment of everyone. There were food trucks along the street. Some of us went to a Tapas restaurant to enjoy some Mexican and Spanish cuisine.

Santa arrived and the lights were turned on, shortly after the *Light Up Parade* began. The Parade was filled with 40 floats decorated with Christmas lights, dancers, bands, Christmas characters walking, waving and stopping to shake hands with children who watched the parade with amazement and excitement.

A lovely way to begin the Christmas season!





Cirque de Soleil ECHO Le Grand Chapiteau, Vancouver
Saturday, November 16th

It was an early, rainy Saturday when our bus with Campbell River guests arrived in Qualicum Beach to take our Seniors Centre Members over to Vancouver to enjoy Cirque du Soleil's performance of *Echo* in the Big Top tent or Le Grand Chapiteau at Concord Pacific Place in Vancouver. Once on board, we headed to the Departure Bay BC Ferry to Vancouver. We arrived on time and made our way to our excellent seats.

Cirque du Soleil's *Echo* performance was a connection between humans and their natural world. Future, the Protagonist, representing the youth of today along with her dog Ewai take a walk and stumble upon a mysterious cube – interacting with it as it opens up a world of animals, colour and whimsy and a symbiotic relationship between animals, humans and the world they love.

The performance is centred around a two storey high white cube, looking somewhat like a puzzle box, pieces slide in and out, there are open portals where creatures of all sorts appear, enter the

stage and disappear. Performers dance across its surface, there are wired performers that move upright down its sides in a vertical dance. The cast consists of 52 performers and crew represented by 19 different nationalities. The costumes are pared down to The Paper Animals wearing white suits with all-white intricate masks, while The Coloured Paper People are dressed in white suits featuring a rainbow of different colours – void of the normal Cirque du Soleil's sequins, glitter and feathers.

The story was presented with amazing acrobatics by some of the greatest performers in the world – jugglers, aerialists defying gravity, twisting and flipping. Performers launched into the air, caught with perfect timing in a human cradle thrilling the audience with all their daring leaps, a high flying teeter totter act. We were amazed by the Icarian Games act where one is balancing, flipping and balancing somebody else using only their hands or feet.

Our group truly enjoyed the performance – the atmosphere, the acrobatics, the music – a perfect day!

Cindy Crawford



“Be jolly and enjoy the Christmas cheer
As it only comes once a year
Believe in Santa Claus, reindeer and friends
And Christmas joy that never ends
Santa, Santa, please stop here
And fill our Christmas with joy and cheer”

Cindy Crawford

- ① The idea of a ball “dropping” to signal the passage of time dates back to 1833 when a ball was installed on top of England’s Royal Observatory at Greenwich, allowing the captains of nearby ships to precisely set a vital navigation instrument.
- ① In Denmark, Danes stand on chairs just before midnight. An old tradition says they jump into the new year as the clock strikes 12
- ① In some Latin American countries, people carefully pick the underwear they wear for the holiday. Yellow enhances your chances for abundance and money. Red means you’ll likely find love. And if you were sporting white underpants, preferably new and clean, then peace was your top priority for the coming year.
- ① In Canada, they do the polar bear plunge to ring in the new year.

con't pg 8

WELCOME NEW MEMBERS

Marcella Adamsson	Avon Dykeman	Tom Rodgers
Kenny Anderson	Helen Fauvel	Leslie Rodgers
Mary Barrett	Judy Forester	Rosemarie Setter
Rick Bartok	Anne-Louise Gibbons	Glenda Sweet
Ken Boyd	Barbara Harris	Victor Uniat
Judy Campbell	Steve Harris	Leona Uniat
Norman Campbell	Florence Janssen	Cliff Wardle
David Caproff	Mel Lewis	Lyn Wardle
Terry Coleman	Yushu Liu	Christine Willis
Linda Crowther	Sean Moore	David Winter
Guy Dagneau	Ans Nahirney	Diana Wood
Lucie Daigle		

MEMBERSHIP REPORT

For the month of November there were an additional **58** Members (34 new members and 24 renewals).

Year to Date as of Nov 30, 2024:

877 Members

- 760 Regular
- 96 Complimentary (90 years old or over)
- 19 Life
- 2 Honorary



Congratulations!

The winner of this month's draw for a *Quality Foods* \$25 Gift Certificate is **Yushu Liu!**

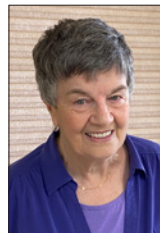


A note from the Newsletter publisher ~ I will be away from December 4 to January 12, 2025; the January issue of the QB Newsletter will be published by Lila Greene – please contact Lila for newsletter submissions and/or queries.

*Thank you and Happy Holidays to all!
Karen Garland*

- 🕒 In Spain, the tradition is to eat 12 grapes to bring you good luck. Eat one for each month.
- 🕒 Russians make their wish, write it on a piece of paper and burn the paper. Then, they put the ashes into a glass of champagne and drink it. Cheers!
- 🕒 In Ireland, it's customary for single gals to sleep with a mistletoe under their pillow on New Year's Eve. Supposedly, sleeping with the plant helps women to find their future husbands – in their dreams, at least.
- 🕒 In Colombia, people take empty suitcases and run around the block as fast as they can. It's supposed to guarantee a year filled with travel.
- 🕒 In Scotland and Greece, they believe the first person who enters your home in the new year will either bring good or bad luck. Make sure you're careful about who it is and that they walk in using their right foot.
- 🕒 The French like to keep things simple and delicious. Every new year they consume a stack of pancakes.

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!

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



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

BOARD OF DIRECTORS 2024-2025



President Rob Duncan 752-2847
Secretary Bonnie Evoy 248-7691
Treasurer John Telfer 240-9609

DIRECTORS

Events Paula Kalsi 250 738-6020
Facilities Geoff Rigby 594-5411
Kitchen Manager ... George Wimmer 594-7840
Membership Anne Sharp 752-9771
Past Presidents Lorne Tetarenko 752-5630
Pat Weber 951-1159
Printing Lila Greene 752-6489
Travel Cynthia Crawford 594-7701

AFFILIATES

Activities Anne Driesbach 604 679-1703
Computer Gerry O'Brien 752-0702
History Ann Svensen 752-5537
Kitchen Volunteers... Jan Desjardins 250 686-0348
Newsletter Karen Garland 250 589-5059
Sunshine Jeri Burke 752-9320
Website Les McLean
Welcome Desk Jeri Burke 752-9320