

Celebrate Canada Day!

Volume 25 Issue 7

JULY 2022

250 752-0420



FROM LORNE

At last, summer has arrived. You can tell that the sunshine and warmth has lifted peoples spirits and brought out good humour. I hope everyone enjoyed the Canada Day celebrations.

At our Centre we have very enthusiastic kitchen volunteers and they are not just preparing soup and sandwiches for lunch, they are preparing full course meals, and very tasty meals they are. So I find myself

making very few lunches for myself, instead, enjoying the luncheon meals at the Centre,

It's time to start thinking of next year. Our year ends on July 31st and our AGM is in late October. Please think about joining our Board, it's an important way to make a contribution to the operation of the Centre.

If you would like to discuss this, please give me a call, my contact information is in this newsletter. I would be pleased to meet with you.

If a cowboy from southern Alberta, like me, can be on the Board, so can you!

NOT TOO FAR AWAY!
25th Anniversary
ANNUAL MEETING
Wednesday, October 19th
Mark your calendar
Special Plans for this very special time at the Centre

QBSAC NEWS

✓MEMBERSHIP:
Year to date, as of May 31, 2022:
773 members: 244 new members
(642 regular, 103 complimentary, 26 Life and 2 Honorary).
✓KEEP AN EYE on the Activities and Travel boards for upcoming events etc.

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.**



it's BBQ time!

RIGHT HERE AT THE CENTRE
Sunday, July 17 at 4:00 pm

\$25 pp

The SIGN-UP POSTER IS ON THE ACTIVITIES BOARD across from the library

- ◆ CHECK YOUR MEAT CHOICE (*Chicken or Ribs*)
- ◆ PLEASE PAY AT SIGN-UP TIME. One name only per slot. Drop a cheque or cash in an envelope provided and into the box above the desk by the office.
- ◆ Bring a chair, wear a sun hat, tan lotion and your appetite.

Qualicum Beach Seniors' Activities Centre



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.
3:30 p.m.





Activities

~ SUNDAY ~

DUPLI-

OFF UNTIL THE FALL
CATE BRIDGE

~ 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

~ WEDNESDAY ~

CHAIR FITNESS/YOGA COMBO

Starts July 6—8:45-9:45

Liz Moore 250 248-4116

HATHA YOGA with Ani

10:00-11:15 - **\$8**

Ani MacGillivray 250 228-0518

DOMINOES—10:00—12:00

Audrey 250 752-9134

INTERMEDIATE

SPANISH CONVERSATION

11:30—12:30

Harvey 594-5915

TOPS:

Weigh-in 3:45—5:00

Elaine 250 594-3604

PARKSVILLE/QUALICUM

FOUNDATION

5:30-6:30— June 8

Monthly: Pat Weber 951-1159

A CAPPELLA: 7:00—9:30

Marion 250 468-9280



NOTE: please check the Activity List posted on the Activity board for any changes that may have taken place throughout the month
Copies are in the basket by the Greeters desk

~ FOR SALE ~

30" stand alone stainless steel

FRIDGE and FREEZER

\$1800 OBO for the pair

New commercial appliances are being installed. Visit them at the Centre or call Pat at 250 951-1159 for details.

SEWING MACHINE REPAIR

Can you or do you know of anyone who can fix a 50+ year portable sewing machine? Very simple Singer machine—just straight and zig zag stitches, non-digital.

Please call:

MARY ANN at 752-8518



~ THURSDAY ~

AEROBIC GROOVE

Commencing June 9

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

OFF UNTIL SEPTEMBER

Brian 250 947 8258 or

tlc@sd69.bc.ca or book own

apt. oblt.ca/calendar

LINE DANCING - 4:00 - 5:00

\$5 a session

BALLROOM DANCE

LESSONS

& Practice time: 5:00—8:00

\$5 pp/group, **\$10** private

Judy Palipowski 250 752-6837

~ 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

MAHJONG 1:00—3:00

Chic 250 752-6846

ART GROUP: 1:00—3:00

Beryl Hargreaves

250 752-9200

CLEANING 4:30—7:30

~ SATURDAY ~

HATHA YOGA with Richard

10:00—11:00

Registration required to max. of

13 persons.

Anne 752-9771—**\$8** a session

WEDNESDAY 8:45 a.m. CHAIR FITNESS/YOGA COMBO & THURSDAY 8:45 a.m. AEROBIC GROOVE

1. These classes will go ahead for July and August with a minimum of 5 persons pre-registered

You can pre-register by:

- contacting Liz at lizzieandpat@shaw.ca no later than noon the day before class, OR
- by signing in after class for the following week

2. **NO CLASSES** on July 13th and 14th

3. These classes may be postponed until the fall, based on attendance.

Breath; practice gratitude.

Liz

What's cookin'?



FROM THE KITCHEN

Well, we certainly do have some polished cooks in our midst! If you haven't had lunch at the seniors' centre in awhile, you should plan to drop in soon! Thanks to Mike and Mike on Mondays and Fridays, there is a delicious hot meal, if you choose it.

Often on Wednesday, Margaret will also prepare a hot dish (once a month it's Lila's chili). All in all, a veritable feast!

We could really use some home-baking ... loaves, scones, muffins, cookies ... whatever you may wish to make.

The Cookie Cutters baking group is getting together at times to help us out; but now that the covid restrictions are lifted, anyone can bake at home.

All contributions gratefully received—and, we do pay for your ingredients

Judy Southern

So many folks have taken time send pictures and write-up of various events, I have imported some pics on pages not related to the subject of that page...however, that doesn't present a problem as I will try my best to get your submissions in ... **so many thanks** to all of you for taking time to send me your write-ups ... Lila

Wonderful to finally see the sun shine! I think many of us have been out of the kitchen and into our gardens or frequenting the beaches and parks close by.

The Cookie Cutter group continue to find our groove in supplying baked goods for the kitchen.

We are baking in our own kitchens, as well as getting together in small

groups in the centre's kitchen to share recipes and laughs.

If you like to bake, we welcome new volunteers! Contact **Brenda** at Charles.brenda@me.com or text/ phone **604 379-0290**.

Here's a recipe that is quick and won't heat up the kitchen in summer weather

INGREDIENTS:

- 1/2 cup semi sweet chocolate chips
- 1/2 cup butterscotch chips
- 1/2 cup Chow Mein noodles (dry)
- 1/2 cup salted peanuts

Chocolate Chow Mein Clusters

Melt chips in microwave and stir until smooth. Stir in noodles and peanuts, coat thoroughly. Drop by rounded teaspoon onto parchment (or wax) paper and refrigerate for two hours (if you can wait that long.)



AIRPORT DAY: Lorne & I drove to Port Alberni June 12 to see what their Airport Day might be all about—and we were very impressed...so many planes to see from small 2-seaters to 4-8 seaters Some from Washington State and from cities on the mainland. A highlight was one pilot who gave us a Tom Cruise/Top Gun fly past seemingly just inches off the runway. There were larger planes supplied by Coulsons and another company. The Mars bombers are always an attraction. Different aeronautical displays and, naturally, the food truck provided everyone with an enjoyable time My only disappointment was in not seeing Bill Cove, who was once our Travel Coordinator at the Centre and a very experienced pilot himself. We hope to see him soon.



EVERY MONDAY
Drop in for Lunch

MIKE BULL'S QUICHE



(Every 3rd)
WEDNESDAY JULY 20
Lila's CHILI & Corn Meal Muffin



EVERY FRIDAY
Lunch time!

MIKE'S CHICKEN
with crew Bette & John



TRAVEL Talk

DINNER CRUISE on a HISTORIC PADDLE WHEELER



The weather was truly perfect—not too hot, not too cold. *Cynthia Crawford* “54 seniors eagerly boarded our Motor Coach for a well deserved two-day visit to the Lower Mainland”. We arrived at the ferry terminal in plenty of time to enjoy a walk around the terminal to enjoy a coffee or a walk. Once on the bus, our driver Phred ensured easy access to the elevators. We had breakfast while enjoying the scenic beauty of our ocean and landscapes.

We arrived at the mystery stop to find ourselves surrounded by a delightful VanDusen Botanical Garden. We had 55 acres of garden to explore. There were trails that led us to a variety of gardens; my favourites were the gorgeous peonies, magnolias, rhododendrons and roses. The views, aromas, the tranquility as you wandered and discovered waterfalls, ponds, cedar mazes and fountains were amazing and food for the soul.

We arrived at the Inn at the

Quay just in time for a rest, a walk along the quay or to discover our first glance of the Paddle Wheeler. Dinner was according to *Ferne Gurka*, “deeeelicious! The wonderful hotel, the friendly staff, great service and a generous breakfast buffet”. “Cocktails were offered as we sailed up the Fraser. The great food *Helga and team* prepared for us - fresh salad, warm rolls, vegetable lasagne, chicken, roast beef and veggies” - by the sound of the laughter everyone was enjoying themselves.

After a rewarding breakfast,

we headed to IKEA where the staff gave us an orientation...we were free to shop and enjoy Swedish meatballs or whatever you fancied in their extensive cafeteria.

George Wimmer noted that “there was no wait time longer than five minutes.”

Jack Allen remarked that “the best part of the trip was the Senior Centre people. If laughter is the sign of a successful excursion, then this one was a huge success”.

From *Cynthia Crawford*, *Ferne Gurka*, *George Wimmer*, *Jack Allen*, *Inger Weber*.



Sight Seeing Flights From Geoff and Aline

Oceanside Air’s four passenger Piper twin prop was our sky charrette, and our incredibly young pilot was highly skilled. We took off into a light NW breeze with clear weather and had, of course, a bird’s eye view of Qualicum Beach. Then up the coast arching over toward Denman Isl., and flying directly over Chrome Isl. Light, at the entrance to Baynes Sound. What a treat. Then over Hornby Isl. With a magnificent view of Tribune Bay.

On crossing the Salish Sea, we were able to view Texada Isl. and the large, open pit lime mining operation. The Bubba Bay car/passenger ferry from Powell River to Texada was docking. After a short hop over to the Powell River airport and a swing over Powell Lake, we taxied to the Shinglemill Pub and restaurant, a half hour from the airport. Travelling through the town,

the taxi driver, a great tour guide, pointed out the many well maintained historic homes. In the harbour there is a “floating” breakwater made of old WW2 “concrete” ships chained together. Don’t see that idea every day!

The Pub, on the end of beautiful Powell Lake, is a boating paradise. The Pub restaurant, situated on the lake shore served excellent food and service. After two hours that flew by, another engaging taxi driver spoke of the history of the town. Our flight back took us south over Malaspina Strait, Jervis Inlet, Pender Isl. for different views. The pilot made a smooth landing. Sitting in the co-pilot’s seat, I commented “good landing young man”. He replied with a big grin “any landing is a good one.” I can relate to that.





Oceanside
hospice
Society

Oceanside Hospice and Berwick will release butterflies on Thursday, July 7th at 10:30 a.m. A symbol by Hospice organizations around the world representing transition and transformation. To purchase a butterfly in

memory of a loved one, contact Oceanside Hospice Society for additional information at 250 752-6227.

~ THE "HEALTHY" CORNER ~

HOW SUNLIGHT CAN IMPROVE YOUR

SLEEP

All animals, plants and microbes have some sort of circadian rhythm—an internal “body clock” that is synced to a 24 hour cycle. Our circadian rhythms adjust to the natural daily pattern of sunlight waking us as the sun rises, and preparing us for sleep when the sun goes down. If you’ve ever worked an overnight shift or traveled to a different time zone you know the awful experience of your circadian rhythm not matching your environment.

So how does our internal clock know what time it is? Specific cells in our eye get activated by bright light and send a signal to our brain to coordinate our circadian rhythm. The part of the brain responsible for this process is called the suprachiasmatic nucleus

In our modern lives our circadian rhythms get confused figuring out when it’s morning and we should be awake, and when it’s nighttime and we should be preparing for sleep. We don’t get enough bright light in the morning, yet flood our eyes with overhead lights and right screens in the evenings.

We can improve the accuracy of our internal clock and therefore improve



our sleep by tidying up the signals we send to our brain.

In the morning, get at least 10 minutes of natural sunlight, outdoors, within 30 minutes of waking. Why do you have to go outside? The brightness of natural sunlight is 32,000 to 100,000 lux. Natural sunlight is over 100 times brighter than artificial light! And while our eyes cannot pick up in this difference visually, the cells in our eyes responsible for syncing our circadian rhythms absolutely can.

By getting natural sunlight in the morning we send a very clean signal to our brain: “It’s morning! Wake up!” And this sets in process a 24 hour cycle that makes it easier to fall asleep at night.

To tidy up the messages we’re sending to our suprachiasmatic nucleus in the evening, avoid overhead lighting and other bright lights. When under overhead lighting, our brain receives the signal “It must be midday—the sun is directly above us.” Table lamps, candles, and moonlight are all acceptable sources of light and are much more cozy, psychologically getting you relaxed and ready for sleep as well.

Try going for a short walk each morning this week and not using overhead lights at home after sunset. Scientific research has shown that these two things can improve your sleep ... and who wouldn’t love an excuse to buy a few more candles?

This article on how sunlight can help you improve your sleep, appeared in the Times Colonist a few months ago.

Another group of our volunteer Greeters who spend their spare time welcoming new and not so new members who drop in to join the Centre, and or renew. We are fortunate to see their happy faces inviting folks to show their vac cards ... hopefully, this process will end soon and they can just say “Welcome, come on in, happy to see you”!

Happy smiles
from our
gracious Greeters



Susan



Lil



Doris



Sally



Joanita



Gwen

Line Dancing, Singing & Strumming at Family Days

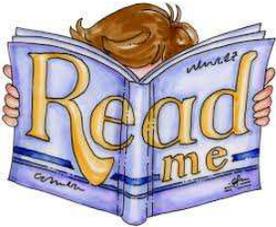


The Centre's line dancers and the Monday Ukulele Band joined together for three tunes to entertain on stage at the Qualicum Beach Family Day celebration. The band played and sang Tiny Bubbles, I

I Just Want to Dance with You and Wagon Wheel for the dancers' line dancing routine. It was a first and to be repeated judging by the success of the pairing. Well done all!
Judy Palipowski

AUGUST NEWSLETTER DEADLINE
Thursday, July 28
lilapat@dshaw.ca or 250 752-6489

LOGO WINNER FOR JUNE: ROBERT BRODGESIELL. Found on page 7 in the Word Find. Lots of guesses, thanks everyone for keeping this 'fun logo find' alive.



...and WIN \$25!

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

ONE WINNER EACH MONTH !!

The  is hidden on page

Name

Phone.....



◆ **AUGUST:**
Pancake Breakfast

◆ **OCTOBER**
25th Anniversary Supper
Annual Meeting
Octoberfest

◆ **DECEMBER:**
Christmas Dinner at DeeZ
These are tentative dates and plans, stay tuned
* * *

THANK YOU MAUREEN for this brief message on behalf of the Friday Ukulele Group

The Friday ukulele group is a small number of players who get together to try to improve our playing. We are not a performing group. We leave that to the Monday group, the Qualicum Beach Ukulele band.

As a special favour to one of our players, we did practise and perform with her choir at the Parksville Senior Centre.

We were also asked to perform as a small ensemble in Nanaimo but would prefer not to submit a write-up at this time.



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	752-5630
Facilities	Barry Lohman	951-1159
	Ian Blaikie	248-7691

AFFILIATES

Sunshine	Pat Bull	752-6837
Kitchen Volunteers	Jan Desjardins	752-6489
Travel	Pat Weber	586-1904
	Judy Southern	248-9286
History	Ann Svensen	248-9286
Welcome Desk	Jeri Burke	752-8499

752

CONGRATULATIONS ADA WIMMER
 Winner of our monthly draw for a
 GIFT CARD from Quality Foods



Check the website for all the wonderful benefits included in your Senior Centre Membership

PAT BULL
 is the
 Centre's
SUSHINE
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



W E L C O M E NEW MEMBERS

- | | | | |
|------------------|-----------------|-----------------|---------------------|
| Pamela Dimano | Patricia Hegney | Morley McGill | Tricia Brown |
| Wendy Carlson | Judith Elliot | Peter Segers | Nancy Hamilton |
| Joan Caloren | Andrew Elliot | Olaf Klaassen | Doug Watson |
| Anne Hartman | Liz Moore | Maureen Klassen | Myma Watson |
| Mary Ruigrok | Louise Wvchar | Jim Sawchuk | Deanna Hughes |
| Christine Heyden | Sigrd Hackman | June Mazur | Romilly Grauer |
| Marlene Coram | Carol Brown | Hlary Henderson | Anne Gore |
| Howard Coram | Judith Locke | Beverly Bagnell | Barry Ellis |
| Robert Dolman | Linda Erbury | Linda Moore | Catherine McDermott |
| | | | Peter Law |

"We look forward to getting to know you"



THANK YOU CAM, for the RHUBARB!

...fortunately, thanks to Judy Southern who did the picking in Cam's garden and snapped this pic, was able to beat this critter to the patch. Nice red rhubarb for future pies in October. I hear Ann has some birds eggs hatching in her flower planter again this year. Obviously they prefer her flower pot rather than a nest in the trees??



- ◆ July birthstone is the Ruby. Provides strength and nobility, helping protect its wearer from the evils of the world. It signifies love and passion while attracting good friends and good luck!
- ◆ July is a National watermelon month
- ◆ International Town Criers Day
- ◆ Fun Emoji Day
- ◆ A National Moth Week
- ◆ Take your plants for a walk Day
- ◆ July 2 World UFO Day
- ◆ July 6: World Kiss Day
- ◆ July 7: Tell the truth Day
- ◆ July 8: Blueberry Day
- ◆ July 10: Bald is in Day

We cannot live without sunshine. The "Sunshine Lady" at Qualicum Beach Senior Activity Center, delivers the "sunshine" to those who need it the most, even on a cloudy day.

Every weekday, Pat Bull checks the message board where members names who are in need of a card are listed.

Pat has been doing this for seven years in the past and now is taking on the "Sunshine Lady" program again.

Over the years Pat has sent countless cards and received many heart-warming expressions of appreciation and positive feedback. Thanks you Pat for being the Sunshine Lady. From **Jenny**



90 years young ...John Ledstone, our faithful Monday/Friday morning kitchen helper treated everyone to a piece of birthday cake recently ... many happy returns John.

NOMINATIONS FOR LIFE MEMBERSHIP AWARD

The annual selection of one or two members considered to be outstanding volunteers for the Qualicum Beach Seniors' Centre and deserving of a Life membership is a very important responsibility. Therefore it is most important that no deserving member be overlooked. To this end our members at large represent a valuable source of information in the selection process.

Again this year, the Selection Committee appointed by your Board of Directors needs your assistance in identifying those you consider most deserving of a Life Membership award. Only members in good standing for a minimum of five (5) years qualify.

Accompanying this form is a list of those who have previously received their life memberships

The following types of information will be required by the selection committee in reaching a decision on the most deserving candidate(s):

Whether or not *this nominee* has

- (1) served on the Board of Directors either in an executive capacity and/or as a director – and over what period of time
- (2) served as a regular volunteer in the kitchen – and over what period of time
- (3) directed or assisted with events such as fundraiser sales, monthly special events (e.g. Robbie Burns party, Valentine luncheon, barbecue) - and over what period of time
- (4) served in a support position such as organizing the library, greeting people at the door, acting as 'Sunshine lady', being leader of an activity such as bridge or ukulele – and over what period of time
- (5) served the Centre in any other capacity not mentioned above.

While focusing on the above points, please complete the information required:

Name of member being nominated _____

Number of years the nominee has been a member _____

I nominate this member for the following reasons:

General Comments:

Please sign your nomination in the space provided below and place the Centre's Suggestion Box.

Nominated and signed by _____

~ PRESENT LIFE MEMBERS ~

Pat Bull	Lila Greene	Norah Rawcliffe	Ron Walsh
Mike Bull	Audrey Isbell	Betty Smith	Christian Warrender
Ed Burnett	Maureen Johnson	Bill Smith	John Warrender
Maggie Coleman	Sam King	Judy Southern	Phyl Wedge
Alma Faulkner	Ann Klees	Ann Svensen	Pat Weber
Win Gaetz	Fran McLachlan	Joan Walsh	***