

# 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](mailto:qbseniors@shawbiz.ca)  
~ OPEN ~  
Monday to Friday  
9:00 a.m. - 3:30 p.m.

Volume 26 Issue 6

June 2023

250 752-0420

## FROM LORNE



June is my favourite month of the year. The countryside is lush and green and the weather is perfect for out of door activities.

Several events are scheduled including my favourite, the VOLUNTEER APPRECIATION get-together.

It's an opportunity for the Board to say thank you to all our volunteers who make the Centre successful. If you are not currently a volunteer, consider it for a future activity.

Have a great summer everyone.



### GRANDPA'S PIPE

By Gus Barrett

Grandpa smoked a **brier pipe**

That curled below his chin, it seems to me, he smoked it all his life.

He filled the bowl with 'Beaver Plug'

Then gently tamped it in  
With a calloused thumb and  
rusty pocket knife.

**He'd** light it with an ember  
That he rescued from the grate,  
Then through a cloud of aromatic smoke  
He'd sit back and smile at grandma

For many years his mate,  
And he didn't seem to mind  
that he was broke.

**He** was happy with his lot in life,  
Contented and secure,  
Though he never had a lot  
that I could see,

As long as he had grandma  
He would never ask for more  
Except his pipe and grandkids  
at his knee.

**He** would puff his pipe and tell us tales  
Of fishing on the Banks,  
Tales of wooden ships and iron men.  
Then gazing fondly out to sea  
He would give his silent thanks,  
Then smile at us and fill his pipe again.

**Through** the years I'd almost forgotten  
Dear old grandpa and his pipe,  
And the stories that he used to tell us kids.  
Then he died at ninety-two,  
An age considered ripe,  
Still smoking "Beaver" as he always did.

**WE LOVE**  
OUR VOLUNTEERS

**SATURDAY, July 22nd**

**3:30 p.m. - AT THE CENTRE**

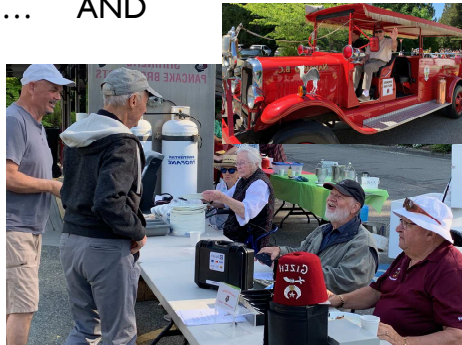
Plans are underway to treat our volunteers ... a thank you for all your devotion to the work you do at/for the Senior Centre. Bonnie will be sending out invitations by email, phone, making sure everyone is contacted. Mark your calendar, more info in the July Newsletter.

HAPPY  
**Father's**  
DAY



### FATHER'S DAY CAR SHOW

Always a fantastic show to take in  
... AND



### SHRINERS BREAKFAST

In the Credit Union Parking lot

8:00 a.m. to 11:30 a.m.

*Our Seniors' Centre is fortunate to be just one of the many groups who benefit financially with generous donations from the Seaside Cruisers*

**NEW MEMBERS WELCOME!**  
**DO YOU**

**LIKE READING?** We currently have openings for 4 or 5 more new members in our book Club for our fall/winter session. We welcome anyone who loves reading, is interested in exploring new titles and topics and enjoys discussing the wonderful world of books! If interested, contact: Gail Smith, email: [xgail.smith@gmail.com](mailto:xgail.smith@gmail.com) or text 905 808-4585



**BOOK CLUB**

# Senior Centre <sup>2</sup> Activities

## ~ SUNDAY ~

**CONTRACT BRIDGE** - 6:30 pm  
Wolfgang Dost 594-4513  
wolf.dust@yahoo.ca

## ~ MONDAY ~

**KNITTING/CROCHET for MANNA**  
9:30 - 11:30 ~ Jan 250 738-1040  
jancurtis5431@gmail.com  
\*\*\*

## MEMBERSHIP OFFICE WORK

11:30- 3:00 p.m  
Anne 250 752-9771  
\*\*\*

**YOGA:** 9:30—10:30:  
**CHAIR YOGA:** 11:00-12:00  
Jane 228-1157 - \$8  
janeloney@hotmail.com  
\*\*\*

**UKULELE BAND:** 12:30—2:30  
Catherine 250 752-9082  
mckhan2@shaw.ca  
\*\*\*

**BEGINNER UKULELE**  
3:00 - 4:00 - Henk 954-9484  
hcverkerkis@gmail.com  
\*\*\*

**LINE DANCE EASY**  
3:00 - 4:00: **\$5** per session  
**LINE DANCE INTERMEDIATE**  
4:00 - 5:00: **\$5**

**BALLROOM DANCE /PRACTICE**  
5:00 - 6:00 - Judy 250 752-6837  
judypalipowski@gmail.com

## ~ TUESDAY~

**FUN BRIDGE:** 9:00 - 12:00  
Al Gagnon 250 596-2500  
algagnon006@gmail.com  
\*\*\*

**TUES- [CLOSED] DAY**

**LOUNGE GROUP**  
9:00—10:00  
Helen 250 752-7274  
Deborah 250 937-1288  
\*\*\*

**CB TUNES**  
1st Tuesday of month—12:30 - 2:00  
Court 250 951-2572  
brook@shaw.ca  
\*\*\*

**WHIST:** 12:30—2:30  
Except in lounge 1st Tuesday  
Sally Jagger 250 752-3556  
sallyjagger@gmail.com

**SONG- BIRDS:** **Off until September**  
2:30—4:30  
Diana Meyer 250 752-4856  
Diana.meyer@outlook.com  
\*\*\*

**RAMBLERS PRACTICE** - 6:00—8:30  
Colin Craig: goodison95@shaw.ca

**JULY NEWSLETTER DEADLINE**  
**Wednesday, June 28**  
lilapat@shaw.ca  
**250 752-6489**

## ~ WEDNESDAY ~

**HATHA YOGA** with Liz Moore  
10:00-11:15 - \$8 a session  
250 248-4116  
lizzieandpat@shaw.ca  
\*\*\*

**DOMINOES** ~ 10:00- 12:00  
Audrey 250 752-9134  
amishbell@shaw.ca  
\*\*\*

**SPANISH CONVERSATION**  
11:30—12:30  
Harvey 594-5915  
landed@telus.net  
\*\*\*

**CHAIR YOGA:** 1:00-2:00  
\$8. - Jane 228-1157  
janeloney@hotmail.com  
\*\*\*

**BOOK CLUB:** 2:15—3:15  
First Wednesday of every month  
Gail Smith 905 808-4585  
Xgail.smith@gmail.com  
\*\*\*

**TOPS:** Weigh-in 3:30—5:00  
Elaine 250 594-3604  
repac5@shaw.ca  
\*\*\*

**PARKSVILLE/QUALICUM FOUNDATION**  
5:30-6:30 Monthly  
Pat Weber 951-1159  
patrick-weber@shaw.ca  
\*\*\*

**A CAPPELLA:** 7:00—9:30  
Marion 250 468-9280  
oceansideacappella@gmail.com

## ~ THURSDAY ~

**BEGINNER BRIDGE to July 13**  
9:30-11:30 - \$8 -Peter 250 586-5740  
psegers@gmail.com  
**DARTS:** 10:00-12:15  
Bernie Brockway 757-2330  
berniebrockway82@msn.com  
\*\*\*

**DROP-IN BRIDGE:** 12:30—3:00  
Barbara Wade - 250 228-4233  
barrickwade@yahoo.ca



**PROBLEMS with your ELECTRONIC devices?**  
Call **TECHNOLOGY TUTOR BRIAN** at  
**250 947-8258**

tlc@sd69.bc.ca or book your own  
Appointment: oblt.ca/calendar  
**Every Thursday 1:30-3:30**  
**In the Lounge**

**NOTE:** extra copies of the Activities List are in a basket by the Greeters desk. Please check for any changes that may have taken place over the month.

## ~ THURSDAY ~

**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  
judypalipowski@gmail.com

## ~ FRIDAY ~

**UKULELE IS FULL**- 10-12  
Maureen 250 594-6071  
maureenjames@shaw.ca  
\*\*\*

**INTRODUCTION TO AMERICAN MAHJONG**  
10:00—12:00  
Inger 250 951-9298  
inger-weber@shaw.ca  
\*\*\*

**MAHJONG** 1:00—3:00  
Chic 250 752-6846  
senchic40@gmail.com  
\*\*\*

**ART GROUP:** 1:00—3:00  
Beryl 250 752-9200  
arieslady3847@gmail.com  
**CLEANING** 4:30—7:30

## ~ SATURDAY ~

**HATHA YOGA** with Richard  
10:00—11:00  
Anne 752-9771—\$8 a session  
sharp44@shaw.ca



**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



### Answers from page 5

- Heart
- oxygen
- body
- medicine
- water
- exercise
- lungs
- food
- crutch
- kneecaps
- eyelids
- walker
- fingers
- bandages
- stomach

# what's cookin's

## LUNCH on MONDAY



### MIKE'S QUICHE

with crew Barry & John

•

## WEDNESDAY

JUNE 21

### BILL & VERDELLE'S CHILI

w/Corn Meal Muffin



•

## THURSDAY LUNCH



### CATHY'S & BRENDA'S CREAMY CLAM CHOWDER

•

## LUNCH on FRIDAY



### MIKE'S CHICKEN

with crew John & Betty

## Greetings from the 'Cookie Cutters'



By all accounts it was a successful Victoria Day Tea and many thanks to the wonderful dedicated bakers who provided the lovely treats.

Summer is a busy time for everyone and we welcome new bakers to share their baking.

If you would like to be part of this great team, let me know, Call or text me (Brenda) at 604 379-0290 or email me at Charles.brenda@me.com.

Rhubarb season is in full swing. Below is an easy recipe to use up your surplus rhubarb and it's really good!

### UPSIDE DOWN RHUBARB CAKE

#### INGREDIENTS:

3 cups sliced fresh or frozen rhubarb  
1 cup sugar      2 TBSP flour  
1/4 tsp nutmeg    1/4 cup melted butter

#### BATTER:

1/2 cup melted butter      3/4 cup sugar      1-1/2 cups flour  
1 large egg (room temp.)    2 tsp baking powder      Sweetened  
1/2 tsp nutmeg      1/4 tsp salt      2/3 cup milk      whipped cream

#### DIRECTIONS:

Place rhubarb in a greased 10" cast iron or other ovenproof skillet. Combine sugar, flour, nutmeg and sprinkle over rhubarb, then drizzle with melted butter. **For batter**, beat butter and sugar, beat in egg. Mix flour, baking powder, nutmeg and salt, fold into egg mixture gradually with milk. Mixing well. Spread over rhubarb and bake 350 deg. for about 35 minutes or until toothpick inserted comes clean. Loosen sides and invert onto a serving dish. Serve warm with whipped cream,



Keep in mind your chance to recycle stamps, pull tabs from aluminum cans and a jar for your spare change for the Food Bank. Located at the end the library books. Judy Southern takes care of delivery when full.

Greeter **JUDITH ELLIOT** is happy to welcome new and not-so-new members while seated at the lovely **new desk** donated by **GRAHAM BAKER**.

He assisted in helping Court move the desk from his truck into the Centre. Geri Burke, our Greeter Organizer, is very happy to have a new desk for all our Greeters to work from. A huge **THANK YOU GRAHAM** for your kind generosity and **COURT BROOKER** for your time and energy put in getting this all together.



# THE "HEALTHY" CORNER



## When it's time to hang up the car keys

We've all seen it—moments where a senior driver seems to have great difficulty in completing an easy driving manoeuvre. Sometimes, we see it in a parking lot or when we're actually in the car with a senior driving during one of those cringeworthy, perhaps terrifying near-miss event.

What's to be done when we see or know someone who simply should no longer be behind the wheel?

We've built up vehicles and transportation infrastructure to the extent that it's our easiest and best form of mobility. Mobility is not just about being mobile in a physical sense, it's about being

able to have control of your life more at a time of your choosing, go to where you want, when you want.—it's freedom. Taking that away is life altering. But, we do not allow people to retain those freedoms of road mobility at any cost. We all share our roads and the rest of us have the right to expect safe passage. Every year there are plenty of senior driving incidents & are often the greatest victims of their own bad driving & the stats bear that out. Advanced age renders the body much more susceptible to injury and death from the traumatic impacts of a vehicle crash, When we

crash, When we witness dangerous incidents caused by the apparent age or infirmity of another driver, we have a duty to act. It is not you, the witness, friend or family member to take the licence away, it's up to the authorities.

Your role is to provide information so that proper decisions can be made.

If the incident is serious enough, a report to the police is warranted. Most driving complaints are made after the fact and now can be reported online. It's important to make a note of the time, date & place of the incident along with vehicle plate number and a description of the driver.

Don't assume that your observations are not necessary, your report may just be one of a series of reports that help clarify things.

Family members have the option to speak to the older driver's doctor to report physical or cognitive problems, which interfere with driving. The doctor option isn't a good option as they have enough on their plates these days. However, sometimes factors around awareness, cognition and physical inability are so bad that they must be reported through medical channels.

Another option is to report through Road Safety B.C. this branch of government has a driver fitness unit and can initiate steps such as medical and vision testing as well as requiring seniors to undergo functional driving assessments.

Many driving schools also offer re-evaluation & retraining sessions, this is often one of the best ways to proceed as it allows a highly trained outsider to make an unbiased assessment of a seniors ability to drive—relieving families or friends from having difficult conversations or actions. Many seniors will benefit from a "brush up" session and be able to keep on driving safely. It's not about minor problems like leaving a turn signal on too long, driving five or six km/h under (or over) the speed limit, pulling in a little too close to the car in the next parking space... everyone fails at those in awhile. Being fair is essential. Ultimately, it's a matter of preventing tragedy and keeping everyone using our roads safe.



The team from the Seniors' Centre (Judy Southern, Diane Duncan, and Pat & Inger Weber) joined walkers from the Berwick residence in QB, Parksville, our Mayor Teunis Westbroek and MLA Adam Walker. It was nice to see a few of our members who now live and work in the Berwick Residences participating in the group. There was crowd! It was so very nice to see all the support. Pat Weber was kind enough to wait for the latecomer (JS) which meant I had a real walk—not just a stroll—necessary to catch up to the rest. Laurel at Berwick had arranged healthy snacks, iced tea and water—all of which were most appreciated.

We were treated to entertainment and a chance at a 50-50 draw, both of which earned more for the donation fund. Donations from the Seniors' Centre totalled \$1,223. The two Berwick Residences will continue raising funds until end of May. Online donations will be matched, thanks to the Cowell Foundation and the Lecky Foundation which will bring the total from the Seniors' Centre to \$1,911. all in all, a lovely way to spend an afternoon. We hope to see you next year,

From Judy Southern

**Many THANKS Les McLean** for the photos and **Judy Southern, Pat Weber**, our faithful 'reporters'!!

# May 13 Craft Sale

On display, some of the creations by members for sale at the Centre : afghans, lap robes, leather goods, knitted sweaters, pretty pottery, paintings, book marks, novelty button hanging ornaments ...the list goes on. Tables were set up inside and outside with the creations on display.



George was busy in the kitchen serving coffee and cookies donated by the artisans ... and the three amigos (Lorne, Gerry, Court) kept everything moving along.



The Centre is so fortunate to have so

many talented folks in our midst. Many thanks to all the crafters who took the time to come and set up their creations



for all to see. Continued success with all your creative endeavours.

Starting May 1st, 2023 the Centre began issuing MEMBERSHIP for the August 1, 2023, 2024 year. This advance issuing provides an additional three (3) months for the next year. Existing memberships (yellow card) expire July 31, 2023, so there's is plenty of time for members to renew.

**Qualicum Beach Seniors' Activities Centre**  
705 Memorial Avenue - 250-752-0420

**Time to Renew**  
Expires July 31, 2024  
This card is your official receipt

*\* For the Young at Heart*

Did you ever notice you can't breathe when your tongue is out? Put your tongue back in your mouth, sure you can still breath... gotcha!

## Oceanside Caregivers



... caring for loved ones.

We bring understanding, hope, caring, support and resources for the Caregiver.

**THURSDAY:**

May 25, June 29,  
July 27, 2023

1:00 p.m. at the GARDENS  
650 Berwick Rd. N.  
Qualicum Beach  
Call Carol & Fred Dowe  
250 752-2104 or email  
caroldowe@gmail.com

## YOUR BODY & NEEDS scramble

Answers on page 2

1. ehatr
2. xgyneo
3. dbyo
4. ieimdecn
5. reawt
6. iexeesrc
7. ulgsn
8. odof
9. truchc
10. acenkpse
11. iedlsey
12. krewla
13. nigrsef
14. sadbaneg
15. msathoc

# Planned Events

**JULY:** Volunteer Luncheon and BBQ

**AUGUST:** Pancake Breakfast

**SEPTEMBER:** Fowl Supper

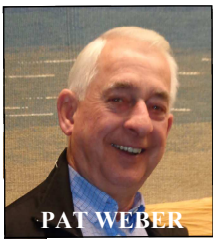
**OCTOBER:** Halloween Party

**NOVEMBER:** British Pub Night

**DECEMBER:** Christmas Tea/Dinner

Events subject to change

**THE CENTRE IS ALWAYS looking for volunteers to Help / Organize an event. Let a member of the Board know if you would like to help out! Phone numbers on pg. 8.**

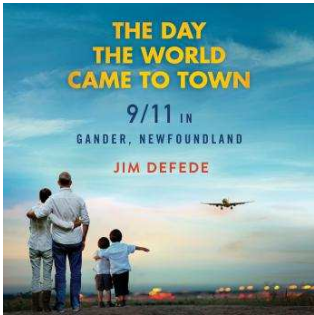


PAT WEBER



# Travel Talk

Watch the website: [www.qbseniors.com](http://www.qbseniors.com) for updates on all of the trips being planned



The new Knuline Transportation bus arrived from Port Alberni; Dean Knudson, our driver (and owner) welcomed aboard the 46 passengers ready for the trip down Island to view the highly recommended musical 'Come from Away' at the Royal Theatre in Victoria. A stop at the Market for a delicious lunch of chicken

veggie soup and sandwiches was a nice break prior to proceeding on down to the theatre, in good time to get to our seats. The excellent show performers were busy singing along with the live band and acting their parts, telling the story of the people of Gander who were so welcoming, looking out for those who didn't know where/why they were there. Most of us do know the story of how the Newfoundlanders worked tirelessly, 24 hours daily attending to the needs of the 6700+ airline passengers who landed in their town. As the story is so long, there is not enough room to go into details and I recommend (if interested) to call up Tom Brokaws popular 2010 documentary for NBC News, Operation Yellow Ribbon, on line ... a very good video. A fun reminder I got from the performance ... "if you want to become a Newfoundlander, you must kiss a Cod!" It was a perfect day, arriving home around 7:00 p.m from Lila



## Beyond Van Gogh

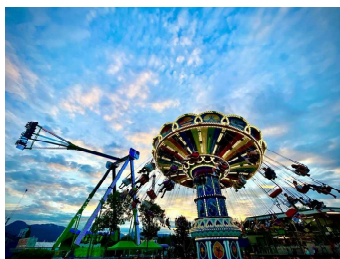
### BEYOND VAN GOGH July 20 - \$145

Includes deluxe coach to Victoria, entry to the exhibit and lunch at the Old Farm Market enroute. Beyond Van Gogh takes hands-on learning to a whole new level—witness Vincent's art leap from the frame and come to life all around you! Experience and explore over 300 of the greatest works crafted by the legendary Vincent Van Gogh throughout his unparalleled career.



### Pacific National Exhibition 2023 August 24 - \$99

QB Seniors travel to Vancouver on August 24 for a day at the PNE. The price of \$99 includes bus, ferry, and entrance to the PNE. If under age 65, please add \$25



### THE TEMPTATIONS Saturday Matinee Sept. 16 - \$299



Follow the Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame Queen Elizabeth Theatre – Vancouver Orchestra, seating and return transportation. Depart Civic Centre 7:15 a.m. return 9:00 p.m. Enjoy Granville Island and lunch at your own expense. Sign-up sheet on Travel Board



### OKANAGAN GET-AWAY

September 16 - 18  
\$899 double  
\$1199 single

Enjoy Our Getaway to Kelowna and Summerland. We visit the historic Kettle Valley Railway with a BBQ lunch, stop at a local winery for wine tasting & brewery stop for lunch. Dinner cruise on the lake. Coach from QB. Sign up sheet on bulletin board. Cheque payable to Square 1 Travel.

### HOLLAND AMERICA 50th ANNIVERSARY SEPT. 30 – OCT. 7

pp 2 sharing outside  
\$1,995

Veranda \$2,395  
Suite \$3,095



Cruise to Alaska. Shore excursion credit USD \$50; Onboard credit USD \$50; beverage package, WIFI, specialty dining and home pickup and transfers from Qualicum Beach to cruise pier. See travel board for pricing and sign-up sheet.

## Arrowsmith Home Services

### HOME WATCH SECURITY

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\*Home maintenance \*Staging \*Need help?

Call today—NO JOB TOO SMALL!

250 228-7653

[arrowsmithhomeservices@gmail.com](mailto:arrowsmithhomeservices@gmail.com)

**CB TUNES**  
**1st Tuesday of Month**  
**Free! 12:30 to 2:00**  
 Old songs, bring music, sing, play,  
 dance, watch, smile, have fun,  
 reminisce, be happy?  
 Court Brooker, 250-951-2572, brook@shaw.ca



Court Brooker, Judy Palipowski, Mai Chi,  
 Wayne Sutherland, Mai Chi,

# COME for TEA



Everyone of the 40 guests seemed to greatly enjoy the Victoria Day Tea held on Saturday, May 20th. Several of the ladies took the opportunity to wear, and looked amazing, in their best bonnets or 'Fascinators'. Our entertainers - Masako on piano Thuy with ukulele singing such a nice selection of songs, and Judy accompanying on bass ukulele-were very enjoyable. Sandwiches by Lila & Ann were so tasty - & the baking, done mostly by Diane

plus our 'Cookie Cutters' group was outstanding ... a veritable fest!

An enormous **THANK YOU** to all who helped out: **Graham, Lorne, Court** on tables, **Anne, Heather** and **Bonnie** on settings & preparation, **Bonnie, Lorne** and **Judy** serving, **Betty** slaving in the kitchen & **John, Peachy** & **Jeri** who couldn't resist giving us extra (*much appreciated*) help in the kitchen.

Altogether one fantastic team! See you next year, I hope.

**Judy S.**



Darla Clarke, Lynn Orriss, Aline Clayton, Thuy Linh, Geoff Clayton, John Telfer, Judy Palipowski, Masako Mayotte

A group of members from the Centre attended the opening recently to celebrate the fantastic exhibition at the Oceanside Gallery at MAC ... "The Last Hurrah", a retrospective of Lynn Orriss' work. Lynn is a very talented artist, always sharing and giving of her talent.



Court Brooker, Johnny Weber, Paul Weber, Easton Weber, Pat Weber

This is the crew who have volunteered to provide the engineering and labour for the installation of the updates to our audio and visual equipment throughout the Centre, once the Board grants approvals and all prices for equipment are finalized.



In honour of  
**BILL COVE'S**  
 (our once Travel

guy) 90th Birthday, the excitement is

**Saturday, July 29th.** That's the day beginning at **9:00 a.m** when some lucky people will be by jumping out of a perfectly good airplane. There will be all kinds of 'extras' as well—but right now, mark your calendar for this date to go to **ARBUTUS MEADOWS** (near Nanoose, just south of the Big Boys Toys Sales). As once before, the jumps and proceeds from other sources are a **fund raiser** for our Oceanside Hospice.

Please plan to contribute to such a very worthy cause ... from which many of us have benefitted so much.

# Welcome New Members

Lynn Thompson  
Ross Brown  
Dave Leblanc  
Kathy Dobinson  
Tracy Johnson  
Marion Summerer  
Otmar Summerer  
Ruth Cork  
Hilary He

Terri Newton  
Clint Docken  
Julie Dorken  
Judy Arnew  
Greg Husband  
Lisa Collins  
Derek Clarke  
John Leinweber

Lesley Leinweber  
Loran Berry  
Roxana Berry  
Shirley Meanwell  
Judie Rix  
Richard Waterfall  
Ruth Carey-Stouffer  
Mervyn Stouffer

Jackie Ferguson  
Ken Richardson  
Shirley Minogue  
Karen Morrison  
Jesse Johnson  
Kim Johnson  
Carol Dowe  
Trish Jenneson

"We look forward to  
getting to know you"

## Centre News

### CONGRATULATIONS

#### TERRI NEWTON

Winner of our  
monthly draw for a  
**GIFT CARD** from

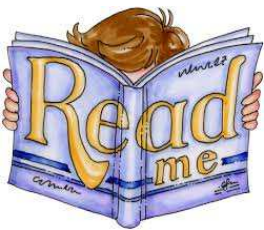


*With Thanks*

### Year to date as of April 30, 2023

\*\*\*

974 Members – 876 Regular, 75 Complimentary,  
23 Life, 2 Honorary  
To April 30th, of the 876 Regular  
**421 were New Members**



...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: .....

### MAY WINNER: Ron Halford

Logo found on page 8: **CongratulationS**  
**THANKYOU** everyone for keeping this 'fun logo find' alive, your participation is much appreciated.



### Board of Directors

\*  
2022  
2023

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	Anne Sharp	752-9771
Facilities	Barry Lohman	248-9286
	Ian Blaikie	752-8499
Electronic Media	Court Brooker	951-2572
Director at Large	George Wimmer	594-7840

#### AFFILIATES

Sunshine	Pat Bull	752-3946
Kitchen Volunteers	Jan Desjardins	1-250-686-0348
Travel	Pat Weber	951-1159
History	Ann Svensen	752-5537
Welcome Desk	Jeri Burke	752-9320