

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

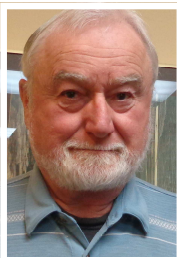
OPEN ~
Monday to Friday
9:00 am - 3:30 pm



Volume 26 Issue 11

November 2023

250 752-0420



FROM LORNE

We have just had our Annual General Meeting. It has been a very successful year for the Centre, both financial and activity wise.

This is, of course, due to our excellent state of Volunteers headed by our Board of Directors.

Fall signals a change in seasons and a change for our Board with some directors finishing their term and others joining to begin their time to be on the board.

At this time I would like to thank the retiring Directors on the Board for their commitment and effort: Barry Lohman, Court Brooker and Ian Blaikie. And, I want to welcome the new members joining the Board: Cindy Crawford, Rob Duncan and Gerry O'Brien.

The rest of this year will see many Travel opportunities and Events.



Cynthia Crawford



Gerry O'Brien

Welcome Gerry and Cindy, elected at the AGM to hold positions on the Board of Directors. The 3rd member, Rob Duncan, was not available at this time but his pic will appear in the December Newsletter and we look forward to his presence on the Board also.

We Will Remember

Remembrance Day by Gus Barrett

Old men marching side by side,
Wearing their medals with
glowing pride.
And as they stop at the monument,
One of their number, old and bent,
Approaches the shrine on
shuffling feet,
With tears in his eyes he lays a
wreath,
To honor the ones who have
gone before,
Casualties of that distant war.

A little boy in the watching crowd,
Turns to his daddy and asks aloud,
"Tell me daddy, tell me why
All those old men stand and cry?"
He doesn't know of that
ancient strife,
That fight for a cause, a way of life,
Doesn't know the youths
who've died,
While loved ones stayed
at home and cried."



He hasn't watched as mighty planes,
Suddenly roll and crash in flames,
Or seen great ships on the ocean blue
Explode and disappear from view.
He hasn't crawled through
a field of mud,
Sick of the horror and
stained with blood,
While all around, the
canons roar, and young men
die by the countless score.

If he understood why so many died,
He would know why old men
stood and cried.
Why each succeeding year
they come
And proudly march to the
pipe and drum
Shoulder to shoulder, side by side,
Wearing their honors with
open pride.
He hasn't studied history yet,
Tell them daddy, lest we forget.



The Songbirds invite you to
come and enjoy *Memories of "our
Times"*, those wonderful musicals
and songs of the 50's & 60's.

Bring your voices too!

Tuesday November 14th ~ 3:00 to 3:45 pm

At the Seniors' Centre

We look forward to seeing you there!

Christmas Dinner

Saturday, December 16th
4:00 to 7:00 p.m.

At EAGLECREST GOLF COURSE

\$36 pp

The signup sheet is posted on the activities board.
Place your cash/cheque in envelope provided,
and drop into the box above table on your left.

**IT IS IMPERATIVE YOU PAY FOR YOUR
RESERVATION AT SIGN-UP TIME, PLEASE**





Senior Centre Activities

~ SUNDAY ~

CONTRACT BRIDGE - 1:00 pm
Anne Jenkins 594-7097 (Oct.-March)
annejenkins@shaw.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

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

BEGINNER UKULELE
2:30—3:30 - Henk 954-9484
hcverkerkis@gmail.com

LINE DANCE 1— 3:00 - 4:00
LINE DANCE 11— 4:00 - 5:00
\$5 for 1 & 11

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

PEGS & JOKERS
6:00—8:00 pm
Ruth 905 447 7344
racstouffer@gmail.com

~ TUESDAY~

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

CB TUNES—TBA
Court 250 951-2572
brook@shaw.ca

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

SONGBIRDS: 3:00—4:30
Diana Meyer 250 752-4856

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

CLEANING: 4:30—7:30 pm

~ WEDNESDAY ~

HATHA YOGA with Any Mac
10:00-11:15 - \$8 a session
250 228-0518
animacg@hotmail.com

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

Intermediate 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 3:45—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

~ THURSDAY ~

ADVANCED BRIDGE CONVENTION BIDDING
September 28—9:30-11:30 - \$8
Peter 250 586-5740
pseggers225@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



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

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

~ THURSDAY ~

LINE DANCING - 4-5
BALLROOM DANCE - 5-6
5:00—6:00 pm—\$5
PRACTICE TIME: 6-7
Judy Palipowski 250 752-6837
judypalipowski@gmail.com

~ FRIDAY ~

UKULELE 10-12 (wait list only)
Wait list only
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

Qi GONG—11:15-12:15
Dr. Rod LeBlanc rod@lifelonghealth.ca

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.



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



A dog accepts you as a boss ...
a cat wants to see your resume.

what's cookin'?

LUNCH on MONDAY



MIKE'S QUICHE

with crew Barry & John



WEDNESDAY NOVEMBER 15



BILL &
VERDELLE'S
CHILI
w/Corn Meal
Muffin



THURSDAY LUNCH



CATHY & BRENDA'S
CREAMY CLAM CHOWDER



LUNCH on FRIDAY



MIKE'S CHICKEN

with crew John & Betty

Greetings from the Cookie Cutters



It has been a busy few weeks and so grateful for all the baking for the kitchen and special events. With Christmas around the corner (how can that be!), there is more opportunity for sharing your baking.

There is always something going on at the Centre and some baking is appreciated by everyone. We have been fortunate to have several new bakers join our group recently and there is always room for more! If you're interested call or text 604 379-0290 or email me at Charles.brenda@me.com. I'm also in the kitchen at Centre Thursday mornings.

Here is an old fashioned cookie recipe that is easy and so convenient if you don't want to bake a whole batch or you are short on time.

BUTTERSCOTCH SLICES:

preheat oven to 375 deg.

Lightly grease or line a baking sheet with parchment

Sift together:

3 cups flour 1 tsp baking soda

1/4 tsp salt

Cream together:

1/2 cup butter

2 cups lightly packed brown sugar

1/2 tsp vanilla

Beat in 2 eggs and beat until light and fluffy.

Stir in dry ingredients with 1/2 cup chopped nuts. Shape dough into a roll 2 inches in diameter. Wrap in wax paper and chill at least 4 hours. Cut into 1/4" slices and bake 5 to 7 minutes. This recipe will make 6 dozen cookies but you can bake just as many as you need. Keep dough in the fridge or freezer for longer storage.



Sincere **THANK YOU'S** to Norah, Betty and Leslie who took such good care of the kitchen chores last Wednesday. Also a huge **THANK YOU** to Diana Blaikie, Judy Alberg, Brenda Charles & her Mom Alice and Diane Duncan for all those delicious treats. From Judy Southern

1st and 3rd Tuesdays



Lesley's CINNAMON BUNS

Only \$1.00



Shoeboxes are now in the Centre. Be sure to get yours to fill with items listed on the sheet inside the box. Many thanks for caring and taking time to think of those children around the world. Return box November 10th

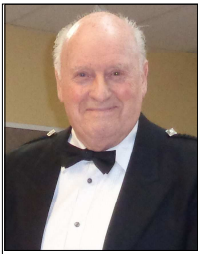
**Good News!
Great Joy!**
Pack a box. Impact a life.

Among many conversations in the 'eating area' of the Centre, it's often stated **"this area needs a nice catchy name"**!! So folks, put your creative thoughts together, **print** your choice(s), suggestion(s) you think would be fitting on this coupon & drop your entry into the suggestion box (left of the kitchen window). The name chosen will be placed on a plaque that will be placed above the window for all to see. A committee will be struck to choose a winner. **GOOD LUCK. Note: just three/four words please.**

NAME(S).....

Name & phone #.....





Two of our very long time members have passed away recently. Both will be missed by many.

BILL SMITH was, of course, Betty's husband and naturally very involved in creating a Seniors' Activity Centre in QB.

He was very proud of his Scottish heritage and family; a son who plays the bagpipes and his daughter a highland dancer. Often at many Robbie Burns parties at the Centre, fellow 'Scots' would join together singing 'I Belong to Glasgow' with great gusto ...after a wee dram or two! Bill happily addressed the Haggis at many of the Burns Nights dinners, and the folks gathered always enjoyed singing along the Scottish songs we all know so well. Bill and Betty were avid supporters of the Legion.

BILL KRITSCH and wife Gerda joined the Centre at its beginning in 1997 and continued to volunteer in many ways until Gerta passed away and now Bill. He enjoyed his stay at Berwick for the last few years. A quiet, unassuming friend and such a great help in the kitchen ... always ready to enjoy a chat.



Diana Blaikie put her love of knitting skills toward commemorating Truth & Reconciliation by creating little Bears in orange t-shirts. Many of the bears were produced at the QB Seniors' Centre knitting group. Having a connection to Port Alberni Policing Service, on September 29, Indigenous Policing Services in Port Alberni distributed the little bear dolls to delighted kindergarteners at Haahuupayak School on Tseshaht First Nation.

THE "HEALTHY" CORNER

Developing a healthy fear of fear

These famous words "The only thing we have to fear is fear itself" are just as applicable today, if not more so than when first spoken 100 years ago.

For us here in 2023 based on the air-time we receive, it would be easy to assume germs and viruses are one of the greatest enemies of our day. But medical research suggests we need to start recognizing fear itself as a notable foe.

While fear is a natural and essential response to perceived danger, fear also presents its own set of dangers to our health, particularly our immune system, if the high-alert response is sustained.

Whether caused by the sudden appearance of a Grizzly Bear, or a troubling news story that poses no immediate physical danger, our body responds by releasing cortisol & adrenaline. These stress hormones increase our heart rate & blood pressure; diverting blood away from our digestive system to our muscles so we're ready to fight or flee. While increasing our strength to fend off immediate threats, elevated levels of these same stress hormones

weaken immune system. A susceptible form of



stress is directly linked to inflammation; a contributing factor in autoimmune disease, cardiovascular disease, and cancer. Turns out the fear of getting sick, if left unaddressed, can increase our vulnerability to the very illness we're afraid of. For seniors especially, the effects of fear and chronic stress can be amplified in an already weak or challenged immune system. Here are three practical steps you can take to help protect yourself from the effects of fear and enjoy a stronger immune system as a result.

1. Filter truth from fiction. Reduce anxious thoughts by creating intentional space for discussion with a loved one. Get curious and ask plenty of gentle questions to bring to light lingering worry or unspoken fears.

2. Take action. "Don't let what you can't do interfere with what you can

our immune system over time. A sustained response to chronic

do." Acknowledge any fears you uncover and address them head-on.

If a stranger comes to the door, you can add a camera doorbell to increase security. Worried about catching the flu? Get some vitamins to boost your immune system. Worried about falling in the bathroom? Have assist bars installed for you."

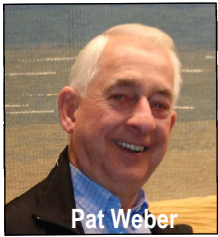
3. Build a support team.

Whether dealing with your own fears or those of a loved one, building a support team provides an extra layer of support and protection that can greatly reduce stress in case of an emergency or health issue.

Establishing even the most introductory level of home care is a proactive plan to deal with "what ifs" and emergencies.

If you are primarily responsible for the care of your loved one, something as simple as a weekly companion visit is an excellent way to support your own health while building your support network.

This article taken from a recent issue of the Victoria Times Colonist.



Pat Weber

TRAVEL Talk



Cynthia Crawford

Watch the website: www.qbseniors.com
for updates on all of the trips being planned

TULALIP RESORT GETAWAY

Non-refundable \$599 pp double \$799 single

November 19-21

- *2 night stay with daily breakfast
- *\$20 USD free play
- *\$25 USD Dining Gift Card
- *Visit to the Hibulb Cultural Centre. Plenty of time for shopping at the Premium outlet mall next door



ELVIS TRIBUTE PERFORMANCE

Amazing Alaskan Cruise

From the moment we were picked up at our door by the shuttle, until we were brought home again, the journey was fantastic. We were treated like royalty wherever we went. The chefs visited us at our table to make sure all was perfect, the service on the Koningsdam was exquisite, the entertainment was first class and even the weather cooperated for most of the trip. Every port brought something exciting. Gold panning in the river and a spectacular salmon BBQ served under cover beside the waterfalls; taking a duck amphibious vehicle for a harbour and town tour; looking down on the ship from the restaurant at the top of the tram; and most spectacular of all was the Glacier and being so close that we could feel the calving. The view from everywhere on the ship was breathtaking.



From Pat Weber



From Pat Weber



10/05/2023 06



They friendly, chubby Bears up there!!!
Just ask Inger

THE TENORS in COURTENAY

Friday, Nov. 24 ~ \$155 pp

Join the celebration on this holiday season with a trip to Courtenay for the performance by The Tenors, Canada's most beloved male vocal group as they ring in the Christmas Season. Includes gratuity for the driver, transportation from the Civic Centre at 6:30 p.m., return at 10:30 p.m. Great seats at the intimate Sid Williams Theatre (only 500 seats)



Ladysmith Festival of Lights

Thursday
November 30

Deluxe coach leaves Qualicum Beach Civic Centre at 3:00 p.m. travelling to Ladysmith for the annual Festival of Lights. Shop at the fantastic 15th annual Christmas Craft Fair, explore the food offered by the many food vendors, enjoy the parade from the street or in the comfort of the coach. Return to Qualicum Beach following the fireworks. **PRICE: \$35 (travel only)**



Butchart Gardens 12 Days of Christmas

(Second Bus) December 5 & 6

Dinner in the Poppy Room at the Gardens. Overnight at Chateau Victoria. Breakfast and time to enjoy Victoria.

\$399

2 persons sharing or
\$479 single



"Happy Trails" nite



Be sure to make an appointment with your pharmacist/doctor for yours. If you've caught the "bug", take care of yourself and we look forward to seeing you back at the Centre "feeling your old self"!



Another **PRAIRIE FOWL SUPPER** was a successful night ... due, in most part, by great friends who took on a job of decorating, baking, food prep etc. **HUGE THANKS** to Ann Svensen, Jeri Burke, Cynthia Crawford (for pics) Bill Hughes, Mike Bachynski, Lorne, Julie King, Brenda Charles, Joan Fayter, Sandra Osborne, Betty Brooker, Barbara Tesluk, Kathleen Kennedy and Court Brooker (also snapped the pics). Sam King and Maggie Coleman were door prizes winners (I neglected to get the name of the other lady who won a prize.) AND, what can I say, **SPECIAL THANKS** to the Ladies auxiliary and Legion members, who arranged and tended the food table, the set up, bar tending, cleanup, making sure that everyone could enjoy a nice evening visiting and dancing to **Bruce Feltham's** musical talents.

Many thanks to everyone for your support.

From Lila Greene



Giving Back Treasure Hunt

From Cindy Crawford



Heather Thompson initiated a Treasure Hunt on Wednesday October 18, a fund raiser for St. Stephen's Church food programs.

Participants from the Centre as well as residents from Berwick were involved in this worthwhile charity event that was being done, in conjunction with the QB Chamber of Commerce, to make participants more aware of businesses in the downtown core and to find "treasures" in the 16 various businesses signed up to be a part of the Treasure Hunt.

The organizing team members were: **Heather Thompson, Pat Weber, Julia Laviolette, Gerry O'Brien, Deb Lee and Cindy Crawford.** Groceries were purchased and placed in the various businesses for the teams to find. Mother Nature was definitely not on our side as our first atmospheric river of the Fall landed that day. The Centre had four teams, Berwick two. In spite of the horrific weather, everyone turned up donning their rain gear-the weather wasn't going to hinder these teams!

Once they were given their clue list to where the treasures could be found, they were off with great enthusiasm.

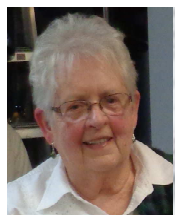
After three hours of hunting, teams met at St. Stephen's Church to enjoy sweet treats and a hot drink to warm up. Prizes donated by the businesses involved were awarded to team members. The top prize, a dinner for 12 at The Berwick, was awarded to the top three teams who excelled at finding the treasures. Through team participation, sponsors and business donations, we were able to present St. Stephen's Church food program \$1,250.

Thank you everyone for your involvement in our first Treasure Hunt.



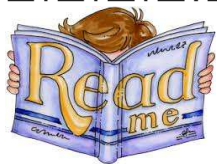
Judy Southern turned 21 again this October. Enjoy many more Happy Birthday's Judy.

Gerry O'Brien reminds everyone Remembrance Day is soon, so get your poppy here at the Centre.



OCTOBER WINNER: Gloria Paul
Logo found on page 7 in crossword
Many Thanks to all who participate in this fun contest in our Newsletter.

Lila Greene



...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. **Winner will be phoned when ready for pickup at the Centre. One winner per month**

The **S** is hidden on page

.....

Name & phone:.....

Reminder to Crafters

If you wish to participate in an evening Craft Fair at the Seniors' Centre on November 23rd, please contact **EVELYN at 250 752-8407.**

This is in conjunction with **MIDNIGHT MADNESS**

CORRECTIONS OFFICER WANTED

To read with comprehension, edit and inexorably improve my own efforts with a freshened intellect. And yours is to be tested for my understanding of said methods; which is of slender consequence. The testing device is a brief but technical attempt to assuage a reader that assuagement itself is purposeful and yet assuasive. Any compensation is certainly possible but don't count on it.

danidon@hotmail.com

Welcome New Members

Henrietta Penney
Cathy Hutcheson
Ziutka Hundley
Brian Larkin
Nancy Popham
Colleen Craig
Diane Siluszyk
Eileen Doyle
Cyndy Burnside
Kevin Doyle
Joan Doyle
Lorna Short
Blair Burrough
Mike Macdonald
Kathryn MacDonald
David Kleinfelder
David Kelsey
Dan Herd
Joy Herd
Joyce Christopher-Thomas
Teresa Keir
Richard Keir
Beverly Dernisky

Sue Hoy
Shelley Graham
Carolyn Ford
Ted Jacobs
Derrick Blanchard
Merete McDonald
Ken Reid
Sonya Bardati
Barbara Howell
Roger Griffiths
Sally Griffiths
Brenda Brydges
Karen Kennedy
Valerie Bradshaw
Ken Kerr
Louise Kerr
Diane Card
Marylin Bennett
Ravi Trikha
Geoff Rigby
Sue Rigby
Dawn Lamont
* * *

CONGRATULATIONS

ELAINE McQUITTY

Winner of our monthly
draw for a
GIFT CARD from



With Thanks

- When you get bladder infection you know urine trouble.
- When chemists die, apparently they barium.
- Life is too short to waste time matching socks.

Centre Stats

MEMBERSHIP Year August 1, 2023 - July 31, 2024

MEMBERSHIP YTD SEPTEMBER 30, 2023

Year to date as of August 31, 2023

597 Members: - 487 Regular, 85 Complimentary,
23 Life, 2 Honourary

Of the 487 Regular, 110 were New members
10 additional Complimentary memberships

For the month of September there were an additional:

100 Regular Members, 1 New Complimentary
of the 100 Regular, 24 were New Members

Year to Date as of September 30, 2023

697 Members - 587 Regular, 86 Complimentary, 22 Life,
2 Honourary

- of the 587 Regular Members, 134 are New Members

Arrowsmith Home Services

HOME WATCH SECURITY

Decluttering and Downsizing
Residence Transition

Services include listing and selling your home

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

Call today—NO JOB TOO SMALL!

250 228-7653

arrowsmithhomeservices@gmail.com

There have been some questions as to why the advertisement above is in the Newsletter. It is **Carolyn Christison**, a member of the Seniors' Centre and **Dan Drake** of Royal LePage Realty who have, for many years, **sponsored** the 1 col. x 4" ad that runs bi-monthly in the Parkville/Qualicum Beach News, promoting our Centre.

Prior to the purchase of the large printer, **Richard Goldney** of RE/MAX Realty printed 325 copies of our Newsletters every month for two years (*at no cost to the Centre, thanks to Pat Weber arranging this generous contribution.*) Thus, in gratitude to these very generous realtors, it is the one way we could show our appreciation for their contributions helping promote our Centre. It was/is a huge financial benefit to the Centre.



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
Kitchen Manager	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
Website	Les McLean	