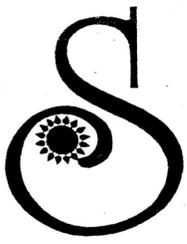


Qualicum Beach Seniors' Activities Centre



for the Young at Heart



Box 103, 703 Memorial Ave.,
Qualicum Beach, BC V9K 1S7
<http://www.qbseniors.com>
email: qbseniors@
~ OPEN ~
Monday to Friday
9:00 a.m. - 3:30 p.m.

Volume 25 Issue 10

October 2022

250 752-0420



FROM LORNE

Once again Mother Nature has made this the best place to live. This Summer and now, the Fall has, and is, being ideal. And with the Federal Government lifting all border restrictions, the Winter season promises to be ideal as well.

very popular, and along with our excellent travel opportunities, are drawing many new members.

Our AGM is coming up in November and we are very fortunate several of the current members are letting their names stand for renewal and we have new faces volunteering for the Board as well.

All in all, we are looking forward to a very active and rewarding year.

The activities at our Centre are proving

LIFE MEMBERSHIP

Keep your eyes open! Do you see someone who contributes in an outstanding way to the betterment of our Seniors' Centre? If you see that someone, please fill in a form found on the Activities board in the hallway. Let us know!

We just have a couple of months to make that decision



It's happening now! The very first meeting of the Board of Directors took place on September 25th, 1997. There will be a few photo albums set out on the small table in the eating area for your perusal.

If you have been a long time member (or even a short time member) please send comments to Lila for publication in our fabulous newsletter in November or December! Memories are what places (and life) are.

From Judy



MEMBERSHIP

For month of August 2022:

128 Regular Members
4 new Complimentary
23 Life, 2 Honorary
Of the 128 Regular Members, 33 are new Members

From May 1st to August 31
584 Members: 446 Regular,
113 Complimentary, 23 Life,
2 Honorary.

Of the 446 Regular Members, 120 are New Members. There were an additional 7 Complimentary members.

POTENTIAL VOLUNTEER INVOLVEMENT

- ◆ ACTIVITIES: Judy P. 250 752-6837
- ◆ FACILITIES: Barry 250 248-9286
Ian 250 752-8499
- ◆ MEMBERSHIP: Dianne 250 586-1904
- ◆ NEWSLETTER: Lila 250 752-6489
- ◆ HISTORY: Ann 250 752-5537
- ◆ KITCHEN: Jan I-250 686-0348
- ◆ TRAVEL: Pat 250 951-1159
- ◆ SUNSHINE: Pat B. 250 752-3946
- ◆ GREETERS: Jeri 250 752-9320
- ◆ WEBSITE & MANAGEMENT: Les
- ◆ OTHER: Lorne 250 752-5630



AT Dec 2

As we have decided to have our very own **CHRISTMAS DINNER** at the Centre this year (Covid being such an 'iffy' thing) — **IF** — you paid for last year's dinner and wish to transfer that payment to dinner at the Centre on **Saturday, December 10th**, please call JUDY at 250 752-5586 to get that done. If not, please call Judy to ask for a refund!

Senior Centre ² Activities

~ SUNDAY ~

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

~ MONDAY ~

KNITTING/CROCHET
10:00 - 12:00 ~ Jan 250 738-1040
jacurtis5431@gmail.com

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

UKULELE Band: 12:30—2:30
Catherine 250 752-908
mckhan@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

WHIST: 12:30—2:30
Sally Jagger 250 752-3556
sallyajagger@gmail.com

GUIDED AUTOBIOGRAPHY
2:30 - 4:00
September 20- November 22
Norma Cameron 778-533-508
Normacameron33@gmail.com

CLEANING: 4:30—7:30 pm



**ANOTHER
CHAIR YOGA CLASS**
with Jane 228-1157~ \$8
WEDNESDAY, 1:00-2:00

Drop in and enjoy some
Great exercise and Great company!



~ WEDNESDAY ~

HATHA YOGA with Ani
10:00-11:15 - \$8 a session
Ani MacGillivray 250 228-051
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
Jane 228-1157
janeloney@hotmail.com

TOPS:
Weigh-in 3:45—5:00
Elaine 250 594-3604
repc5@shaw.ca

PARKVILLE/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

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

BEGINNER BRIDGE LESSONS

THURSDAYS

October 6—December 8th
**10 LESSONS for the
ABSOLUTE BEGINNER**

Covering *basic vocabulary
*opening suit and notrump bids
and responses *scoring *leads
*signals *slams * the finesse and
basic play of the hand
COST \$8.00 per lesson
Starting **OCTOBER 6**

9:30 a.m. to Noon in the Lounge
For more information contact
PETER SEGERS 250 586-5740
or
psegers225@gmail.com

~ THURSDAY ~

BRIDGE LESSONS
Oct, 6—Dec. 8 - 9:30—noon
Peter 586-5740
psegers225@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

TECHNOLOGY TUTOR 1:30-3:30
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
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

~ SATURDAY ~

HATHA YOGA with Richard
10:00—11:00
Registration required to max. of
13 persons.
Anne 752-9771—\$8 a session
sharp44@shaw.ca

RAMBLERS PRACTICE
1:00—3:30
Lila Greene 752-6489
lilapat@shaw.ca

**NOV. NEWSLETTER DEADLINE
FRIDAY, OCTOBER 28**
lilapat@shaw.ca
250 752-6489

News from the 'Cookie Cutters'

What's cookin'?



Well, hasn't it been a glorious summer? The beginning of Fall has also been a delight.

We can start to turn our thoughts from salads and mimosas to soup and hot chocolate soon! In the meantime, I will be enjoying the sunshine and crisp mornings for as long as it's offered.

The Cookie Cutters continue to provide their favourite cookies, squares

and loaves for the kitchen. Did you know there is an option to bake at home or use the seniors centre kitchen? Give me a call if you are interested in becoming a baking volunteer. I can be reached by email at Charles.brenda@me.com or call/text me at 604 379-0290. I'd love to hear from you!

Here is a recipe for scones that didn't last long at the Centre!

GINGER SCONES

- | | |
|--|------------------------------|
| 2-1/4 cups flour | 3 Tbsp sugar |
| 1-1/2 tsp ground ginger | 1/2 tsp salt |
| 1/2 tsp cardamon | 2 tsp baking powder |
| 1/2 tsp baking soda | 1/2 cup frozen salted butter |
| 1/2 cup finely chopped crystallized ginger | |
| 1 cup buttermilk | 1 egg |
| 1-1/2 tsp vanilla | 1 egg wash |
| 1 tsp water | sugar to sprinkle over |



Preheat oven to 400 deg. and line a baking sheet with parchment paper. Whisk dry ingredients together until well combined. Grate in frozen butter, toss until mixture resembles coarse crumbs. Stir in chopped ginger. Whisk buttermilk, egg and vanilla together until well mixed. Add to dry ingredients and mix just until there are no dry clumps of flour. Dough will be a bit sticky.

Turn dough into prepared baking sheet and gently shape into a 7" round. You may need to flour your hands. Cool on baking sheet for five minutes before transferring to wire rack to cool completely.

LUNCH on MONDAY



MIKE'S QUICHE

with crew
Barry
& John



(Every 3rd)
WEDNESDAY
October 19
Lila's
CHILI



LUNCH on FRIDAY



MIKE'S CHICKEN

with crew
Bette & John



WE NEED BAKING

If you would be so kind as to bring in some homemade goodies, please 'trade' then for a complimentary coffee and snack or lunch, whichever suits your schedule!

Ongoing **thanks** to our wonderful volunteers who prepare those pots of coffee and those great lunches.

As we are no longer welcome to empty our food waste container at Quality Foods, the afternoon volunteers have gone 'above and beyond' by agreeing to take the compostable bag home with them at the end of the day.

THANK YOU SO VERY MUCH LADIES!



THE COFFEE LAW

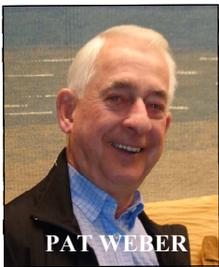
As soon as you sit down to a cup of hot coffee, a friend will ask you to do something which will last until the coffee is cold.

LAW OF PHYSICAL

The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet

LAW OF GRAVITY

Any tool, screw bolt, nut, when dropped, will roll to the least accessible place in the universe.



Travel Talk

Still a few seats left for the **Seafood Festival** in Port Angeles from **October 7-9**. Price includes

2 nights, 2 breakfasts, Festival activities, Crab dinner, bus and ferry transportation. Willy and Cathy will host this tour. The sign-up sheet is on the bulletin board.



Watch the website and the travel information bulletin board for a **Special CHRISTMAS** overnight trip to **VANCOUVER**

for the lights and the **Christmas Market**.



Cowichan Wine Tour

No need to fly halfway across the world to France, Austria or Chile. A short bus ride south of Qualicum beach introduced us to one of the best kept secrets on Vancouver Island, the wineries of the Cowichan Valley.

The Cowichan Valley has some of the best agricultural land on the west coast. Millennia ago when the ice caps picturesque landscape of rolling fertile hills, softwood rainforests and a Mediterranean climate that provides ideal growing conditions.

Our tour visited three diverse wineries with lunch at a rustic farm to table cafe. **Alderlea** Farm, nestled against a backdrop of rambling pastures and gardens with grazing cattle, cackling chickens and skittish goats.

Our first stop was Cherry Point Estate Wines where Xavier & Maria Bonilla did a first rate job showcasing their winery. Xavier explained the elements and attributes of his wine, how "Terroir" (a sense of place) encompasses all the elements that go into producing grapes—climate, soil and elevation as well as entertaining us by demonstrating the life

of a wine cork and how to establish whether the wine is bad. Maria gave a wonderful tour of the vineyard explaining how vines are harvested and pruned by hand with the help of agricultural students this year from the University of Toulouse in France who receive room and board and English immersion in exchange for work in the vineyard.

After lunch we went directly to Zanalla Estate Winery where the Italian patriarch in the 1950s started a dairy farm that morphed into the first winery in the Cowichan Valley. Appropriately, the Zanattas hold the title of "the first family of Vancouver Island wine." The winery today specializes in champagne style wines and our hosts explained the time consuming champagne method of wine-making. Appreciating the effort that goes into its production, we sampled the bright sparkling wine while sitting on a patio outside the 1903 farmhouse surrounded by vines—the perfect setting.

Final stop, Unsworth Vineyards, another family-built winery located on gorgeous property with an attractive wine

tasting patio and a restaurant set in a restored 1900 era farmhouse. We sampled several very good wines in the tasting area as we watched staff prepare and clean several stainless steel vats. This year's harvest was about to begin.

The common theme from all three wineries was how climate change was affecting the growing season. With a late cool, wet spring it's not uncommon nowadays to be harvesting well into October with the threat of frost on the horizon.

The bus ride home was also quite interesting. As we navigated the winding roads that led to the highway, there was a distinct sound of clanging bottles each time the bus changed direction. Glad to report that all bottles arrived home safely with their owners.

From **Myra Watson**



Maris demonstrates when grapes are ripe for harvest.

**CONGRATULATIONS
HELEN ROBERTS**

Winner of our monthly draw for a
GIFT CARD from



With
Thanks



**Having PROBLEMS WITH YOUR
ELECTRONIC DEVICES ?**
Call **TECHNOLOGY TUTOR BRIAN** at
250 947-8258
tlc@sd69.bc.ca or book your own
Appointment, go to: oblt.ca/calendar
Every Thursday 1:30-3:30

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



**SUNSHINE
LADY**

Continuing
Thank You's
for filling in for
Pat Bull while
she is away. If
you know of
someone who
is ill, or in hos-
pital or just in
need of cheery
message,
please call
Joanita at 250
594-4154

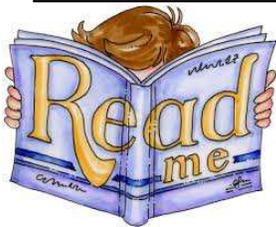
As residents of Eaglecrest with a good size garden (at least to us) we're wondering if someone who loves gardening and has a few hours to spare now and then would like to help with general garden work like weeding, bush trimming, tidying up and helping us learn a bit about gardening, since we didn't have much of a garden before we came to live here.



We would be really grateful to hear from anyone who might like to get to know us and our garden or just drop by to make enquiries at **563 Tournament Tour** in Eaglecrest. ...**AND** another thing we would really like to get help, is the **ANNUAL MUSHROOM FESTIVAL** held at the Fairground in Errington on **OCTOBER 23**, this year. As members of the Arrowsmith Naturalists, we started in 2015 but, due to covid, was put on hold... the festival will be held again this year.

LOGO WINNER FOR SEPT. NL- BILL HUGHES
Found on page 3: It'S never ... THANKS every-
one for keeping this 'fun logo find' alive. *Bill has*
asked his winnings be donated to the kitch-
en. Thanks Bill for your generosity.

I know a guy who's addicted to brake fluid, but he says he can stop any time.
I stayed up all night to see where the sun went, and then it dawned on me.



**...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



**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	586-1904
Facilities	Barry Lohman	248-9286
	Ian Blaikie	752-8499

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

Friends at the Fowl Supper

A crowd of 80+ seniors gathered at the QB Legion Oct. 1st. to enjoy (hopefully) the Harvest Fowl supper. **Darlex** and **Jack** performed on the marimba and keyboard, playing lovely songs we all knew at start of the evening. *I didn't get the chance to give my "thank-you speech" and will do so now...so many people to thank.* Of course **Darla** and **Jack**; **Judy Southern** for all her help arranging the Legion ladies to help with the food and **SPECIAL THANKS** to **Legion membership** for their very generous rental. Judy was also responsible for some of the decorations, cole slaw for the supper, keeping track of the funds for the night and of all sign-ups, a big job! **Ann** for all her help with the decorations, as special **Bar Tender** and pitching in Friday night helping '**Friday Mike**' prep the chicken. Ann also helped **Jeri**, who welcomed everyone at the door making sure all got their names in the jar for a door prize, also made the delicious jellied salads.

Bette and **Court** tended the pie table, cutting and plating pieces of pie along with a dollop or two of ice cream. Court is also responsible for some of the photos in this NL. Also some photos are from **Judy S. Melody**, **Christiane**, **Brenda**, **Alida** and **Linda**, were gracious servers of the dinner.

'**Friday Mike**' wasn't able to be at the supper, but kindly spent time after centre closing on Friday, preparing the chicken for the supper ... in spite of his injured fingers, which are well on the mend now. **Lorne**, thank you for delivering the oven ready chicken to the Legion. **Ken** for picking up the beer bottles, door prizes and pies from my house...all arrived perfectly.

Certainly not forgotten: Legion volunteers who set up and take down the tables and **Linda & Betty Ann** who prepared the food for service (this after serving a breakfast to Legion pancake volunteers) then getting ready for our 'do'. **Dorothy** and **LA ladies** who set the tables and spent hours helping in the kitchen.

RAMBLERS, thanks so much for preparing a special program for the night. Folks got up and danced (and line danced!) They are very special talented musicians and a really fun group to be allowed to be a part of. **THANK YOU** everyone for supporting this fun event.





NEW MEMBERS

"We look forward to getting to know you"

Michael Dunne
Cindy Hayden
Gord Hayden
Peter Horsfield
Nancy Horsfield
Michelle Patzer
Diane Abraham
Don Elliot

Norma Morgan
Fieny Leirmo
Dawn Hughes
Neil Cuthbertson
Suzette
Cuthbertson

Gayle Begin
Marilou
Thornbury
Patricia Deptford
Kate Wahl
Burke Bullock

Colleen Bonar
Mona Ferguson
Jan Shephard
Jodi Gillen
Donna
Fitzsimmons

Gail Smith
Ken Smith
Dorothy
Lawrence
Betty Price
Milly Goddard
Lynda Lister
Lauren Miller

THE "HEALTHY" CORNER

The Importance of Gratitude

THANKSGIVING is on the horizon. Let's take a look at some fun and simple ways to bring gratitude into your life year round. It may seem like an airy-fairy thing, but gratitude can have a huge impact on your life and your health.



◆ **BETTER MENTAL HEALTH.** People who pay regular attention to what they are grateful for have lower rates of depression, anxiety, and even showed improved symptoms of PTSD. Two gratitude practices a day were shown to reduce depression by 41% in at risk patients.

◆ **LOWER STRESS.** Stress is one of the biggest health risks & regular gratitude practice is also shown to reduce stress hormone levels by 25%.

◆ **BOOSTED IMMUNE SYSTEM.** Lower stress means your immune system is able to function more optimally.

◆ **A HAPPIER LIFE & CLOSER RELATIONSHIPS.** Those with a regular gratitude practice tend to also have better relationships and showed increased levels of relationship satisfaction and happiness after partners showed gratitude to one another.

◆ **IMPROVED PHYSICAL HEALTH.** Grateful people are more likely to take care of their bodies, show a higher tendency to eat well, exercise regularly, and less likely to smoke or abuse alcohol.

◆ **BETTER SLEEP.** People who wrote down a few things they were grateful for before bed tended to sleep better and longer.

• **BETTER ABLE TO COPE WITH LIFE'S CHALLENGES.** Grateful people have improved mental resilience in coping with traumatic events, as well as greater patience and understanding for others and tend to be more optimistic about their lives and futures, which is a key piece in resilience.

HOW TO CREATE A DAILY GRATITUDE PRACTICE. There are many ways to incorporate being thankful into your life, and it really can be quite easy and take hardly any time at all.

• **CREATE A GRATITUDE JOURNAL.** ... devoted to the things you are grateful for. You could write in it each morning, before bed or even carry it with you and make a note every time you notice something you're grateful for throughout the day.

• **START YOUR DAY WITH GRATITUDE.** Have the very first thoughts of your day be of gratitude. The minute you wake up start by thinking of 10 things you're grateful for to set the tune for the rest of your day.

• **COUNT YOUR BLESSINGS BEFORE BED.** Before you go to sleep think back through your day and find as many things to be grateful for as you can.

• **WRITE THANK YOU NOTES.** When someone does something for you that you appreciate, spend the time to write them a thank you note and spread the gratitude!

• **VOLUNTEER.** Offering your time and energy towards a cause that is meaningful to you is a great way to practice gratitude.

May you and your loved ones be blessed with many things to be grateful for this season.

This piece is an excerpt from an article in the Victoria Times Colonist .

*gratitude
Is the best
attitude*



The **SHOE BOXES** will be back again this year. We'll have Shoeboxes in the Centre foyer after Thanksgiving. This year they will be sent to the Philippines as well as Central America and Africa. Helpful instructions will be in the box. This is one small way we can help—in a big way! Thank you, in advance, for your participation. Judy Southern.



~ **URGENTLY NEEDED** ~
"2" VOLUNTEERS
TO HELP at THE
COFFEE SERVICE TABLE
 St. Stephens Church
 Community Luncheon
THURSDAYS

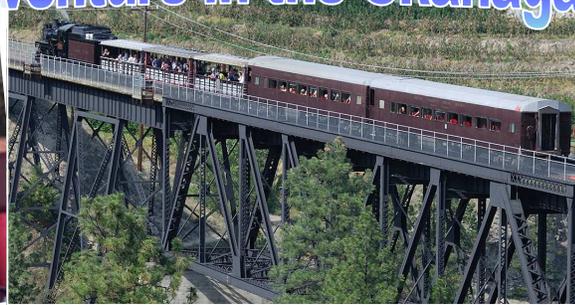
10:30 a.m. to 1:30 p.m.
 If interested, contact
GAIL 250 594-3627



TRICK OR TREAT TIME, October 31, the Centre sets up a table outside the main door and volunteers give out treats to the children who drop by to get goodies. It's always a fun time seeing the 'kids' (and parents too!) in their costumes and creative get-ups. A box will be set out in the Centre for donations of treats.



Adventure in the Okanagan



Wine
tasting



Beer tasting
and tasty food

I spotted OGOPOGO on Okanagan Lake ... no one believed me!!



With 46 folks on a **Forest Bus**, we headed to the Nanaimo ferry, on our way to visit Kelowna for a **cruise on Okanagan Lake** and a nice supper on

board. Gracious hosts, **Diane and Caroline** of **Square 1 Travel**, guided us on arrival to our Hyatt Place hotel rooms and later to the wharf to board the boat for a nice evening cruise and dinner. Unfortunately, it was a cold, blustery night, but we survived.

DAY 2: we enjoyed a very sumptuous variety of 'breakfast food' with our coffee. The drive north gave us the opportunity to view the spectacular views of vineyards, ranches etc. on the way to Summerland, anxious to be 'All aboard' **Kettle Valley Railway**.

As we enjoyed our ride, the Conductor came through to punch our tickets, a banjo player entertained. Then HELP! Masked men riding their beautiful horses and shooting their guns, galloped alongside the train, boarded and happily robbed us all!

Fortunately, no one was shot!

Each Sunday throughout the summer, volunteers take turns performing for the 'train tourists' with the 'loot' going to **Food for Kids Fund** in the schools.

We all enjoyed the huge BBQ of chicken, beans, tasty salads and plum/peach cobbler. Close to 75 people were enjoying the fare this day.

Now, off again to the wine tasting at **Luinessence Winery** in Summerland. Five varieties of wine were presented for all to enjoy and critic.

On arrival back in Kelowna, Elliot and Sarah, (my granddaughter) picked me up so I could visit my three great grandchildren in their lovely new home they moved into last June, making this a very pleasant end to a busy day,

DAY 3: Heading home, our last stop was for lunch and four varieties of colorful beers placed on the tables for tastings at the **Mountainview Brewery** in Hope.

It was a perfect three days and I urge anyone interested, to plan a trip to the railway for a fun day...kids would love it. Check out the website for detailed, very interesting history of this railroad ... it is a worthwhile read.

From Lila Greene