

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

FEBRUARY 2025 For the young at heart

703 Memorial Avenue
Qualicum Beach BC
Monday to Friday
9:00 am to 3:30 pm
250-752-0420
VOLUME 28 | ISSUE 2



from Rob

By now it should be warm and cozy in the Seniors Activities Centre. What started as a small project replacing a thermostat turned into a much larger project. Troubleshooting revealed that our 20 year old heat pump is near the end – and not only that – the emergency heating didn't work, which is why we brought in space heaters.

The heat pump has now been serviced and the leak fixed in the unit. They tell us it is good to go for the next two years. In the meantime we will work with the landlord on a replacement unit.

Thank you for your patience!

IN LOVING Memory

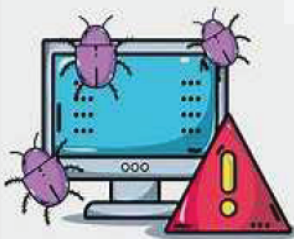
Just recently, we noted that **Ann Klees** has passed away. Ann, with Betty Smith, worked to give Qualicum Beach a place for seniors to gather – for activities and just plain socialization. The new Town Hall was taking shape and that meant that the old Library building would end up being empty. Once the Town Library made its move to the Town Hall, the council leased the space to the QB Seniors' Centre. A fairly large committee was formed to raise funds and find more volunteers to finalize the details for our new gathering place. In 1998, Ann was an integral part of that committee and, indeed, president of the board at that time.

The Centre ran well until 2003 when a move became necessary due to Quality Foods losing its store to fire. Then the change came to donate the seniors' centre property to QF in return for space where we are now. In both places, the seniors were responsible for interior finishing. Unfortunately, Ann and the building committee in 2003 did not to see eye to eye on those expenses – and more unfortunately Ann never came to the present Seniors' Centre.

Thank You!

With Valentine's Day coming up, here are a few of the special people who deserve a special heart! Our best wishes to **Rose Vegh**, our faithful Librarian, who comes in at least once a week to sort and place the books (with a reminder that we don't accept hard cover books, nor older printed ones). We need to send hearts and flowers to **Lila** for her bi-weekly ads in the PQB News, as well as all the posters you see in the Centre; **Karen** for producing us a fabulous newsletter each month (as well as holding down a busy part-time job); **Jan, George and Betty** for keeping the kitchen in such good shape; **Bill Kennedy**, who has assumed responsibility for taking home our blue Recycling Box each week; **Jeri**, for making the desk in the front entrance so organized and helpful; **Cindy** for organizing our special events while Paula is away; our cooks and helpers at those special events; the 'leaders' of all our different activities (they are good! as one can tell by the numbers of folks who come in to have fun and learn things); and last but not least, the **members of the Board of Directors** who steer the ship so capably.

♥ Big baskets of flowers and huge Valentine hearts to all!
We're sorry if some names are missing – please know that you are appreciated!



For whatever reason, the computer gremlins were out doing "their thing" in the January Newsletter, deleting copy, pics and the Logo for the \$25 contest. Karen is now back from a holiday overseas and things will return to normal. Best wishes to everyone for a very happy 2025 New Year.

Lila Greene

A very belated **THANK YOU** to our Seniors' Centre Christmas elves who did such a wonderful job of putting up all the decorations for Christmas on December 1st – and taking them all down just before 2025!



SENIORS CENTRE *Activities*



SUNDAY

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

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

Open Mic / Karaoke 6:30 - 8:30 pm
1st & 3rd Sunday - Feb 2nd & 16th
Bill Wilson 250-752-8542 laveer34@gmail.com

MONDAY

Knitting/Crochet for MANNA
9:30 - 11:30 am

Joy Strobl 250-594-4043
joystrobl@gmail.com

Yoga 9:30 - 10:30 am

Chair Yoga 11:00 am - 12 noon

\$8 per session

Jane Loney 250-228-1157
janeloney@hotmail.com

Membership Office Time

11:30 - 3:00 pm

Anne Sharp 250-752-9771 sharp44@shaw.ca

QB Ukulele Band 12:30 - 2:30 pm

Catherine Khan 250-752-9082 mckhan2@shaw.ca

Beginner Ukulele 2:30 - 3:30 pm

Henk Verkerk 250-954-9484
hcverkerkis@gmail.com

Line Dance I 3:00 - 4:00 pm

Line Dance II 4:00 - 5:00 pm

Ballroom Dance Practice

5:00 - 6:00 pm

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

TUESDAY

Fun Bridge 9:00 - 12 noon

Al Gagnon 250-586-2500 algagnon006@gmail.com

Henk's Practice Group

10:00 am - 12 noon

Henk Verkerk 250-954-9484 hcverkerkis@gmail.com

Whist 12:30 - 3:00 pm

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

Advanced Bridge Bidding

1:00 - 3:00 pm \$5 per session

Wolfgang Dost 250-797-4513
wolf.dost@yahoo.ca

TUESDAY continued

Songbirds 3:00 - 4:30 pm

Diana Meyer 250-752-4856

Rambler's Practice 4:45 - 6:15 pm

Colin Craig 250-228-3349

WEDNESDAY

Hatha Yoga 9:45 - 11:00 am

\$8 per session

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

Dominoes 10:00 am - 12 noon

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

Intermediate Spanish

Conversation 11:30 am - 12:30 pm

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

Guitar with Chaz 12:30 - 1:45 pm

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

Chair Yoga 1:00 - 2:00 pm

\$8 per session

Jane Loney 250-228-1157
janeloney@hotmail.com

Book Club 2:00 - 3:00 pm

First Wednesday of the month

Gail Smith 905-808-4585
xgailsmith@gmail.com

Heart Healing Somatic Yoga

2:30 - 3:30 pm

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

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

Elaine MacDougall 250-594-3604
repaC5@shaw.ca

Parkville/Qualicum

Foundation 5:30 - 6:30 pm

Monthly

Rob Duncan 250-752-2847

Dance Practice 7:00 - 9:30 pm

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

Note: Extra copies of the Activities List are available from the Greeter's desk. Please check for any changes that may have taken place.

THURSDAY

Advanced Bridge, Card Play

9:30 - 11:30 am \$8 drop in

Peter Segers 250-586-5740 psegers225@gmail.com

Darts 10:00 am - 12:15 pm

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

Drop-in Bridge 12:30 - 3:00 pm

Donna Roberts 250-228-2788 robbos@telus.net

Technology Tutor 1:30 - 3:30 pm

Brian Collicott 250-947-8258
Or book your own appt: tlc@sd69.bc.ca

Splatters Painting Art Class

2:45 - 3:45 pm

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

Line Dancing 4:00 - 5:00 pm

Ballroom Dance 5:00 - 6:00 pm

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

A Cappella Choir 7:00 - 9:30 pm

Marion Clark 250-468-9280
oceansideacappella@gmail.com

FRIDAY

Ukulele Friday 10:00 am - 12 noon

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

Introduction to American

Mahjong 10:00 am - 12 noon

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

Mahjong 1:00 - 3:00 pm

Angie Bettam 250-937-1862 angiebettam@gmail.com

Art Group 1:00 - 3:00 pm

Richard Waterfall 613-791-6425
rgwaterfall@gmail.com

SATURDAY

Hatha Yoga with Richard

9:45 - 11:00 am \$8 per session

Anne Sharp 250-750-9771 sharp44@shaw.ca

Qi Gong 11:15 - 12:15 pm

Dr Rod LeBlanc rod@lifelonghealth.ca

Upcoming Events

Lunch and Singo
Saturday, February 22
 1:30 to 4:30 pm

A delicious lunch followed by Singo! Sing along to your favourite songs while playing musical bingo. Cash bar.

A Sign-up Sheet will be posted at the Centre on Tuesday February 4.



\$15 pp

Here's the write-up and photos the gremlins hid from the January newsletter...

Christmas Tea
Monday, December 16



A large number of members enjoyed a delightful **Christmas Tea** at the Centre on December 16. The QB Ukulele Band strummed and sang Christmas carols with the audience singing along with the help of song sheets passed along.

As music played and everyone sang, a delicious array of cookies, tarts, cakes and more was set on the table for all to enjoy as they visited with friends, and a cup of coffee or tea.

As the evening wound down, there was a surprise visit from Santa Claus and "The Missus" who handed out hugs, candy canes and chocolate bars, giving the Spirit of Christmas a jump start! All in all, a very nice day.

THANK YOU to Judy S and kitchen ladies Alida, Kathy and Margaret S; Servers Bev D, Beverley E, and Ann; our MC Cindy;



St. Patrick's Day Dinner **Saturday, March 15**



Save the date for the St. Patrick's Day dinner which will be held at the Centre. More details to follow!

A Sign-up Sheet will be posted at the Centre on Tuesday March 4.



A big **Thank You** to **Beverly Evans** for her **\$25** donation to the Christmas Day lunch!

(our apologies for missing this acknowledgment in the January newsletter)



A **Huge Thank You** to everyone who donated some of their hard-earned cash to the Food Bank at our Christmas Tea – a total of **\$302!** With previous donations collected from the donation jar, and my latest bottle deposit items, the total take to the Food Bank was **\$431.60.**

Naturally, the person in the office was most appreciative.

Judy Southern



Brenda & the Cookie Cutters, all the Goodie donors; Court with camera and Glynis chair decorator ... all involved in presenting a perfect Christmas lunch **AND** extra special thanks to Diane and Mike Sherlock, our Santa visitors.

Ann Svensen



Greetings from the Cookie Cutters

Starting to see the days getting longer and really enjoying some sunny days. Still lots of reasons for baking with the cool temperatures.

If you are interested in joining our baking group we would love to have you join us. We provide a variety of baking, some bake from home and we often put a call out for a baking blitz for special events and a small group of us get together in the centre's kitchen. It's a fun group and although we come from many walks of life we share our love of baking! You can contact me at charles.brenda@me.com or call/text me at (604) 379-0290. I am also in the kitchen on the 2nd and 4th Thursday mornings.

Here is a delicious recipe submitted by one of our most dedicated (and talented) bakers, Diane Duncan.

Raisin Cake

Ingredients:

- 2 cups brown sugar
- 2 cups hot water
- 1 tsp salt
- 2 tbsp vegetable shortening
- 1 (15 oz) pkg raisins
- 1 tsp cinnamon
- 1 tsp ground cloves
- 3 cups all-purpose flour
- 1 tsp baking soda dissolved in 2 tsp hot water



Method:

1. Preheat oven to 350°F and grease a 9" x 13" pan.
2. In a pot combine brown sugar, hot water, salt, shortening, raisins, and spices. Bring to a boil, then remove from heat and let cool to room temperature.
3. In a bowl, combine flour and dissolved baking soda.
4. Add the liquid mixture to the bowl and mix well.
5. Pour into prepared baking pan. bake for 30 minutes or until a toothpick inserted into the centre comes out clean.
6. Cool in the pan, frost if desired.

Whipped cream frosting:

- 3 cups all-purpose flour
 - 1 tsp baking soda dissolved in 2 tsp hot water
1. Beat butter and sugar well; add milk and keep beating.
 2. Add boiling water slowly, beating all the time, until stiff (5 minutes at least) and add vanilla.

Valentine Word Search

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

- | | | | | |
|------------|-----------|----------|-------|------|
| FOURTEENTH | CHOCOLATE | SERENADE | ARROW | GIFT |
| SWEETHEART | FEBRUARY | BE MINE | CANDY | KISS |
| FAIRY TALE | BOYFRIEND | FLOWER | HEART | ROSE |
| AFFECTION | VALENTINE | DOVES | CUPID | RED |
| GIRLFRIEND | LONG SONG | FLIRT | PINK | HUG |
| TEDDY BEAR | ROMANCE | CRUSH | LOVE | BOW |

FIND THE LOGO AND WIN \$25!

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

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

The  is hidden on page _____

Name & phone _____

*If you have a moment to send a CARD or send a TEXT message, I know that **Pat Weber** would very much appreciate your doing so. At this time NO phone calls or visits please.*

*He spends much of the day resting.
(Check at the desk if you need an address)*



Judy S.

What's Cookin'?



LUNCH on MONDAY

BRENDA'S QUICHE with Brenda & Barry



TUESDAY FEBRUARY 4 & 18

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

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



WEDNESDAY FEBRUARY 19

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



THURSDAY LUNCH

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



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



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



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

FRIDAY LUNCH

MIKE'S CHICKEN with co-worker Betty



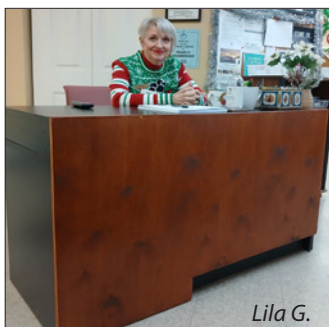
Thank you Yvonne

The Greeters Desk has a nice new facelift thanks to our faithful "Carpenteress" **Yvonne Hooper**. Now the greeters, like Julie (pictured below), will no longer have to endure the breezes that flow in causing cold feet, freezing knees and fingers.

Yvonne is also responsible for the delicious soups she prepares for the kitchen as well as many other tasks she takes on.

She volunteers her work, and with hammer/saw in hand she helps to keep things in a pleasant working environment.

You are a keeper Yvonne!



Lila G.



Movie Matinee *La La Land*

Krysta Robins, Community Relations Manager, Berwick Qualicum Beach invited our Seniors to a free matinee movie at their Theatre on Wed January 29. A couple of movies were suggested, both Krysta and I felt that *La La Land*, starring Ryan Gosling and Emma Stone was the perfect choice for an afternoon movie.

We were welcomed by Berwick staff when we arrived and proceeded to their 50-seat Theatre with comfortable theatre chairs and a large screen. Movie treats of popcorn, M & M Peanuts, and bottled water were offered as we entered the Theatre.

Krysta welcomed our Seniors Group to the Berwick and offered a short tour of the Berwick's amenities once the movie was over, if there was any interest. A number of our group took advantage of this tour as some had not visited the Berwick in the past.

The opening scene with the huge dance number on the freeway overpass puts viewers into an environment where you want to sing and dance. The story then begins about an actress and a jazz pianist struggling to make it in their respective careers. The movie has a bittersweet ending but it left the viewer to decide the way they wanted the movie to end – sad or happy???

We thank the Berwick Qualicum Beach for this lovely invitation and look forward to many other activities with them in the future.

Cindy Crawford



Robbie Burns Celebration

Saturday, January 25th was an evening devoted to the celebration of the life and contributions of Scottish poet, Robert Burns, as it would have been his 266th birthday. Sixty Seniors Centre Members attended and had the opportunity to wear their Clan or family tartan and enjoy our Burns Celebration.

The evening began with Cassandra Karras' School of Highland Dance bringing their magic of dance to our Seniors Centre. Next, Neil Westmacott, Qualicum Beach Pipe Band, piped in the Haggis, carried by its guard of honour, Gerry O'Brien. The Haggis was paraded through the tables to a rousing clap from the guests before laying it down on the table where John Telfer waited its delivery. Speaking in Burns' words and John's humour, the Address and the Toast to the Haggis were made.



Lorne Tetarenko then gave the Toast to the Lassies, Judy Southern followed with her Reply to the Laddies. The poem *The Kilt* was read by Norma Cameron. The Toasts, Reply and the Poem were all woven together with emotion, love and a touch of wit.

And then it was time to eat. Our Kitchen volunteers were ready for guests to line up at our Kitchen serving area and enjoy Shepherd's Pie, Turnip and Carrot Mash, Broccoli, Gravy and – Haggis. A delicious Trifle along with homemade Shortbread completed our Burns Supper.

Door prizes: a \$25 Gift Certificate from **Swell Sweets**; Two \$25 **Quality Foods** Gift Cards (from the Seniors Centre); and a gift basket filled with treats, a bottle of wine and two wine glasses, were drawn from tickets given to guests. Centrepieces, made by one of our Members, were given to lucky guests who had a yellow dot placed at their table setting.



And then it was time for the music to begin. The *Ramblers* group were all set up and ready to play their great tunes, encouraging guests to get up and dance – which they did. A huge thank you to the *Ramblers* for once again being part of our evening so that our Seniors at the Centre could get together and enjoy our Burns Celebration.

I cannot thank all of our volunteers enough for taking time to be part of this event and make it such a great success. I have written a separate note in this Newsletter highlighting all of our volunteers who worked tirelessly in this event.

Cindy Crawford



A HUGE THANK YOU!

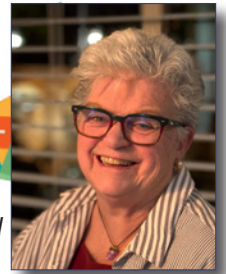
To all the volunteers that made our Robbie Burns Celebration on Saturday, January 25 as special as it was, we couldn't have done it without you. The time and energy that was spent on this event was greatly appreciated and we are fortunate to have volunteers who continuously support our Seniors Centre. "Volunteers do not necessarily have the time; they just have the heart".

Those who made it happen:

<i>Kitchen Manager, Event Planner</i>	George Wimmer
<i>Promotion & Ticket Sales</i>	Lila Greene & Jeri Burke
<i>Kitchen Queens</i>	Brenda May, Brenda Charles, Leslie Kleven, Sue MacLeod, Cathy Witala, Helen Flavel
<i>Oatcake Appetizer, Scottish Decor</i>	Diane Duncan
<i>Shortbread</i>	Bonnie Evoy
<i>Dining area Set-up / Tear down, Clearing Tables</i>	Glynis & Rod LeBlanc, Peachy Giacomazzi, Ann Svensen, Beverly Evans, Bill Barnes, Julie King
<i>Table Centrepieces</i>	Nory Johrden
<i>Bartender, Fruit Punch</i>	Linda Wesley Hoem
<i>Address and Toast to the Haggis</i>	John Telfer
<i>Guard of Honour – The Haggis Delivery</i>	Gerry O'Brien
<i>Toast to the Lassies</i>	Lorne Tetarenko
<i>Reply to the Lads</i>	Judy Southern
<i>Reading of "The Kilt" Poem</i>	Norma Cameron
<i>The Ramblers Band</i>	Colin Craig, Judy Palipowski, Diane Duncan, Henk Verkerk, Bill Wilson, George Garrett



Cindy Crawford



Travel Talk



BLUE JAYS VS MARINERS MAY 9,10,11,12

Baseball Package Includes:

- ① Coach from Courtenay, Buckley Bay, Qualicum
- ① Nanaimo & Duncan
- ① 3 nts Accomodation EMBASSY SUITES
- ① Downtown Seattle
- ① 3 Game Tickets Section 117/118
- ① All Transportation to Seattle including BC Ferries
- ① Made to order Breakfast daily
- ① Evening cocktail reception
- ① \$25 USD TMobile Gift card
- ① Tour host for trip



\$1599 P.P DBL
\$1399 P.P TRP
\$2399.00 SGL
CANADIAN \$\$\$

A non-refundable
Deposit \$200 at
time of booking
Balance due March 1



SQUARE 1 TRAVEL
449B 5TH ST
COURTENAY BC
V9N1V4
250 334-0355
SQUARE1TRAVEL@TELUS.NET
WWW.SQUARE1TRAVEL.COM
BCREG #3140

Contact: SQUARE 1 TRAVEL 449B – 5th Avenue, Courtenay, BC (250) 334-0355

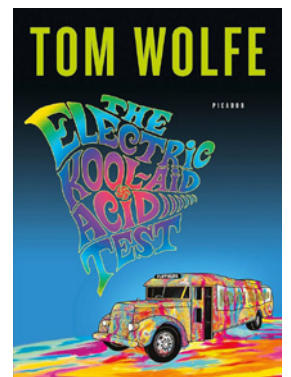
The **Book Club** meets the first Wednesday of each month from 2 to 3 pm in the small room at the QB Seniors Activities Centre.

The book we are reading for February 5th is **The Electric Koolaid Acid Test** by Tom Wolfe.

New members are always welcome!

Email: xgail.smith@gmail.com

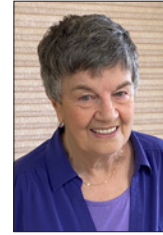
Call or Text 905 808 4585



WELCOME NEW MEMBERS

Andrew Adamson	Lynne Haupt	Susan Rowe
Avril Adamson	Ted Haupt	David Rowe
Peggy Bainard	Robert Hunt	Marilynn Ryan
Richard Boyce	Charlotte Kingsbury	Jeanette Savage
Marleen Brock	Marie-Josée Lavoilette	Lidia Schade
Kathryn Collins	Deborah Maddocks	Marilyn Tabbernor
David Clark	Brenda Martin	Natalie Thomas
Ed Collins	Aase McMullin	Ivan Turanec
Barbara Crease	Arlene Morgan	Esther Turanec
Marianne Dithlevsen	Karol Murphy	Margot Wells
Robin Haffey	Barb Phillips	Trevor Wicks

The Sunshine Lady



Do you know of someone who may be feeling ill – in hospital – or grieving?

Be sure to contact **Jeri Burke**, the Centre's Sunshine Lady at **250-752-9320**.

Jeri would be happy to brighten their day!

MEMBERSHIP REPORT

For the month of November there were an additional **44** Members (33 new members and 11 renewals).

Year to Date as of January 31, 2025:

945 Members

- 828 Regular (of which 250 were new members)
- 96 Complimentary (90 years old or over)
- 18 Life
- 2 Honorary



Brian Collicott
250 947-8258

To book an appointment, contact the OBLT Technology Learning Centre at tlc@sd69.bc.ca



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

Congratulations!

The winner of this month's draw for a *Quality Foods*

\$25 Gift Certificate is **Susan Rowe!**



Reflections from Christiane Kerr

It was 1997, I had just moved to QB from the Mainland when a participant at my exercise class mentioned that the recently created Senior Centre in the Old Library Building is looking for members and help in the kitchen. Being only 60 at the time, I thought this is definitely not a place for me. It took some time to convince me. I was pleasantly surprised about the friendly and warm atmosphere and made it a point to go for coffee every morning after my exercise. The place was very cozy, small tables for 4 people and a warm fire place. And there was **Ann Klees**, the president at that time. She was present every day, making a point of talking to everybody on a personal level and introducing people to each other, in short, making it a very welcome place.

I was hooked! Soon I was helping in the kitchen and participated in available activities.

After all these years I am still an active member and am happy that the Senior Centre has grown to its present size and is a Life Saver for so many people.

The deadline for submissions for the March Newsletter is Wednesday, February 26.

BOARD OF DIRECTORS 2024-2025



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

DIRECTORS

Advertising/Printing Lila Greene 752-6489
Computer John Telfer 250 240-9609
Events Paula Kalsi 250 738-6020
Facilities Geoff Rigby 594-5411
Kitchen Manager ... George Wimmer 594-7840
Membership Anne Sharp 752-9771
Travel Cynthia Crawford 594-7701
Director at Large. ... Pat Weber

AFFILIATES

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