

Qualicum Beach Seniors' Activities Centre

S NEWS for the Young at Heart

Volume 23 Issue 09

SEPTEMBER, 2020

250 752-0420

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

Closed until further notice

What did summer disappear to? I am finding it hard to believe that we are already heading into September, yet here we are.

Our membership applications and renewals are progressing very nicely. It is wonderful to see everyone that comes to the Centre in person to register and it is very satisfying for our volunteers to see the support for our organization by the membership. A huge thank you to **Julie Laviolette** and her team: **Margaret** and **Ken Rothe**, **Inger Weber**, **Wendy Shaw**, **Dorothy Young**, **Lorne Tetarenko** and **Judy Southern** for coming in every Tuesday morning and Thursday afternoon.

We continue to offer the activities that are normally offered at the Centre as live, interactive programs using the Zoom program. We are monitoring the changes in the numbers of Covid 19 cases and plan to gradually reintroduce, with the approval of the Town and health authorities, small group activities and classes as they are determined to be safe for our members to participate in. Each activity will require an organizer willing to take responsibility



Pats Perspective

ity for the activity, a safety plan to be developed and followed and registration by each participant as they attend.

The board is currently involved in discussions with the Town of Qualicum Beach regarding access to large spaces to accommodate exercise classes and other large group activities that do not exceed 40 participants. As well, we are investigating venues that will allow smaller outdoor social gatherings with the activity coordinators and, if all goes well, notify all members by email and post any updates on our website regarding the activities and special events.

* * *

Our

ANNUAL GENERAL MEETING

is now scheduled for
FRIDAY,
OCTOBER 30, 2020



ANNUAL FLU CLINIC

Will take place at the Centre in **October**. We will be scheduling times for attendance. If you are interested in receiving your annual flu vaccination, call **Margaret Rothe** at **752-5544** to register.



THANK YOU to everyone who has taken the time to purchase a \$20 membership/renew at the Senior Centre. We appreciate you taking the time in spite of "covid" to bring things up to date. We look forward to when we will once again meet at the Centre.

At this time we have not made a decision on the location. We will also send out an invitation to attend the meeting via Zoom.

If you are interested in volunteering for ELECTION TO THE BOARD or want more information on what is required to be on our board of directors, give LORNE TETARENKO a call at 250 752-5630.

Please remember that now is the time to renew your \$20 annual membership. We have partnered with several of our local merchants to offer discounts when you show your active 2020-21 membership card.

When you register a complete list of the benefits and monthly draw prizes will be available. Your continued support will allow us to continue to provide the many services, activities, programs and social functions that you enjoy in the Centre as well as being able to provide the interactive Zoom programs as we transition through the pandemic back to the new normal.

Welcome

NEW MEMBERS

Marilyn Beatty
Mike Garland
Helen Fauvel
Elaine Ivancic

We look forward to getting to know you

Centre Activities



SUNDAY

◆ DUPLICATE BRIDGE

6:30 pm April—September
1:00 pm October—March

MONDAY

- ◆ LIFE FLOW YOGA 9:15 , 10:30 am
- ◆ SCRABBLE ~ 10.00 a.m.
- ◆ QB UB UKULELE : 12:30 pm
 - ◆ SPANISH: 1:00 p.m.
 - ◆ BODY ENERGY : 2:15 pm
 - ◆ LINE DANCING:
- ◆ 2:30 pm Beginners—3:15 Ongoing

TUESDAY

- ◆ FUN BRIDGE ~ 9:00 a.m.
- ◆ CHAIR YOGA ~ 12:30 pm
- ◆ NEEDLE CRAFTS ~ 1:00 pm
- ◆ MAH JONG ~ 1:45 pm

WEDNESDAY

- ZUMBA GOLD ~ 9:30 am
- ◆ DOMINOES ~ 10:00 a.m.
- ◆ YOGA (Ani Mac) ~ 11:00 a.m..
- ◆ Tai Chi/Qi GONG ~ 1:00 pm
- ◆ Discussion Group ~ 1:00 pm
 - ◆ TOPS ~ 4:00 p.m.
- ◆ ACCAPELLA Group - 7:00 p.m.

THURSDAY

- ◆ AEROBICS—8:45 a.m.
- ◆ SONGBIRDS: 10:00 a.m.
- ◆ Drop-in BRIDGE ~ 12:30
- ◆ WHIST ~ 12:30 p.m.
- ◆ MOVEMENT IMPROVEMENT 1:30 pm—2:30 p.m.

FRIDAY

- ◆ DARTS ~ 9:00 a.m.
- ◆ UKULELE JAM ~ 10-12
- ◆ LIFE FLOW YOGA, 11:45 am.
- ◆ MAJONG ~ 1:00 pm
- ◆ ART GROUP ~ 1:00 pm

SATURDAY

- ◆ CANASTA ~ 10:00 a.m.
- ◆ HATHA YOGA - 10:00 a.m.
(enter by rear door)

You must be a member to participate in

Centre Activities

ONLY \$20 per year



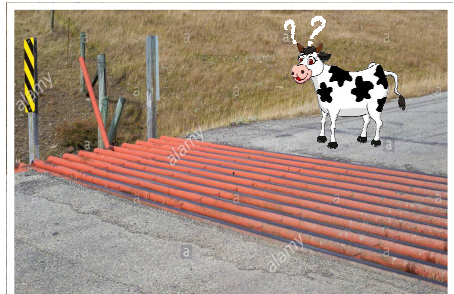
...for all the things you do at this "Virus Time"!

Pat Weber our creative "idea man" for computer literates, & printing the NL for mail out. He's a very effective disinfectant as well.
Les More, for taking on the **Web Master** position. A big job!
Julie Laviolette for setting up registration and renewals at the Centre and volunteers: **Dorothy, Margaret, Ken, Lorne, Judy (& others)** for spending time on Tuesdays & Thursdays at the registration desk.
Dee Mathison for sending us a photo of Bill Adkins.
Lorne Tetarenko for taking his turn at disinfecting the centre, plus for everything else he takes on.
Activity Leaders who continue with the Zoom activities...etc. etc.
Painters, strummers etc. who choose spots around town where they can enjoy their choice of activity outside ... great idea!
Judy Southern: who "racks her brain" to find info re travel, as well as anything interesting for printing in the newsletter ...a huge contribution so very often.



OH those 'them-thar' easterners!

A few months ago, Prime Minister Trudeau, received and was reading a report that there were over 100,000 **CATTLE GUARDS** in Alberta, Saskatchewan and Manitoba. The ranchers had protested his proposed changes in grazing policies, so he ordered the Minister of Agriculture to fire half of the "cattle" guards immediately! Before the Minister of Agriculture could respond and presumably try to straighten Prime Minister Trudeau out on the matter, Deputy Prime Minister Chrystia Freeland intervened with a request that ... before any cattle guards were fired they be given six months of retraining. "Times are hard" said Chrystia Freeland. "It's only fair to the cattle guards and their families they be given six months of retraining!" And these two people are running our country!



To lighten the mood a little ...

If you've ever owned your own business, been an entrepreneur or wondered what it's like doing so, this is as close to reality as it gets. The CRA suspected a fishing boat owner wasn't paying proper wages to his Deckhand and sent an agent to investigate him.

CRA AUDITOR: "I need a list of your employees and how much you pay them."

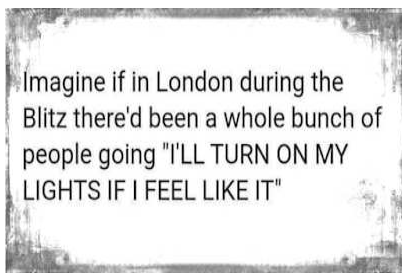
BOAT OWNER: "Well, there's Clarence my deckhand, he's been with me for three years. I pay him \$1,000 a week plus free room and board. Then, there's the mentally challenged guy. He works about 18 hours every day and does about 90% of the work around here. He makes about \$10 per week, pays his own room and board, and I buy him food. He also gets to sleep with my wife occasionally."

CRA AUDITOR: "That's the guy I want to talk to—the mentally challenged one."

BOAT OWNER: "That would be me. What would you like to know?"



**How did we survive?
Our mothers wiped our faces with spit on a hankey not an antibacterial wipe.**



Imagine if in London during the Blitz there'd been a whole bunch of people going "I'LL TURN ON MY LIGHTS IF I FEEL LIKE IT"

**How many believe that this is ending in 2 weeks and your life is back to normal? Raise your hand. 🙋
Now slap yourself with it.**



"I told him as an expert in this field, I strongly recommend wearing it, but he kept bringing up his rights."

Travels with Judy

PORT McNEIL & SOINTULA ISLAND—SEPTEMBER 16 to 17 - \$375 plus tax.



Visit to the Whale Rubbing Beach. Includes bus driver, whale watching and ferry. All meals **NOT** included. Must book your room at

Black Bear Resort, 250 956-4900 or Hiada Way Inn 1-800-956-3373 (not included in the price). Book by SEPT.2nd. Contact Janie 250 714-2855 or jainie@janiesbus.ca

TRAVEL: Welcome to another month of likely nowhere to go. I cannot believe that all our great ideas for Sunday Drives and other outings have ended up going nowhere—along with the van or a bus. Next year!! Janie (“Janie’s Got a Bus”) does have some great ideas for the month of September. She has purposely left the dates open to see what might suit you if you are comfortable travelling in a bus with others at this time. She is taking all the necessary precautions with Covid 19 rearing its ugly head on our island. Please call her with your preferences. I think she still has room on her proposed trip to Port McNeil

& Sointula Island Sept. 15 & 16. Call Janie at 250 714-2855. or Janie@janiesbus.ca if you are ready-set-go away!

I am presently waiting for call from Willy in Courtenay to see whether he and Cathie’s Fall and Winter trips may materialize. He was hoping to do the popular overnight to the Butchart Gardens and Victoria to see

the Christmas lighting. Who knows if that will ever happen. This virus is definitely something we do NOT need. None of us wishes a trip to the hospital but it would certainly be wonderful to resume some socializing again.

Let’s keep our masks in our pockets. Happy Travelling Anticipation everyone!

LIFE MEMBERSHIPS: Time is passing by so quickly somehow, which makes it time to have a serious look at our members. Some do so very much to enhance the activities and workings of our Seniors’ Centre. When the AGM rolls around we may present one or two people with a Life

Membership (*never pay again*) in recognition of their service to the Centre. Our committee this year consists of **Joan Walsh, Bob Blacklaws** and myself, **Judy Southern** as chairperson. We will meet in September to assess the nominated folks for the Lifetime Membership honour. Have they served on the Board of Directors? Have they volunteered in the kitchen or other jobs for a length of time? Have they assisted with events? Have they served in any other capacity? With this kind of thing in mind, please **HELP** us choose. Just Call **Bob 250 594-8097** or **Judy 250 752-5586**.

Answers to Town Teaser: 1. Victoria 2. Salmon Arm 3. Princeton. 4. Courtenay 5. Chase 6. Ocean Falls 7. Hope 8. Surrey. 9. 100 Mile House 10. Grand Forks 11. Field 12. Trail. 13. Departure Bay 14. White Rock. 15. Barkerville. 16. Kamloops. 17. Abbotsford. 18. Shuswap 19. Chilliwack 20. Cache Creek. 21. Gold River. 22. Burns Lake. 23. Sicamous. 24. Alert Bay. 25. Field.

Answers to Wacky Words: 1. Forget it. 2. Black Jack. 3. Somewhere over the rainbow. 4. Too big to ignore 5. Blood is thicker than water. 6. Cancelled check. 7. Once upon a time. 8. Try to understand. 9. Rocking around the Christmas tree. 10. First Aid. 11. Six feet underground. 12. Half Baked.



Glenys Hewitt & Norah Rawcliffe



Ruth Cork

Jan Hodson



Melody Leahy

"Phew, 'twas a HOT one!"



Lorne V.P.



George



Darla

Lila



Bruce

Colin





Bill

Marilyn

On a very hot day Saturday, August 15th, some 45+ folks from the Senior Centre, plus other friends and neighbours gathered to listen to the music of the **Ramblers** who were entertaining as a fund raiser for **SOS**. Sitting under umbrellas, they enjoyed the rock and roll music by the band while baking in the hot sun

singing along. Gathered at the home of Darla Clarke (band pianist), the entertainment took place on the cul de sac’s grassy circle, a lovely spot to play and sing. Thank you to all who came out to help with this event and... dressing for the occasion (“love those jazzy socks Lorne... BUT the legs? hmmm?”)!

WACKY WORDS, can you figure out what they mean? (answers on p. 3)

1. Get It Get it Get it Get it	2. 	3. Somewhere 	4. Big Big ignore ignore	5. Blood Water	6. 
7. once 	8. Try Stand 2	9. R G O N I K 	10. Aid ← Aid Aid	11. GROUND feet feet feet feet feet feet	12. RAKEN

NOVEL B.C. TOWN TEASER: How smart are you identifying them?? Answers on page 3

- Former Queen:
- Fish limb:
- 20000 lb. monarch:
- To woo a joint:
- Pursue:
- Sea drops:
- To wish:
- Horse drawn buggy:
- Century home :
- Big utensils:
- Open pasture:
- Path:
- Leaving cove:
- Colored stone:
- Noisy dog town:
- Automotive shaft circles:
- Costello's Chevy:
- Foot covering trade:
- Cool hit:
- Money river:
- Mineral creek:
- Set fire to water:
- Attack a large deer:
- Aware cove:
- Transparent field:

Did you know:
Alberta prohibits painting a step ladder.

*
Taxi drivers in Halifax are forbidden wearing a T-shirt

*
In Alberta it's against the law to set fire to a wooden leg.

*
Ottawa: It's illegal to eat ice cream on Bank St. on Sunday.

*
Victoria forbids a bag piper from performing at the same time as other street performers.

*
Fort Qu'Appelle in Sask. forbids teens wearing untied shoes on Main street.

*
It's against the law in NWT to use a dog sled on the sidewalk.

*
It's illegal to paint a garage door purple in Kanata, Ont.

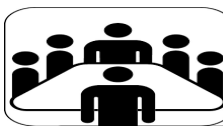
*
Can't whistle in Petrolia, Ont.

GRANDPARENTS RIGHTS from Judy

Just recently, I heard from Daphne Jennings who has lived in Chilliwack for the past few years. Some of you may remember Daphne and Bill who were enthusiastic bridge players here in the Centre some years ago. Daphne, at that time, was very involved with the Grandparents' rights organization. She is now president—and its voice—of the CGRA (Canadian Grandparents' Rights Association) which has been helping Canadian families in distress since 1986. It was established to promote, support and assist grandparents and other family members in maintaining or re-establishing ties where the family has been separated—especially those ties between grandchildren and grandparents..

Many of us likely know of someone who has been estranged from their grandchildren due to separation or divorce, and what a heart-break that is. The comprehensive work of the CGRA has resulted in the rights of grandparents to see their grandchildren to now be recognized in every province of Canada. Daphne has written a book telling of that journey. There is also a section on Elder Abuse which is such an unfortunate fact for some.

Daphne says: "To support us, you can either contact Amazon \$27.50 plus shipping and handling or send a cheque to me for \$27.00 plus \$4.66 to cover mailing. I will mail our book to you. Every Canadian should know the story and the struggle for family rights.. Daphne Jennings, 45401 Wells Road, Chilliwack, BC V2R 1H3. ***Note:** Hopefully the books may become available in one of our local stores. I do have a copy for anyone who would like to have look ... Judy 250 752-5586.



BOARD of DIRECTORS 2019/2020

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Lorne Tetarenko 752-5630
Dorothy Young 752-7253

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Les More 951-3336