



# 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.

Happy Valentine Day

Volume 26 Issue 2

FEBRUARY 2023

250 752-0420



## FROM LORNE

Finally it is a new year, 2023 and what a difference. We ended 2022 on a very happy note, as shown by the enthusiasm for our Christmas Tea and Christmas party at the Centre. We have started 2023 on the same happy note.

A special welcome to our new members. We have 56 new members in January, the most for any January. And we have many new volunteers, with the Greeter Desk and the Kitchen proving to be the first choice of many.

Most of our activities and events are very popular, selling out very quickly.

See the coming events advertised in this News Letter. Be sure to get your

name in early.

The weather this Fall has treated us well, in fact in the 23 years I have been here, this is the best Fall I remember.

Let me close on a highlight. Friends of mine who have been here since

1994, told me thus. Lorne, you have been here 23 years, in just two more years you can apply for citizenship in Qualicum Beach, what a coup.

I already have my certification from the Yukon as a sourdough. Now I will also have my citizenship in Qualicum Beach!!



Who can solve the mystery?

A Christmas plant was left on the small desk just outside the office about noon on December 23rd. There was a card with it addressed to "Anne". Did someone pick it up? (Judy Southern left it for our worker from Superior cleaning—who didn't receive it).

If you have the answer to the mystery, please call Judy at 250 752-5586 or email: [jnsouthern@shaw.ca](mailto:jnsouthern@shaw.ca). Thanks



Let's hope this doesn't happen to Phil, we really prefer an early spring!!

## Valentine Tea



11:30 a.m. and 12:30 p.m.

Chicken/ham, Hash Brown casserole, salad, bun and dessert. Tea and Coffee

Sign up on activities board. Cash/cheque in envelope and placed in the box above the desk

**\*\* CHECK YOUR SEATING CHOICE \*\***



**A person's most beautiful**

asset is not a head full of knowledge, but a **heart** full of **love**, an ear ready to **listen** and a hand willing to **help others**.



# Senior Centre

# Activities

## ~ SUNDAY ~

**CONTRACT BRIDGE** - 1:00 pm  
Wolfgang Dost 594-4513

## ~ MONDAY ~

**KNITTING/CROCHET for MANNA**  
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 250 752-9082  
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

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

**SONGBIRDS**  
2:30—4:30  
Lynn Beamond  
lbeamonde@shaw.ca

**RAMBLERS PRACTICE**  
6:00—8:30  
Lila Greene 250 752-6489  
lilapat@shaw.ca

**CLEANING:** 4:30—7:30 pm

## ~ 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

**BOARD** - 2nd Wed./month  
1:00—3:30—Lorne 250 752-5630

**THE BOOK CLUB**  
2:15 to 3:15—Gail 905 808-4585  
Xgail.smith@gmail.com

**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  
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  
oceansideacappella@gmail.com

## ~ THURSDAY ~

**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

**CLEANING** 4:30—7:30

## ~ SATURDAY ~

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

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



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**



**DEADLINE MARCH NEWSLETTER**  
Saturday, February 25  
lilapat@shaw.ca  
250 752-6489

# what's cookin'?

## LUNCH on MONDAY



### MIKE'S QUICHE



with crew  
Barry & John

(Every 3rd)  
WEDNESDAY  
February 15

### Lila's CHILI

w/Corn Meal Muffin



## THURSDAY LUNCH



### BRENDA & CATHY'S

Creamy CLAM  
CHOWDER



## LUNCH on FRIDAY



### MIKE'S CHICKEN

with crew  
Bette & John



# News from the 'Cookie Cutters'



Greetings from the Cookie Cutters Baking Group. The baking volunteers continue to provide home made cookies, cakes and squares for sale in the kitchen, Monday to Friday.

The regular programs at the Centre are well attended and folks often stop for a coffee break and a visit we hope everyone is enjoying a little treat with your coffee or tea.

It's time for the bakers to get together and talk about where we want to go regarding the baking for the Seniors' Centre. It will be a great opportunity to meet other bakers who are volunteering. So, if you have been thinking of volunteering for the Senior Centre, why not consider baking?

We are meeting at 3:00 pm for an hour at the Centre.

At this meeting we will share our ideas, ask questions and talk about what we would like to see happening within our group this year.

If you have questions, contact me at [Charles.brenda@me.com](mailto:Charles.brenda@me.com) or come to the meeting.

Here is my all-time favourite chocolate chip cookie recipe.

You know you are getting old when friends with benefits means having someone who can drive at night!

## Chocolate Chip Cookies

### MIX TOGETHER:

1 cup flour    1/2 tsp baking soda    1/2 tsp salt

### CREAM TOGETHER:

1/2 cup butter    1/2 cup sugar    1/4 cup brown sugar

**BEAT** in one egg, one teaspoon vanilla. Beat until light and fluffy (I use electric beater). Stir in the dry ingredients.

**FOLD** in 1 cup chocolate chips and 1/2 cup chopped walnuts. Drop batter by spoonful on a greased or parchment papered baking sheet. Bake 350 deg. for 13-15 minutes.



## INTERESTED IN AN AFTERNOON YOGA CLASS?

Instructor: Jane Loney

Wednesdays 2:15 to 3:15

Cost: \$8.00 (under review)

Sign up on posted notice

on the Activity Board



# Robbie Burns



Scottish tunes caught everyone's attention as young (and younger) Highland dancers arrived dressed in their pretty tartan kilts and getting the evening off to a perfect start twisting and swirling to the music.

A dapper Piper escorted President Lorne, carrying the tray of Haggis to be greeted by John Telfer who was ready to proceed with the Scottish ritual of "Addressing the Haggis." The usual reply and poetry was recited with much gusto! Host, Pat Weber, welcomed Dorothy Young as she prepared to accept



Diane Duncan read a fun rendition of the "Kilt Poem"



the Toast to the Lassies, who in turn was very gracious in her response. After the usual poems and speeches, the crowd raised their glasses in memory of the Bard.

# Celebration



Anne presents Bette with one of the door prizes



As the evening was off to a great start, everyone enjoyed the very tasty meal, prepared by **Judy Palipowski** and her helpers: **Beverley Rink, Yvonne Hooper, Bette Brooker, Joanne Monahan** and **John Telfer**. **SPECIAL THANKS** to them, as well as so many others who contributed to the meal and organization of this event: **Lorne Tetarenko, Judy Southern, Ann Svensen, Geri Burke, Pat Weber, Lila Greene, Diane Duncan, Bonnie Evoy**. **AND, Thank You Linda, Betty Anne** and all other legion members who worked tirelessly in the kitchen getting the food ready to be served to a hungry crowd, tending the bar! Setup and cleanup crews also!



After everyone enjoyed their meal, **The Ramblers** took over to play "music to dance to" ... (with a Scottish tune or two) ... it was a wonderful night with everyone up dancing until the end of the night! **MANY THANKS TO ALL OF YOU FOR JOINING US AT THE LEGION.**



## THE JOY OF GIVING

There will be many members of our Centre who will feel grateful to have participated in the incredible Christmas meal prepared and served by the committee members and volunteers, making such an evening so memorable.

Are there even appropriate words to show our appreciation for the amount of planning and kitchen preparation preceding the occasion?

We have 'thank you' or 'merci beaucoup'. Somehow it doesn't seem enough. Do other languages have better expressions of appreciation?

We all know the tremendous amount of work that goes in to preparing the meal itself, not to mention the dishes and cleaning afterwards.

To serve so many people in a simple venue is an unenviable task. Our words thank you does not seem adequate.

Now to the background scene.

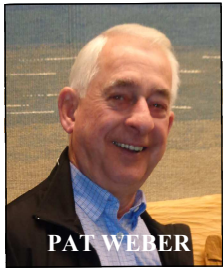
Volunteers rarely acknowledged, ordering all that food, plodding through reams of paperwork, looking up lists and phone numbers, double checking payments, organizing raffles, making and wrapping gifts for the lucky winners, greeting people and finding a Santa. The list goes on. *Does 'thank you' seem adequate?*

The camaraderie of such a friendly group is exceptional, but it takes a special person to volunteer. These are the people who get their reward by the pleasure of 'Giving'. They need no thank you at all, it all comes from the heart.

Having said all that, I really wish we had a better way of expressing gratitude.

Thank you everyone

Jillian Bennett



PAT WEBER

**KEEP UP TO DATE:** Check the travel section under Activities on our website: [www.qbseniors.com](http://www.qbseniors.com) and for updates



**PACIFIC NORTHWEST PADDLE-WHEEL CRUISE**

**May 28 - June 5  
From \$5,495.**

Includes return flight from Nanaimo, hotel, paddlewheel cruise. All meals on cruise, beverage package and shore excursions.

**NEWFOUNDLAND & LABRADOR**



**July 6 - 18** with flights from Comox. This small group tour features local guides, cuisine, and entertainment. Price **\$6,399**

based on double occupancy and **\$7,299** for single. Includes airfare, hotels and tours.



~ ~ ~ in **PLANNING** stages ~ ~ ~



**FRANCES BARCLAY to BAMFIELD**

Includes return bus to Port Alberni Quay,

lunch on board the Frances Barclay and dinner on the way home.



**GUIDED WALKING TOUR IN IRELAND.**

Includes Dublin, Kenmare, and Killarney.



**JUNE 11 - 25**  
**From \$4,245** per person based on double occupancy and

**\$5,495** for single. Prices include hotels, tours, some meals. *Price does not include air travel.*

**TORONTO BLUE JAYS vs SEATTLE MARINERS**

Three game series, **JULY 21 - 24**. Priced at **\$1159** per person double occupancy or **\$1699** single occupancy. Includes bus from Qualicum Beach, ferries, hotel accommodation, tickets to the games, cocktail reception and daily breakfast..



~ ~ ~ **LONGER TRIPS** ~ ~ ~

**THREE DAY JOURNEY to the OKANAGAN,**

including bus, ferries, most meals, accommodation,



dinner cruise. **Kettle Valley Railway** trip with BBQ, winery and craft brewery tours.

# THE "HEALTHY" CORNER

## Take Care of Your Heart Health



### Aging in Place

**F**ebruary is Heart month - not only because of Valentine's Day, but also because the images of hearts posted everywhere serve as a reminder to take care of your heart and cardiovascular health.

There are a wide variety of prescription drugs that can help reduce high blood pressure, but showing your heart some extra love isn't just about reducing or eliminating "bad" foods, but can also involve adding beneficial foods and supplements to your daily routines.

**As always, please consult your Heart Pharmacist or primary care provider before starting to make sure it's right for you.**

**1. COENZYME Q10:** your body naturally produces its own CoQ10, but as we age, our ability to produce our own diminishes. Additionally, statin medications which reduce cholesterol can further reduce your body's level of level of CoQ10. Supplement-

ing with CoQ10 has been linked to good heart health, a reduction in blood pressure and prevention of periodontal disease.

**2. FISH OILS:** A rich source of omega 3 fatty acids (a natural anti-inflammatory), studies have shown that fish oils have a positive impact on heart health. While eating fish is an even better way to ingest these fatty acids, for those who don't like fish or want more consistent intake of omega-3's supplements are considered a safe addition to your diet.

**3. ASPIRIN:** If you` have a history of heart disease or diabetes, low dose therapy can help reduce your risk of blood clots that cause heart attacks.

Aspirin therapy can cause stomach upset and should be avoided if you have a bleeding disorder!

**4. PLANT STEROLS:** Also known as phytosterols, these come from plant based foods and can help lower LDL cholesterol (the 'bad' cholesterol) by blocking its absorption.

*For more information on supplement uses, dosages and to avoid possible drug interactions be sure to speak to your Heart Pharmacist.*

*This article was printed in the Victoria Times Colonist.*

**A REMINDER:** There are containers on the shelves of the library that are for collection of PULL TABS which go to the Legion toward their various good causes. COINS (*when we get enough*) go the Food Bank. STAMPS go to the EASTERN STAR who sell them to raise money for Cancer research, funding Alberta/BC Guide Dogs comfort, education and much more. They appreciate everyone helping in the project. They take them trimmed or not. If trimmed, trim to 1/4 inch around the stamp. POSTCARDS also appreciated, but must remain intact.



Friday, the 13th of January turned out to be our lucky day in the QBSAC Art Group, brilliant artist **MIKE SHERLOCK** gave a demonstration of his talent of ink drawing and how the art members can improve their drawing before applying a watercolour wash. Mike drew a farm house on a rural scene and also, a lighthouse with sea and sea birds to complete the picture.

We all learned so much about our drawing and use of the right choice of paper and fine pens. We also got tips on colour mixing for the watercolour washes. We all thank you so much Mike, for your time teaching us and demonstrating your talent, so very much appreciated

**Beryl Hargreaves**



### INTERMEDIATE BRIDGE DROP-IN LESSONS

This set of 10 drop-in lessons will take the novice player to that next level of competent play. Topics covered are: all phases of bidding with emphasis on forcing and non-forcing sequences, pre-emptive bidding and balancing. Stayman, Jacoby Transfers and play of the hand. A comprehensive student textbook will be provided.

**WHEN:** Thursdays, 9:30-11:30 a.m.  
Starting February 02, 2023

**Location:** Qualicum Beach Seniors' lounge  
703 Memorial Ave., Qualicum Beach  
[www.qbseniors.com](http://www.qbseniors.com)

**Cost:** \$8 per lesson

**Instructor:** Peter Segers, 250 586-5740  
[psegers225@gmail.com](mailto:psegers225@gmail.com)

Pre-registration is not required. For more information about the lessons, contact the instructor.



# NEW MEMBERS

Joanne Penney  
Frauke Ahrens  
Ann Bartlett  
Susan Medhurst  
Buffy Dasiliva  
Gilly Wallace  
Yvonne Hooper  
Len Hooper  
Janice Leclerc  
Susan Forbes  
Gerry Richardson  
Marion Buie  
Bob Buie  
Laurie Richards  
Carol Scarratt  
Liz Mackay  
Charlie Vanderwilt

Joy Strobl  
Donald Buchanan  
Ruth Buchanan  
Dennis Webb  
Keith Horton  
Pat Ellis  
Ted Haupt  
Lynne Haupt  
Moira Rosser  
Susan Reeves  
Dianne Winchester  
Joe Martin  
Mariellen Martin  
Mave Wilde  
Stephen Kozak  
Katherine Kozak  
Deborah Tobin

Helen Torrance  
Janic Ostir  
Margaret Nelson  
Soinya Stewart  
Deirdre Laforest  
Angelika Robillard  
Jean Carr  
Dianna Jensen  
Brenda Carvell  
Pamela Robb  
Ron Robb  
Marina Herbert

Jodie LaRiviere  
Linda Stribny  
Sharon Barry  
Trudy Barry  
Marie Cedar  
Patrick Brownrigg  
Beverly Child  
Joanne Child  
Joanne Cambly  
Ken Roberts  
Douglas Polk  
\*\*\*

*"We look forward to  
getting to know you"*

## JANUARY WINNER: Peter Segers

Logo found on page 2: **NewS Letter**

**THANKYOU** everyone for keeping this 'fun logo find' alive, your participation is very much appreciated.

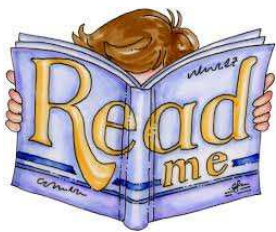
## CONGRATULATIONS

**WENDY REIMER**

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



*With Thanks*



...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: .....



## 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	Anne Driesback	604 679-1703

### 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

- ◆ **FRUSTRATION:** trying to find your glasses without your glasses.
- ◆ I thought growing old would take longer.
- ◆ It's weird being the same age as old people.
- ◆ Do you ever wake up in the morning, look in the mirror and think ... "that can't be me!?"