

# Qualicum Beach SENIORS ACTIVITIES CENTRE

# NEWSLETTER

AUGUST 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 8



from Rob

A big thank you to Paula and Barbara for the silent auction and barbecue. It was a great success. What a way to spend a beautiful summer evening with friends.

I would like to thank John Telfer for his many years of service — he left a great legacy and it was a pleasure working with him.

I would like to welcome Sandi Grant a retired CPA on to the board as the new treasurer and director.

The BBQ and Silent Auction held on July 19th at the Centre was a hit! We raised **\$770** for the Centre.



We would like to **thank** the following businesses for their contributions: Qualicum Foods, Chuck's Automotive, Silverwood Gift Shop, Olive this & More, Swell Sweets, Fern and Cedar, Carol Riera from REMAX Qualicum Beach, Pharmasave, Berwick Qualicum Beach, and Arbutus Fashion. We would also like to thank the anonymous donors.

## QBSACA Board of Directors' Communication

### New Guest Policy

In the June newsletter I communicated to members that the Board was looking at a new guest policy.

A new policy would address concerns brought to the Board regarding guests. The concerns included:

- Members not being able to access programs or meals due to the number of guests in attendance at the Centre;
- Frequent guests participating in programs and/or enjoying meals without paying annual membership dues;
- Guests enjoying the same privileges as members without paying annual membership dues; and
- Insurance coverage for guests.

In accordance with the written guidelines which provide that guest passes "may" be issued, the Board decided to immediately implement a no guest policy so that the Board could review and assess how it ought to proceed especially with respect to the concern regarding insurance coverage for guests. The board wanted to ensure that there was no unforeseen liability due to a possible gap in insurance coverage regarding guests. The Board did not breach the provisions of the guidelines regarding guest passes as it is a permissive guidelines. Pursuant to the guidelines, the Board also has the discretion to set a fee for guest passes. I can appreciate fully that this was an unexpected and unwelcome change for some members.

In the June newsletter, I invited members to provide feedback and suggestions regarding the guest policy. Unfortunately, I only received feedback from a few members. The Board was then served with a petition and threatened with legal action for an alleged breach of the guidelines. The Board has continued with its review and assessment and gathered pertinent information to consider different guest policy options. We have received clarification from our insurance underwriters who have confirmed that liability insurance coverage includes both members and guests.

The Board's decision for the new guest policy was guided by the following:

- Member's equity that ensures member's privileges and ability to participate in programs, activities and food services is not negatively impacted by allowing guests;
- Address any abuse by guests - e.g. where a guest repeatedly accesses programs and meals without paying an annual membership;
- Recognition that annual membership fees support annual facility operations and maintenance;
- Recognition that give the size of the membership, there are constraints on the programs and services we can provide in this facility; and
- Recognition that member volunteers provide a significant contribution to the success and affordability of our programs and services.

*cont'd on page 7*

# SENIORS CENTRE Activities



## SUNDAY

**Duplicate Bridge** 6:30 - 9:30 pm  
**\$2 per session**

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

*Resuming in September*

**Open Mic / Karaoke** 6:30 - 8:30 pm  
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

*TUESDAY continued*

**Whist** 12:30 - 3:00 pm

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

**Splatters Painting Art Class**

3:00 - 4:30 pm  
Mike Sherlock 604-815-7711  
msherlockqb@gmail.com

**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  
tangledanddark@hotmail.com

**Dominoes** 10:00 am - 12 noon

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

*Resumes September 3*

**Beginning Spanish Conversation**

11:30 am - 12:30 pm  
**\$2 per session**

Elena Ortiz 250-752-8803  
elenaortiz23@yahoo.es

**Chair Yoga** 1:00 - 2:00 pm

**\$8 per session**  
Jane Loney 250-228-1157  
janeloney@hotmail.com

*Resumes September 3*

**Book Club** 2:00 - 3:00 pm

First Wednesday of the month  
Gail Smith 905-808-4585  
xgailsmith@gmail.com

**Guitar with Chaz** 2:30 - 3:45 pm

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

**QWEST Weigh-in** 3:15 - 5:00 pm

Elaine MacDougall 250-594-3604 repac5@shaw.ca

**Beginner Line Dance**

5:30 - 6:30 pm

**Dance Practice** 7:00 - 9:30 pm

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

## THURSDAY

**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

**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

Thuy Bui 250-607-8448  
Linhthuyca2018ca@gmail.com

**Classical Guitar** 10:00 am - 12 noon

Cathy MacFarlane 250-594-2260  
fiona3@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

**\$5 per session**  
Dr Rod LeBlanc  
rod@lifelonghealth.ca

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

# Greetings from the Cookie Cutters

Summer is full swing and I have been enjoying the weather here. So lucky to live in an area with such fresh and abundant fruit and vegetables available. I had some trouble deciding what local produce to highlight in the recipe this month. I often hear laments what to do with all the zucchini people grow/are gifted and when I came across the following recipe I had to try it. It is very nice and easy.

If you like to bake, maybe you would like to join our group. Contact me at [charles.brenda@me.com](mailto:charles.brenda@me.com) or call/text me at (604) 379-0290 for more information. I am also in the kitchen the 2nd and 4th Thursday morning of the month.

## Lemon Zucchini Loaf

Grease and dust with flour 2 large loaf pans or 6 mini loaf pans. Preheat oven to 350° F.

### Ingredients:

- 3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt

Mix the dry ingredients in a large bowl set aside.

In a separate bowl mix,

- 4 eggs
- 1 cup oil
- 1 ½ cups sugar
- 1 cup buttermilk
- 2 teaspoons vanilla
- 2 cups shredded zucchini, skin and all
- Zest and juice of one lemon.

Mix well before adding to dry ingredients, stirring until just combined.

Divide batter between the two loaf pans (or 6 minis) and bake for 45 - 50 minutes. The minis will take about 30 minutes.

Let cool completely before topping with a lemon glaze.

- 1 cup icing sugar
- Juice and zest of one lemon.

Mix together and pour over loaves. ( I would remove the loaf from the pan first and place it on a large plate to catch the drips.)

This freezes well too!



**Congratulations to our Grand Slam winners at Tuesday morning Fun Bridge!**

*Al Gagnon and Dave Craft ~ July 15th*

*Esther Turanec and Bob O'Reilly ~ July 22nd*

*You both broke the Tuesday Fun Bridge bank so no grand slam payments for the next few months.*

# What's Cookin'?



## MONDAY LUNCH

**BRENDA'S QUICHE** with Brenda & Barry



## TUESDAY AUGUST 12 & 26

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all. **Only \$1.50 and one per person – no take out.**



## WEDNESDAY LUNCH

2nd & 4th – Roz & Margaret  
**SHEPHERD'S PIE**



August 20th – Bill & Verdell  
**CHILI with Corn Meal Muffin**



## THURSDAY LUNCH - 2nd & 4th

Cathy & Brenda's  
**CREAMY CLAM CHOWDER**



## FRIDAY LUNCH

**MIKE'S CHICKEN** with co-worker Betty



## A Note from the Kitchen

Effective August 5th the cost for Leslie's fresh baked **CINNAMON BUNS** will increased to \$1.50.

Where else but the Qualicum Beach Seniors Center can you get a cup of coffee (refill included) plus a delicious cinnamon bun for \$3.00!

Hope you continue to support the kitchen offerings.

If you have any suggestions for lunches please let us know.



## THANK YOU!

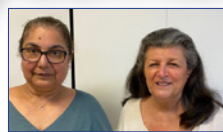
Once again I am able to express my gratitude to those of you who made a contribution to the Donation jar (on the foyer card table) to help those who need the Food Bank.

Early in July I was able to take in almost **\$120** to the Salvation Army in Parksville. **Keep up the good work!**

*Judy Southern*



# Upcoming Events



Paula Kalsi  
Barbara Davidson

**What is Singo?** Singo is a new and exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players are listening to their favourite music and dabbing the name of a song instead of a number.



**Sunday, August 24**

**Doors open at 5 pm | Dinner 5:15 pm | Singo 6 pm**

- Dinner – main course and dessert
- Cash bar
- Prizes

*More details to come!*

**\$20 pp**

## *“Giving connects me to my community, and it’s how I keep Larry’s legacy moving forward.”*

You’ll find Cynthia Crawford at nearly every Nanaimo & District Hospital Foundation event with a smile, a story, and a helping hand. Whether she’s welcoming guests at *Soirée by the Sea* or handing out sweet treats at the candy hole during *Golf for Life*, Cynthia’s presence has become a welcome staple of The Foundation.

If you have had the opportunity to be around Cynthia Crawford count yourself as one of the lucky ones. She is a constant beacon of warmth and generosity.

What makes her presence even more remarkable is the journey of giving and unwavering commitment to philanthropy. After losing her beloved husband Larry, Cynthia turned to her community for comfort. In giving back, she found purpose, connection, and a new kind of joy.

### *Why It’s In Cynthia’s Nature to Give*

For Cynthia, philanthropy isn’t just about dollars raised, it’s about showing up. She gives her time, her heart, and her energy to ensure others feel welcome and supported.

Her story is a reminder that generosity can be an everyday act. Cynthia’s presence at Foundation events lights up a room. She remembers names. She notices people. She makes others feel like they belong.

“I’ve received so much just by being involved,” Cynthia says. “It’s given me a sense of community – and a way to honour my husband’s memory through kindness.”

### *Carrying Larry’s Legacy*

Cynthia’s journey with the Hospital Foundation began alongside her late husband, Larry. While undergoing cancer treatment, Larry became aware of just how critical medical imaging equipment was to the care he received at NRGH. It sparked something in him. He began making donations to improve diagnostic capabilities and support the future of a new Intensive Care Unit. Although his cancer subsided, Larry later developed congestive heart failure. He passed away in 2021.

After his passing, Cynthia learned that Larry’s gifts had helped purchase vital imaging equipment and had contributed meaningfully to the ICU project he believed in so deeply. Witnessing the tangible impact of his generosity stirred something in Cynthia. She felt inspired — not only to honour Larry’s memory, but to continue the legacy they had started together.

Cynthia chose to make a planned gift of her own. Her legacy will support future equipment, research, and care, with a special focus on the Heart & Stroke Care program. After reading about the Foundation’s Vision 2030 and Beyond, she was moved by plans for a future Cardiac Catheterization Lab — one that will help patients like Larry receive life – saving procedures right here in our region. It’s In My Nature – Donor Stories FINAL.docx “We need to ensure the quality of the hospital in our community,” Cynthia says. “That’s why I chose to give.”



### *A Legacy of Giving*

Cynthia’s is a testament to the many forms giving can take: time, energy, kindness, and yes, legacy. She embodies the spirit of the campaign and the very best of our community. Her impact will carry on for future generations of patients and families in our region. It’s a powerful act of hope, and a reflection of the life she leads.

#### **About the Nanaimo Hospital Foundation**

With a dynamic Board and highly engaged team, The Nanaimo & District Hospital Foundation supports NRGH, Oceanside Health Centre, Dufferin Place, Trillium Lodge, and Eagle Park, while operating two businesses, Lifeline Nanaimo and Code Brew Café, whose revenues support our fundraising goals.

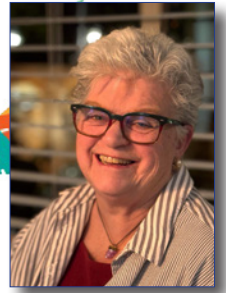
As a trusted partner to donors, healthcare providers, and the community, we are dedicated to elevating healthcare excellence for Central Vancouver Island. Through the generosity of our community, we fund critical medical equipment, support major healthcare projects, and enhance patient comfort. Our commitment ensures that residents receive top-tier medical care close to home, fostering a healthier future for all.

# Travel Talk

Check the website [qb seniors.com](http://qb seniors.com) for updates on the trips that are being planned



Cindy Crawford



## THE LION KING

THURSDAY, AUGUST 21

Queen Elizabeth Theatre,  
Vancouver

\$279 pp 65+ | \$319 pp Adult

Included:

- Return coach transportation  
Qualicum Beach to Vancouver

- BC Ferry fare
- 2 pm matinee performance of *The Lion King*

Payment to Island Fever Travel. **A FEW TICKETS STILL LEFT!**



## OKANAGAN GETAWAY

Kelowna & Summerland

SEPTEMBER 14 to 16

\$929 pp double

\$1199 pp single

Included:

- Return Coach transportation and Ferries to Kelowna
- Two nights accommodation at Hyatt Place Kelowna Hotel
- Sunset Dinner Cruise
- Kettle Valley Railway journey
- Wine tastings
- One dinner, two breakfasts, three lunches

A non-refundable deposit of \$250 per person is required at the time of booking. Balance due by July 14th, 2025. Cancellation penalties non-refundable after July 14.

*Note: Tours by Square 1 Travel can be paid by cheque payable to Square 1 Travel or credit card by calling the travel agent at 250-334-0355*



## PRINCESS LOUISA INLET

SEPTEMBER 1 & 2

\$799 pp double | \$899 pp single

Included:

- Return Coach transportation and Ferries from Courtenay  
(note no transportation from Qualicum Beach)
- Appetizers at the Shinglemill on Powell Lake
- 3-course Dinner at the Laughing Oyster in Okeover Arm
- One-night accommodation at Town Centre Hotel, Powell River
- Continental Breakfast
- Private Boat Tour to Princess Louisa Inlet
- Box Lunch for boat tour
- Visit Lund, Jervis Inlet and Chatterbox Falls
- Tour Host for the trip

Full payment due at time of booking; cancellation policy 100% non-refundable. Insurance recommended. *Note: Tours by Square 1 Travel can be paid by cheque payable to Square 1 Travel or credit card by calling the travel agent at 250-334-0355*

## Decades-long lobby could bring salmon back into Alouette Lake

BC's water driven turbines with no green house hydrocarbon emissions are the darling of the public press – but is this really green power without environmental harm? Not for sure on the Alouette River in BC's Golden Ears provincial park, which has an adjacent boundary with Maple Ridge.

This is where my story starts.

In the frontier era of harnessing falling waterpower in BC 1902 through 1996, little to no regard was given for the impacts of millions of hectares of flooded valley bottoms behind these massive dams and the carnage this created for fish and wildlife. Yes, in some cases First Nation homelands flooded too. The green image of water power was massaged by politicians like BC's Premier, WAC Bennett (1952-1972) who was quoted as saying: *"any river that reached the coast of BC without generating electricity was a waste of BC's wealth in lost electrical power"*.

I retired from BC Hydro as Pow. Eng. at the relatively young age of 55. My wife and I lived close to the banks of the Alouette River in Maple Ridge BC.

I was to see the dam crippling flows in the Alouette River that had been greatly harmed for sea run salmon and trout by the construction of a bank-to-bank hydroelectric storage dam, built on the Alouette lake's outflow to the river, in 1926. This dam was to store water in Alouette Lake and divert the runoff flows from the surrounding mountains into a tunnel they blasted through the base of a mountain into another watershed that incorporated three hydroelectric power stations before reaching the Fraser River.

This Alouette dam was constructed from bank to bank without any means of salmon and trout passing above this dam into



their natal lake region to spawn and reproduce their next generation there. Further, on average, 94% of the Alouette's river flow was diverted to an adjacent watershed.

In 1993 a small group in Maple Ridge people came together, including myself, to address this crime against nature. We called ourselves the Alouette River Management Society (ARMS).

This was the start of a long dragged-out struggle with BC Hydro. Many others, including Katzie First Nations and cities of Maple Ridge and Pitt Meadows joined our quest for fish passage around this Alouette River dam and a reasonable flow of water being released from the dam into the Alouette River.

After 31 years we have come to an agreement with BC Hydro, backed by Katzie First Nations and a plethora of government agencies, that fish passage is agreed to and is on BC Hydro's agenda for construction. Yes, my retirement years had a purpose seeing this agreement reached with BC Hydro. Senior years can be fulfilling – this was for me.

Geoff Clayton

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*cont'd from page 1*

The Board has approved the following guest policy to be implemented on July 21, 2025:

A QBSACA member in good standing may bring a guest to the Centre provided that the guests pays \$5.00 for each visit and signs a disclaimer statement.

Please be advised that the disclaimer statement is a requirement for members to complete on their application for membership and accordingly, guests will also be required to complete a disclaimer statement. Please be further advised that the greeters will continue to require a member to show a current membership card when signing in at the Centre.

I want to thank the Board members and several key volunteers for their time and expertise in developing a practical and fair guest policy for QBSACA. I want to thank the member for their patience and understanding while we worked through this process.

Hopefully all members can now move forward with respect and kindness as we all continue to enjoy the company, activities and hospitality offered at our seniors' centre.

Rob Duncan, QBSACA Board President  
July 16, 2025



- ▶ I tried to come up with a carpentry pun that woodwork. I thought I nailed it but nobody saw it.
- ▶ Singing in the shower is fine until you get shampoo in your mouth. Then it's a soap opera.
- ▶ How much does a chimney cost? Nothing, it's on the house.
- ▶ Once upon a time there was a King who was only 12 inches tall. He was a terrible King but he made a great ruler.

# WELCOME NEW MEMBERS

Doreen Anderson	Sandra Grant	June Moore
Chantal Boileau	Jim Heinrichs	Margery Snook
Tricia Browne	Tyra-Lynne Henschel	Gordon Standish
Alice Charles	Keith Horton	Bill Mazurkewich
Linda Craven	Barbara Kaufman	Dave Vernon
Ron Craven	Lynne Kreller	Lisa Vernon
Valerie Dyer	Lorraine Linton	Valerie Wheeler

## MEMBERSHIP REPORT

For the month of July there were an additional **14** new Members and 164 renewals.

*Year to Date as of July 31, 2025:*

1090 Members

- 969 Regular (of which 378 were new members)
- 109 Complimentary (90 years old or over)
- 16 Life
- 2 Honorary



## PROBLEMS with your ELECTRONIC DEVICES?

*Call the TECHNOLOGY TUTOR!*

**Brian Collicott**

250 947-8258

To book an appointment, contact the OBLT Technology Learning Centre at [tlc@sd69.bc.ca](mailto:tlc@sd69.bc.ca)



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

## 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 is available for \$10.

**When:** Thursdays 9:30-11:30 am; starting September 18, 2025

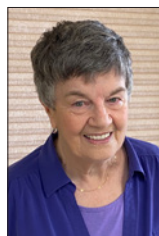
**Location:** Qualicum Beach Seniors' Centre Lounge

**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.

## 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!*



## Congratulations!

The winner of this month's draw for a Quality Foods \$25 Gift Certificate is **Sharon Kevis**.

The bi-monthly display ad in the Parksville/Qualicum Beach News has been discontinued. Sponsored by realtors **Dan Drake & Carolyn Christison, Matt Breedlove and Team Susie Mattner & Karen Hayes**, all of Royal LePage who have been very generously sponsoring the Senior Centre dating back many years.

*Special thanks* from the Qualicum Beach Seniors' Activity Centre for their generosity over these many years and wish them continued success in all future endeavors.

## BOARD OF DIRECTORS 2024-2025



President .....	Rob Duncan .....	236-544-0021
Secretary .....	Bonnie Evoy .....	248-7691
Treasurer .....	Sandi Grant .....	778-987-2472
Past President .....	Lorne Tetarenko .....	951-9050

### DIRECTORS

Events .....	Paula Kalsi .....	250 738-6020
Facilities .....	Geoff Rigby .....	594-5411
Membership .....	Anne Sharp .....	752-9771
Travel .....	Cynthia Crawford .....	594-7701

### AFFILIATES

Activities .....	Anne Driesbach .....	604 679-1703
History .....	Ann Svensen .....	752-5537
Kitchen Manager .....	George Wimmer .....	594-7840
Kitchen Volunteers .....	Jan Desjardins .....	250 686-0348
Newsletter .....	Karen Garland .....	250 589-5059
Sunshine .....	Jeri Burke .....	752-9320
Website .....	Barbara Davidson .....	
Welcome Desk .....	Jeri Burke .....	752-9320

*The deadline for submissions for the **September** Newsletter is Sat, August 30*