

NEWS

for the Young at Heart

Qualicum Beach Seniors' Activities Centre

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AUGUST, 2013

250 752-0420



Spotlight this month Peggy Feist

Peg is one of our "originals". We think they changed the pattern after she was born—she's a special one—there's no one quite like her.

She came to Canada as a war bride in 1944, landed in Halifax and proceeded directly to northern Alberta to a farm with no electricity and no running water. Now that takes real fortitude! Most young ladies would probably, almost immediately, go home to their lovely English village! She and Ted had well over 60 years together and loved each other deeply until the day came that Ted passed away.

They both were part of the Centre's beginnings: Ted with his carpentry and painting etc., Peg volunteering, designing and managing the present kitchen, helping out at the annual bazaars and countless other things. She is moving to Ontario the end of August to be closer to her family.

We wish her the best of everything and thank her so very sincerely for all she has done for the Seniors' Centre in Qualicum Beach. We shall miss you very much, Peg.

**BON VOYAGE
TEA for PEGGY**
Sunday, August 18
at 2:30 p.m.
at the Centre

As I begin my journey,
Where each must go alone,
I ask no grief or darkened rooms,
No sad and mournful tone.
Just celebrate the life I've had,
With friends all gathered near,
Smile at all the good times past,
But never shed a tear!

No tales of sadness do I want
No words of doubt or fear,
For though in body I'll have gone,
In spirit, I am here.
I've lived a good and fruitful life,
Blessed by heaven above,
Been fortunate in friends I've had,
Been loved and given love.

And though you cannot feel my touch,
Nor earthly body see,
I will be there to comfort you
Each time you think of me.
And surely, as the darkest night
Retreats before the dawn,
You'll come to know that even though
I've left; I am not gone.



Dear friends of the Seniors' Centre. It is with great sadness and disbelief that we tell you of the death of Margaret Roy

Saturday, July 20.

Margaret was a pillar of the Seniors' Centre, a past president, a willing volunteer, a leader. There will be many and wonderful stories of her initiative, her creativity, and her concern for the welfare of the Centre that played such an important part in the lives of both her and her late husband Stan. We have lost a dear and valued friend.

Suzanne Adkins



FAREWELL TEA for MARGARET
Friday, August 23 at 2:00 p.m.
at the Centre

THE JOURNEY

Poem by Gus Barrett

Maggies Musings
on page 6



Centre Activities

MONDAY

◆ YOGA

9:30 a.m. & 11:00 a.m.

◆ SCRABBLE ~ 10:00 a.m.

◆ UKULELE ~ 12:45 p.m.

(on vacation mo. of August)

◆ QUIZ / MOVIE ~ 1:00 p.m.

◆ LINE DANCING ~ 3:15 p.m.

TUESDAY

◆ FUN BRIDGE: 9:15 a.m.

◆ WRITERS GROUP: 10 a.m.
(starts in September)

◆ NEEDLEWORK: 1:00 p.m.
(no sessions June 25-Sept.3)

◆ CANASTA/ CRIB ~ 1:00 p.m.

WEDNESDAY

TAI CHI ~ 10:00 am
(10 week session)

(no classes July/August)

◆ DOMINOES ~ 10:00 a.m.

◆ BRIDGE ~ 12:30 p.m.

THURSDAY

◆ FUN FITNESS: ~ 9:00 am
(On holiday June 6-Sept. 12)

◆ SONGBIRDS ~ 10:15 a.m.
(on summer vacation)

◆ Drop-In BRIDGE ~ 12:30 pm
◆ WHIST at 1:00 p.m.

FRIDAY

◆ DARTS:

at 9:15 a.m. sharp!

◆ NEW!! SPANISH LESSONS
10:00 ~ 11:30 am

◆ YOGA ~ 11:30 a.m.

◆ MAH JONG ~ 1:00 p.m.

◆ ART GROUP ~ 1:00 p.m.

* * * *

You must be a member to participate in Centre activities only \$15 per year

Monday movies



QUIZ DAZE

ON VACATION FOR AUGUST
Look forward to seeing everyone "at the movies" in the Fall



Do you like to dance? Are you a good singer? How about acting? Performing skits? or maybe a comedian? A musician? Or? I am looking for folks to perform in a Variety Show around the end of September. If interested, please call: **Johanna at 250 752-0257**



Pancake Breakfast

**Saturday,
August 17**

9:00 a.m. to 11:00 a.m.

\$5 p/p ~ pay at the door

**Pancakes, Sausage,
Juice, coffee/tea**

BRING A FRIEND!

NEW - UPCOMING FALL PROGRAMS

Empowered Aging - Wednesday afternoons

What happens when you honour and respect the aging process? A drop-in discussion forum sharing with others what works for you. What are you doing for your health and well-being as you age? Come tell us about it.

Imagination and Play - Thursday afternoons

Is imagination and play only for children? Having fun with exercises that cultivate the use of our imagination and remembering how we can play.

Laughter and Jokes - Thursday afternoons

They say laughter is the best medicine. Bring a joke or two so we can all laugh together. Perhaps we can even learn how to create our own jokes.

Congratulations

**WANDA
DEPLAEDT**

Winner of the
Latest
1/2 'n 1/2



SORRY! MY APOLOGIES
to ROSE VEGH

for misspelling her name in
the July Newsletter.

I promise to check the membership
list from now on to confirm proper
spelling of names. Lila

**THE CENTRE WILL BE
~ CLOSED ~**

BC DAY, MONDAY, AUGUST 5TH

Thank You!

...to the people who have decided they would like to help out in the kitchen. It's a good time to learn as it's a slower time of the year.

AND...would the **regular volunteers** give as much notice as possible when you are unable to come in. As it's holiday time for everyone, it's really good to have a few new names to draw from.

Thank You!

ANN SVENSEN

for donating the new tea towels and dish cloths to the kitchen drawers which were once full of threadbare goods and now filled with nice new towels, so badly needed. Most appreciative for your thoughtfulness Ann.

Maureen

PANCAKE BREAKFAST

Saturday, Aug. 17 - \$5

PICNIC on the BEACH

Sunday, September 7th

CHRISTMAS DINNER

December 1 ~ 5 p.m.

at Deez Restaurant

5:00 p.m.~ \$25



KITCHEN CORNER

Always something tasty and interesting served from the kitchen

Drop in for lunch!!

There will be **CHILI** on **Tuesday, August 6th**



Do you enjoy a nice lunch from the concession?

How about a nice goodie with your tea or coffee?

Well.....**WE NEED YOUR HELP.**

At this time of year we realize folks are vacationing and enjoying the summer, **HOWEVER....WE DESPERATELY NEED HOME BAKING** in order to keep up the concession's good reputation of serving nice home made food. We are most appreciative to the faithful people who do bring in their tasty goodies, so if anyone can help us out "we'll luv ya forever!"

MANY THANKS!

PS: We pay for the ingredients in your baking.

Ever Wonder: Why the sun bleaches our hair but darkens our skin?
Why can't women put on mascara with their mouth closed?
Why don't you ever see the headline 'Psychic Wins Lottery'?
Why is 'abbreviated' such a long word?
Why is lemon juice made with artificial flavouring?
Why didn't Noah swat those two mosquitoes?
Why are they called apartments when they are stuck together?
Why is the time of day with the slowest traffic called rush hour?
If flying is so safe, why do they call the airport the terminal?
Why do they sterilize the needle for lethal injections?

Out 'n About with Sheila



Hi Everyone. Boy! Isn't this weather great! We had a good time on our trips...good weather sure

makes a difference.

Well, first of all, Rick has a **SPECIAL** for the **SILVER REEF CASINO**, 2 nites, August 21-23 for **\$289** which is a saving of \$52 (per couple). This is a **ONE ONLY DEAL** and you get everything extra that is advertised for the other dates. You put your name down the same way and deposit a cheque at the

same time and I will book you in. There will be a special trip sheet **just** until the 17th of August cut off!

A few seats are left for the **Tulalip** trip Sept. 9-12 and only 10 seats left for Christmas there!! Also we have a few seats left for the **Halloween Show** at Chemainus for **\$55** inc. bus, show and dinner at the Golf Club, Sunday, **Nov 3**. Please wear Halloween costumes or similar if u wish. Be sure to get your name down so I know how many tickets to get. If we have 40 people, it will be a

show just for us! Wouldn't that be great?

A new trip coming up is the Nanaimo **COAL MINE** tour, \$49 incl. bus, guide, taxes and lunch at Lantzville Pub, proceeds go to the "Friends of the Morden Mine".

WAR HORSE is getting great applause from members. Who has seen it? Something different and is at the QE theatre in Vancouver, \$225 bus, ferry, show and taxes...a great day out!.

continued on page 4

WINE TOUR by Tanis

Up again at 7 a.m., ready to catch the bus and off on the wine tour. It was loads of fun, chatting and giggling all the way.

Blaine, our driver for this trip, stopped at a tiny mall for a 'quick grab breakfast', then off again to the lovely Damali Vineyard with acres of lavender and a gift shop. We tasted the wine and stocked up a little 🍷

Lavender plants were for sale; Sheila came out with a bouquet as well as others. Lavender is distilled there and made up into all sorts of items.

On to Unsworth for more wine tasting and an adventurous, delicious lunch. No need for seconds!

Merridal Ciderworks was so very interesting. Apple trees everywhere (they buy special apples to make their cider).

We had a very interesting guide, Graham was very good and so knowledgeable about the workings. We tasted four ciders: Scrumpy, Traditional, Merriberri and Cyser cider.

6% to 10% ciders. I grabbed a 6 pack of Traditional for my stock 🍷

Last stop was Cherry Point, another very interesting vineyard. They won gold for two of their wines. A couple from South America run it now and they both poured the wines for us. Lovely couple and so very friendly.

We had a special time there. Most of the vineyards hold weddings and most have restaurants as well.

The weather was beautiful as well, all in all a lovely day.

Special thanks to E.T.A. tours,

also Blaine and our own Sheila Jackson. Thanks for a wonderful trip, I will be there as well next year 😊

So very interesting and so very much fun!!

'Out 'n About'

cont. from page 3

It's 70 years of the RCAF in the Comox Valley and the AIR SHOW is on August 17, adults \$60, seniors \$50 and Veterans \$45 and, **must not forget the BUTCHART GARDENS FIREWORKS, \$99, bus, admission and taxes. Bring a picnic or buy your supper in the Blue Poppy restaurant, August 31, the last one of the year so everything goes up!**

Another great SHOPPING DAY in Victoria, Sept. 16 for \$35 includes Eaton Centre, China Town and Capitol Iron. Book ASAP please. I'm having my 'English Invasion' coming August 23 and I will be very busy for the next 2 weeks after taking then "Out 'n About" with Sheila.

Off to the West Coast by Roy J.

Several intrepid mariners from the Centre were the last group picked up on the 17th and then on to Port Alberni, (quick coffee) and away to Ucluelet with the big question ... where is the sun? Still, it was a pleasant ride and fortunately, no rain!

A soup and sandwich lunch was served very quickly and efficiently, leaving time for us to explore Ucluelet which also involved trying to keep out of the wind and trying to beg, borrow or steal an extra sweater from any poor innocent who would yield.

We then boarded the Frances Barclay which sailed at 2:20 for the five hour trip. On board, a quick camaraderie soon developed (a nice crew) and once we had figured out the stairs, we each found our only spot among the two or three small decks and salons. Not luxurious, but down to earth and comfort-



able with a small kiosk offering soup and burgers. One or two individuals even bought wine which they then proceeded to spill on the table, but the 'Standby Mopperuppers' were so fast and efficient, the captain never even found out.

After a little turbulence and despite the clouds, we could see the Broken Islands ahead. Some were just small tufts of trees. This did raise the question ... why break them into all these bits? Surely one large island would have been better, then perhaps we could have a casino with a few dancing girls

(or boys!)

Arriving at a charming little cove, we docked at Sechart Lodge where we took aboard a few kayakers and some dirty laundry. Then, on to the Alberni Inlet with the relaxed and chatty atmosphere prevailing.

Heading up the inlet we noted the log barges and general activity which indicated that the industry is alive and well.

As we docked we were entertained by a very accomplished wind surfer. Our bus waiting and after a short delay (*why is it that there is always someone who has to buy a T-shirt at the last minute?*) we were off for a fast trip to the Civic Centre.

I believe that we all disembarked with the feeling that we had experienced an unusual and simply 'great' day. Our thanks to Sheila for her energy and organizing skills. Courtesy Roy J.

...a day at the beach!



"steak well done, please"



"...tickets please!"



"who wants chicken?"



Great Job! "Happy Organizers"

Good food!
Good friends! Perfect weather! What more could you ask? Many thanks to the busy volunteers who planned, cooked and organized the BBQ once again. The supper was delicious as usual.



"...best spot in the park!"



"How may we help you?"



"...this is the life!!"



"...how much?"



"... who's winning?"



"...mmm, delicious munchies!"

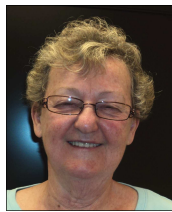


"...have you heard the one about..."

Oh those lazy, hazy days of summer! As I looked back at our July newsletter, we were waiting and wondering when summer would arrive... and arrive it did! Isn't it great to cook on the barbeque and sit outside enjoying these warm evenings! Sometimes we go down to the beach and enjoy some of the lovely sunsets that we have been getting the past few weeks.

We had an awesome day for our picnic at Rotary Park on the 10th. A **huge thanks** to the **Walsh's and company** who always do an excellent job of cooking dinner for us. I am sure that no one went home hungry.

Our kitchen is keeping busy with the lunches, thanks to Maureen who does the schedule and manages to find enough volunteers who will come in and work, not an easy job with people going away or having family coming to visit. I also want to thank **Ingrid Pelzer** who brings in baking every Monday for us, she makes the best squares and cakes for all to enjoy. Thank you Ingrid. I know there are also ladies who make



MAGGIE'S MUSINGS

cookies and scones on a regular basis and I thank all of you for doing so on these hot days.

We had a very sad day this month. As you know Margaret Roy, who has been a member for so many years, passed away on July 20th. It was a shock to all of us and we are thinking of her family, keeping them in our thoughts and prayers. Her daughter Laura is having a tea for her on August 23rd and I know that many of you will want to come as we remember Margaret.

We also lost one of our Life Members this month, Walter Kozak. Our condolences to Mona Harris who was a close friend of his.

DEADLINE for SEPTEMBER 2013

NEWSLETTER ~ AUG. 28

LILA GREENE lilapat@shaw.ca
250 752-6489

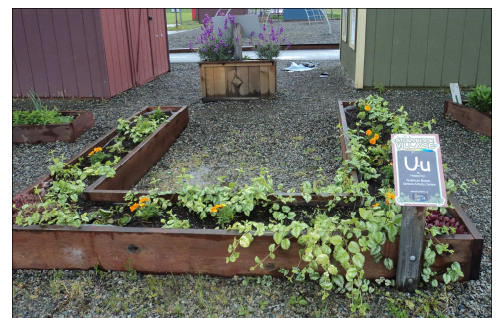
Don't forget our **Pancake Breakfast** on the **17th**, come and bring a friend for breakfast before you head down to the market!

We will be saying goodbye to Peggy Feist this month as she is moving back to Ontario to be closer to her family. Peggy has been keeping our **photo albums** up to date, so we will be looking for **some one to do that job**. We will miss you Peggy and I am sure that you will think of us come winter!

We have a busy month coming up at the Centre and I hope you will find time to drop in for coffee or lunch.

Enjoy the warm weather while it is here and everything that Qualicum Beach has to offer: those sandy beaches for swimming or walking, watching the sunsets and the summer markets!

Fall will be here too soon!



ALPHABET GARDEN

I certainly owe the WATERING ELVES a huge thank you (*Elva must be on the job!*) Each time I check, the place looks great. Have been adding a little Miracle Grow occasionally. This weather makes watering a most important job! Judy S. **Editors note:** Elva has asked for volunteers to help with the watering, especially in this very hot weather. As Margaret Roy, (along with Alva and Judy) was always on the job with the hose...she will be missed, ...so if anyone would like to step up and help, it will be most appreciated.



LIVING OCEAN MEMORIAL REEF

For those who choose cremation as their burial wish, a Government Approved **Living Ocean Memorial Reef** is an ecologically beneficial and everlasting alternative to traditional memorials. These scientifically engineered and handcrafted reefs are a permanent memorial of eternal life and everlasting hope for those we leave behind.

250-594-0305

If choosing a burial option for yourself or having to choose for someone else, a Living Ocean Memorial Reef:

- Reduces species extinction rates.
- Enhances marine biodiversity.
- Is completely permanent.
- Restores ailing fish stocks.
- Leaves a positive legacy of life.
- Economical and dignified.

Ashes of the departed are eternally preserved in a scientifically engineered artificial reef that mimics vital habitat for many threatened and endangered species of marine life. As marine life begins to colonize the reef, a natural transformation occurs and soon the reef becomes a natural part of the marine ecosystem. Each reef is unique and handcrafted using crushed shells and other organic marine friendly compounds to form the reef.

If you are interested in more information please give us a call at 250-594-0305

~ FOR SALE ~



SHOPRIDER SCOOTER

Used approx. 10 hours. Good condition, some scratches.

Complete with battery

\$995 OBO

250 752-6359

A middle-aged couple had finally learned how to send and receive texts on their cell phones. The wife, being a romantic at heart, sent her husband a text while she was out of the house having coffee with a friend. She texted:

If you are sleeping, send me your dreams

If you are laughing, send me your smile,

If you are drinking, send me a sip

If you are crying, send me your tears. I love you.

The husband, being a no-nonsense sort of guy, texted back: *I'm on the toilet. Please advise.*

celebrating 100 years!



...NOT THIS GROUP though! The QB UB had the very pleasant opportunity to entertain at the 100th Anniversary of the Qualicum Beach Memorial Golf Club on July 20th. The ladies (and Helmut) created their own lovely period hats to help celebrate the occasion. We played for an hour to attentive golfers ...the distant mountains and Georgia Strait as the magnificent scenic backdrop. It was a happy time on a beautiful summer day!

BOARD OF DIRECTORS - 2013

President	Maggie Coleman	594-8097
Vice-president	Maureen Johnson	752-3575
Secretary	Janet Dol	752-8694
Treasurer	Ed Burnett	752-8852
	Audrey Isbell	752-9134

DIRECTORS

Activities	Riva West	752-7178
Membership	Suzanne Adkins	752-7971
Facilities	Bob Blacklaws	594-8097
Special Events	Johanna Scheepers	752-0257
Newsletter	Lila Greene	752-6489

AFFILIATES

Travel Co-ordinator	Sheila Jackson	752-5659
Sunshine Lady	Pat Bull	752-3946
Past-president, historian	Judy Southern	752-5586

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PRESENT LIFE MEMBERS

JOHN ABLETT
SUZANNE ADKINS
DELLA BALZER
ED BURNETT
CAROL DEASEY
ALMA FAULKNER
PEGGY FEIST
BILL HUTCHINSON
AUDREY ISBELL
SHEILA JACKSON
ANN KLEES
TILLY KOREMAN

FRAN MCLACHLAN
PETER MCLACHLAN
SOPHIA NIX
MARGARET ROY
BETTY SMITH
BILL SMITH
JUDY SOUTHERN
CHRISTIAN WARRENDER
JOHN WARRENDER
DOUG WEDGE
MAGGIE COLEMAN
JOAN WALSH

LIFE MEMBERSHIP: *Now is the time!* Nomination forms are available in this newsletter (*on p. 8*) and in next months NL, also on the Activities board at the Centre. Nominations close Friday, September 13th at 3:00 pm. There are criteria to follow when nominating whom you feel is a deserving candidate. The necessary information is on the form along with a list of those who are already Life Members (*see above*). Thank you in advance for your participation in this important job. Judy Southern

FUN AT THE BEACH

Sunstroke	Swimming	Sunburn	Castles
Clam	Umbrellas	Beach Bag	Sun
Sand Dollar	BBQ	Volley Ball	Shell
Seaweed	Waves	Beach Ball	Bikinis
Picnic	Sunsets	Beachcomb	Sand

DRAW LINES THRU' THE WORDS in this Word Find puzzle and receive a free cup of coffee (or tea) and a goodie from our concession. Sign your name and phone # on your entry by August 22nd and drop into the jar provided on the front desk at the Centre.

The winner will be contacted by phone.

LAST MONTH'S WINNER: JOYCE RONYECZ

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

NOMINATIONS FOR LIFE MEMBERSHIP AWARD

The annual selection of one or two members considered to be outstanding volunteers for the Qualicum Beach Seniors' Centre Association and who would be deserving of a Life Membership is a very important responsibility. Therefore it is also important that no deserving volunteer(s) be overlooked. *To this end our entire membership represents a valuable source of information in the selection process.

Again this year, the Selection committee appointed by your Board of Directors needs your assistance in identifying those whom you consider most deserving of a Life Membership award. ONLY MEMBERS IN GOOD STANDING FOR A MINIMUM OF 5 YEARS QUALIFY. On the reverse of this form is a list of those who have previously received life memberships.

The following types of information will be required by the selection committee in reaching a decision on the most deserving candidate(s) and should also be your guide in nominating any member(s):

Has this nominee:

- (1) served on the Board of Directors either in an executive capacity and/or as a director - and for what period of time?
- (2) served as a regular volunteer in the kitchen - and for what period of time?
- (3) directed or assisted with events such as birthday parties, the bazaar, the bridge luncheon, the barbecue, etc. - and for what period of time?
- (4) served in a support position such as organizing the library, acting as "sunshine lady", being a leader of an activity such as whist or bridge - and for what period of time?
- (5) served the Centre in any other capacity/area not mentioned above?

While focusing on the above points, please complete the information required below:

Name of member being nominated _____

I nominate this member for the following reasons:

General comments:

NOMINATIONS CLOSE FRIDAY, SEPTEMBER 13 at 3:00 p.m.

Please sign your nomination in the space provided below and place in the Centre's Suggestion Box.

Nominated and signed by _____

See the list of present life members on page 7 for your info.