

S NEWS

for the Young at Heart

Qualicum Beach Seniors' Activities Centre

Box 103, 703 Memorial Ave., Qualicum Beach, BC V9K 1S7
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SEPTEMBER, 2013

250 752-0420

Our summer has come to an end and what a great one it was! We had such nice warm weather for two months, I hate to see it end.

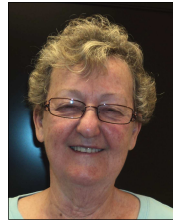
August was a busy month for us. Our Pancake breakfast was well attended and it was nice to see so many members come out and support the Centre. The next day a farewell tea was held for one of our long-time members, Peggy Feist, who is relocating to Ontario where her family lives.

A memorial tea for **Margaret Roy** was very well attended. Margaret was well known in the community and played a big part in the Senior Centre.

We also lost three members in August. **Kay MacIntyre**, who was responsible for the Yoga groups getting started. She will be missed by the groups and our condolences to Charles and his family.

Marilyn Minton, a long-time member of the Ukulele Band also passed away; as a valuable member of the group she will be very much missed.

Shirley Cotton, also a long-time member of the Centre has also passed away. Needless to say, it was



MAGGIE'S MUSINGS

a difficult month losing these ladies in such a short time; we will endeavour to carry on as a new month approaches.

I would like to **THANK** those who responded and brought us some very nice china mugs for the kitchen. I am sure that our tea drinkers (and coffeers) will enjoy using them!

Johanna has some new activities planned for us: one of them is a pot luck picnic at the beach with QB UB band entertaining. The poster is up with the information, do try to attend if you can.

Several activities: ukulele band, writing group, needlework, fitness, songbirds... are starting up...watch the board for the dates and times as well as notices in this newsletter.

Our **AGM** will be held **October 22** at the Civic Centre starting at 1:00 p.m.

We need a president, secretary and treasurer this year. Nominate yourself or another (with their permission, of

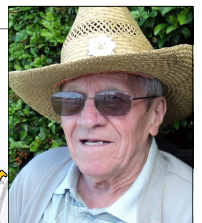
course) sign on the easel that will be displayed in the entrance.

I wish to **THANK** all the **people who volunteered** during the summer months. We did have extra activities this month that required people to help set up (*and down*) the tables and chairs. It's a big job and it helps a lot when we get people who are so willing to help...**many thanks** to the men who helped with this.

I hope you find an activity to join this month, something new maybe, that you have thought you would like to try. **DON'T FORGET** the **kitchen** as we **ALWAYS** need help there.

Enjoy the fall season, what a beautiful time of year!

*Spotlight
this month
Stan Woodhall*



Stan has been a member of our Seniors' Centre for many years...AND, as well as coming to almost every special event, he has found his niche' in the kitchen on Friday mornings. He has been supremely helpful in the dish water for some time now!

He has also contributed a great deal to our local Legion (for 35 years), marching and carrying a flag in the colour party at every special happening.

Stan is a superb ambassador for both places. We thank him very much for his continuing service.

Picnic at the Beach ~ Sunday, Sept. 8 at 11 a.m.



On the **waterfront** (west side of the Beach Hut)

Pot Luck or bring your own lunch, lawn chair etc. * **GAMES** * **BOCCI** etc.

QB UB Ukulele Band will entertain

Please sign the posted list if you plan on being there

IF IT RAINS, WILL BE AT THE CENTRE

THE MORE, THE MERRIER

Centre Activities

MONDAY

◆ YOGA

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

- ◆ SCRABBLE ~ 10:00 a.m.
- ◆ QB UB UKULELE -12:45 p.m.
- ◆ QUIZ / MOVIE ~ 1:00 p.m.
- ◆ LINE DANCING ~ 3:15 p.m.

TUESDAY

- ◆ FUN BRIDGE: 9:15 a.m.
- ◆ WRITERS GROUP: 10 a.m.
- ◆ NEEDLEWORK: 1:00 p.m.
- ◆ CANASTA/ CRIB ~ 1:00 p.m.

WEDNESDAY

TAI CHI ~ 10:00 am

- ◆ DOMINOES ~ 10:00 a.m.
- ◆ BRIDGE ~ 12:30 p.m.
- ◆ EMPOWERED AGING
1:00 p.m..

THURSDAY

- ◆ FUN FITNESS: ~ 9:00 am
- ◆ SONGBIRDS ~ 10:30 a.m.
- ◆ Drop-In BRIDGE ~ 12:30 pm
 - ◆ WHIST at 1:00 p.m.
 - ◆ IMAGINATION & PLAY
1:00 p.m.
 - ◆ LAUGHTER & JOKES
2:15 p.m.

FRIDAY

◆ DARTS:

- at 9:15 a.m. **sharp!**
- ◆ UKULELE #2 ~ 10:00 a.m.
- ◆ 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**



A Gathering for Tea

In memory of
**SHIRLEY
COTTON**

Saturday, Sept. 28th
1:30 to 4:00 p.m.
at the Senior' Centre



...will be back in full strength this fall starting on Thursday, September 5th at 10:30 a.m. Lynn Beamond and Joan Paton are returning as our conductor and accompanist respectively ~ happily for all of us. We already number 40 which is the most we can take, so once again I need to remind everyone that there is a waiting list. If you would like to be on that list, please call:

Mary at 752-3512

Thank you to the Senior's Centre for all the support you give to the choir

Mary Blair, president

~ **WRITERS GROUP** ~
Begins Tues. Sept. 17
10:00 a.m.

~ **TAI CHI** ~
Begins Wed. Sept. 4
10:00 a.m.



FITNESS

Hello! Welcome back to another season of Fitness. Classes resume Thursday, September 12 at 9:10 a.m. We are looking forward to seeing our "old" members and welcome to **NEW MEMBERS!!**

Fitness is done while sitting down
Joan Fayer ~ 752-5829

**Monday
movies
at 1:00 pm**



* **September 9th** *
SHALL WE DANCE

with Richard Gere
and Susan Sarandon

* **September 23rd** *
PREACHERS WIFE
with Whitney Houston and
Denzel Washington

NEW COMERS & EXPERIENCED WELCOME TO JOIN OUR QB UB UKULELE BAND

Have you ever considered taking up a musical instrument but felt a little unsure if you could learn to do so?

WELL, come out and join our band, try out a ukulele, and see just how easy it is to catch on and what a fun instrument it is to play. We will help you get started and you don't have to be a great singer or have musical ability...just the wish to do something different, have some fun as well as make new friends. We practice every **Monday at 12:45 p.m.**- drop in and see what it is all about. We play at various senior centres and other venues out and about the Oceanside area. Practice for the 2013/14 season begins Monday, Sept.9th.

See pages 3 & 6 for more interesting events to take part in at the Centre



KITCHEN CORNER

Always something tasty and interesting served from the kitchen. Drop in for lunch!!

There will be **CHILI** on Wednesday, Sept. 4th
CABBAGE ROLL CASSEROLE Tuesday, Sept. 10th



I wish to **thank everyone** who donated the mugs, cups and saucers and glasses. It makes it so much easier and a nice addition to our kitchen.

I am looking for workers for the kitchen, especially the afternoon shift!

THANKS also to all who helped with work in the kitchen and activities room for the recent events. It was a big job, organizing three events in one month, but many helpful hands got us through!

AND... a very special **THANK YOU** to **JOAN GREAVES** for the **beautiful flowers** she brings to the Centre each week. What a lovely display to adorn our Centre. Maureen

DO YOU HAVE A FAVOURITE RECIPE YOU WOULD LIKE TO SHARE WITH OUR MEMBERS?
It's always nice to have a "RECIPE OF THE MONTH" to print in the monthly newsletter. Drop a copy of your favourite in my mail slot in the Centre office or, email to me at: lilapat@shaw.ca. Lila



VARIETY SHOW

at the Centre
Saturday, Sept. 28 ~ 5:00 p.m.
(doors open at 4:00 p.m.)

HOT and COLD SNACKS



Congratulations

BARBARA McMAHON

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



HI! all Kitchen workers

The **MENU CALENDAR** will once again be posted on the fridge each month, listing the **"SPECIAL DISHES"** that will be served throughout the month. We ask those who would like to contribute to the menu to please sign in the spot provided indicating the dish you would like to bring.

The idea is to advise the membership (in the monthly newsletter) of the tasty dishes that will be served for lunch. See you there!!

Cookie of the Month

Another recipe from the Best of Bridge series. This was my students' favourite cookie and the one I baked for Margaret's memorial tea.

from Suzanne Adkins.

- 1 cup butter
- 1 cup sugar (I used 3/4 c)
- 1 cup firmly packed brown sugar (I used 3/4 c)
- 1 egg, beaten
- 1 cup vegetable oil
- 1 tsp. vanilla
- 1 cup rolled oats
- 1 cup corn flakes, crushed (2 cups whole reduces to 1 cup crushed).
- 1 cup coconut
- 1/2 cup walnuts or 1/2 cup pecans, chopped
- 3-1/2 cups flour
- 1 tsp. baking soda and 1 tsp salt.



Directions:

Preheat oven to 350 deg. Cream butter and sugars until light and fluffy. Add egg, oil and vanilla. Mix well; add oats, corn-flakes, coconut and nuts. Stir well. Add flour, baking soda and salt, stir until blended. Drop by teaspoonfuls on cookie sheet and flatten with a fork dipped in water.

Bake 10-13 minutes or until done (I do 15 min.)
Recipe makes 8 dozen cookies that freeze well.



Hi everybody.

Are you still enjoying this lovely weather? We sure were lucky when we had our great Mystery Trip last Monday.

Saturday, September 28 is that wonderful show "WAR HORSE" at the Queen Elizabeth theatre in Vancouver. \$275 for bus, ferries and really great seats!

An oldie but goody is a 3-day HARRISON HOT SPRINGS TRIP with two breakfasts, one dinner and the lovely special HIGH TEA on arriving...\$509 and of course, hotel and transportation.

Now for the actual "WIZARD of OZ" Sunday, November 10th at Queen Elizabeth for \$225...bus, ferries, show and tax.

We will be having BLACK FRIDAY again, but this time in Bellingham at Bellis Fair and a few different malls which include all our own favourites such as Macy's, Khol's, Ross for Less etc. \$369 includes hotel, two breakfasts and shuttles to get more bargains ... November 28 to 30th.

Are you ready? Let's Go!! Here's what everyone has been asking us about...December 7th at YELLOW POINT, Cedar and DECEMBER 21st, same great show, same price of \$82 at Port Theatre in Nanaimo. PLEASE NOTE: there are two separate sheets up for the two different places.

The CHRISTMAS SHOW at Cheminus this year is 'IT'S A WONDERFUL LIFE' with the sumptuous buffet lunch, bus and taxes for \$119 ... AND we mustn't forget the Christmas Wonderland at BUTCHARTS GARDEN with

Out 'n About with Sheila

the Christmas carols and dinner at the Blue Poppy Café included for \$149.

It's time to be thinking about that wonderful CRUISE in January to the Eastern and Western CARIBBEAN for a great price and of course, Dancing

with The Stars!

What a trip it will be! There will be other entertainment included.

Lots to think about and lots of good times to be had when you go Out 'n About with Sheila.

Victoria's 'Hippo' - City Tours

...WITH A SPASH!!

7:15 a.m. saw several sleep-eyed seniors join the ETA's annual Mystery bus tour recently. We headed south with guesses

including "Tea at the Empress", "I should have worn my mink!" "Butcharts Garden, not again!" We joined another small bus in Duncan and after coffee at Tim Horton's, the two buses made their way over the Malahat, arriving in Victoria about 10 a.m.

We were delivered to the CPR terminal, the new home of Robert Bateman's Gallery, to get on board Victoria's newest attraction, the BUS that FLOATS, the HIPPO! The top half looks like a bus and the bottom looks like a boat. It is extra wide so it takes a bit of steering as we toured around the city with a narration by Carol, a young lady from Ontario, pointing out the usual sights. Then we headed to the Ogden Point ramp, drove down the slope with a loud bang and went straight into the water. The bus has several large wheels which operate all the time whether at sea or on land. Add a propeller and other tech stuff, the bus becomes a boat! We cruised around the inner harbour and James Bay, keeping well out of the way of several float planes coming and going.

Under the Blue Bridge and back again to inspect all the construction going on and how much it was costing; it looked a dreadful mess.

A large cruise ship arrived at the dock. While we watched we also saw a lot



of large, beautiful private yachts worth several millions anchored in the harbour. It was certainly the Grande Tour and very enjoyable ...perfect

weather for it too! The "Hippo" took us back to Ogden Point and with a mighty heave, got us back on dry land.

It had to have a shower to get rid of all the salt water. We then finished the dry land tour of the city and we were dropped off to have lunch at Harbour House, a well prepared three course meal which was excellent, especially the hot coffee after the cool sea tour.

Taking the Shawnigan Lake road turn-off on the way home, we had an interesting detour along the lake and viewed some of the lovely homes there, arriving back in Qualicum Beach about 5:00 p.m. just in time for tea!

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DEADLINE for

OCTOBER 2013

NEWSLETTER ~ SEPT. 27

LILA GREENE ilapat@shaw.ca

250 752-6489

pancakes...mmm!



A few of the folks who came to the Centre recently to enjoy a breakfast of pancakes, sausage, juice and coffee. All in all a nice way to start the day ... before heading down the street to the Farmers Market. A big **THANK YOU** to those busy folks in the kitchen who prepared and served the hungry crowd!



...saying farewell to Peggy

Friends gathered together to wish Peggy bon voyage and wish her a happy life in Ontario, near her family and old friends. We will miss her very much. Come back for a visit Peggy, we look forward to visiting with you once in awhile.

...remembering Margaret



Daughter Laura, granddaughter Erin and grandson Rhys arrived from England to join with friends to remember their mother and grandma Margaret. The beautiful flowers were from Margaret's brother and sister-in-law in Ontario and Stan's family in Ireland. Margaret was a valuable member of the Centre and will be dearly missed. The video shown at Margaret's tea is now available on You tube: <http://youtu.be/MK@BlgKn8eI>.

Special Thanks to Qualicum Foods for generously donating the tasty lunch we all enjoyed .



Hands Across the Creek

by Roy J.

As a registered Parksvillian who knows that there is no border control at French Creek, commutes fairly regularly, the thought occurs, why not more togetherness?

Indeed, why not a recognition of our assets and announce them to the world

Sure, this is a marvellous island, but where is the sweet juicy centre? Well, here of course and we have a lot to offer.

Two great beaches, an airport, golf, striking clocks, round-a-bouts, a nice clean strip of car dealerships, pleasant shopping areas (well one anyway), some furry wild-life (and none of that smoky "Texas" stuff of course), the list goes on.

It might be that the various councils and districts will welcome a relief from perennial planning, sit down and sign an "entente cordiale!

So, come on folks, the first thing is a name, let's have some suggestions. My first try: Qualville didn't seem to cut it, so we need your imaginations at work.

Once we have the name, we can announce it to the world, carefully of course. The saying "build it and they will come" doesn't specify who the they's are. We won't mind a few 'riff but don't need any of those rowdy 'raffs' cluttering up our space. Our target should be the beautiful people who

have done nice and Canne's, bored with Carmel and simply longing to sail their yachts into French Creek,

So what about some added attractions? We already have skiing up north, oysters, even a bit of coal (so they won't have to chop up any of their antiques). How about film festival, pie eating contest, tour 'de Lasqueti, something topless, zebras on the roof, the possibilities are endless.

All indications are that it's come down to us, the good guys and dolls. Let's get at it and put our new name on the international map.

As they say, if you've got it, flaunt it.

Letter of Thanks

I'm not used to writing letters to the Editor, but felt compelled to in this case.

On recent weeks, we have lost four loved and long-time members of our Centre: Shirley Cotton, Kay McIntyre, Marilynn Minton and Margaret Roy.

These four women were regular participants in our centre activities and functions.

Shirley, a keen card player and involved every year in our Spring Bazaar, sorting jewellery ...which she loved to do and always a lovely smile on her face.

Kay was very involved with Yoga classes, played in the ukulele band for awhile. We will miss her.

Marilynn, a very keen ukulele player who we are very much going to miss playing with us. Her favourite fun song was called "Onions". It will be hard for us ever again to sing Onions.

Margaret: was a huge asset to our Centre over many years...a great organizer and seamstress, served as president for a few years. She sewed tea cloths for the centre for every occasion. It was a lovely gesture by the Board members who organized the Tea, to remember to have the cloths placed on the tables.

And, talking of the Board Members: we, the members who were at both Margaret's remembrance and Peggy's farewell "Tea", were impressed with what you did (along with your helpers) to make both occasions memorable. You all worked so hard. Thank you all so very much.

Sincerely, Christian Warrender

Empowered Aging

Five Wednesday afternoons ~ October 2 - October 30

1:00 - 3:00 pm

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? Be the expert. Come and tell us about it.

This is a way for us to learn from and support each other in developing creative ideas to refresh and renew ourselves. Each week will focus on a different aspect.

Week 1—How do we keep ourselves physically vital and healthy? Week 2—How do we keep ourselves intellectually motivated? Week 3—How are you doing emotionally as you are getting older? Week 4—is there a spiritual aspect to this part of our lives? Week 5—Social aspects and considerations as we lose loved ones.

Imagination and Play

Five Thursday afternoons ~ October 3 - October 31

1:00 - 2:00 pm

Is imagination and play only for children? No—it can be for us right now. By having fun with exercises that cultivate the use of our imagination, we can remember how playing helps us be more joyful and creative every day

Laughter and Jokes

Five Thursday afternoons ~ October 3 - October 31

2:15 - 3:15 pm

"They" say laughter is the best medicine. What amuses you and tickles your funny bone? Experience the benefits of taking ourselves lightly. Liberate your humorous self. Bring a joke or two so we can all laugh together. Perhaps we can even learn how to create our own jokes and laugh at ourselves.

For information and to register for any of these events, call Riva West (250) 752-7178 or email riva.west915@gmail.com.

2013

*SUNDAY, SEPT. 8
Picnic on the Beach
 *SAT. SEPT. 28 ~ **Variety Show**
 *TUES. OCT. 22 ~ **AGM**
 at the Civic Centre
CHRISTMAS DINNER
 December 1~ 5 p.m.

PRESENT LIFE MEMBERS

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

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

Please see page 8 for the nomination form for life members in case you haven't picked one up at the Centre.

Young people have theirs, now Seniors have their own texting codes:

- *ATD: at the doctors
- *CBM: covered by medicare
- *BTW: bring the wheelchair
- *LOL: living on Lipitor
- *OMSG: oh my! Sorry, gas
- *WAITT: who am I talking to?



Provinces, Territories, Cities

Newfoundland	BC	Nunavut	Victoria
Labrador	Yukon	Saskatchewan	
NW Territory	Alberta	N Brunswick	Regina
Nova Scotia	Quebec	Ontario	St. John
Manitoba	PEI	Winnipeg	Ottawa

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 Sept. 25th and drop into the jar provided on the front desk at the Centre. The winner will be contacted by phone.

LAST MONTH'S WINNER: LYNN BEAMOND

Name: Fone:

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

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
Kitchen co-ordinator	Joan Walsh	752-2275

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.