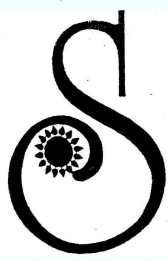


# Qualicum Beach Seniors' Activities Centre



## 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)

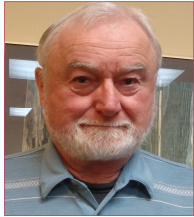
~ OPEN ~

Monday - Friday  
9:00 a.m. - 3:30 p.m.  
**Closed until  
further notice**

Volume 24 Issue 7

July 2021

250 752-0420



### from Lorne

It is a pleasure to write this article. The island has paid its due and now we can see the end of the covid restrictions. Now we are in the process of planning for our reopening, which we hope to be able to do in September.

During the pandemic we have not been idle. We used the shutdown as an opportunity to put several things in order. A major update that has taken many, many hours, and will save us a significant amount of money was to our computer applications. For example: the website and the Membership program. Thanks to Pat for this. Our webmaster, Les Mclean, puts in many hours every week to create and continually update our website that is

recognized as one of the best there is, and the Centre has had many compliments on its quality. It is being copied (with our permission) by many organizations.

Even though we have been closed, our fixed costs have remained, that is: utilities, rental, insurance and so on. As our income comes from the membership fees, we encourage you to renew your membership as soon as possible. You may renew online or in the Centre which will be open for people to drop in and do so, starting Tuesday mornings from 10:00 a.m. to 12 noon and Thursday afternoons from 1:00 to 3:00 starting July 6th.

**All current information will be posted on our website, updated at least once a week. Please check the site to keep up to date.** If you have any questions, please feel free to call myself or any Board member.



Margaret and Ken Rothe, valuable volunteers at the Centre, are leaving us to live in Edmonton and enjoy being close to their children. We wish them a fond farewell and our special thanks to them for all the time and energy they dedicated to our Centre. You will be missed!



## Some Good News

The Government of Canada is committed to moving forward with investments that give Canadian seniors a better quality of life including stronger financial security. As part of Budget 2021, the Government proposes to **increase the OAS pension by 10 percent** for seniors aged 75 and over, **starting in July 2022.**

The increase will provide up to \$766 more for eligible seniors in the first year and improve the financial security of seniors later in life. In order to help address

the immediate needs of this group, the Government has also proposed to provide a one-time payment of **\$500 in August 2021** to OAS pensioners who will be aged 75 and over as of June 30, 2022.

\*\*\*This is a reply to my email enquiry re OAS proposed increases from Kristen Underwood, Director General Seniors and Pensions Policy Secretariat, Income Security and Social Development Branch, Employment and Social Development Canada.

A Nice surprise for seniors!

### MEMBERSHIP REGISTRATION

**BEST DEAL in TOWN!**  
**Only \$20**

The Senior Centre will be open for members to re-new & for newcomers to drop in and purchase their 2021/2022 membership

~~ HOURS ARE ~~

**Tuesday(s)**  
**starting July 6th,**  
**10.00 a.m. to noon**  
and

**Thursday(s)**  
**starting July 8th,**  
**1:00 p.m. to 3:00 p.m.**

Anyone renewing their membership or becomes a member by August 31 will have their names placed in an "Early Bird" draw for some great prizes!

You may prefer to register online at [qbseniors.com](http://qbseniors.com) and clicking onto **Online Membership Form**

# Centre Activities



Happy Birthdays at the beach ... Dorothy and Bill celebrated theirs with friends from the Centre and enjoyed a piece of delicious fruit filled cake (no calories!!) Also great to see Bob Blacklaws back in good shape after his surgery last month ... "lookin' good, Bob".

**FOR UPDATES ON ALL ACTIVITIES DURING COVID 19, PLEASE CHECK OUR WEBSITE at [qbseniors.com](http://qbseniors.com)**  
**Centre Closed 'til further notice**



**ONLY IN CANADA, EH!!**  
*Proud of our Canadian Uniqueness*

- ☞ We eat Maple Syrup off of snow as a tasty treat...and also on most everything!
- ☞ We eat more Mac & Cheese than any other nation in the world.
- ☞ We are the only country that loves Lays Ketchup Chips, sold only in Canada
- ☞ We can experience all 4 seasons in 24 hours, rare but has happened ... -19 deg. to 22 deg. in a single hour in Alberta.
- ☞ We have see through money.
- ☞ We have our own English language: keeping all the double L's, the U's.
- ☞ We harvest Ice Bergs in Newfoundland using the water to produce products such as wine, vodka, beer and skin products amazing for the skin.
- ☞ We build bridges over the highways in National Parks for the animals, avoiding the possibility of being hit ... Banff, Yoho and Sudbury, Ont.
- ☞ We can write letters to Santa and he always writes back!
- ☞ We have weird names for our money, eg: the Loonie and Toonie.
- ☞ The Caesar is a Canadian style drink ...unique as it contains fish juice, weird to some people, but it works!



Welcome new member **GWEN McCLELLAN**, we look forward to meeting you in person, hopefully very soon

**To PETER TRYON, Congratulations**

You are our latest winner of a



**\$25 Gift Certificate**

And to **Quality Foods**, many thanks for your ongoing support of our Senior Centre



**WIN GAETZ**  
**is the Centre's**  
**SUNSHINE LADY**

but with the Centre closed, people who need a card are easily missed. So, if you know of someone who would like/ should receive a card, be sure to call Win at  
**250**  
**752-9229**



## BOARD OF DIRECTORS 2020/2021



President  
 Past President  
 Secretary  
 Treasurer

Lorne Tetarenko  
 Pat Weber  
 Dorothy Young  
 John Telfer

752-5630  
 951-1159  
 752-7253  
 240-9609

### DIRECTORS

Activities  
 Newsletter  
 History  
 Membership, advert.  
 Facilities  
 Director at Large

Judy Palipowski  
 Lila Greene  
 Judy Southern  
 Julia Laviolette  
 Barry Lohman  
 Henrik Verkerk

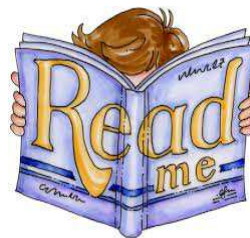
752-6837  
 752-6489  
 752-5586  
 594-3389  
 248-9286  
 954-9484

### AFFILIATES

Sunshine  
 Kitchen volunteers  
 Travel

Win Gaetz  
 Judy Southern  
 Elaine May

752-9229  
 752-5586  
 778 886-0045



**...and WIN**  
**\$25 CASH!**

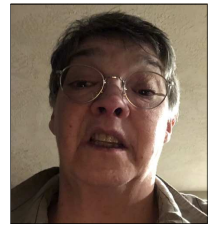
Find and describe where the Centres Logo is hidden in this newsletter, (**NOT the one in the headline**) and email me ([lilapat@shaw.ca](mailto:lilapat@shaw.ca) or phone 752-6489) your name, address and telephone number. Your entry will be placed in the "pot" from which a winner will be drawn and a cheque mailed to you.

**ONE WINNER EACH MONTH !! GOOD LUCK.**  
**JUNE WINNER: JOYCE RONYECZ**  
 You must be a QBSAC member to participate





# Travel Talk<sup>3</sup> with Elaine



The **MUSEUM** in **CAMPBELL RIVER** is offering some trips you may like to know about: **JULY 4: Desolation Sound, \$170. JULY 11: Thurlow Islands: dinner incl. \$245. JULY 18: Desolation Sound, incl. lunch \$210. Telephone 1 250 287-3103 for more information**

## ARE YOU READY TO TRAVEL ??

I know Bob and I are. We are both fully vaccinated and hope all of you as well or in the process. We are anxiously awaiting the announcement on June 15 that we can travel again within Canada. Our itineraries are set up for smaller groups and local travelling for now. The three tours we are highlighting today are:

**STEAM TRAINS and WINE into the Okanagan, JULY 24 - 26.**



**HAIDA GWAIL, 12 days, August 2 - 13**



**The CANADIAN ROCKIES, 7 days, August 25 - 31.**

Some changes have been made where necessary. Phone & book soon as we are having to restrict our numbers. We ask that all passengers be **fully vaccinated** to protect the various communities we will be travelling in and others on the coach. We look forward to seeing you.

Call 604 596-9670

## THE "HEALTHY" CORNER



There is certainly concern about **blood clots** since the AstraZeneca vaccine has been introduced. But, as we all know, blood clots can happen at any time.

Apparently, about 1-2 adults in 1,000 in Canada each year are likely to develop a serious blood clot.

The **Risk Factors** are: over 65 years of age / **obesity** / **long travel** (sitting for longer than four hours) / **smoking** / **previous history of blood clots**. Recognizing the **signs of a blood clot**: **chest pain** / **light headedness** / **out of breath** / **leg tenderness** / **leg swelling**.

Any of these symptoms should be brought to the attention of a medical professional promptly

Being outdoors in the sun. **To prevent heat exhaustion** make sure to **drink plenty of water** (that's water, not beer, coffee or sports drinks!) **Wear light loose clothing**, try to stay cool and **avoid strenuous activities**. **Do not sit in a car** (if the temperature approaches 32 deg., and could reach 51 deg. in 20 minutes!). Whenever you are in the sun, just remember to 'slip, slap, and slop' on your **sunscreen!**

But don't forget to get some sun exposure. It can keep your

## JANIE'S GOT A BUS Road Trips & Adventures

**JUST IN:** Five members of our Senior Centre and 2 others from Nanaimo rode along with Janie on her new air conditioned 12-seater bus to Victoria...with all social protocols in place. Everyone had a great time doing their own thing, and on the way home, everyone did a lot of shopping at the Market in Duncan. It's so great to hear things are moving again. See **July trips below**.



- ◆ **SIDNEY by the SEA - Tuesday, July 6th, 8 a.m. to 5:30 pm**, Walker friendly. Meals NOT included. Learn about the live creatures in the Salish Sea, or walk the waterfront. Sail on the Brentwood Bay ferry home. **\$125 + taxes, ferry and visit to Shaw Discovery Centre.**
- ◆ **Comox Valley THRIFT SHOP HOP - Sunday, July 11th, 8 a.m. to 6 p.m.** Walker friendly, meals NOT inc. Awesome finds, fun shops. Lunch at Black Fin Pub. **\$55 + taxes.**
- ◆ **VICTORIA - Thurs. July 15 and 22, 8 a.m. to 5:30 p.m.** Walker friendly, meals NOT included. Spend the day poking around the shops, dine in one of the many restaurants. On the way home, stop at one of the many farmers markets. **\$65 + taxes.**
- ◆ **TOFINO, BEACH ONLY, Tuesday, July 20th, 8 a.m. to 8 p.m.** Walker friendly, meals NOT included. Walk the beach, then off to Ucluelet and a visit to Amphitrite Point Lighthouse to view the beautiful coastline. **\$85 + taxes.**

**~~ TO BOOK A TRIP ~~**

**CALL: Bowen Park Rec. Centre at 250 755-7501 or Nanaimo Rec. Centre at 250 756-5200**

sprits up and help your body make Vitamin D.

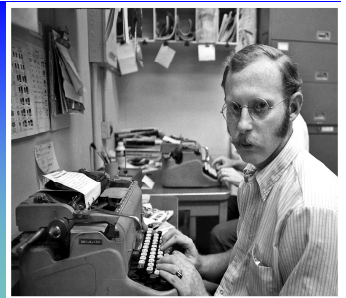
**Being in Nature is Good for You.** Walking in nature has many advantages. **Cortisol**, known as **the stress hormone**, is abundant in your body when you are suffering from stress and can contribute to a whole range of issues. Being out there **can help to reduce stress and improve one's mood**. **Improved sleep, sunlight regulates your body's melatonin** production which, in turn, will get you a better night's sleep. The exercise you get by walking also contributes to improved sleep quality.

**Walking in nature** is a great way to allow **your mind to drift** and, perhaps, **enhance your creativity** and **problem-solving abilities**. It can also help us **focus better** and **renew our ability** to be **patient**. Being outside **increases production of Vitamin D**, as well as **melatonin**, walking in nature **releases more endorphins—hormones** that can help **reduce pain** and increase feelings of wellness.

**Just breathing in nature** helps one **feel calmer**. And, **the air you breathe** when you walk in a natural environment will leave you **feeling energized**.



The board felt it is time we recognized the people who contribute so much to the operation of the Centre, volunteering their time and talents to make the Centre our own very 'special showcase'. This month we recognize LES McLEAN our web master. Follows is an interesting background from Les, an informative narrative we all will enjoy reading and appreciating a very valuable member of the Centre.



It was my father who stirred my interest in photography. He told me stories about when he had developed and printed his own photos. When I was 8 or 9 he let me use his camera to photograph the desert moon, while providing some guidance.

My Senior year of high school a friend suggested taking a photo course being offered as an elective. He convinced me when he told me you don't have to attend class and are free to wander the halls at will. One of my other electives that year was typing, which proved to be crucial to my future in Journalism.

The photo class turned out to fascinate me to the point of captivation when I saw the first image appear in the developer tray. From that point on I spent all my class time in the darkroom, neglecting the hallways.

In college I decided to follow my instincts and started taking Journalism courses. Journalism because, at the time, it was the only way to gain access to a darkroom. Eventually I was assigned the job of page editor and then gained experience as Editor of the school newspaper.

Summers were spent fighting forest fires and hooking chokers as a logger to earn money to pay for school. Finally I decided to try an easier way to earn money for school.

That's when I applied for, and was subsequently hired for a menial job at the local newspaper as a Copy Boy. It partly involved running errands that took me everywhere in the building from the Library on the fifth floor to the press rooms in the basement.

As luck would have it, the Copy Desk was about four steps from the entrance to the Photo Lab. That gave me the opportunity to bug the Photo Editor to let me voluntarily print or develop film for them. Fortune smiled on me a second time when the Copy Editor went to bat for me and convinced the Photo Editor to give me a trial.

After a couple of weeks of a trial period, they hired me on a six month probationary basis. One day in the office it dawned on me that six months has passed and I was still there. I was a staff photographer at for a large metropolitan newspaper at the ripe old age of 21. That was the end of my college days while the learning has continued, uninterrupted.

Years later I became fascinated by the prospect of using a computer to edit photos, as I had in the darkroom. That led me into computing that became another challenge to master along with digital photography.

My computing background and my training in journalism has made it possible for me transition into web page creation. While it has been difficult, it has also been rewarding to assist the Centre with the creation and maintenance of Qualicum Beach Seniors website.