

VALLEY SENIORS NEWSLETTER

APRIL

2021



\$1.00

EXECUTIVE OFFICERS

Acting President—Ron Hill Past President

1st Vice Pres—Ian Balding 2nd Vice Pres—Sheila Garrison

Secretary—Caroline Thompson Treasurer—Neil Peters

DIRECTORS

Maurice (Moe) Drew, Ruth Graham, Don MacKenzie, Cindy Shillito, Warren Gammel

Rose MacKenzie, Shirley Kolompar



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**ALL REPORTS PLACED IN THE VALLEY SENIORS NEWSLETTER
ARE INSERTED AS RECEIVED**



Jane Schafer
Muriel McManas

HAPPY BIRTHDAYS & ANNIVERSARIES

The Valley Seniors Members send our best wish to everyone celebrating Birthdays & Anniversaies

**A special Happy Birthday to Kay Bomford
Celebrating 100 years on April 4, 2021**



COVID—19

We have a lot of members phoning into Island Health to get their Covid 19 shots, I understand it is sometimes hard to get through, be patient you will get through. Remember once you get your vaccine this does not mean the rules change at the center for you, we must stay diligent until I receive information from Island Health that some restrictions have been lifted and things can change. We all need to get our shots, before we get back to normal.

Getting inoculated is your choice I don't want anyone to think that because they choose not too have their shot, does not in anyway restrict them from coming to the center. This is not a decision that will be made by the executive and board. We do want all our members to be safe, and hope that all do get their shots, but it is not our mandate, this will be determined by restriction but out by Island Health. They only thing we ask is think of your fellow members.

I have been monitoring how many of our members coming into the Center have been vaccinated. Our numbers coming in daily are 75 to 80% vaccinated.

This pandemic is far from over and we must all remain diligent.

VSO President

Ron Hill

VSO ELECTION 2021

March 22nd was the 1st day of voting at the Valley Seniors Organization. It has been a stressful year, not being able to conduct General Meetings as normal. Without an Annual General Meeting it was hard to find a way to have elections, however the Executive and Board put their heads together and made it happen.

Thank you all for voting and congratulations to the members that were successful in being elected, as returning members or newly elected members to the Executive and Board.



1st VOTER MARCH 22nd
JUNE MUTCH
with
LOUISE MUNRO
attending the ballot box

BALLOT COUNTING

Shirley Hill and June Luscombe, counted the ballots. John Kolompar watched over the process as the scrutineer. All ballots were counted and tabulated on April 4th.

ELECTION RESULTS

EXECUTIVE:

- **PRESIDENT: RON HILL - 2 YEARS**
- **1st VICE: SHIRLEY KOLOMPAR - 1 YEAR**
- **2nd VICE: IAN BALDING - 2 YEARS**
- **SECRETARY: CAROLINE THOMPSON - 1 YEAR**
- **TREASURER: NEIL PETERS - 2 YEARS**

DIRECTORS:

1 YEAR

- **DAVE OLUND**
- **GILLIAN NICHOLSON**
- **RUTH GRAHAM**

2 YEAR:

- **CINDY SHILLITO**
- **MOE DREW**
- **SHEILA GARRISON**
- **DENISE HAMILTON**

PAST PRESIDENT:

- **VACANT**

The President, 2nd Vice-President, Treasurer and (4) four Directors shall be elected in the odd years, and the 1st Vice-President, Secretary and (3) three Directors in the even years. (The Secretary and Directors may be appointed by the board if necessary.

Thank you to Shirley Hill and June Luscombe for tabulating the votes. John Kolompar recounted and confirmed the count.

Congratulations to all the newly elected and to all the returning members that ran for election. Thank you to all the members that came out and voted, and volunteers that counted ballots. We can now move on with a full slate of members working for you.

President

Ron Hill

2021 ELECTION



JOHN KOLOMPAR OPENING BALLOT BOX READY FOR COUNTING



SHIRLEY HILL & JUNE LUSTOMBE READY TO START COUNTING BALLOTS

KITCHEN

I want to thank all my kitchen volunteers, for their dedication through these trying times. I hope one day we can get back to an easier, and less stressful time in the kitchen. Home made soups, all the specials and sandwiches made to order, have taken a toll on all of us. This is just a sample of the work that is done behind the scenes. Shepherd's pie made a couple of weeks ago for takeout or eat in, went very well as do the meat pies to go or eat in.

One thing I would like to remind members about is we too are Seniors . We are NOT paid staff and we do the best that we can, with the energy and skills we have. So please help us by understanding that.

Here is just one of our eager volunteers, Moe Drew, always willing to give a hand.

Shirley Hill

Kitchen Coordinator



THE HAPPY HOE'R

Well folks, the time has come for me to hand in my hoes, shovels, gloves etc. and call it a day. Have had lots of fun looking after the garden, however, I have now moved to Mill Bay and find driving into Duncan all the time just too much for me. Plus, my old knees have had it. Have thoroughly enjoyed my time digging in the dirt, but all good things must come to an end. Cheers everyone

The Happy Hoe'r

Wendy Painter

I would also like to thank John Kolompar for power washing the rocks around the flower bed.



A LITTLE HUMOUR

- I'm on two diets. I wasn't getting enough food on one.
- Don't irritate old people. The older we get, the less "Life in prison" is a deterrent.
- I asked my wife if I was the only one she had ever been with. She said yes, all the others were nines and tens. Think about it...



FINANCIAL REPORT - FEBRUARY 2021

	BINGO	GENERAL ACCOUNT
OPENING BALANCE	\$4,022.30	\$13,425.25
INCOME	\$3,306.00	\$7,216.55
EXPENSES	\$738.66	\$10,256.97
CLOSING BALANCE	\$6,589.64	\$10,384.83

NEIL PETERS VSO TREASURER

CRAFT REPORT

The display cabinets next to the reception desk showcase the work of the VSO Craft group. We continue to work at home, but hope to be back at the Centre on Wednesday mornings in the near future.

You can find a good selection of 'thinking of you' teapot cards with envelopes to send to friends and family. Also a new selection of drip catchers will be coming soon.

Remember our group when you are doing your 'spring cleaning' or 'downsizing'. We will use donations of fabric, yarn and craft items to produce items to fill our display cases.

Thank you for your support.

Sheila Garrison

(Craft Group Coordinator)

CARPET BOWLING

Carpet bowling is going along smoothly. There are not too many of us bowling, 5 - 8 players because of Covid 19. Ron Forsen has surprised us by placing the carpets in different positions, diagonal left also right so we never know where we are playing. This makes the game more of a challenge because the floor level differs from the carpet being straight down the hall. We Have a new player Kerry Davis that comes in most Fridays and we welcome him, he's a good player. It is lovely to see Mary Trottier, she comes as a spectator.

Most of us have had our Covid 19 vaccination and we are still very careful of keeping our distance from each other and wearing our masks, we also wash the bowls and wipe the sticks down after each days play.

So come on carpet bowlers COME AND JOIN US.

Joan Ayers



Mixed Shuffleboard Tournaments.

February Results.

Dan Hughes.

21 games played.

1st	Ron Parker	17 points
"	Dan	17 "
2nd	Tony	13 "
3rd	Steve	12 "
4th	Rolen	11 "

15 individual players participated in February.

Most improved player this month --- Ron Parker.

LADIES SHUFFLEBOARD

Thursdays 12:30-2:00

We would like to welcome the 8 members who have joined us on Thursday afternoons. If you are experienced or not you are very welcome. We come out for fun and friendship. If you would like more information leave your name and number at the front desk at 250-746-4433 and I will get back to you.

Darts

Wednesdays 2:00-3:00

Our Darts are on hold for now. The majority of our players are still staying away under the circumstances. If you are interested please leave your name and number at the front desk at 250-746-4433 and I will get back to you.

Shirley Kolompar, Co-Ordinator and Board Member

INCOME TAX

Neil Peters continues to do income tax for seniors. Please give Neil a call at (250) 246-0149 he will be glad to help you.



To all the Members of the VSO

To the Board of Directors, I thank you for all the work you do and with just observing, I am aware of all the hours you devote to this place.

A friend sent me this quote: **“Tread lightly on the graves of those who came before you, for they did the best they could.”**

Every member owes this board , a large amount of appreciation for all their efforts on our behalf especially in this time of the present Covid 19 pandemic.

Wref O’Hara

This is what we, who are aged 70 or 80 years plus, can look forward to.

This is something that happened at an assisted living center. The people who lived there had small apartments but they all ate at a central cafeteria. One morning one of the residents didn't show up for breakfast so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be down shortly, so she went back to the dining area.



An hour later he still hadn't arrived, so she went back up towards his room but found him on the stairs. He was coming down the stairs but was having a hard time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So, she helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room, he was completely unable to get up even the first stair step, so they called an ambulance for him.

A couple of hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one side of his boxer shorts.

Frank Croskey

FEBRUARY 11 AT 12:16 PM EST



I'm sending this to my children so that they don't sell the house before they know all the facts.

7 Comments



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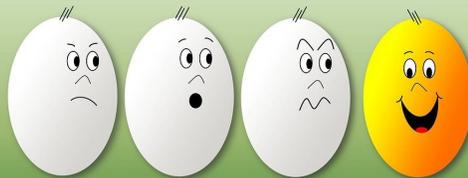


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HAPPY EASTER