

# VALLEY SENIORS NEWSLETTER

**May  
2021**



**\$1.00**

## EXECUTIVE OFFICERS

**President - Ron Hill**

**1st Vice Pres - Shirley Kolompar 2nd Vice Pres - Ian Balding**

**Secretary - Caroline Thompson Treasurer - Neil Peters Past President - Vacant**

## DIRECTORS

**Maurice (Moe) Drew, Sheila Garrison, Cindy Shillito, Denise Hamilton**

**Dave Olund, Gillian Nicholson, Ruth Graham,**



**PUBLISHED BY: The Valley Seniors Organization**

**198 Government St. Duncan BC V9L 1A2**

**Ph. (250) 746-4433**

**Fax (250) 746-4482**

**E-mail: [valleyseniorsorg@shaw.ca](mailto:valleyseniorsorg@shaw.ca)**

**web site: [www.valley-seniors.org](http://www.valley-seniors.org)**

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



*Roger Lamont*

*Jim Cawker*

*Joe Kelly*

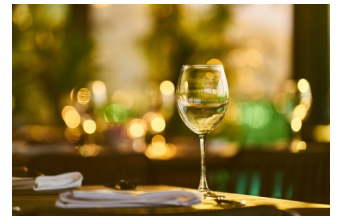


## HAPPY BIRTHDAYS & ANNIVERSARIES

The Valley Seniors Members send our best wish to everyone celebrating



*congratulations*



*Happy  
Mother's  
Day*



## **BOARD MEETING**

**APRIL 23, 2021**

First meeting with the new Executives and Board Members, in attendance was, President Ron Hill, 1st Vice– Shirley Kolompar, 2nd Vice–Ian Blading, Secretary-Caroline Thompson & Treasurer-Neil Peters. Board members, Moe Drew, Cindy Shillito, Shiela Garrison, Denies Hamilton, Dave Olund, Gillian Nicholson, & Ruth Graham.

A quorum was established and meeting was opened.

Ron Hill welcomed all new and returning members. Meeting was called to order, with a reminder of the cautionary words,

March, 2021, the Bingo balance was \$6,588.77 & the General Account was \$14,042.51. **MOTION** made by Neil Peters that we accept his report, 2<sup>nd</sup> by Shirley Kolompar, passed. Neil indicated that he has completed 81 taxes so far, and a donation of \$916.85.

### **Old Business:**

**Heat sensors** – Ron indicated these are all in now, and building is up to Code.

**Bus** – Ron indicated that we still have the bus for sale for \$15,000.00. Discussion regarding offer. **Recommendation** by Neil Peters, 2<sup>nd</sup> by Sheila Garrison that we sell the bus for \$10,000.00, passed. An email by gmail to go out to all paid up members for confirmation that we can accept the offer. This offer is contingent on the individual get approval of a hockey team, by end of May.

### **New Business:**

**Executive and Board members duties** – Ron went over the duties of all & everyone got a copy of these.

### **Does anyone have anything else? Around the table.**

**Sheila Garrison** – Bursary, have received applications. We only accept applications from Cowichan High School and from those students going into nursing only.

**Mo Drew** – update of our Web site? Ron indicated not too concerned about at this time, not until we are in full operation again.

Ron also told us he has received feedback about how we did the elections this year. It went well, but once we are fully operationally again, we will follow the policy & procedures we have in place.

**Next Board Meeting, Friday, May 21<sup>st</sup>, 2021 @ 2 p.m.**

## **PRESIDENTS REPORT**

Here we are with a newly elected Executive & Board, I just want to congratulate all that where re-elected and all that have been elected for the first time. I look forward to working with you all.

I have been monitoring how many of our members have been vaccinated. Our numbers are good 75 - 80% of our members have all had their 1st shot. This does not mean that we are out of the woods, it does'nt mean we can throw the masks away, we still have a long way to go. It is so important that we still practice our 6ft distancing, keeping everyone safe.

Virtual bingo is now bringing in enough revenue that the gaming account is now paying the rent, hydro, and janitor, etc. Thank you to Gail, Caroline, Neil, and Ian for working hard to make this a success.

Thank you Shirley and all kitchen volunteers for their hard work, and dedication that made it possible to keep the doors open.

One day this will be nothing more than a memory, even though the hard times of Covid 19 will be gone, we will remember all the members and volunteers that gave so much. We had members that made very generous donations, members that came in everyday to support the club by purchasing food. Thank you all.

President

Ron Hill

### **FINANCIAL REPORT - MARCH 2021**

|                        | <b>BINGO</b>      | <b>GENERAL ACCOUNT</b> |
|------------------------|-------------------|------------------------|
| <b>OPENING BALANCE</b> | <b>\$6,589.64</b> | <b>\$10,384.83</b>     |
| <b>INCOME</b>          | <b>\$4,952.00</b> | <b>\$10,719.35</b>     |
| <b>EXPENSES</b>        | <b>\$4952.87</b>  | <b>\$7,061.67</b>      |
| <b>CLOSING BALANCE</b> | <b>\$6,588.77</b> | <b>\$14,042.51</b>     |

**NEIL PETERS VSO TREASURER**

### **A LITTLE HUMOUR**



- I really don't mind getting older, but my body is taking it badly.
- My wife asked me to take her to one of those restaurants where they make food right in front of you. I took her to Subway.
- Do you ever get up in the morning, look in the mirror and think "That can't be accurate."

## Mixed Shuffleboard Tournaments.

March 2021.

Dan Hughes.

27 games played in March. 15 different players participated.

|     |         |            |
|-----|---------|------------|
| 1st | 21 Wins | Ron Parker |
| 2nd | 18 "    | Steve      |
| 2nd | 18 "    | Rolen      |
| 3rd | 16 "    | Tony       |
| 3rd | 16 "    | Dan        |



On April 12th, 2021, an historic event took place. Geoff and Bill, in an unparalleled display of sheer Senior animal cunning

and deceit, once-in-a-lifetime determination, and a hell of a lot of luck - SKUNKED Rolen and Tony, 21 points to nothing. Unfortunately, no video evidence of this magnificent and improbable



## LADIES SHUFFLEBOARD

Thursdays 12:30-2:00

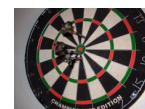


We will welcome anyone who would like to join us on Thursday afternoons 12:30 sharp. You don't need to know how to play. We come out for fun and friendship. If you would like more information leave your name and number at the front desk at 250-746-4433 and I will get back to you.



## 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, 1st Vice-President and Co-Ordinator

## CARPET BOWLING APRIL 25/21

Here we are into another month with this nasty Covid 19 and the various variants.

Our numbers still fluctuate between 6-10 players and yes we are all very careful by wearing our masks and following the rules.

We have another new bowler Vera Martin and she is catching on fast and has been making great shots.

Everything considered our carpet bowlers and all the Valley Seniors that come to our centre are doing extremely well.

We thank our President, and Board of Directors and Volunteers for the work and time they give us to keep our centre open.

Be Kind, Be Safe and Be Calm to Everyone.

Carpet Bowling Co-ordinator

Joan Ayers

## **RECEPTION**

Thank you members for complying with our guidelines regarding masks; hand sanitizing and social distancing. It means a lot to us on the desk.

Our current membership is at 364. Thank you for your support.

Once again we need help on the desk. Lil is still recovering from her shoulder replacement and Delores won't be back until August. Duties include greeting and signing in members, signing up new members, issuing receipts for Craft sales. Please call or see Denise Hamilton on Tuesday afternoon if you are interested.

Cheers & be safe

Denise Hamilton

## **THANK YOU**

DENISE & CAROL

Thanks for stepping up and looking after the flower bed, until the City takes it over in July

## **KITCHEN.....Shirley Hill**

It's been nearly one year since we reopened the Centre, hoping in some manner Covid would soon be a thing of the past. It hasn't happened and we keep hoping it will soon turn out to be but a long frustrating dream.

In the meantime, we and Virtual Bingo give everything we have to keep the bills paid and our Members happy.

There is so much laughter and friendship reflected throughout our building. Thank you for that dear Members!

As for the kitchen, we plow forward, 6 days of the week, serving food that we hope is pleasing to our Members. From the compliments we receive I think we are doing a fine job!

Cindy is there by my side every day of the week. Gillian, June, Diana and Joanne faithfully fulfill their shifts. Then there is Ron who pitches in and helps me with the Specials. He makes all the homemade soups everyone just loves. Moe peels potatoes when I need someone for that.

Every morning 'The Guys, namely Ron, Ian, Neil, Moe' set everything up so we can start our day in an organized manner.

Love and hugs to all those for putting up with me as your Coordinator! I know I get bristly at times but I do my best under stressful conditions.

So let's keep trucking and one day soon hopefully we will be back to some type of normal!



## Virtual BINGO

Presented by Duncan's own

**Valley Seniors Organization**

**Virtual BINGO Group**

on Facebook Messenger

**Open to all !!! Tuesday 10 AM & Friday 6:30 PM**

Must be 19 yrs or older to play BCLL# 126366

## Easy as 1 - 2 - 3

**1 - Order Bingo Cards** visit the Virtual Bingo messenger page and place your order - pick up your cards at the VSO 198 Government St.  
Duncan 250- 7 46-4433 ( times & rates posted on messenger)

**2 - Play BINGO** on Messenger in the comfort of your own home !!  
Be on the Messenger Virtual Bingo Group Page 1/ 2 Hour ahead of game start. Tuesday games start at 10 AM and Fridays games start at 6:30PM.

**ENTER Bingo** - then send a picture of your **WINNING CARD** and post it to the messenger group for verification !!

**3 - Pick Up your WINNINGS** !!! Bring your winning cards to the VSO to pick up your MONEY!!!!

5 Early Bird Games - 10 Regular Games & ODD EVEN - winning \$\$ based on participation



**RESONANCE**  
HEARING CLINIC  
improving hearing, enhancing life

**IT'S  
WORTH  
THE DRIVE**

HEARING AIDS  
STARTING AT  
**\$975**

Cobble Hill      Chemainus      Lake Cowichan  
250-743-3337    250-246-3405    250-749-4440

*—We are the only Registered Audiologists in the area.—*

[www.resonancehearingclinic.com](http://www.resonancehearingclinic.com)

**Looten Healthcare Ltd.**  
LONG TERM CARE / RESPITE SERVICES

Arbour Cottage      **250-245-2700**

Sunshine Manor      **250-286-0006**

[www.arbourcottage.ca](http://www.arbourcottage.ca)      Jaime Looten / Amanda Looten



Providing quality care services  
to fit you, and your family's needs



**Candace McKay**  
**250 929 7916**

- Companionship
- Personal Care
- Meal Preparation
- Housekeeping
- Transportation
- Insured / Level 2 First Aid / CPR

[candacegailmckay@gmail.com](mailto:candacegailmckay@gmail.com)

# Deertrail Cottage

Licensed Senior Care Home

24 Hour - Long Term - Full Care Facility

1711 Escarpment Way,  
Duncan, BC V9L 5W7

250-701-5217

[www.deertrailcottage.ca](http://www.deertrailcottage.ca)



Meet Your Local Hearing Professional!



Craig Carman  
RHIP/Owner



Call for details.

**DUNCAN** 250-597-7477  
161 Trunk Road  
[nexgenhearing.com](http://nexgenhearing.com)

**NexGen**  
HEARING  
The Next Generation of Hearing Care



**STATION  
STREET  
EYECARE**

**TODD SIMONSON**

Licensed Optician, Owner/Operator

177 Station Street  
Duncan BC, V9L 1M8  
TEL. 250-597-8191  
FAX. 250-597-8190

Email: [stationstreeteyecare@hotmail.com](mailto:stationstreeteyecare@hotmail.com)  
[StationStreetEyeCare.ca](http://StationStreetEyeCare.ca)

## Dante's Auto Detailing

3340 Cowichan Lake Rd.  
Duncan



250.710.6140

[dantesautodetailing@hotmail.com](mailto:dantesautodetailing@hotmail.com)

**For those who demand the best**

Complete interior & Exterior Detailing

Hand wash      Engine degrease & shampoo

Compound polish      Interior shine

Full upholstery      Tire & wheel shine

Free pick-up & delivery      Free quotes

**Valet Service Available**