

# VALLEY SENIORS NEWSLETTER

JUNE

2021



## 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,**



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

| STEP                                   | Criteria                                | PHO Guidance  | Personal Gatherings   | Organized Gatherings  | Travel  | Sports & Activities   | Businesses   | Offices & Workplaces  |
|--|---|---|---|---|---|---|--|---|
| <b>1</b><br>MAY 25                     | C: stable<br>H: stable<br>D1: 60%       | Masks mandatory, indoor public spaces<br>Physical distancing<br>If sick, stay home and get tested | Outdoor personal gatherings – up to 10 people<br>Indoor visitors – up to 5 people or 1 household              | Indoor seated organized gatherings – up to 10 people<br>Outdoor seated organized gatherings – up to 50 people               | Recreational travel within your zone<br>Non-essential travel between zones restricted | Low-intensity indoor fitness classes<br>Outdoor local team games and practices for all ages – no spectators   | Indoor & outdoor dining – up to 6 people<br>Liquor service - 10PM<br>Existing WorkSafeBC Safety Plans remain in place                              | Start gradual return to workplaces and offices<br>Existing Safety Plans remain in place |
| <b>2</b><br>JUNE 15<br>(Earliest date) | C: declining<br>H: declining<br>D1: 65% | Masks mandatory, indoor public spaces<br>Physical distancing<br>If sick, stay home and get tested | Outdoor personal gatherings – up to 50 people<br>Indoor visitors – up to 5 people or 1 household<br>Playdates | Indoor seated organized gatherings – up to 50 people<br>Sector consultations on next steps on indoor and outdoor gatherings | BC recreational travel<br>BC Transit and BC Ferries – increased services as needed    | High-intensity indoor fitness classes - reduced capacity<br>Indoor team games for all ages – no spectators<br>Spectators for outdoor sports – up to 50 people | Liquor service – midnight<br>Banquet halls reopen – limited capacity, Safety Plans<br>Sector consultations on next steps on easing of restrictions | Continue return to work<br>Small in-person meetings                                     |
| <b>3</b><br>JULY 1<br>(Earliest date)  | C: low<br>H: declining<br>D1: 70%       | Masks – recommended<br>Careful social contact<br>If sick, stay home and get tested                | Return to usual on indoor and outdoor personal gatherings<br>Sleepovers                                       | Increased capacity, indoor and outdoor gatherings – Safety Plan<br>Fairs & festivals with Safety Plan                       | Canada recreational travel  | All indoor fitness classes – increased capacity<br>Limited spectators for indoor sports   | Dining – no group limit<br>Bingo halls, casinos and nightclubs – limited capacity<br>Operate based on new Safety Plans                             | Seminars and bigger meetings<br>Operate based on new Safety Plans                       |
| <b>4</b><br>SEPT 7<br>(Earliest date)  | C: low<br>H: low<br>D1: 70%+            | Masks – personal choice<br>Normal social contact<br>If sick, stay home and get tested             | Normal social contact   | Increased capacity on large organized gatherings (i.e. concerts)  | Canada recreational travel  | Increased indoor and outdoor spectators<br>Return of normal sport competitions – Safety Plans   | Continue to operate based on new Safety Plans  | Fully re-opened offices and workplaces  |

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1

# BC'S RESTART: A PLAN TO BRING US BACK TOGETHER

# **VSO SAFETY PLAN**

## **COVID 19**

### **REOPENING**

**THIS PLAN NEEDS TO BE ADHERED BY ALL MEMBERS:**

- **ALL MEMBERS MUST WEAR A MASK**
- **MAINTAIN A SAFE DISTANCE 6 FEET**
- **ACCESS THROUGH MAIN DOOR ONLY**
- **SIGN-IN WITH NAME and CONTACT INFORMATION**
- **SANITIZE YOUR HAND AS YOU ENTER**
- **6 MEMBERS PER TABLE UNLESS IN A GROUP MAX 5**
- **MAX 75 MEMBERS IN BUILDING NOT INCLUDING VOLUNTEERS**
- **ALL EQUIPMENT MUST BE CLEANED AFTER USE**

**PLEASE STAY HOME IF YOU FEEL UNWELL**

**This follows guideline set out BC Health, on May 25, 2021.**

**President**

**Ron Hill**



*John Stabbe*

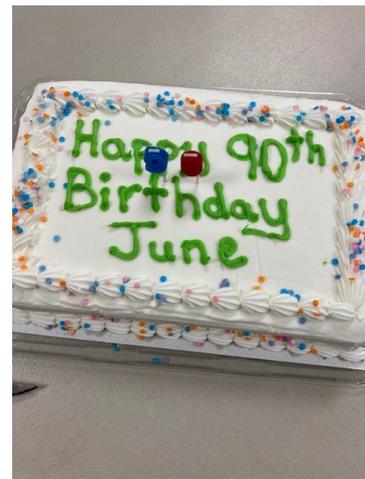


# HAPPY BIRTHDAYS & ANNIVERSARIES

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

*congratulations*

A vary special Happy Birthday Day celebration



**June is a member that continues to volunteer at the Centre, at the young age of 90. She enjoys her time at the VSO and stays busy with all the activities, she still manages to play every day. Happy Birthday June, we all appreciate all you do for the VSO.**



## PRESIDENTS REPORT

March 13, 2020 is a year since our doors closed, We stayed closed for 2 1/2 months reopening June 1, 2020. A lot has happened over the last year, we opened activities then had to close them again as Covid numbers climbed. We opened Bingo in July 2020, for a short time, again having to close. The kitchen was the one area we were able to keep open, because of the indoor dining. Shirley and her dedicated staff, working as hard as they could to manage to pay bills and keep our club running. Shirley's desserts and specials contributed enormously. Caroline, got word from her sister about running a virtual bingo, she talked to Gail and approval from the board was granted, virtual bingo was started. This soon moved to two days a week, Tuesday mornings and Friday nights. By the end of April 2021 bingo was generating enough money, once again to be able to pay bills from the gaming account.

Through the time of the pandemic, we had a number of members from the goodness of their hearts donate substantially. We appreciated your generosity so much, thank you.

We have been monitoring the number of members that have been vaccinated. As of today, our Centre is 95% vaccinated, our club is safe, and we are following guidelines. We would like to see more members coming back. We understand that members want to be safe, I understand their concerns. I hope they can also understand the goal of the Executive and why we worked so hard to give our members, a place to go. We are all seniors and needed interaction with one another. Not one member made an issue about masks, or created any concern at the Centre. If there is a new outbreak, once again we will do what needs to be done. I hope the members that are staying away, will find their way back to the Centre, by September or earlier. If everything stays as is, we will be fully open by September.

Thank you to Shirley Hill and her group, also Caroline, Gail MacDonald and the bingo group also to all the members that donated to the Centre, and to all the members that continued to come in each and every day to support their club while following, Island Health Guidelines.

President  
Ron Hill

### FINANCIAL REPORT - APRIL 2021

|                                  | BINGO             | GENERAL ACCOUNT    |
|----------------------------------|-------------------|--------------------|
| <b>OPENING BALANCE</b>           | <b>\$6,588.77</b> | <b>\$14,042.51</b> |
| <b>INCOME</b>                    | <b>\$4,716.00</b> | <b>\$7,249.05</b>  |
| <b>EXPENSES</b>                  | <b>\$5,448.90</b> | <b>\$5,382.85</b>  |
| <b>CLOSING BALANCE</b>           | <b>\$5,855.87</b> | <b>\$15,908.71</b> |
| <b>NEIL PETERS VSO TREASURER</b> |                   |                    |

## 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.

Shirley Kolompar, 1st Vice-President and Co-Ordinator



## 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

## Mixed Shuffle Board. April 2021. Dan Hughes.

**25 games played in April.**

**1st Ron Parker 16 points**

**2nd Rolen 14 “**

**2nd Dan 14 “**

**3rd Steve 13 “**

**4<sup>th</sup> Tony 12 “**

**13 different players participated in April.**

**New players are always invited to join the shuffleboard group. We'd like to see a few more new faces come and enjoy the fun.**

**Tournaments Saturday at 9.30 am. Monday at 11.30 am. Non tournament play any time centre is open.**

**Ladies' tournament Thursdays at 12.30 pm.**

## LINE DANCING

We're dancing with joy !!

I was delighted to receive Ron's phone call saying line dancing is available. The excitement grew with every phone call and everyone was so pleased to hear the news.

Our first reunion was May 15th and everyone did a terrific job of dancing like we hadn't missed 5 1/2 months. Well done everyone.

A quick review of some general information:

- All VSO protocols must be followed.
- Lunches must be pre-ordered.
- We are allowed a maximum of 20 dancers.
- These 20 places were taken with every phone call to dancers who attended last June to November.
- Any one wanting their name added to the spare list please phone me.
- I will be asking if you have received your 1st Covid 19 vaccine shot.
- Thank you to all who have renewed their VSO membership.

If anyone has any questions, please phone me at (250) 746-6286

Wishing everyone a bright, happy healthy and safe 2021.

Lets dance, dance, dance

Karen Rogers



**PLEASE CALL  
and  
REGISTER  
for your  
SECOND COVID 19 VACCINATION  
1 (833) 838-2323**



## KITCHEN

It's been a long grueling year to say the least for those of us who have stuck with "the Covid challenge". As hard as so many of us have worked to keep our doors open, we have done it with sincere passion and challenge in mind. We have "set the table for our members" and we are waiting for you to come home !!!!

It will be nice to see Bingo back in a normal manner. Gail and her gang have worked endless hours at Virtual Bingo day after day. A challenge to say the least but thanks to all the contributors and volunteers, it's been most successful.

I believe our kitchen has done as well this past year as it has ever done and that's because the members that have been supporting the kitchen day after day, really need a pat on the back! There is one hitch and that's food costs. Anyone who buys groceries will realize this. Shopping is like holding your nose and diving into deep water. It has to be done in the most economical manner possible. Sometimes running from one store to another.

All our soups are now "homemade". We can't take all the credit though because our bases are bought from Ed's Soup Shack. Leanna has been kind enough to give us a bit of a discount to help with cost. Thank you for her consideration. Ron prepares all the soups as well as some Specials. This frees me up a bit to make those desserts you love. Lemon pie, Strawberry pie, cheesecakes are top of the list!

We have managed quite well with the Volunteers we have in the kitchen because they LOVE what they do!! How great is that ?They are the best!!!

Wednesday's are a huge success with Steve and his Band playing for two hours over noon and they have stuck with us for the past year. This brings in extra revenue for the kitchen. It all helps and music is so good for the soul.

A million thanks go to everyone who has been on this ride with us!!!

Now there is hope and we will move on.

Shirley Hill



**JUST A  
DAY OF  
BAKING!!!**



## REOPENING

## ACTIVITIES

Indoor bingo - July 6th

Contract Bridge - TBA

Mexican Train - TBA

Harmonica Band - TBA

Eucher - TBA

Teaching Ballroom Dancing - TBA

Crafts - June 2nd - 9:00 - 10:30

Whist - TBA

Mah Jong - TBA

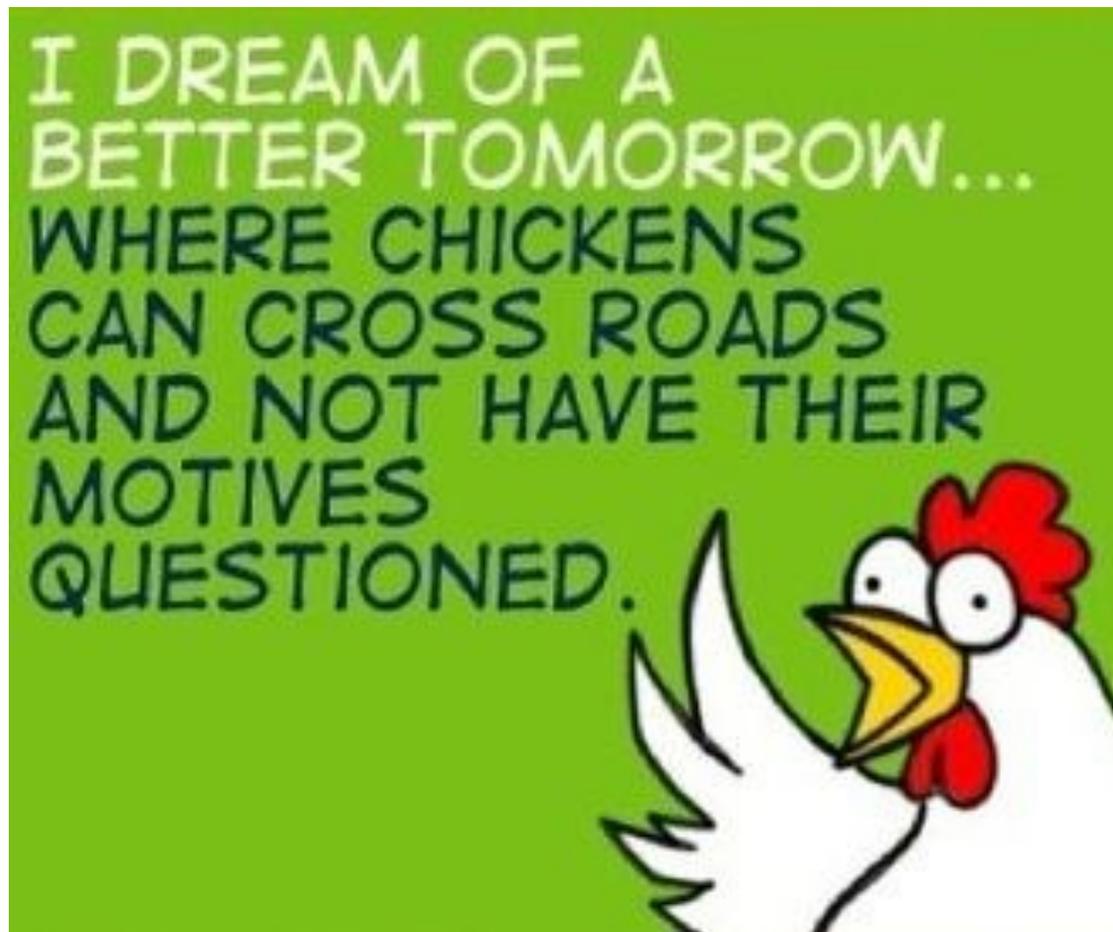
Choir - TBA

Duplicate Bridge - TBA

VSO Saturday Dances - September

## A LITTLE HUMOR

- I went line dancing last night. OK, it was a roadside sobriety test ... same thing.
- I picked up a hitchhiker. He asked if I wasn't afraid, he might be a serial killer? I told him the odds of two serial killers being in the same car were extremely unlikely.



## CRAFT REPORT

The Craft group will start meeting again on June 2<sup>nd</sup>, masked and distanced in the main hall. We get together from 9:00 – 10:30 on Wednesdays. Please check the display case to see what we have been working on. Do remember that our items are available for purchase anytime the Centre is open.

Thank you to those who have donated yarn, fabric and other craft supplies to the group. We appreciate receiving materials to use in the handcrafting of our many special items.

Please consider joining the Craft group if you are interested in volunteering your time to produce handcrafted items that will be sold to help support the VSO. We are always looking for knitters, crocheters, sewers, quilters, crafters, ..... to join us on Wednesday mornings.

You are welcome to drop in any Wednesday morning to find out more or contact me at [s.m.garrison@shaw.ca](mailto:s.m.garrison@shaw.ca) if you have any questions about the group and our work.

Thank you for your ongoing support!!

Sheila Garrison  
(Craft Group Coordinator)

## CARPET BOWLING

Not a lot to report since last month's newsletter. We have the usual 5 - 10 players come out each day we carpet bowl. Thank you Ron Forsen for setting up each day, it is appreciated by all.

The best news we have had is from Dr. Bonnie Henry that the second dose of vaccine is here, for us seniors to book our appointments. Also everything is looking brighter now that we can socialize a bit more.

I have had a few phone calls from our carpet bowlers and they are looking forward to coming to our senior centre. We will still be very careful and wear our masks.

So please, BE KIND, BE SAFE and BE CALM to everyone

Joan Ayers

Carpet Bowling Co-ordinator

## 50/50 WINNERS for MAY

4 May - Sonya Roland - 8389023 - \$113.00

11 May - Shirley Hill - 8389380 - \$135.00

18 May - Zena Roland - 8389786 - \$102.00

25 May - Sharon Bergman - 8389914 - \$169.00

## RECEPTION

There is a light at the end of the pandemic tunnel, finally.

I would personally like to thank our valued volunteers who have been committed to fulfill their duties during the past 12 months. Thank you to all the receptionists

Our membership is at 386 to date, with more to come, I am sure we will welcomed all with open arms.

Denise Hamilton

Reception Co-ordinator

## DANCES

I am looking for members that would like to be part of the dance committee, and would be willing to help with lunch prep, table set-up, clean up and break down at end of dance.

First dance will be September 4th providing our numbers stay down, and regulations permit it. I am looking at booking bands now, so please contact me ASAP so I am able to move forward, and have things in place, for our opening dance.

Ian Balding

Dance Coordinator

## Minutes of the Executive & Board of Directors Meeting

Bus – Ron indicated we won't know until end of the month of a possible sale of the bus. In the meantime, storage insurance has been paid. We will have to have an inspection done on the bus, at a cost of under \$500.00.

Flower bed – Ron has been in touch with City Hall, they will look after front & side borders with volunteers. We will continue to be responsible for watering.

Window – Craft room broken. Ron has received 2 quotes, one from Dobson & Central Glass. He **recommended** that we move forward with Central Glass quote to repair window, 2<sup>nd</sup> by Cindy, passed.

Parking - Back handicap parking spot – Ron recommended that we continue to keep back door locked, move the handicap spot parking to front, so we have 2 spots out front.

**MOTION** made by Ron that we move forward with this, 2<sup>nd</sup> by Denise, passed. Neil indicated we can go ahead with this immediately.

## SPECIAL MEETING MAY 28

Special meeting was called to inform the a steps moving forward for reopening. We are hoping to have all activities back in place by September.

Please speak to any of the Executive or Board members if you have any questions.

We will be having a General meeting June 23rd, 1:00pm



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