

VALLEY SENIORS NEWSLETTER

**JUNE
2022**



\$1.00

EXECUTIVE OFFICERS

President - Ron Hill

1st Vice Pres - Alan Edkins 2nd Vice Pres - Ian Balding

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

DIRECTORS

Shirley Kolompar, Sheila Garrison, Cindy Shillito, Denise Hamilton

Jeff Theriau, Frank Enns, Gail MacDonald,



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

web site: www.valley-seniors.org

ALL REPORTS PLACED IN THE VALLEY SENIORS NEWSLETTER

PRESIDENTS REPORT

May was a difficult month for the VSO with Covid. A number of our members have been infected with Covid. Most are now back at the Centre and continuing with activities. The kitchen was short staffed for most of the month, but thanks to all kitchen volunteers who stepped up and filled those extra shifts. Bingo also had a number of volunteers off with Covid, but once again because of dedicated volunteers we managed to kept moving forward.. The reception was another area hit with Covid, and they too had to double up on shifts. Thank you to all volunteers and members for following the proper protocol, for staying home and not coming to the Centre and spreading Covid. One day we all hope this will be gone.

All activities are open to the members and they are your activities to enjoy. Feel free to watch an activity, you may want to join in, speak to the coordinator about joining, they will be more than happy to assist you. While you are sitting and watching, please be quiet and understanding of the members that are enjoy the activity. Please do not disrupt the activity or class. Speak with the coordinator after activity is over about more information should you be interested in joining in. Activities are free, they are included in your membership and this is your club and your choice.

It has been a long time coming but the bus has a deposit on it for the full asking price. Now Ian has switched his efforts into finding a smaller bus. Thank you Ian for all your time spent in selling the bus. We do have a lead on a 22 passenger bus, and will keep you informed and bring any of the information to the June General meeting.

We will also be getting our floors stripped and waxed. This has not been done for a number of years and it is time to do so. Thank you to our janitor Paula ,for keeping the floors polished through these many years.

Ron Hill

CRAFT REPORT

We held our Spring Craft Sale on May 30th and May 31st. We appreciate your support!

If you were not able to make it to the sale –check the display cases in the dining room as our hand-crafted 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.

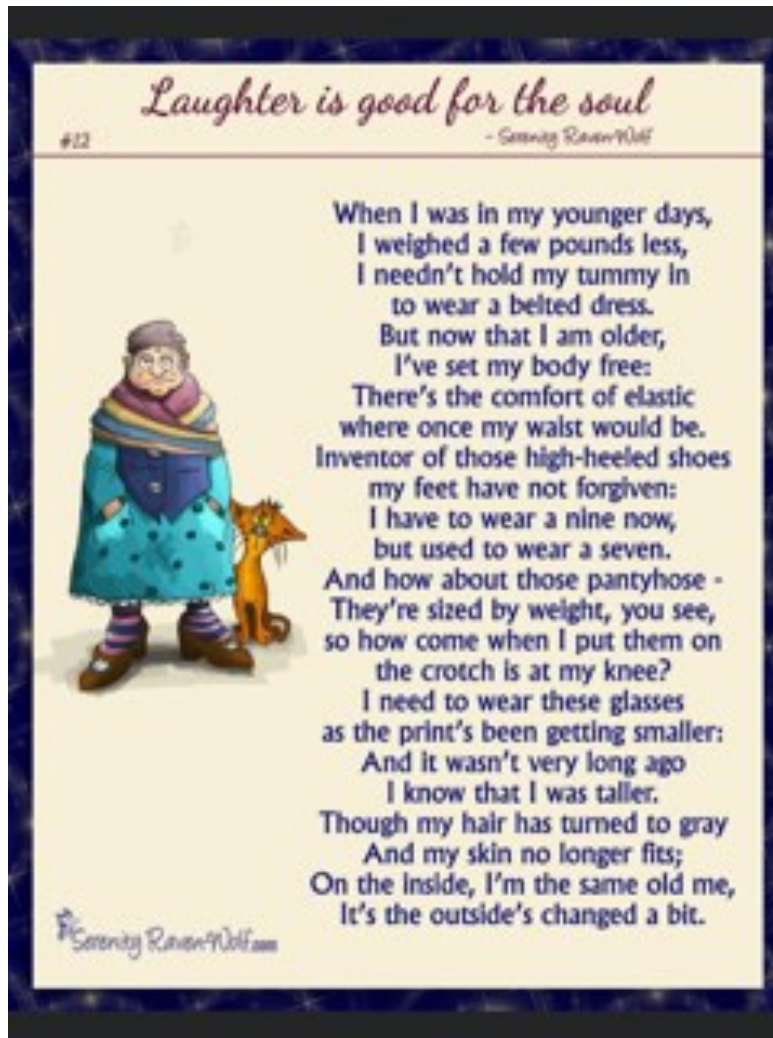
Thank you for your ongoing support!!

Sheila Garrison

(Craft Group Coordinator)

BUS TRIPS

DATE	TRIP	COST	ON SALE
Aug. 4 th	Heritage Museum / Winery		
Aug. 8 th	Wildlife Reserve		
Aug. 25 th	Circle Tour		
Sept. 13 th – 15 th	Langley Casino	\$270.00	June 1st
Sept 27 th	Pt. Alberni / Rocking Horse Pub		



Financial Report APRIL 2022		
	BINGO	GEN. ACCOUNT
Opening Balance	\$3,533.61	\$20,770.84
Income	\$6,106.50	\$14,007.50
Expenses	\$6,103.94	\$10,839.55
		\$30,938.79
Closing Balance	\$3,536.17	
VSO Treasurer - Neil Peters		

**FUNNY &
AMAZING**
"Tim Hortons"

**MAGICAL
& INSPIRING**
"Thrifty Foods"



**NON-STOP
LAUGHTER**
"BC Transit"

**OUR MINDS
WERE BLOWN**
"Starbucks"

Victoria BC Magician & Entertainer

I am Victoria BC magician **Jordano The Great** of Tricky Magic productions entertainment company. Providing professional comedy, magic and mentalism that will blow your mind.

AUGUST 20, 2022

VSO SPECIAL EVENT

MAGIC & COMEDY SHOW

PLUS

MUSICAL ENTERTAINMENT

&

COLD PLATE DINNER

\$30.00 per person

HAPPY HOUR 4:30pm-5:00pm

COLD PLATE DINNER 5:00pm-6:00pm

MAGICIAN 6:00pm-6:45pm

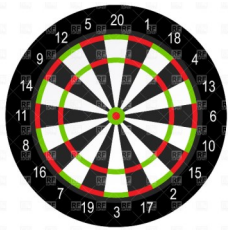
MUSIC 7:00pm-8:00pm

TICKETS ON SALE, JUNE 1st

CONTACT: SHIRLEY HILL, RON HILL, or IAN BALDING



DARTS



Did you ever wonder what those 2 dart boards in the pool room were there for or wish you knew how? It seems nobody uses them. **WELL** now we are starting a group up to do just that. No experience necessary. **WE** are here to have fun and laugh that's what life is about. We have some people already signed up that have the knowledge to guide you and keep score. Nobody has

played for 2 years so everybody's a beginner to , so come and join us **SEPT. 20th** it is a **TUESDAY** at **1:00pm**. Sign-up sheet is on the bulletin board in dining room. We do have a few sets of darts, belonging to the VSO that a person may use.

Dart Coordinator

Marlene Herrmann

LADIES SHUFFLEBOARD

It is great to see some familiar faces that we haven't seen for awhile. The last few weeks we have had 8 players allowing us to use both tables. We welcome anyone to join us, more the merrier. Come and join us on Thursdays at 12:30, earlier if you want to have lunch.

Shirley Kolompar, Co-Ordinator/Board Member

ADVERTIZING

Hello Everyone,

Welcome to our new Advertisers and welcome back to our on going Advertisers.

I would like to ask our members to please support our advertisers.

As a customer of Budget Pharmacy, I highly recommend them, they are very personable, reasonable dispensing fees with great service. I walk in their door and they greet me by name.

Did you know that we belong to the Cowichan Duncan Chamber of Commerce.

Shirley Kolompar, Board Member

NOTICE of BY-LAW CHANGE

Whereas the Executive of the Valley Seniors Organization needs active participation in its deliberation and,

Whereas at this point there is no provision within the VSO By-Laws to enable a replacement of a non attending member of the Executive or Board of Directors,

Therefore be it resolved that the following addition to the VSO By-Laws be added to read:

“Any member of the Valley Seniors Organization, Executive and Board member who misses more than 3 consecutive Board meetings without a valid excuse shall be asked to resign from the Executive or Board of Directors, and an election or an appointment shall be made to replace them”

Change to our By-Laws will be voted on at the September 28th, 2022 General Meeting.

Alan Edkins

1st Vice President

CARPET BOWLING

If you are an early bird why not come to our senior's for carpet bowling? It is drop in & you can bowl Monday, Wednesday, Thursday and Friday, we start at 9:15am sharp. There are usually the same number 8-10 bowlers. Many of us have what we call Too-Too days that means we bowl Too wide or Too heavy & the bowl goes off the carpet, of course it can be the opposite that you bowl does not reach the jack (small white ball) & you are too short. On these days it makes you wonder why we come to bowl. It is good exercise & we do interact with each other & have fun.

We welcome a new member Betty Waddell to our seniors, she moved here from Chemainus & has been a bowler many years.

Joan Ayers

Carpet Bowling Coordinator

June 4th will be our 1st dance after cancelling the dances in May. Double Play will be the entertainment at the first dance, we have all heard them before and enjoy their music. \$12.00 per person, doors open 6:30pm, music 7:00pm. Please come out and support your club, bring a friend.



Bus Report

Our committee met on 13th, 2022.

- May 19th Caroline will be doing a Casino/Shopping Trip to Nanaimo.
- June 2nd Ian will be taking us on a Riverboat Cruise, trip is full, there is a waiting list.
- August 4th Denise will tentatively be hosting a tour to the Mill Bay Museum with a stop for lunch, local brewery/wine tour.
- August 25th Ian will tentatively be hosting the Circle Tour to Renfrew, stopping at the Port Renfrew Hotel and Pub and early dinner at My Chosen Cafe. Cost will be \$40. for trip. Food at your own expense.
- September 13th to 15th Rose will be hosting a trip to the Cascades Hotel and Casino in Langley, B. C. \$270.00 per person, based on double occupancy. \$10. extra for those under 65 years. Includes \$10 Starbucks Breakfast Coupon per person, per day.
- September 29th we are hoping to plan a trip to Chances Rimrock Casino in Port Alberni with a stop at the Rocking Horse Pub for dinner. Price for trip is \$50.
Food at your own expense.

Please if you would like to have future trips with our bus give us a hand with suggestions and lets keep our bus going for our Seniors.

Rose MacKenzie,

Bus Committee Chair

RIVER BOAT CRUISE

Some days, it seems that I have been working on the river cruise for months on end and other times it is just a few days. Currently, we have a full bus load of adventurers ready to sail aboard a paddle wheeler on the mighty Fraser. The weather is supposed to be in our favor with sun and blue sky's. I will fill you in with all the exciting details of the wonderful time we all had in the next newsletter.

This may be the last trip we shall take in our bus as there is a deposit down for purchase by a person from Ucluelet. Now the task is to find a smaller bus to take its place.

For those of you that are starting your holidays early, I wish you all the best and warm weather.

Ian Balding



Mixed Shuffleboard Report,April 2022.Dan Hughes.

1st	Tony	21 points
2nd	Dan	17 "
3rd	Earle	13 "
3rd	Gary	13 "
4th	Steve	12 "
4th	Warren	12 "
5th	Diane	11 "

28 games played. 18 players participated. Most improved player this month - Bill Eagles.

On May 12th, in non-tournament play, Earle Dykes made 13 points in one end. He had triple threes, and a four point hanger. This ties the record for most points over the last 5 years. It is rumored that Diane had to have him fitted for a larger ball cap, due to the increased swelling of his cranium.

50/50 WINNERS MAY

DATE	NUMBER	AMOUNT	WINNER
3-MAY	900104	\$225.00	RENE DeROY
10-MAY	900657	\$217.50	SHIRLEY HILL
17-MAY	901177	\$217.50	RONA WINTERBOTTOM
24-MAY	784760	\$240.00	ALLISON JACK
31-MAY	785335	\$237.50	IAN BALDING

Kitchen Report

Thank you to Colleen Zdan who has become an awesome asset to our kitchen. She is the one baking those delicious pies and desserts. Ron and I are finally getting a wee holiday towards the end of June and Colleen has accepted the challenge of Kitchen Coordinator while I am away.!!!

Thank you too for those of you who have worked so faithfully throughout this very dizzying Covid period. Without you it would have been back to Soup and Sandwiches!

So please continue to support our effort of keeping the VSO a fun place to be!

I am asking you to please support our first Special Event since Covid changed our lives. This is in August. See the poster and buy your tickets early. It will be a fun event !! Guaranteed!

Shirley Hill...Kitchen Coordinator_ Special Events.



CASCADES HOTEL & CASINO LANGLEY, B.C.

TUESDAY, SEPT. 13th-15th, 2022

\$270.00 per person, dbl. occupancy

\$36.00 Extra for Persons under 65 years.

Includes \$10.00 Starbucks Breakfast Coupon, per person, per day.

Leave VSO @ 8:00 am,

Pick-up at Superstore and Chemainus (Smiley Road) if needed.

PARKING AT VSO IN GRAVEL PARKING LOT ONLY

SIGN-UP EARLY

ON SALE JUNE 1st AT VSO RECEPTION

Valley Seniors Organization, Duncan

Rose MacKenzie is your Hostess





RESONANCE HEARING CLINIC

improving hearing, enhancing life

IT'S WORTH THE DRIVE

HEARING AIDS STARTING AT \$975

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

We are the only Registered Audiologists in the area.

www.resonancehearingclinic.com



Where HEALTH & WEALTH both matters



Dhaival Patel (Registered Pharmacist)

Locally Owned & Truly Independent

OUR PRICING

Here is a simple example: Hydrochlorothiazide

Total prescription price for: Apo-Hydro 25mg 90 tablets will be \$9.52

Here is the break down: \$6.99 dispensing fee + \$2.53 cost of drug = \$9.52 final cost

Available by prescription only. Required in all British Columbia Pharmacies

Transferring Prescriptions is very easy.

Call us today at 250-597-7751 and we take care of the rest for you!

Located at: 5-301 Festubert Street, Duncan, BC, V9L 3T1 Right Beside DUNCAN COBBLER. -PARKING in BACK-

Why Choose Us?

FREE Blister Packing, FREE Prescription Delivery* Flu-shots and other injection services, Online billing for all major plans, Medication reviews, General Compounding etc. *(certain conditions apply)

OUR PRICES! Health One ASA 81mg (150 tabs): \$ 4.99 Health One Vitamin D 1000IU (180 tabs): \$ 2.99

Fax: 250-597-7752 / E-mail: contact@budgetpharmacy.ca You can also visit us at www.budgetpharmacy.ca

Meet Your Local Hearing Professional!



Craig Carman RHIP/Owner



Call for details.



DUNCAN 250-597-7477 161 Trunk Road nexgenhearing.com



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 StationStreetEyeCare.ca

Chad Gurski

Owner

230 Kenneth Street Duncan, BC V9L 6X4

E chad.gurski@valleyfloors.ca T 250.748.2581 C 250.715.8466 F 250.748.0811

www.valleycarpetoneduncan.com



VALLEY CARPET ONE FLOOR & HOME*

ARTHUR

ELECTRICAL



James Thompson | Owner

250 710 4714

arthurtelectrical@gmail.com

LICENSED | BONDED COMMERCIAL | RESIDENTIAL ELECTRICAL SERVICES



#4 - 2628 Beverly Street Duncan, BC V9L 5C7 www.seaside.net 250-746-9715

Paul Galá

PAULGALAMORTGAGEREALTY.CA

250-701-2063

PEMBERTON HOLMES

ESTABLISHED 1887


pgalarealtor@gmail.com



OPEN MON.—FRI. 9:00am - 3:00pm SAT. 9:00 am - 1:00 PM CLOSED SUNDAYS	DAILY LUNCH Watch for daily specials!	MASKS ARE NOT MANDATORY IT IS UP TO THE INDIVIDUAL IF YOU ARE SICK PLEASE STAY HOME
---	--	--

MON	<ul style="list-style-type: none"> • CARPET BOWLING • CONTRACT BRIDGE • CRIBBAGE • SHUFFLEBOARD (Tournament) 	<ul style="list-style-type: none"> • 9:15am • 12:00 • 12:30 • 11:30am
TUES	<ul style="list-style-type: none"> • HARMONICA BAND • BINGO 	<ul style="list-style-type: none"> • 8:30am • 11:00am Early Bird • 12:00pm Regular Games
WED	<ul style="list-style-type: none"> • CRAFTS • CARPET BOWLING • MUSIC • WHIST • SHUFFLEBOARD • 4th WEDNESDAY of EACH MONTH 	<ul style="list-style-type: none"> • 9:00am • 9:15am • 11:30am • 12:00 • ANYTIME • 1:00pm GENERAL MEETING
THUR	<ul style="list-style-type: none"> • CARPET BOWLING • CARVERS • CRIBBAGE • LADIES SHUFFLEBOARD 	<ul style="list-style-type: none"> • 9:15am • 11:00am • 12:30 • 12:30pm
FRI	<ul style="list-style-type: none"> • DUPLICATE BRIDGE • CARPET BOWLING • WHIST • UKULELE • CHOIR • SHUFFLEBOARD • FRIDAY PROCIDING GENERAL MEETING 	<ul style="list-style-type: none"> • 9:00am • 9:15am • 12:00 • 12:00pm • 1:00pm • ANYTIME • BOARD MEETING 10:00am
SAT	<ul style="list-style-type: none"> • SHUFFLEBOARD (TOURNEMENT) • LINE DANCING • VSO DANCE (1st & 3rd SATURDAY OF EACH MONTH) (DOORS OPEN 6:30 pm \$12.00) 	<ul style="list-style-type: none"> • 9:30am • 10:00am • 7:00pm: (JUNE 4th DOUBLE PLAY / JUNE 18th ISLAND SPIRIT)

JUNE 2022

SUN	MON	TUE	WED	THUR	FRI	SAT
						
5. CLOSED	6. CARPET BOWLING 9:15 CRIB – 12:30 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00	7. HARMONICA BAND 9:00am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	8. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:30 WHIST 12:00	9. CARPET BOWLING 9:15 CRIB – 12:30 LADIES SHUFFLEBOARD 12:30pm	10. CARPET BOWLING 9:15 BRIDGE 9:30 CHOIR 1:00 WHIST 12:00	11. LINE DANCING 10:00 SHUFFLEBOARD – 9:30 VSO DANCE DOUBLE PLAY 7:00
12. CLOSED	13. CARPET BOWLING 9:15 CRIB – 12:30 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 21:00	14. HARMONICA BAND 9:00am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	15. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:30 WHIST 12:00	16. CARPET BOWLING 9:15 CRIB – 12:30 LADIES SHUFFLEBOARD 12:30pm	17. CARPET BOWLING 9:15 BRIDGE 9:30 CHOIR 1:00 WHIST 12:00 BOARD MEETING 10:00am	18. LINE DANCING 10:00 SHUFFLEBOARD – 9:30 VSO DANCE ISLAND SPIRIT 7:00pm
19. CLOSED FATHERS DAY	20. CARPET BOWLING 9:15 CRIB – 12:30 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00 VICTORIA DAY	21. HARMONICA BAND 9:00am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm SUMMER BEGINS	22. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:30 WHIST 12:00 GENERAL MEETING 1:00pm	23. CARPET BOWLING 9:15 CRIB – 12:30 LADIES SHUFFLEBOARD 12:30pm	24. CARPET BOWLING 9:15 BRIDGE 9:30 CHOIR 1:00 WHIST 12:00	25. LINE DANCING 10:00 SHUFFLEBOARD – 9:30
26. CLOSED	27. CARPET BOWLING 9:15 CRIB – 12:30 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00	28. HARMONICA BAND 9:00am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	29. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:30 WHIST 12:00	30. CARPET BOWLING 9:15 CRIB – 12:30 LADIES SHUFFLEBOARD 12:30pm		