



EXECUTIVE OFFICERS

President - Earle Dykes

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

Secretary - Caroline Thompson Treasurer - Neil Peters Past President - Ron Hill

DIRECTORS

Steve Avram, Sheila Garrison, Cindy Shillito, Denise Hamilton

Jeff Theriau, Frank Enns, Gail MacDonald,







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

	Financial Report FEBRUARY 2023		
	BINGO	GEN. ACCOUNT	
Opening Balance	\$4,777.31	\$40,625.41	
Income	\$5,319.50	\$18,954.43	
Expenses	\$5,276.54	\$32,797.88	
Closing Balance	\$4,820.27	\$26,781.96	
	VSO Treasurer - Neil Peters		

WOULD YOU BE INTERESTED IN JOINING A WALKING GROUP?

There is a sign Up Sheet on the Bulletin Board. There will be an organizational meeting later in April to be announced.

Shirley Kolompar 250-701-2864

Ladies Shuffleboard-April 2023

Shuffleboard is processing along well on Thursdays 12:30-2:30pm. We have an average of 8-10 ladies participating.

If your interested you are more than welcome to just show up. You don't need to know how to play, we will coach you.

We are playing for fun, no competition.

We use both boards.

Come out for some fun, we would love to see you.

Shirley Kolompar-Co-ordinator

Hello Everyone,

If you know of a reputable business that would like to advertise in our Newsletter. Our rates are \$10.00/mth or \$100.00/yr. for a business card size ad. They can contact me through the Centre at 250-746-4433 or valleyseniorsorg@shaw.ca

Please support these businesses who support us.

Thank you to Station Street Eyecare, Nexgen Hearing and Valley Floors Carpet One for renewing for another year.

Todd from Station Street Eyecare thanks all our members who have supported his business over the years.

Thank you Valley Floors Carpet One for donating the carpet for our Dart Boards.

Our featured business this month is "Paul Gala, Pemberton Holmes"

We are a proud member of the Cowichan Duncan Chamber of Commerce.

Shirley Kolompar, Advertising

HAPPY BIRTHDAYS & ANNIVERSARIES

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









"You don't need a colonoscopy, but I'm sending you for one because, quite frankly, I don't like you."

HOW DO YOU KNOW IT'S A SCAM

Revenue Canada will never contact you by phone or by email.

Anyone who calls you asks for your S.I.N. number or credit card number right away you should know this is a scam to get money from you.

Message from anyone informing you that your computer has a virus, and to call the number listed, DELETE the message, and DO NOT OPEN any attachments.

Call for a friend or relative in trouble and needs money right away, it is a scam.

Any promotion which wants money up front, this is a scam.

Any deal too good to be true is a scam.

The correct way to deal with all these, and many more, is to HANG UP right away, or delete any message on you're your computer.

LINE DANCING

Hi Everyone

We've all enjoyed a great year of dance, friendship, and fun.

We welcome our many new dancers and hope it is understood our main goal is to have fun, your feet will catch up on the steps as we go!!

I want to say a big "Thank You" to everyone for contributing to making the line dance class a tremendous success, with lots of dances, smiles, and laughter!

You are all wonderful and I appreciate you continued support.

Sincerely,

Karen Rogers

Dance Coordinator

Mixed-League Shuffleboard Report for February 2023.

Dan Hughes.

1st	Steve	17 points	
2nd	Dan	16 "	
3rd	Tony	15 "	
4th	Warren	12 "	
5th	Earle	11 "	
5th	Wilf	11 "	
6th	Diane	10 "	

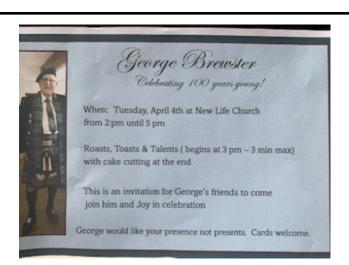
24 games played. 20 players participated. Good to see John K back, plus new player Marcel.

THIS IS AN INVITATION FOR MEMBERS OF THE VALLEY SENIORS ORGANIZATION.

PLEASE COME OUT AND

CELEBRATE 100 YEARS WITH

GEORGE BREWSTER



MESSAGE FROM THE PRESIDENT

I would like to thank all the members that attended our Annual General Meeting, Great turnout.

Congratulations to Neil Peters for returning as Treasurer for another term, as well as Ian Balding for returning as 2nd Vice.

Three members of the Board of Directors Cindy, Denise, and Sheila have also had their terms extended for another 2 years; and welcome to Steve our newest Director voted in at the last meeting.

I would like to thank the many volunteers that spend many hours working for the betterment of this organization. Without you things would be much different.

Finally Thank-you to our Past President Ron. You have worked tirelessly for many years.

This is a better place, due to your efforts.

I will surely lean on you as I find my way as the new President.

Thank-you

Earle Dykes

PAST PRESIDENT

Thank you to the members, for all the wonderful praise that was given to me as well as to Shirley for all the hard work that we have done, thank you so much. The hard work is not only ours but many other members that step-up each and every day to volunteer, and to all the members that supported us over these years.

Now to address the members; yes I got a little peeved at the meeting on March 22, but when I saw what was happening I had a flash back to last year, and I didn't want that to happen again. When I looked around the room and I saw people voting before the meeting started, that was a problem. If I offended some members I am sorry, but this could not be repeated as last year, and I for one did not want that. We ended up with a fair election and that is all that I wished for, whatever the outcome.

I am here to support our new President and the Board and Executive in any way I can.

Ron Hill

Past President.

	50/50 WINNERS MARCH 2023				
7-Mar	120340	\$182.50	Deloris Boutilier		
14-Mar	404356	\$200.00	Diane Jimmy		
21-Mar	184183	\$237.50	Deloris Boutilier		
20-Mar	937896	\$215.00	Frank Enns		
Neil Peters		Treasurer			

ELECTION RESAULTS

- PRESIDENT: EARLE DYKES by acclimation.
- 2nd VICE: IAN BALDING Ian was elected by vote 60 votes IAN BALDING

42 votes RAD PETROVICH

1 spoiled vote

- TREASURER: NEIL PETERS by acclimation.
- DIRECTORS: CINDY, DENISE, STEVE, and SHEILA elected by votes

CINDY - 63 votes

STEVE - 72 votes

DENISE - 64 votes

SHEILA and RAD - 51 votes (RAD stepped aside allowing SHEILA to fill the position of director) (101 VOTES CAST, 2 SPOILED VOTES)

• RETURNING EXECUTIVE AND BOARD MEMBERS - 1st VICE - AL EDKINS

SECRETARY - CAROLINE THOMPSON

DIRECTORS - GAIL MacDONALD, JEFF THERIAU, and FRANK ENNS

MOTION FROM THE FLOOR, SECONDED AND PASSED - VOTES WERE DESTROYED



LEFT to RIGHT

EARLE DYKES, IAN BALDING, STEVE AVRAM, CINDY SHILLITO, SHEILA GARRISON, DENISE HAMIL-TON A HUGE THANK YOU.

TO ALL THE PEOPLE WHO SUPPORTED ME IN MY RE-ELECTION AS YOUR 2[™] VICE-PRESIDENT OF THE VALLEY SENIOR'S ORGANIZATION. IT IS MY PRIVILEGE TO SERVE ALL THE MEMBERS OF THIS FINE ORGANIZATION WHETHER YOU VOTED FOR ME OR NOT. THIS IS MY THIRD TERM AS VICE-PRESIDENT AND OF ALL THE POSITIONS THAT I HAVE SERVED ON IN THE EXECUTIVE, THIS IS THE ONE THAT I ENJOY THE MOST.

I HAVE MANY MEMORIES, HAPPY AND SAD, OF SERVING UNDER RON HILL WHO HAS FINALLY DECIDED TO STEP DOWN AFTER MORE THAN TEN YEARS OF SERVING US AS PRESIDENT. I THINK HE WILL REMAIN VERY INVOLVED IN THE CENTER AS PAST PRESIDENT.

WE NOW HAVE A NEW PRESIDENT, EARLE DYKES, AND I LOOK FORWARD TO WORKING UNDER HIS DIRECTION AND WILL HELP HIM WHENEVER I CAN. GOOD LUCK EARLE.

IAN BALDING-VSO--2ND VICE-PRESIDENT

VALLEY SENIOR'S BUS COMMITTEE REPORT

March 20, 2023

Our committee met on March 16, 2023

Trips to look forward to are:

- Courtenay Casino March 23, 2023 with Shirley Hill
- Ian has arranged an overnight trip to Port Alberni April 19, 2023

We will be traveling down the Alberni canal on the Francis Barcley to Banfield and other points of interest. Sign-up sheet is at the front desk, a very nice trip.

- We are also planning a trip to the Merridale Cidery May 18, 2023
- Trip to View Royal Casino May 25, 2023
- Circle Tour, Lake Cowichan through to Port Renfrew, Sooke, dinner and home June 29, 2023
- Coombs/Parksville Sand Castles/Rocking Horse Pub, date to be determined.

We will try our best to arrange as many trips as we can.

We do need Volunteers to serve on our Bus Committee.

Information and sign-up for all are and will be at the front desk.

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.

There is a suggestion box at the front desk.

Rose MacKenzie

Bus Committee Chair

A REMINDER

THE CENTRE WILL BE CLOSED

GOOD FRIDAY

APRIL 7, 2023

REGULAR HOURS

APRIL 8, 2023

BINGO REPORT

I would like to thank all the people who worked and are working on my committee. Thank you to Caroline Thompson for brining on line bingo to our attention. A lot of you do not know that when they advised us to close the centre, we continued to make money with our on line bingo. I am pleased to say that the top executive people stepped up to the plate, Ron Hill, Neil Peters, Ian Balding, Caroline Thompson and myself. Because of the support we received from the many players in the community, we have continued to have on line bingo every Sunday with a lot of fun had by all. We now have bingo on Tuesday during the day starting at 11:00am for early birds. With my usual crew consisting of Peter, Anne, Cathy, Florence, Nancy, Neil, and myself, and Sunday night starting at 6:00pm sharp.

I would like to take a moment to thank all volunteers that have put themselves out there to keep the centre a fun place to meet new faces and say hi to old ones.

Thank you

Gail MacDonald

UKULELE REPORT

A healthy turnout continues to favor the Ukulele Group, every Friday at 12 noon. Come early to get a good seat New players/members continue to show up. Beginner's Ukulele classes were a success once again, through Life Long Learning, formerly named Elder College, at the Community Center.

Thanks to all for helping out with the Crafts Room tables, prior to leaving.

Al Lawrence-Coordinator

CARPET BOWLING REPORT

Congratulations to our triples team that came first and won Gold Medals in a play-off for South Vancouver Islan Carpet Bowling Tournament on March 15, 2023 in Honeymoon Bay. They were Ian Hammocks (lead), Cindy Shillito (second) and Joan Ayers (skip). Honeymoon Bay were second and both teams go to the finals. There will be two teams from the North and two from the South for paird, triples, and fours. We all compete against each other in our category (3 games) to see who win the trophies. Games to be played at Lake Cowichan Arena in April.

A few times this past month we have had 2 carpets down which is great to see and we wish this was every day we bowl.

Many thanks to Ron Forsen for putting down the carpets and set up to bowl also to the bowlers that help put the equipment away.

Joan Ayers

Carpet Bowling Coordinator



CRAFT REPORT

The display cabinets next to the reception desk showcase the handcrafted work of the VSO Craft group. Please talk to the receptionist if you wish to view and/or purchase an item.

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.

Due to increased prices of supplies that we need to purchase, some prices will be increasing after the sale at the beginning of May.

Thank you for your support.

CRAFT SALE

Do you need a baby gift, 'drip-catcher', shawl, slippers, tote bag, kitchen towel or just want to check out the work of the Wednesday morning Craft Group? Come and see us at our Spring Sale.

Monday, May 29st and Tuesday, May 30nd we will be displaying and selling our wonderful handcrafted items in the Craft Room during Centre hours. We will be marking down the prices of many of the winter items and lap blankets to make room for new stock. Please have a look if you are in need of unique gifts or want to plan ahead for the next cold spell!

Sheila Garrison

(Craft Group Coordinator)

DARTS

Our number of members dipped this month. A few people ditched us to travel, anyway still keeping our eyes on the bulls eye.

- Marlene 81, also a 107
- Linda 86 with bulls eye
- Harry 109, also a 103
- Diane 81
- Robert 92
- lan 96

WELL DONE EVERYONE

Next score to beat will be over 100 some have already done it.

Marlene Herman



DANCE REPORT

I am informing all members and guests that some months ago we had a vote at our General meeting. It was decided that we would charge \$12.00 for a dance with out a lunch, and \$15.00 if lunch was provide. This voted on and passed at the meeting.

Because a lunch is now served the dance price will increase to the \$15.00 per person starting in April.

APRIL 15th

MUSIC by RIVALS with Brent Hutchinson

DOORS OPEN - 6:30pm

DANCE - 7:00 - 10:pm.

\$15.00 PER PERSON

SA	ON.—FRI. 9:00am - 3:00pm Γ. 9:00 am - 1:00 PM LOSED SUNDAYS	DAILY LUNCH Watch for notice board for weekly specials!		IF YOU ARE SICK PLEASE STAY HOME	
MON	 CARPET BOWLING CONTRACT BRIDGE CRIBBAGE SHUFFLEBOARD (Tournament) 	nent)	9:15ar12:0012:1511:30a		
TUES	HARMONICA BANDBINGO			m am Early Bird om Regular Games	
WED	 CRAFTS CARPET BOWLING MUSIC (ISLAND SPIRIT) SHUFFLEBOARD CHOIR (1st & 2nd WED) DARTS 4th WEDNESDAY of EACH (GENERAL MEETING) 	MONTH	 9:00ar 9:15ar 11:00ar ANYT 1:00pr 1:00pr 1:00pr 	m am FIME m	
THUR	CARPET BOWLINGCARVERSCRIBBAGELADIES SHUFFLEBOARD		9:15ar11:00a12:1512:30r	am	
FRI	 DUPLICATE BRIDGE CARPET BOWLING WHIST UKULELE CHOIR (1st & 2nd FREIDAY SHUFFLEBOARD FRIDAY PROCIDING GENERAL 	,	 9:00ar 9:15ar 12:00 12:00pr ANYT 10:00ar 	m pm m	
SAT	 SHUFFLEBOARD (TOURNE LINE DANCING VSO DANCE (DOORS OPEN 	,	9:30ai10:00a7:00pi	am	

ADVERTIZING





TODD SIMONSON

Licensed Optician,, Owner/Operator

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Owner

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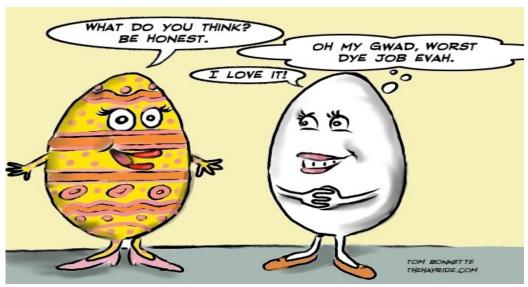
ADVERTIZING IN THE VSO

FOR AS LITTLE AS \$10.00 PER BUSINESS CARD SIZE AD, OR \$100.00 PER YEAR YOU CAN ADVERTIZE IN OUR NEWSLETTER.

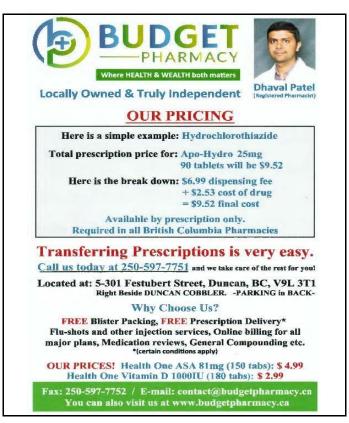
OUR NEWSLETTER HAS A CIRCULATION IOF 600 PLUS MEMBERS ALL SENIORS.

IF YOU AS A MEMBER KNOW OF SOMEONE THAT WOULD BE INTERESTED IN ADVERTIZING IN OUR NEWSLETTER, PLEASE CONTACT SHIRLEY KOLOMPAR.

250-746-4433 OR valleyseniorsorg@shaw.ca







APRIL 2023

APRIL 2023	SAT	1. LINE DANCING 10:00 SHUFFLEBOARD – 9:30	8. LINE DANCING 10:00 SHUFFLEBOARD – 9:30	LINE DANCING 10:00 SHUFFLEBOARD – 9:30 DANCE: BRENT HUTCHINSON DOORS OPEN 6:30pm	22. LINE DANCING 10:00 SHUFFLEBOARD – 9:30	29. LINE DANCING 10:00 SHUFFLEBOARD – 9:30
	FRI		7. CLOSED GOOD FRIDAY	14. CARPET BOWLING 9:15 BRIDGE 9:30 CHOIR 1:00 WHIST 12:00	21. CARPET BOWLING 9:15 BRIDGE 9:30 WHIST 12:00 BOARD MEETING 10:00	28. CARPET BOWLING 9:15 BRIDGE 9:30 WHIST 12:00
	THUR	E HAPPY R	6. CARPET BOWLING 9:15 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	13. CARPET BOWLING 9:15 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	20. CARPET BOWLING 9:15 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	27. CARPET BOWLING 9:15 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm
	WED		5. CARPETBOWLING 9.:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm CHIOR 1:00pm	12. CARPETBOWLING 9.:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm CHIOR 1:00pm	19. CARPETBOWLING 9.:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00	26. CARPETBOWLING 9::15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm GENERAL MEETING 1:00
	TUE		4. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	11. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	18. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	25. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm
	MON		3. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00	10. CARPET BOWLING 9:15 CRIB – 12:15 SHUFELEBOARD – 11:30am CONTRACT BRIDGE 12:00	17. CARPET BOWLING 9:15 CRIB – 12:15 SHUFELEBOARD – 11:30am CONTRACT BRIDGE 12:00	24. CARPET BOWLING 9:15 CRIB – 12:15 SHUFELEBOARD – 11:30am CONTRACT BRIDGE 12:00
	SUN		2. CLOSED	9. CLOSED EASTER	16. CLOSED	CLOSED 30. CLOSED
				14		