

# VALLEY SENIORS NEWSLETTER

**FEB.**

**2024**



**\$1.00**

## EXECUTIVE OFFICERS

President - Earle Dykes

1st Vice Pres - Alan Edkins 2nd Vice Pres - Vacant

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

## DIRECTORS

Steve Avram, Sheila Garrison, Denise Hamilton

Jeff Theriau, Frank Enns,

♥ **HAPPY**  
*Valentine's*  
**DAY** ♥

**PUBLISHED BY: The Valley Seniors Organization**

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

## Presidents Message

This past year has been a year with several ups and downs. Fortunately, for me, the ups have far outweighed the downs.

Financially we are in a better position than last year, as we ended this last year approximately \$40,000.00 in the black.

Bingo held its own and covered most of our building expenses. The Kitchen come through, in a big way, and financed many of our improvements.

Some of our accomplishments include the building of our new bar, the purchase of a new bingo machine, a new bar fridge, repair and recovering of two of our pool tables, the purchase of 40 new chairs, some new signage, the ability to donate to several charities, as well as keeping this a clean, safe place, for all to enjoy.

Many of these accomplishments are because of your continued support and the hard work of our volunteers; so thank you to everyone.

As we look forward to another year and our upcoming elections please give a great deal of thought as to who you would like to guide this organization into the future. It is not an easy job. It requires individuals that are willing to work together, with the best interests of the VSO in mind. I know you will choose well. Talk with the candidates. Ask them questions. Ask them what they can offer the VSO. Then select those with ability, and those that can work well as a team.

## ELECTION 2024

Election 2024 is under way thank you to Bill N, Peter W and Joan A, they have come up with a good slate of candidates. **REMEMBER ANNUAL GENERAL MEETING IS MARCH 27, PLEASE COME OUT AND VOTE.** It takes this membership to make a difference, remember if you don't vote **(DON'T COMPLAIN)**

**1st VICE, 2 YEAR TERM:**

**JEFF THERIAU**

**SHIRLEY KOLOMPAR**

**2nd VICE, 1 YEAR TERM:**

**OPEN**

**SECRETARY, 2 YEAR:**

**CAROLINE THOMPSON**

**DIRECTORS, 4 TO BE ELECTED, 1 & 2 YEAR:**

**FRANK ENNS, CLAUDIA PARKER, DENISE HAMILTON, MARLENE HERMANN, DIANA SMITHSON and COLLEEN ZDAN**

## NOMINATING COMMITTEE REPORT

Final report by the committee shall be at the February General meeting. The Chairperson will call for nominations from the floor at the February meeting, after all positions have been called, the Chairperson will call for a motion to have the nominating committee step down. After the committee has stepped down, a member of the committee may be nominated at the Annual General Meeting.

The final call for nominations from the floor will be at the Annual General Meeting, by the President.

Election for each position will be by secret ballot.

### **Ladies Shuffleboard**

Hello Members

Shuffleboard is progressing along great on Thursdays 12:30-2:30pm. We have an average of 8-10, sometimes more sometimes less ladies participating, depending on what's happening in everyone's world. The winter weather has thrown a kibosh into everything. If you're 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 when our old board is all renovated and ready to go. Come out for some fun, we would love to see you, come early and have a bite of lunch.

Shirley Kolompar, Co-ordinator

250-701-2864

shirleyk@shaw.ca

Hello Members,

If you know of a reputable business or maybe your favourite business who may like to advertise in our Newsletter please let me know. Our rates are \$10.00/mth or \$100.00/yr. for a business card size ad. I can be contacted through the Front Desk at 250-746-4433 or valleyseiorfront@gmail.com or 250-701-2864. Facebook Page: Valley Seniors Organization

Please support the businesses who support us.

We are a proud member of the Cowichan Duncan Chamber of Commerce check out their website: [www.duncancc.bc.ca](http://www.duncancc.bc.ca)

Shirley Kolompar, Advertising

## Shuffleboard Report For December and Year End.

### Mixed Shuffleboard Scores for December 2023.

Dan Hughes.

1 <sup>st</sup>	Diane	15	points
1 <sup>st</sup>	Dan	15	“
2 <sup>nd</sup>	Tony	14	“
3 <sup>rd</sup>	Steve	13	“
3 <sup>rd</sup>	Betty	13	“
4 <sup>th</sup>	Ken	12	“

24 individual games played.

19 players participated.

### Mixed Shuffleboard Scores for Calendar Year 2023.

Dan Hughes.

1 <sup>st</sup>	Dan	206	points
2 <sup>nd</sup>	Steve	197	“
3 <sup>rd</sup>	Tony	195	“
4 <sup>th</sup>	Earle	190	“
5 <sup>th</sup>	Bill Naherniak	153	“
6 <sup>th</sup>	Betty	144	“
7 <sup>th</sup>	Ken	136	“
8 <sup>th</sup>	Diane	129	“

312 individual games played.

28 players participated.

## Dance January 20, 2024

Thank you to all of the 38 people who attended our Dance despite the weather. It was nice to see some new faces and people we haven't seen for awhile. Congratulations to Stan Crossley for winning the Door Prize. Thank you to Rose for Bartending, Island Spirit for the music and for those who helped set-up and tear-down and for the food prep.

Next Dance

Valentine Dance

February 17

7-10pm, Doors open 6:30pm

\$15.00 per person, with a light lunch

Thanks again from your Dance Committee: Shirley K, Delores T, Dennis R.

## CARPET BOWLING

First of all , we the Bowlers wish everyone a Very Happy and Healthy 2024.

So far we only have one team for the Vancouver Island Carpet Bowling Tournament (VICB) and Cindy Shillito, Ian Hammocks and Joan Ayers in triples. Should we get more bowlers the " In House" playoff dates will be as follows:

Triples - Thursday, February 1st - sign-up by January 25th

Pairs - Friday, February 2nd - Sign-up by January 26th

Fours - Thursday February 8th - Sign-up by February 1st

On day of play registration - 8:00am. Games start - 8:30am

The Shedule for play-downs are on the board, they are in March and played in Honeymoon Bay. The finals, North Island the South are on April 10th played in the Lake Cowichan Recreation Centre.

I have been to see June Mutch in Cairsmore and take her our Monthly Newsletter. She misses coming to our centre but is doing well and sends her best wishes to everyone

Joan Ayers

Carpet Bowling Coordinator

**FINANCIAL REPORT NOVEMBER 2023**

	<b>BINGO</b>	<b>GEN. ACCOUNT</b>
<b>Opening Balance</b>	<b>\$4,576.01</b>	<b>\$16,020.99</b>
<b>Income</b>	<b>\$5,830.50</b>	<b>\$21,735.84</b>
<b>Expenses</b>	<b>\$6,992.31</b>	<b>\$14,537.16</b>
<b>Closing Balance</b>	<b>\$3,414.20</b>	<b>\$23,219.67</b>

VSO Treasurer - Neil Peters

**Bingo Report**

I would like to thank all the volunteers who help to keep this Center open. I see what goes around and find there are a few people who have nothing better to do than complain. I have been told a saying which I find very truthful. "For every one worker there are 20 who lean." I have found a lot of truth in this saying. I take my hat off to all those who step up to the plate as a "lifter". Please keep up the good work, as it takes lots of busy hands to keep the Centre open.

Thank you, Gail MacDonald, Bingo Coordinator

**UKULELE**

The Ukulele group played on thru the Holidays, with a fairly good attendance. This enthusiasm carries on, with 10 - 20 strummers every Friday. Some are away enjoying vacation time on some beach, somewhere. New people show up, wishing to learn more, or to play Ukulele. Thanks again, to the willing helpers who put tables and chairs back as they are found, after our Friday Ukulele session.

Al Lawrence

Coordinator



♥ HAPPY  
 Valentine's  
 DAY ♥



## Kitchen Report

Things are progressing well in the kitchen. It was closed for 2 days in January, the first for New Years Day and Wednesday the 17th for a snow day.

The dishwasher hasn't been working well. It was repaired once this month and the technician had to return to repair it several times. Ron Hill managed to get it working after yet another down time. Hopefully we won't need to buy a new dishwasher, but that is always a possibility and it will be expensive, probably around \$20,000.00

Currently we have enough volunteers to keep things running smoothly but the flu season and the bad weather has meant we've had gaps that needed to be filled in by others. We all pull together as a team and the kitchen functions well to meet our members needs.

Shirley Hill and I decided professional kitchen cleaners are no longer required. Three or four kitchen volunteers will share the work and keep on top of the cleaning on an ongoing basis. This will save the VSO approximately \$500 a month. We have slow times in the kitchen when we can easily do the necessary cleaning.

Shirley and I have come to a good understanding on the split of work since I became the Kitchen Coordinator. Shirley will continue baking and prepare occasional lunch specials or take away meals, and I will resume all other duties.

The kitchen is now open 7 days a week. Sunday is open to support Sunday Bingo and Cribbage. We need more volunteers to support this activity and I will be looking for these in February.

We do not see a need to increase any food or beverage prices at this time.

If you wish to buy a friend or family member a gift, well sell coffee cards for \$10 or \$15 and Gift Certificates for any amount you wish. They are for sale in the kitchen. They'd make a great Valentine's Gift!

I will be on holidays from January 25th to February 12th and Shirley Hill be in charge of the kitchen during my holidays, so please contact her during that time if you have any concerns.

Claudia Parker, Kitchen Coordinator

## **CRAFT REPORT**

The VSO Craft Group continues to knit, crochet, sew and create on Wednesday mornings and at home. The cabinets, next to the reception desk, hold a display of our work - when you purchase our handcrafted items, you are supporting the VSO.

Thank you!

Sheila Garrison

Craft Coordinator

### 50/50 WINNERS

DATE	NUMBER	AMOUNTT	WINNER
2-JAN	87743	\$137.50	DELORAS BILLINGS
7-JAN	87842	\$127.50	SHIRLEY WATSON
9-JAN	88593	\$147.50	LORETTA JACK
14-JAN	89305	\$107.50	TOM HARRIS
16-JAN	89558	\$175.00	DELORAS BOUTILLIER
21-JAN	771591	\$100.00	J M JOE
23-JAN	770117	\$132.50	VIRGINA JACK
28-JAN	658438	\$137.50	PETER COLYN
30-JAN	770800	\$210.00	CORINNE LAFORTUNE

NEIL PETERS

TREASURER

### VSO Rambling Walker Group

Hello to those who would like to walk but not alone. Come and join the VSO Rambling Walker Group, we try to walk 4 times a week. You will receive a monthly schedule, all you need to do is to be a paid up member of the Valley Seniors Organization 55+ Activity Centre \$30.00 per year. If you are mobile and like to walk up to 6000-8000 steps a day give me a call or Email.

Check out our Facebook Page: Valley Seniors Organization Rambling Walkers Group

Shirley Kolompar, Co-Ordinator

shirleyk@shaw.ca

250-701-2864

**Super Bowl**

**(FEBRUARY 11th)**



**HOTDOGS, SMOKIES, CHILLI, BAR**

**DOORS OPEN 3:00**

**KICK-OFF 3:30**





**VALLEY SENIORS 55+ ACTIVITY CENTRE  
2024 DANCE SCHEDULE**

<b>DATE</b>	<b>BAND</b>
<b>JANUARY 20th</b>	<b>ISLAND SPIRIT</b>
<b>FEBRUARY 17th</b>	<b>THE RIVALS</b>
<b>MARCH 16th</b>	<b>ISLAND SPIRIT</b>
<b>APRIL 20th</b>	<b>DAN HUGHES - DJ</b>
<b>MAY 18th</b>	<b>ISLAND SPIRIT</b>
<b>JUNE 15th</b>	<b>DOUBLE PLAY</b>
<b>JULY 20th</b>	<b>ISLAND SPIRIT</b>
<b>AUGUST 17th</b>	<b>COPPER CANYON</b>
<b>SEPTEMBER 21st</b>	<b>ISLAND SPIRIT</b>
<b>OCTOBER 19th</b>	<b>DOUBLE PLAY</b>
<b>NOVEMBER 16th</b>	<b>ISLAND SPIRIT</b>
<b>DECEMBER 14th</b>	<b>COPPER CANYON</b>
<b>NEW YEARS</b>	<b>ISLAND SPIRIT</b>

*Let's  
Dance.*



Valley Seniors Organization



# Valentine's Dance

Saturday

February 17th. 2024

Featuring: The Rivals

7 pm - 10 pm

\$15 per person

*Light Lunch*



198 Government St. 250-746-4433



# VSO ADVERTIZING



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### Chad Gurski

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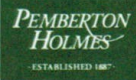


## COWICHAN PIPES & DRUMS

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<b>OPEN MON.—FRI. 9:00am - 3:00pm</b> <b>SAT. 9:00 am - 1:00 PM</b>		<b>DAILY LUNCH</b> <b>Watch the notice board for</b> <b>weekly specials!</b>	<b>IF YOU ARE SICK PLEASE</b> <b>STAY HOME</b>
MON	<ul style="list-style-type: none"> <li>• CARPET BOWLING</li> <li>• CONTRACT BRIDGE</li> <li>• CRIBBAGE</li> </ul>	<ul style="list-style-type: none"> <li>• 9:15am (BINGO HALL)</li> <li>• 12:00 (CRAFTROOM)</li> <li>• 12:00 (BINGO HALL)</li> </ul>	
TUES	<ul style="list-style-type: none"> <li>• HARMONICA BAND</li> <li>• BINGO</li> </ul>	<ul style="list-style-type: none"> <li>• 8:30am (STAGE BINGO HALL)</li> <li>• 11:00am EARLY BIRD (BINGO HALL)</li> <li>• 12:00pm REGULAR GAMES (BINGO HALL)</li> </ul>	
WED	<ul style="list-style-type: none"> <li>• CRAFTS</li> <li>• CARPET BOWLING</li> <li>• MUSIC (ISLAND SPIRIT)</li> <li>• SHUFFLEBOARD</li> <li>• CHOIR (1st &amp; 2nd WED)</li> <li>• DARTS</li> <li>• <b>4th WEDNESDAY of EACH MONTH (GENERAL MEETING)</b></li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am (CRAFTROOM)</li> <li>• 9:15am (BINGO HALL)</li> <li>• 11:00am (STAGE BINGO HALL)</li> <li>• ANYTIME (DINING ROOM)</li> <li>• 1:00pm (BINGO HALL FRONT 1/2)</li> <li>• 1:00pm (BINGO HALL BACK 1/2)</li> <li>• <b>1:00pm (BINGO HALL)</b></li> </ul>	
THUR	<ul style="list-style-type: none"> <li>• CARPET BOWLING</li> <li>• CARVERS</li> <li>• CRIBBAGE</li> <li>• LADIES SHUFFLEBOARD</li> </ul>	<ul style="list-style-type: none"> <li>• 9:15am (BINGO HALL)</li> <li>• 11:00am (CRAFTROOM)</li> <li>• 12:00 (BINGO HALL)</li> <li>• 12:30pm (DINING ROOM)</li> </ul>	
FRI	<ul style="list-style-type: none"> <li>• DUPLICATE BRIDGE</li> <li>• CARPET BOWLING</li> <li>• WHIST</li> <li>• UKULELE</li> <li>• CHOIR (1st &amp; 2nd FRIDAY)</li> <li>• SHUFFLEBOARD</li> <li>• <b>BOARD MEETING FRIDAY PROCEEDING GENERAL MEETING</b></li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am (BINGO HALL)</li> <li>• 9:15am ((BINGO HALL BACK 1/2)</li> <li>• 12:00 ((BINGO HALL BACK 1/2)</li> <li>• 12:00pm (CRAFTROOM)</li> <li>• 1:00pm (BINGO HALL FRONT 1/2)</li> <li>• ANYTIME (DINING ROOM)</li> <li>• <b>10:00am (CRAFTROOM)</b></li> </ul>	
SAT	<ul style="list-style-type: none"> <li>• SHUFFLEBOARD (TOURNAMENT)</li> <li>• LINE DANCING</li> <li>• <b>VSO DANCE (DOORS OPEN 6:30 pm \$15.00)</b></li> </ul>	<ul style="list-style-type: none"> <li>• 10:00am (DINING ROOM)</li> <li>• 10:00am (BINGO HALL)</li> <li>• <b>7:00pm: (BINGO HALL)</b></li> </ul>	
SUN	<ul style="list-style-type: none"> <li>• BINGO</li> </ul>	<ul style="list-style-type: none"> <li>• 10:15am DOORS OPEN</li> <li>• 12:00pm EARLY BIRD</li> <li>• 1:00pm REGULAR GAMES</li> </ul>	

# FEBRUARY 2024



SUN	MON	TUE	WED	THUR	FRI	SAT
				1. CARPET BOWLING 9:15 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	2. CARPET BOWLING 9:15 BRIDGE 9:30 UKULELE 12:00 CHOIR 1:00 WHIST 12:00	3. LINE DANCING 10:00 SHUFFLEBOARD – 10:00
4. <b>CLOSED</b> OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30	5. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 10:00am CONTRACT BRIDGE 12:00	6. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	7. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm CHIOR 1:00pm	8. CARPET BOWLING 9:15 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	9. CARPET BOWLING 9:15 BRIDGE 9:30 UKULELE 12:00 CHOIR 1:00 WHIST 12:00	10. LINE DANCING 10:00 SHUFFLEBOARD – 10:00
11. <b>CLOSED</b> OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30	12. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 10:00am CONTRACT BRIDGE 12:00	13. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	14. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm CHIOR 1:00pm <b>VALENTINES DAY</b>	15. CARPET BOWLING 9:15 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	16. CARPET BOWLING 9:15 BRIDGE 9:30 UKULELE 12:00 CHOIR 1:00 WHIST 12:00	17. LINE DANCING 10:00 SHUFFLEBOARD – 10:00 <b>VSO DANCE RIVALS 7:00pm</b>
18. <b>CLOSED</b> OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30	19. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 10:00am CONTRACT BRIDGE 12:00	20. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	21. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00	22. CARPET BOWLING 9:15 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	23. CARPET BOWLING 9:15 BRIDGE 9:30 UKULELE 12:00 WHIST 12:00 <b>BOARD MEETING 10:00am</b>	24. LINE DANCING 10:00 SHUFFLEBOARD – 10:00
25. <b>CLOSED</b> OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30	26. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 10:00am CONTRACT BRIDGE 12:00	27. HARMONICA BAND 8:45am BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	28. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 <b>GENERAL MEETING 1:00</b>	29. CARPET BOWLING 9:15 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm		