

# VALLEY SENIORS NEWSLETTER

**MARCH.**

**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,



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

## MESSAGE FROM THE PRESIDENT

**ELECTION...ELECTION...ELECTION.** That is what the month of March is all about. Our nominating committee has done a good job in identifying candidates so far; but I hope we can add more on election day, Wednesday March 27, 2024.

This is an important day and I urge our membership to vote for those they feel can be an asset to our Executive and our Board of Directors.

We need those that are willing to devote their time and effort for the betterment of this organization. Those that can work as a team.

If you can help in any way, we need you. If not part of the management team, then as one of our many volunteers.

Thank-you

On another note, I have been advised to remind all members that they must follow our current Constitution & Bylaws; as well as our Organization's Rules. Let's make this the fun, safe place for all to enjoy.

EARLE DYKES

VSO President

## 50/50 WINNERS FEBRUARY 2024

DATE	NUMBER	AMOUNT	WINNER
4-FEB	662262	\$125.00	SHELLEY BAMCOMBE
6-FEB	662769	\$200.00	SUSAN McDONALD
11-FEB	659103	\$145.00	CORINNE LaFONTAIN
13-FEB	772394	\$180.00	KATHY MUIR
18-FEB	663800	\$130.00	JACK BATEMAN
20-FEB	354236	\$190.00	DELORES BOUTILIER
25-FEB	772912	\$147.50	DELORES BOUTILIER
27-FEB	354862	\$175.00	BENNY THOMAS

## 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. 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, thank you to the Centre for refurbishing our old board. 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

## VSO Rambling Walker Group

Wow our group keeps growing. We are up to 12, If you don't like walking alone come join us.

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

## HARMONICA BAND

**The Harmonica Band continue to play each Tuesday morning at 8:30. Spring is approaching, so we will be playing a selection of tunes that reflect this time of the year during March & April.**

## Advertising

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 [valleyseniorsfront@gmail.com](mailto:valleyseniorsfront@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

### FINANCIAL REPORT JANUARY 2024

	BINGO	GEN. ACCOUNT
<b>Opening Balance</b>	<b>\$3,414.20</b>	<b>\$23,286.51</b>
<b>Income</b>	<b>\$8,347.00</b>	<b>\$24,664.37</b>
<b>Expenses</b>	<b>\$7,150.46</b>	<b>\$10,341.75</b>
<b>Closing Balance</b>	<b>\$4,610.74</b>	<b>\$37,609.13</b>

VSO Treasurer - Neil Peters

### CARPET BOWLING

The play downs for the South Vancouver Island Carpet Bowling (VICB) Tournament is to be held this coming month in Honeymoon Bay. We have only one team competing on March 13th and that is in triples and they are Cindy Shillito, Ian Hammocks and Joan Ayers. In all categories - pair, triples and fours the first two teams compete against the North teams at the finals on April 10th in Lake Cowichan Recreation Centre.

It is sad news that our oldest bowler Charlotte Mortimer at the age of 96 years young passed away on February 7th. She was a regular of a Thursday morning with one of her daughters, Doreen or Diane. Charley as she was often called was very competitive and enjoyed the game.

Joan Ayers

Carpet Bowling Coordinator

## **Valentine's Dance**

Thank you to all of the 62 people who attended our Dance on Feb. 17th. It was nice to see some new faces and people we haven't seen for awhile. Congratulations to Tina Shoen for winning the Door Prize and to the Spot Dance winners. Thank you to Caroline for Bartending, the Rivals for the music and for those who helped set-up and tear-down and for the food prep. We would like to welcome Linda Edge and welcome back Annette Hughes, who designs our posters, we appreciate you joining the Dance Committee. We would like you to know that you can purchase non-alcoholic beverages at the Bar during our Dances.

### **Next Dance**

### **St.Patrick's Dance**

**March 16**

### **Island Spirit**

**7-10pm, Doors open 6:30pm**

**\$15.00 per person, with a light lunch**

A little about your DANCE COMMITTEE. When it's the day of the dance, it takes 6 of us in the Committee to get things done. It starts early in the morning with the Sandwiches being made by volunteers Pres. Earle and Past-Pres. Ron, then about 10:30 am the food volunteers come in to set out the sandwiches and sweet trays. At 11:30 am the rest of the volunteers come in, set-up tables, decorate, get the coffee bar ready. Several of the volunteers come back at 5-6:00pm before the doors open at 6:30. Dance starts at 7:00 and when the dance is over at 10:00, we the volunteers may get home at 11:00pm after doing dishes, de-decorating, putting tables away. Pres. Earle is always there to help with the prep of the dance and to close up, as well as providing guidance and a thank you; always with a smile. As you can see it is a long day for the volunteers who do this with a smile and for the love of the VSO.

Thanks again for coming from your Dance Committee: Shirley K, Delores

T, Dennis R, Annette H, Linda E, Heather P.

**Mixed Shuffleboard.****January Scores.****Dan Hughes.**

<b>1<sup>st</sup></b>	<b>Earle</b>	<b>18 points</b>
<b>2<sup>nd</sup></b>	<b>Steve</b>	<b>15 “</b>
<b>2<sup>nd</sup></b>	<b>Ken</b>	<b>15 “</b>
<b>3<sup>rd</sup></b>	<b>Dan</b>	<b>14 “</b>
<b>4<sup>th</sup></b>	<b>Diane</b>	<b>13 “</b>
<b>5<sup>th</sup></b>	<b>Warren</b>	<b>12 “</b>
<b>6<sup>th</sup></b>	<b>Gary</b>	<b>11 “</b>
<b>6<sup>th</sup></b>	<b>Rad</b>	<b>11 “</b>

**18 players participated in January. Total individual games played: 24.**

### 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 and when you purchase our handcrafted items, you are supporting the VSO. Thank you for your continued wonderful support. Advance notice! We will be holding our Spring Craft Sale on Monday, May 27 th and Tuesday, May 28 th .

Craft Group Coordinator

Sheila Garrison

### ELECTION NEWS

Our elections will take place this month March 27, 2024 at our Annual General Meeting. In order for you to be able to vote you will need to be a member in good standing, with a current 2024 membership card. This card is required to be shown at the sign in desk; and to be placed in front of you so we know who is eligible to receive a ballot.

Thank-you

# St. Patrick's Day Dance

## Saturday

# March 16th. 2024



Music by

## Island Spirit

7 pm - 10 pm

Doors open 6:30 pm

**\$15 per person**  
(at the door)



## KITCHEN REPORT

We are doing well in the Kitchen with the support of the Members, their guests and always the Kitchen Volunteers. Shirley Hill is busy daily baking wonderful desserts and goodies to sell. And she made a wonderful Chicken Parmesan and a Beef Tenderloin Special for 2 of the Wednesdays in February. I am coordinating the day to day running of the kitchen with the help of the volunteers.

I would like to clarify what was written in last month's Newsletter. The kitchen is open on Sundays **ONLY** to support Bingo.

I would like to thank the Board for approving the repainting of the kitchen cupboards and shelving. That should begin in early March.

Claudia Parker, Kitchen Coordinator

## Valley Senior's Bus Committee Report

February 26<sup>th</sup>, 2024

We have a few trips on the agenda this year.

Monday, March 25<sup>th</sup> we have a trip planned to the Royal B. C. Museum/Imax and Spaghetti Factory.

Thursday, April 11<sup>th</sup> we have a trip planned to the Air Museum in Sidney, B.C and a visit to one of the Chinese Restaurants in the town of Sidney.

Monday, April 29<sup>th</sup> we will be spending 1 night at the Cascades Casino in Langley, B. C.

A trip to see the "Snowbirds" aerial show in Comox is planned in May also.

Check the boards for trips and sign-up at front desk.

Rose MacKenzie,  
Bus Committee Chair



# VSO ADVERTIZING



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[StationStreetEyeCare.ca](http://StationStreetEyeCare.ca)

### Chad Gurski

Owner

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T 250.748.2581 C 250.715.8466  
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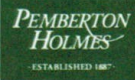
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## COWICHAN PIPES & DRUMS

Duncan, British Columbia, CANADA

Band Mgr Joel Bailey [jo3@shaw.ca](mailto:jo3@shaw.ca)



jackie@jackiewood.ca  
23 Queens Rd, Duncan BC V9L 2W1

Jackie Wood  
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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 weekly specials!</b>	<b>IF YOU ARE SICK PLEASE STAY HOME</b>
<b>MON</b>	<ul style="list-style-type: none"> <li>• CARPET BOWLING</li> <li>• CONTRACT BRIDGE</li> <li>• CRIBBAGE</li> <li>• SHUFFLEBOARD (Tournament)</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> <li>• 10:00am (DINING ROOM)</li> </ul>	
<b>TUES</b>	<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>	
<b>WED</b>	<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>	
<b>THUR</b>	<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>	
<b>FRI</b>	<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>	
<b>SAT</b>	<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>	
<b>SUN</b>	<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>	

# MARCH 2024

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