

VALLEY SENIORS NEWSLETTER

MARCH.

2025



EXECUTIVE OFFICERS

President - Earle Dykes

1st Vice Pres - Jeff Theriau / 2nd Vice Pres - Ron Hill

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

DIRECTORS

Steve Avram, Sheila Garrison, Denise Hamilton

Rose MacKenzie, Marlene Herrmann, Frank Enns, Shirley Kolompar



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Message from the President

March is here and we will be holding our Annual General Meeting at 1:00 pm on March 26 th . Elections will be held that day; so remember to bring your 2025 Membership Card to participate in the vote. Thanks to the nominating committee Colleen, Linda and Gary for their hard work. I know it was a tough job.

Elvis tickets have gone very well and it will soon be a sell-out. If you are interested in attending this event you should purchase your tickets soon.

The Volunteer Recognition Luncheon for May 3 rd is going as planned and more information to our volunteers will follow.

We have installed a monitor to display the next ball in the Bingo hall; as well as upgraded our microphones. This has made a huge difference, so we will no longer be upgrading the sound system at this time. Don't forget to be here on the 26 th of March to vote.

Earle Dykes

HAPPY BIRTHDAYS & ANNIVERSARIES

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

congratulations



JUNE MUTCH

JOAN LUMGAIR

DENNIS GODDARD

DAVE WILSON

UKULELE REPORT

The Ukulele Group continue to attract new members, which off sets occasional terminators. This seems to keep us with 35 - 40 members.

We take turns hosting our monthly Silver Strings group.

A Christmas strum—along was hosted by Vickie and Bill at their home, as well as Sharon's monthly Craig St. Brew Pub Lunch strum, and Gwen's Dead Head Pub session.

The Ukulele Group will again perform at the 39 days of July celebration. TBA

Kazoos and harmonicas may be heard performing solos and instrumentals on some songs at our Ukulele Fridays, in the Craft Room. The back room.

IPad devices seem to be replacing heavy song binders, by many members

Capo review, courtesy Allan Hall was held last Friday 1-2:00pm.

Beginner Ukulele classes begin at Lifelong Learners, at the Community Centre in March, for three Saturdays.

Keep on Strummin

Al Lawrence—Coordinator

VSO RAMBLING WALKERS GROUP

If you don't like walking alone come join us. Our weather has been very unpredictable this last month. Snowy and Icy, missing a few days and having to adjust our locations, just dress for the weather. We walk Monday-Saturday at 9:30 make your own schedule. 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 an hour at a time, you are welcome. Come and join our happy group.

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

Shirley K, Co-Ordinator

250-746-4433 Senior Centre

shirleyk@shaw.ca

Ladies Shuffleboard

Hello All

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 lives. 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. Come out for some fun, we would love to see you, come early and have a bite of lunch.

Shirley Kolompar, Co-ordinator

Front Desk: 250-746-4433

FINANCIAL REPORT JANUARY 2025		
	BINGO	GEN. ACCOUNT
Opening Balance	\$8,883.29	\$56,709.80
Income	\$8,341.00	\$28,031.37
Expenses	\$8,070.66	\$56,431.22
Closing Balance	\$9,135.63	\$28,309.95
VSO Treasurer - Neil Peters		

Shuffleboard Report For January 2025. Dan Hughes.

1st Tony 16 points

1st Earle 16 "

2nd Dan 15 "

3rd Diane 14 "

4th Ken 13 "

4th Marcel 13 "

5th Betty 12 "

24 individual games played. 23 players participated.

CRAFT REPORT

The members of the Wednesday morning craft group continue to make unique gifts and household items which can be seen in the display cases next to the reception desk. If you wish to look at or purchase items from the display cases – please ask a receptionist for assistance.

Thank you to all the members who donate yarn, fabric and miscellaneous craft items.

Thank you for supporting our centre with your donations and purchases.

Craft Group Coordinator

50/50 WINNERS FEBRUARY 2025

DATE	NUMBER	AMOUNT	WINNER
2-FEB.	222383	\$100.00	LORETTA JACK
9-FEB.	013193	\$145.00	WANDA VANDEVOORDE
11-FEB.	452433	\$122.50	COLLEEN ZDAN
16-FEB.	236935	\$115.00	SANDRA FLYNN
18-FEB.	222676	\$120.00	DON MacKENZIE
23-FEB	013565	115.00	DEBBIE MARC
25-FEB.	452651	\$142.00	DON MacKENZIE
NEIL PETERS		TREASURER	

CARPET BOWLING

If you want to exercise, how about coming to carpet bowling? We gently bend to pick up bowls and roll the bowl up the carpet, taking your turn depending on how many are playing, then after an end we walk up the carpet to the other end. (There are a few easy instructions to learn.) We play 2 games of 8 ends 4 mornings a week.

It was great seeing 2 carpets in play a couple of weeks ago there were 14 bowlers. There were 43 people at Honeymoon Bay for the fun day of bowling and yes it was fun. There were a few whom had never bowled, but they soon picked it up. Kerry Davis received a gold, Cindy Shillito a silver and Doreen Brown a bronze. Congratulations to the all.



It is with sadness that 2 of our bowlers have passed away June Mutch and Denis Goddard.



MARCH 26, 2025

ANNUAL GENERAL MEETING

THIS IS YOUR TIME TO COME OUT AND VOTE

MEETING 1:00pm

BRING WITH YOU YOUR

2025 MEMBERSHIP

WITHOUT IT YOU CAN NOT VOTE

YOU MUST BE A PAID UP MEMBER

Advertising

If you know of a reputable business or maybe your favourite business who would like to advertise in our newsletter please let me know. I can be contacted through the front desk at 250-746-4433 or valleyseniorsfront@gmail.com. Facebook Page: Valley Seniors Organization.

I would like to personally recommend Chad @CBJ Plumbing, Professional, Punctual and very Knowledgeable.

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

Shirley Kolompar, Advertising and 2024/26 Director

www.valley-senior.org.

Valley Senior's Organization Bus Committee Report

Our Committee Meeting was held on February 14th, Caroline Thomson, Neil Peters, Al Jones, Earle Dykes, Driver Paul Richards and myself Rose MacKenzie.

We are in need of at least 1 or 2 more interested people that would like to help with planning and doing some of our trips. Also, we are in need of another driver that could be available when Paul is unable to drive. Unfortunately, I had to once again cancel our 2 night stay at the Cascades Casino in Langley. Too expensive and almost no interest in the trip, was the reason for cancellation.

February 27th, Caroline will be hosting a trip to the Nanaimo Casino, I am looking forward to going on this trip.

April 3rd we have a trip planned for the B. C. Aviation Museum and Sidney Harbour Chinese Buffet Restaurant.

April 10th I am hosting a trip to Vancouver for the day to see "Shen Yun", we have a waiting list for this trip.

May 10th Caroline is hosting a trip to Victoria to see "Cirque Du Soleil" & Bin 4 Burger for dinner.

We had many great suggestions for trips and will bring them forward as soon as possible. Information on trips and sign-up at our front desk. Sign-up with debit, credit or post-dated cheque. As always any suggestions for trips greatly appreciated.

Rose MacKenzie,

Bus Committee Chair

Feb. 15th Valentine Dance

Thank you to the 52 people who came out to our Valentine Dance with Island Spirit Plus kept the dance floor busy. Congratulations to Bob Urquhart who won the door prize. Many thanks go out to all who helped with setting up, breaking down, preparation of food to make our dance a great success.

OUR NEXT DANCE Mar.15th

with

Double Play

St Patrick's Theme

See you around the Centre. Thanks again for coming, from your Dance and Special Events Committee.

Shirley K, Delores, Annette, Linda E, Claudia and Earle (Liason)

**WHEN PAYING BY CHEQUE, PLEASE MAKE CHEQUE PAYABLE TO:
VALLEY SENIORS ORGANIZATION OR LET RECEPTIONIST USE OUR STAMP**



Sheila Garrison (DIRECTOR)

I am a retired teacher who joined the VSO in September 2013 and have been part of the Craft Group since then, becoming the Co-ordinator in 2016. I have held a Directors position on the Board since 2017 until present day. I am also on the Finance Committee and am the Taylor-Mast Bursary Co-ordinator. I would look forward to continuing in a Directors Position on the VSO Board for 2025/2026.



Rosemarie MacKenzie (Rose) (DIRECTOR)

I have been a Member of the VSO for 20 years and volunteered on the reception desk meeting many potential members. I have worked in the kitchen with my Food Safe Certificate, am on the Dance Committee and have my certification called "Serving it Right" which allows me to work the Bar at the monthly dances when needed. I participate as Chair on the Bus Committee and am a Hostess on VSO bus trips which I organize for VSO Members and Guests. I also volunteer as the VSO Social Media on Facebook. I acted as a Director on the Board 2018/19/20/ and 24. I am honoured to have received my Life Membership January 2022 and would be honoured to be elected to the board again in 2025.



Alan Jones (DIRECTOR)

I emigrated from Essex, England, enlisted in the RCAF and was posted to Comox. I was a Technician for Sears Canada for 40 years and Looked after my wife Marie who suffered with Dementia and passed. I joined the VSO and enjoy meeting new members and became a Volunteer. I am presently in the Walking Club, enjoy the music and dances on Wednesdays and help set up table and chairs for events. I do maintenance both inside and outside the Centre. Volunteering is my life and I am happy to help out where I can.



Denise Hamilton (DIRECTOR)

I am a good standing Member of the VSO since 2010 and the Receptionist and CO-ordinator since 2018. I am a Life Member and currently a Director and have been for the past 4 years. I have served on the Bus Committee for 3 years, love engaging with members and think I am open minded and compassioate. Previously volunteered 19 years with Cowichan Therapeutic Riding Association and served as a Director for 4 years. I Held a Supervisory and administration positions for Regional Pay Centre for EIC, and Supervisory and informational positions with the provincial government office for Rentalsmans Office



Dave Bevan (TREASURER)

Born in Winnipeg Manitoba and married 47 years to my wife Heather. I owned my own Waste Management Company for 10 years prior to joining the City of Winnipeg Transit Department as Head of Working Conditions for 26 years. I coached Minor Hockey for 12 years and retired in Pinawa Manitoba January 2011. I ran weekly tournaments in Pinawa, introduced pickleball there and negotiated a rental agreement for the Community Centre with local government. Moved to Duncan September 2023 and joined the VSO November 2023. I presently play pickleball bowl and swim here in the community. I am proficient in computer and mathematical skills problem solving and look forward to a challenge. Feel free to talk to me anytime and I look forward to working with the Executive, Volunteers and Membership in a Team environment and settling differences in a respectful and unbiased manner. I believe a strong Team makes a Strong Organization.



Claudia Parker (DIRECTOR)

I would like to be a Director for the following reasons. Being a Director to me doesn't mean just attending monthly meetings. Being a Director means coming to the Centre often to see where you can lend a hand and learn what's going on with the day to day running of the Centre. Being a Director means supporting the Executive by observing what's needed for the Centre and where improvements can be made. We need to work as a team if this Centre is to continue going forward. Younger and more volunteers are needed and the membership needs to help out more in key areas. I would like to develop a plan together with the Executive to get more volunteers involved with the Centre. I hear many complaints from members. Don't just bring a complaint to the Board, bring some solutions.

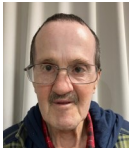


Trudy Fiege (DIRECTOR)

At present I am the person who greets you as you come into the centre on a Friday morning and for many years the smiling face behind the kitchen counter.

My work experience as payroll officer at Cowichan District Hospital and with Cowichan Lodge as the Treasurer's right hand, gave me the experience which will hopefully help with the operation of the centre.

Volunteer hours at other organizations include President, Chairperson, Treasurer, Catering, Social Activities etc.. Daily activities include crafting, walking Yoga, baking and visiting with friends.



NO INFORMATION AT TIME OF PUBLISHING



Lorne Repay (2nd VICE)

I have lived and worked in the Cowichan Valley for 45 years. I retired 7 years ago after 33 years with Shaw Cable and my wife Patricia (Trish) and I enjoy partaking in the various activities here at the Centre. I have been a member for 2 1/2 years, play crib and pool while Trish enjoys playing Ukelele with the Ukelele Group. If I am successful I will enjoy working as a Team Player in the duties as 2nd Vice and with the Membership who I hope will find me friendly and approachable.

CAROLINE THOMPSON (PRESIDENT)



My name is Caroline Thompson, I presently am the Secretary for the Valley Seniors Organization approximately 14 years, volunteering with 4 Presidents and many different members for the Board over the years. I am a Life Member and like to think the Centre is my home away from home. And I have always tried to do what is best for the Centre first and foremost. I will Continue to strive in that direction. I know how important this Centre is to each and every Member.

EARLE DYKES



The past two years at the VSO were filled with many challenges. Thankfully many of them rewarding. I have had the pleasure of working with a great Executive team and I feel we have been able to maintain a great place for all to enjoy. I hope you feel I have served you well, and I urge you to vote on March 26 th .



Cowichan Valley Seniors Organization
198 Government St. Duncan
250-746-4433



Cowichan Valley Seniors

PRESENTS

St. Patrick's Day Dance



MARCH 15 TH. 2025



Music By

"Double Play"

\$15 per person at the door
This includes a light lunch



Doors Open 6:30pm

Dance 7 - 10pm



THURSDAY, APRIL 3RD, 2025

**B. C. AVIATION MUSEUM &
SIDNEY HARBOUR CHINESE BUFFET RESTAURANT**

**\$30.00 pp bus only
Museum is \$14.00 plus gst pp
Lunch at your own expense.
Please park in gravel at VSO or SS parking.
Leave VSO – 8:45 am
S. S. – 9:00 am**

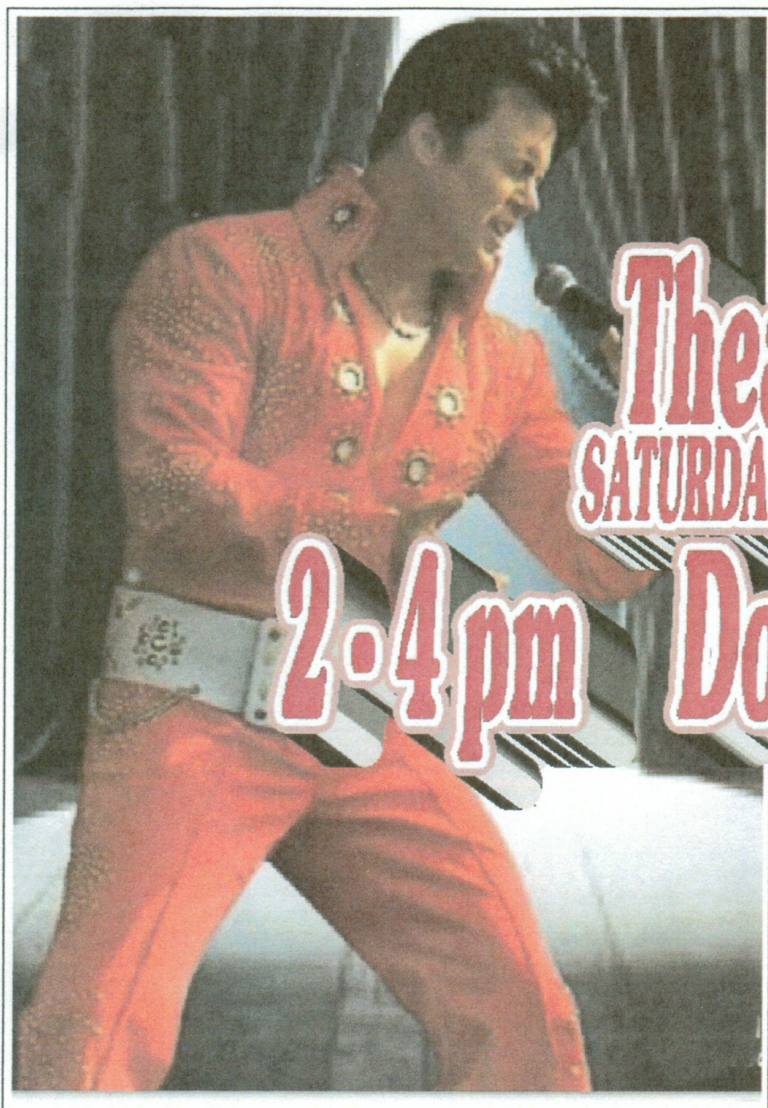
**Arrive at Museum for 10:30 am-1-1.5 hour tour
Lunch at the Sidney Harbour Chinese Buffet Restaurant approx. 12:00 pm.**



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SATURDAY, MARCH 29TH, 2025

2-4 pm **Doors Open 1:30 pm**

\$30 P.P. Members

\$35 P.P. Guests

Half Hour Intermission With
Refreshments

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EASTER EXTRAVAGANZA



FRESH

VIBRANT

ONE OF A KIND

APRIL 12, 2025

TIME: 2-6PM

1st 50
through the
door
get an easter
egg surprise
with a chance at
winning
CASH!

Valley Senior
Organization Hall
198 Government St
Duncan, BC



**TODAY T'M DOING
NOTHING**



**BECAUSE I STARTED
DOING IT YESTERDAY AND I WASN'T
FINISHED
AND I'M NO QUITTER**

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

MARCH 2025

EVERY MEMBER HAS A VOTE PLEASE USE IT MARCH 26th

SUN	MON	TUE	WED	THUR	FRI	SAT
1.						
						LINE DANCING 10:00 SHUFFLEBOARD – 9:30
2. CLOSED OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30	3. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00	4. HARMONICA BAND 8:45am CHAIR YOGA 10:30 + 12:15 BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	5. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm CHIOR 1:00pm	6. CARPET BOWLING 9:15 CARVERS 11:00 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	7. CARPET BOWLING 9:15 BRIDGE 9:00 UKULELE 12:00 CHOIR 1:00 WHIST 12:00	8. LINE DANCING 10:00 SHUFFLEBOARD – 9:30
9. CLOSED OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30	10. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00	11. HARMONICA BAND 8:45am CHAIR YOGA 10:30 + 12:15 BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	12. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm	13. CARPET BOWLING 9:15 CARVERS 11:00 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	14. CARPET BOWLING 9:15 BRIDGE 9:00 UKULELE 12:00 CHOIR 1:00 WHIST 12:00 VALENTINES DAY	15. LINE DANCING 10:00 SHUFFLEBOARD – 9:30 DANCE DOUBLE PLAY – 7:00
16. CLOSED OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30	17. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00 St. PATRICK'S DAY	18. HARMONICA BAND 8:45am CHAIR YOGA 10:30 + 12:15 BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	19. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00	20. CARPET BOWLING 9:15 CARVERS 11:00 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	21. CARPET BOWLING 9:15 BRIDGE 9:00 UKULELE 12:00 WHIST 12:00 BOARD MEETING – 10:00am	22. LINE DANCING 10:00 SHUFFLEBOARD – 9:30
23. CLOSED OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30	24. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00	25. HARMONICA BAND 8:45am CHAIR YOGA 10:30 + 12:15 BINGO EARLY BIRD – 11:00am REGULAR – 12:00pm	26. CARPETBOWLING 9:15 CRAFTS 9:15 ENTERTAINMENT ISLAND SPIRIT – 11:00 DARTS: 1:00pm GENERAL MEETING – 1:00pm PLEASE COME OUT AND VOTE	27. CARPET BOWLING 9:15 CARVERS 11:00 CRIB – 12:15 LADIES SHUFFLEBOARD 12:30pm	28. CARPET BOWLING 9:15 BRIDGE 9:00 UKULELE 12:00 WHIST 12:00	29. LINE DANCING 10:00 SHUFFLEBOARD – 9:30
30. CLOSED OPEN FOR VSO BINGO DOORS OPEN 11:00 EARLY BIRD 12:00 REGULAR GAMES 12:30	31. CARPET BOWLING 9:15 CRIB – 12:15 SHUFFLEBOARD – 11:30am CONTRACT BRIDGE 12:00					