

VALLEY SENIORS NEWSLETTER

MAY.

2024



\$1.00

EXECUTIVE OFFICERS

President - Earle Dykes

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

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

DIRECTORS

Steve Avram, Sheila Garrison, Denise Hamilton

Rose MacKenzie, Marlene Herrmann, Frank Enns, Shirley Kolompar



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PRESIDENT'S MESSAGE

The past month has been a busy one with the election of the new Executives, as well as new Board Members. Welcome to all that have joined us. Job duties have been shared and their responsibilities have been posted on the bulletin board as well as at the front desk. If you have any concerns about a certain area please address your concerns with the appropriate liaison.

All of our activities seem to be doing well, thanks to our coordinators. Bingo is continuing to be a good source of needed revenue, and the kitchen continues to do the same. The volunteers working hard in these areas, as well as the many others, deserve our thanks for their efforts.

We have many bus trips planned but we need your help to fill the bus. Get out and enjoy one of the many trips available.

Our membership numbers are strong and it is a pleasure to see.. Remember this organization runs on volunteers, so if you can spend a couple of hours a month helping with outside maintenance, a little painting, changing light bulbs, setting up tables and chairs for our events, please let us know.

Earle Dykes
VSO President

JUST A REMINDER

We are still having problems with members and non-members leaving our parking lot. The other week a member was leaving the lot and had stopped in the lane of traffic. Please do not hold up traffic other people are also trying to leave. If you stop to pick someone up please pull over.

Also this is a two way road when leaving do not pull into the left lane to exit parking lot. There is always people trying to enter the lot please do not block in coming lane. This is a two way road.

Thank you

Ron Hill

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.

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

Shirley Kolompar, Co-ordinator and Director

250-701-2864

shirleyk@shaw.ca

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, 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

Shirley Kolompar, Advertising and 2024/25 Director

FINANCIAL REPORT MARCH 2024

	BINGO	GEN. ACCOUNT
Opening Balance	\$2,745.43	\$67,032.04
Income	\$9,348.00	\$17,228.78
Expenses	\$7,187.20	\$53,728.51
Closing Balance	\$4,906.23	\$30,532.31
VSO Treasurer - Neil Peters		

CARPET BOWLING

The finals for the Vancouver Island Tournament (VICB) was held on April 10th at Lake Cowichan Recreation Centre.

The triples had 4 teams competing and 3 games were played.

1st place - South Island - Honeymoon Bay

2nd place - South Island - Valley Seniors Organization

3rd place - North island - Lighthouse

However a double round robin was played for the pairs and fours as there was only 1 team from the North to compete with our South 2 teams.

Pairs - 1st place - South Island - Honeymoon Bay

2nd place - North Island - Nanaimo Seniors

3rd place - South Island - Cowichan Lawn Bowling Club

Four - 1st place - South Island - Langford 50+

2nd place - North Island - Nanaimo Seniors

3rd place - South Island - Honeymoon Bay

Congratulations to ALL

There is a change of teams for the CBABC Tournament being played in Honeymoon Bay, the games start April 30, 2024. There will be 2 teams in pairs Cindy Shillito and Ian Hammocks also Ron Forsen and Carol Kavangh and no fours team.

I have been to see June Mutch in Cairnsmore, we played 3 games of crib, she won 2 of them. It would be great if others visited her and have a game with her.

Joan Ayers and Cindy Shillito

Carpet Bowling Coordinators

50,60,70s Dance

Apr 20th 2024

We had 69 people show up for our Dance. The Dance floor was full of people wearing 50,60,70s costumes. DJ Dan kept everyone dancing all evening long.

The door prize was won by Ed Johnston from Nanaimo, Congratulations. Our best couple was Delores and Dennis, our best dressed woman was Marleen Hermann and the best dressed man was Jack Marc.

Thank you for the Donations of Prizes, from our volunteers and Advertising Supporter: Valley Floors Carpet One

Many thanks go out to Earle and Diane Dykes, Dennis Ramshaw, Delores Trudell, Heather Painchaud, Jean Ferguson, Ron and Nancy Parker and Annette Hughes for doing a superb job of setting up the tables, decorating, the hall and food preparation.

Thank you to Caroline Thompson for Bartending.

All and all it turned out to be a fun filled evening. I'm Sorry I missed it. Our next dance is, May 18th, with Island Spirit

See you around from your Dance and Special Events Committee.

Shirley K, Delores, Dennis, Heather. Annette and Linda.

50/50 WINNERS APRIL 2024

DATE	NUMBER	AMOUNT	WINNER
2-Apr	970265	\$157.50	Anne Thomas
9-Apr	970550	\$182.50	Ed Elliott
14-Apr	971176	\$110.00	Lilian Lister
16-Apr	374995	\$191.00	Vanasso James
21-Apr	755484	\$140.00	Corinne Lafontain
23-Apr	491281	\$175.00	Loretta Jack
28-Apr	986002	\$105.00	V.B. James
30-Apr	375044	\$170.00	Deloras Billings
	Neil Peters	Treasurer	

UKULELE REPORT

The fine weather brought out 20 happy, smiling Ukulele players last Friday, filling the craft room to near full capacity. We are still experiencing new visitors / members to our Friday strum along. Members are gradually returning from vacations in faraway places.

Rehearsals are under way, the June singing, Harmonica, and Ukulele musical presentation for the VSO members, as are plans for a Ukulele presentation at Sunridge Seniors Facility.

A few of us attended a Ukulele Monday at the Fernwood Pub in Victoria recently. A full house of Ukulele players were present.

We will again be on stage at the 39 day's of July celebration, Sat. July 6th at 12:00 noon. This will be our 3rd appearance with long John's Summer Show. A few of us did do an impromptu performance before we were organized.

I have been without a word processor for a few weeks, so these reports didn't happen.

Sorry

Al Lawrence - Coordinator

Mixed Shuffleboard Report for March 2024.

Dan Hughes.

1st	John Kolompar	19 points
1st	Steve	19 "
2nd	Earle	16 "
3rd	Dan	15 "
4th	Bill Naherniak	14 "
4th	Marcel	14 "
5th	Ron Hill	12 "
6th	Diane	11 "

30 individual games played in March. 20 players participated.

Nice to see a tanned Ron Parker back in town.

VSO Rambling Walkers Group - EARTH DAY

On April 22nd. 2024, Earth Day, our group decided to pick up garbage along the trail we were walking that day. We happened to be scheduled to walk along the dike, across Trunk Rd. and continue on down towards the fish hatchery. There were nine of us and we each brought along our garbage bags, and it's surprising the amount of garbage which was found along the way. So that day we got extra exercise by all the bending as well as the walking. The weather was perfect, nice and sunny and luckily not too chilly either.



Our April 11th Walk we toured the Vancouver Island University.

Come and join the
VSO RAMBLING WALKERS GROUP

We try to walk 4 times a week. You will receive a monthly schedule of where we'll be walking. All you need to do is to be a paid up member of the Valley Seniors Organization 55+ Activity Centre.

\$30 per year.

If you are mobile and like to walk up to 6,000 - 8,000 steps a day give Shirley a call or email her.

Check out our Facebook page:
Valley Seniors Organization Rambling Walkers Group.

Shirley Kolompar - Co-ordinator
shirleyk@shaw.ca 250-701-2864



Story By Annette Hughes

Valley Senior's Bus Committee Report

Thursday, April 11th we had a trip to the Aviation Museum in Sidney, B.C and a visit to Sidney Harbor Chinese Restaurant. Museum was fantastic and restaurant excellent. I would like to thank Marlene Herrmann for stepping up to hosting this trip, very much appreciated.

Monday, April 29th we will be spending 1 night at the Cascades Casino in Langley, B. C. Caroline and I are excited to once again host this trip.

A trip to see the "Snowbirds" aerial show in Comox is planned for May 18th, sign-up at front desk. If you would like to go on this trip please sign up asap with post-dated cheque. We need more Seniors if this trip is going to happen.

We also will be having a trip to Milner Gardens in Qualicum on Thursday, May 23rd. \$45. per person, includes bus & entry fee into the Gardens. Dinner on the way home at the Rocking Horse Pub, Thank you Annette Hughes for your posters, much appreciated.

Post-dated cheque, debit, cash or credit is required for sign-up on all trips.

Possible Trips in the works are- Hand To Man, Raptors, Circle Tour to Renfrew, Steveston Cannery, Saltspring market, etc. All of these trips require help from our Senior Volunteers. If you are interested in helping plan and do trips with us please contact me.

Your ideas are important, please help us out.

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

Rose MacKenzie,
Bus Committee Chair

Happy Mothers Day

Valley Seniors Organization
198 Government St. Duncan
Phone: 250-747-4433

*This is a great trip
Sign Up Now*

Tickets on sale at Front Desk

VSO BUS TRIP VIU MILNER GARDENS

& Woodland

Qualicum Beach, BC

**THURSDAY
MAY 23rd. 2024**



Only \$45 per person which includes the bus & your entry fee into the Gardens. We will be stopping for Dinner on our way home at the Rocking Horse Pub

We will walk amongst beautiful rhododendrons & many other flowers and plants for that time of year. You can also stroll along the paths amongst the trees.

There is also a lovely teashop and gift shop to browse through

ALL FOOD AT THE GARDENS & FOR SUPPER ARE AT YOUR OWN EXPENSE.

Your Hostess will be Caroline

**Leave the VSO at 12:30pm
Arrive at the Gardens 1:30 - 2pm
Leave the Gardens at 4pm for supper at the Pub.
Arriving home approximately 7:30 - 8pm**

You will be doing a fair amount of walking throughout the afternoon. There will be shuttle carts at the entrance for those who need them.

Please remember to park behind the VSO up on the gravel parking lot. Thank You.



LET US ENTERTAIN YOU!!!

Harmonica
Band

Evergreen
Choir

Ukulele
Players

**SATURDAY
JUNE 22ND.2024**

1:30 PM
(Doors open at 1 pm)

Light
Refreshments

**Come for an Afternoon of Musical Fun
All Members Welcome**



To be held at:
Valley Senior's Organization
198 Government St. Duncan, BC

250-746-4433

Valley Seniors Organization, 198 Government St. Duncan, BC

250-746-4433

Father's Day Dance

SATURDAY, JUNE 15th. '24



\$15 Per Person
at the door

7 PM-10 PM
DOORS OPEN
6:30 PM


Music By
**COPPER
CANYON**

*Happy,
Father's
Day*

*Come on
out Dad,
and enjoy
yourself!*

Light Lunch



VSO's HARMONICA BAND

The Cowichan Harmonica Band has been in existence since 1971, and an integral part of the VSO just as long. It has included both men and women through the years, most of who play an Harmonica, but also other instruments of accompaniment.

We play first in the VSO every Tuesday morning from September - June, then visit a Retirement Home, rotating over two months with fresh tunes to entertain the live-in residents.

It's a win-win for all. Band members love to play music and listeners love to hear familiar tunes. The benefits of music are many. Music offers to the player stimulation and frequent exercise of body and mind. To the listener music calms, gives pleasure, brings back fond memories and improves one's daily routine.

Playing an instrument is such a joy, and playing in a Band enriches and improves one's ability.

All newcomers, whether beginner or accomplished, are welcome.

Come and see if joining the Harmonica Band will fit into your schedule - once a week for less than 4 hours. It's a committment, but very rewarding.

Written by Sandra-Faye Nagy



VSO Rambling Walkers Group

Story by Annette Hughes

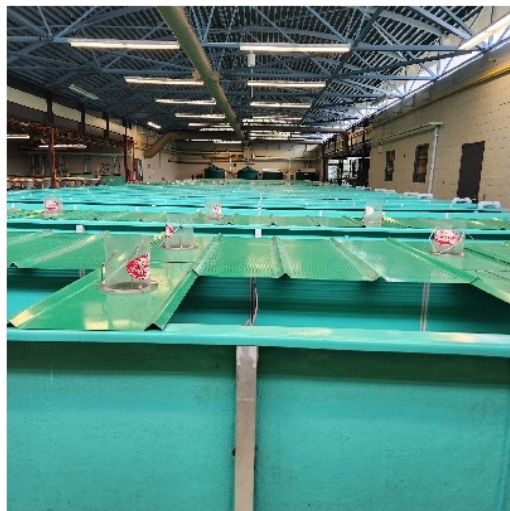
On Thursday April 4th. a group of 12 ramblers whilst on our dike walk, arranged to have a tour of the Vancouver Island Trout Hatchery on Wharnclyffe Rd. We were met by the manager Tristan Robbins who guided us on a very interesting walk throughout the facility.



We first visited the very large building which housed all the tiny Fraser Valley Rainbow trout fry. There are thousands of tiny fry, all kept in very long tubs with the fish being fed automatically every half an hour. From here we walked over to where the fish are kept when they are fingerling size. A special aerator was designed by one of the employees of the hatchery, which has been in production under the name of Aeroboost, and is now in use all over North America.



Water for the fish is taken from deep underground and not the Cowichan River. The success of raising so many fish depends on keeping the tanks clean and using filtered and aerated water. When discarding the water from the tanks, all water goes through three separate filtering processes. Again, their large main filtering processor was designed by the same employee who designed the aerator. Once the water has gone through the complete cycle of filtering, it is then emptied into the Cowichan River. The sludge that is finally left over gets sent out to our local farmers to use as fertilizer for their fields. Once the fish are ready to leave, trucks take them by batches to stock over 800 lakes in the lower province. There is also a free program to teach the young ones how to fish, with the use of their donated rods and tackle. The science that goes into raising these small fish is truly amazing. This is all run entirely on the sales of fishing licenses, with no Government input. We all learned an awful lot more than I've been able to write in this article, and found the tour to be very enlightening with such a pleasant and informative tour guide.



Come and join the VSO Rambling Walkers 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 Shirley 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



CRAFT REPORT

The Wednesday morning Craft Group of made up of 18 crafters who enjoy producing items which are available for sale in the cabinets next to the reception desk. Please 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. Thank you to the members who have recently donated supplies to our group.

CRAFT SALE

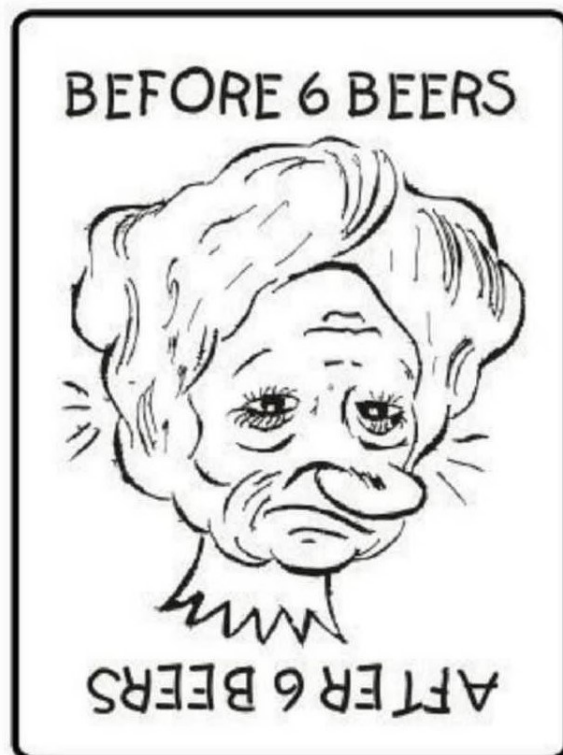
Do you need a baby gift, 'drip-catcher', shawl, slippers, tote bag, kitchen towel or just want to check out the work of the Wednesday morning Craft Group? Come and see us on Monday, May 27th and Tuesday, May 28th when we will be displaying and selling our wonderful handcrafted items in the Craft Room 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!

Look for MARKDOWNS of up to 75%!

Thank you for your support.

Sheila Garrison

(Craft Group Coordinator)



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valleyseniorsfront@gmail.com or 250-701-2864**

OPEN MON.—FRI. 9:00am - 3:00pm SAT. 9:00 am - 1:00 PM		DAILY LUNCH Watch the notice board for weekly specials!	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 (BINGO HALL) • 12:00 (CRAFTROOM) • 12:00 (BINGO HALL) • 10:00am (DINING ROOM) 	
TUES	<ul style="list-style-type: none"> • HARMONICA BAND • BINGO 	<ul style="list-style-type: none"> • 8:30am (STAGE BINGO HALL) • 11:00am EARLY BIRD (BINGO HALL) • 12:00pm REGULAR GAMES (BINGO HALL) 	
WED	<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) 	
THUR	<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) 	
FRI	<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) 	
SAT	<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"> • 10:00am (DINING ROOM) • 10:00am (BINGO HALL) • 7:00pm: (BINGO HALL) 	
SUN	<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 	

MAY 2024

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