



December 2021 Newsletter

Full double vaccination is required for entry into the Centre for any purpose.

Masks are required in the Centre.

1801 Beaufort Avenue
Comox, BC V9M 1R9
250-339-5133

www.comoxseniors.ca

Email: comoxseniors@shaw.ca



One of the few days without rain

Board of Directors

Raymond Morin, President
Susan Toresdahl, Vice-President
Julie Spooner, Treasurer
Nina Sato, Secretary
Mike Corkish, Past President
Ele Clarke, Director
Gayle Cousins, Director
Francine Dawson, Director
Dave Robinson, Director
Lorrie Smith, Director
Isabel Thomas, Director
Glenn Woods, Director

President's Message

Our thoughts, empathy, and solidarity go out to our fellow citizens of British Columbia during these times of storms and massive flooding. We in the Comox Valley were very fortunate to have escaped the worst of these "atmospheric rivers". Our admiration and praise go out to those elected officials and public servants at all three levels of government who collaborate and work to deal with this catastrophe with amazing resiliency. Emergency response organizations, volunteers, non-profit organizations, neighbours, friends, family, and strangers, all mobilized to rescue, offer shelter, food, and financial assistance.

On a local note, our Centre, your second home, is getting noticeably busier each day. I was especially pleased to see the card players out in full force and enjoying their favourite activity and friends. We were pleased to welcome our local MLA, Ronna-Rae Leonard, for a short visit. She was quite impressed with our range of programs, activities, facilities, and our growing membership numbers.

The latest news from your Board of Directors is the establishment of a series of committees, each led by one or two board members. This structure is intended to distribute responsibilities to all directors around the board table. It also gives Activity Coordinators and members a "go to" contact for dealing with questions, issues, ideas, and compliments (hopefully). I am very pleased to say that your board members willingly embarked on this new venture. Details and a list of contact persons can be found further on this newsletter.

Special thanks to Nina Sato, our Newsletter Editor, for putting together every month this fine publication.

"If the highest aim of a captain was to preserve his ship, he would keep it in port forever." Thomas Aquinas, Theologian and Philosopher 1225-1274

~Raymond Morin, President

Events and Notices

Early Membership Renewal –
through Dec. 23rd

Board Meeting – Mon., Dec. 20th
at 10:30 am

NO regular Christmas Dinner

Christmas Day Dinner –
Saturday, Dec. 25th at 4 pm

Centre (and office) closed from
Dec. 24th – Jan. 3

Centre Rentals

Now that life is returning somewhat to normal and gatherings are finally permitted, it's great to find a place, like the ballroom at the Centre, with room to hold a group. Keep the Centre in mind for your event needs: weddings, birthday parties, holiday banquets, family gatherings, memorial services, celebrations of life.

Rental information can be found on the website: [d'Esterre Seniors' Centre Association \(comoxseniors.ca\)](http://d'EsterreSeniorsCentreAssociation.comoxseniors.ca)

You can contact Frieda Home, rental coordinator, through the office at 250-339-5133 or email comoxseniors.rentals@shaw.ca.



2022 Membership Renewal

It's the last month of 2021, and the last chance to renew your membership for 2022 at the discounted rate of \$30.

New memberships are \$35.00 for the 2022 year. Members holding 2021 cards can renew their membership at the discounted rate of \$30.00; a savings of \$5.00 provided they do so before December 24th.

The Office will be closed for the holidays from December 24th to January 3rd, 2022, so if you wish to renew your membership at the discounted rate, visit the Office before December 24th. When the Office reopens on January 4th, 2022 memberships cards will be \$35.00 for everyone.

Cash or cheque only. Please make checks payable to "d'Esterre Seniors' Centre Association". There is a stamp with this official Centre name available in the office.

Dei's Café



Don't feel like cooking? Hot meals are back! They are available every Tuesday and Thursday with the menu below.

Thursday	Dec. 2	Liver & Onions
Tuesday	Dec 7	Ham and Scalloped Potatoes
Thursday	Dec 9	Salisbury Steak
Tuesday	Dec 14	Meatloaf
Thursday	Dec 16	Liver & Onions
Tuesday	Dec 21	Pork Roast

The kitchen will be closed Dec. 24th until Jan. 3rd, 2022

Cooking of hot meals by Dei depends on having sufficient kitchen volunteers. If there isn't enough help in the kitchen, hot meals may be discontinued. If you've been considering volunteering in the kitchen, now is the time!

News From the Centre

With Gratitude from the Gift Shop

On the wings of an angel, the season of gratitude and harmonious love has arrived. This year we are grateful to spend time with families and friends. We have shared and endured many obstacles over the last two years away from what we want most in life...gathering with those we love and cherish. Honour your small gatherings with gratitude and safety in mind.

I personally have many things to be grateful for since becoming the Coordinator of the Gift Shop. The one that tops the list is the joyful response we have gotten from Crafters and customers. Crafters are excited to be selling their handmade items and making a tidy sum to buy materials for the next project.

Customers are amazed that our little shop has so many cool gift ideas. Such warm fuzzies for me.

We would like to recognize our Pottery and Quilters' Clubs for their amazing pottery and quilted Christmas runners and placemats. Thank you, ladies, for showcasing your artistry in our shop.

Two special ladies I would like to thank...Mabel McKinney for her beautiful beaded bracelets and framed pictures. Mabel puts a lot of hours into her work with much enjoyment and satisfaction. Brenda Needham's mother for the gourd snowmen which were a hot seller.

On the front counter of the Gift Shop we have an array of donated items from Crafters that we are selling. All the proceeds will be given to the Centre.

Please support the Centre with your purchase.

Look for our Gift Shop advertisement in the Record in December. Non-members can shop here and have a meal in Dei's Cafe; we've decided to let everyone know. It's not a secret anymore...tell your friends and family.

Gentlemen, we look forward to seeing you at the Shop too!

This little shop wouldn't run smoothly without the Gift Shop Gals...so with gratitude I thank each and everyone of you. To all the crafty ladies who have entrusted us to sell your awesome gifts...we thank you!

Have a Merry and Safe Christmas.

Gift Shop Gals



Tour d'Esterre Centre

I hope you all get the gift of happiness and good health.

My last tour of the year will be on DEC. 8TH. The invitation is open to everyone, new and returning members, that would like to see all the nooks, crannies, and hidden treasures of our wonderful Centre. If you know of someone who hasn't been on a tour, invite them along, member or not.

Wed. Dec. 8 at 1:00 ...Meet in the Cafeteria. If you come at 12:00, you can have lunch and meet Dei and the kitchen volunteers.

Stay Happy and Healthy.

Call me to reserve a spot on the tour.
Sherry (cell) 250-792-2256

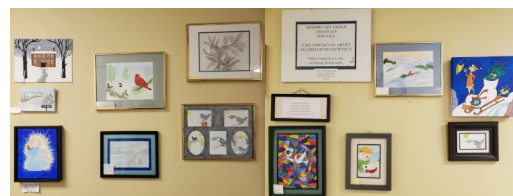
The Art Club

Once again November has morphed into December - who knew time could fly by so quickly?

Members of the Centre can see some new Christmassy art work on view, we hope you enjoy our efforts. We all enjoy the process of working in whatever medium we prefer, whether we show our work or not. Thanks to all who display their work.

Art club members will be enjoying a Christmas lunch, courtesy of the fine work by Dei and the volunteers in the café. It will be held on Monday, December 13th at one o'clock. The menu has been decided with Dei and all active art members are invited to attend and we will collect from each person in advance. Please advise Dorothy (250-339-2788) or Brenda (250-339-2142) by December 6th if you will be joining us. Remember, masks are required, also vaccination proof and ID.

A happy festive season to all!





Need a reason to volunteer? People who volunteer live longer, healthier, and happier lives, and have a lower rate of dementia! Volunteering is a win-win situation, good for you and for your community.

Technical Volunteer(s) Wanted

Individuals with Windows-based technical skills are needed to help maintain our computer system. Technical skills in any of the following areas: Microsoft Word, MS Access Data Base, networking, Microsoft certified technician, experience in computer support, Web design/Web maintenance. If any members have any of these skills we would love to talk to you. Or if you know of someone outside of our Centre that you think might be able to help, please let Dave Robinson know at note2dave@shaw.ca or 250-703-2536.

Kitchen – Volunteers are badly needed in the kitchen, especially on Tuesdays and Thursdays now that Dei is cooking hot meals. Make sandwiches, sanitize dishes, brew coffee – it's the place where you see and chat with everyone. Contact Dei at 250-650-6459 or by email at deidei@shaw.ca.

What Happens in that Office?

Ever wonder what the volunteers take care of in the Centre's Office? You might be surprised. It is a busy little enterprise that helps keep our Senior Centre running. First of all, it is the place to get or renew your membership. Penny Shelton and her group of volunteers make sure the membership information is kept up to date on the record book and in the computer. Keeping this information accurate is important as it is our lifeline to sending out emails to our members.

Volunteers also pick up the mail from the mailbox at the door and sort it, placing it in the right inbox for Board Members. They take care of the filing system and make sure the bulletin boards are kept clean of dated or non-approved info. They tidy the shelves under the bulletin board and basically make sure things are in the right place.

Many questions come into the Office, both in person and by phone. Volunteers do not always know the answer to the questions but they do their best to answer or get the question to someone who may have the answer. There is a 'communication' book in the office where unsolved questions are recorded so Board members can read through and attempt to address them.

When events are offered (which have temporarily ceased due to COVID), our volunteers sell the tickets and help attendees pick out the table they want to sit at. They keep lists for various functions and make sure the Newsletter slots are filled. They look after lost and found items; it is amazing what gets lost...and found!

Probably the most important job is welcoming people who have questions and wonder about what the Centre offers. It is fun to meet new people and hear about how they came visit or enroll at the Centre.

If you want to give volunteering in the office a try, please contact Penny Shelton by leaving a message for her at the office. Penny provides orientation and training to our office volunteers so they feel comfortable in the role. We would love to hear from you if you have the interest.

Seniors' Centre Committees and Responsibilities

The Board has formed 16 committees with areas of responsibility. Below is the list and the board member(s) leading and participating in the committees. These individuals will be the main point of contact for staff, activity coordinators, regular members, stakeholders, and the general public.

It should also be noted that several board members not mentioned below have existing activity coordinator roles elsewhere in the Centre.

1. Employees and Centre Hours/Holidays: **Raymond**
2. Building Committee: **Mike/Raymond**
3. Kitchen Committee: **Mike/Raymond**
4. Relations with the Town of Comox, Granting Organizations, Stakeholders, Outreach, Media: **Raymond and Susan**
5. Fundraising, Donations, Sponsorships, Comox Rotary Club (Glenn): **Raymond and Glenn**
6. Communications and IT, Newsletter, Grant applications/reporting: **Raymond, Nina, and Dave**
7. Computers Hardware/Software, Audio-Visual Equipment: **Dave**
8. Office Volunteers and Membership Records (Penny Shelton), Library (Roger and Lynne Taylor), Archives (vacant). Board liaison: **Susan**
9. Treasurer, Budget, Financial Reports and Gift Shop (Nancy Kremer). Board liaison: **Julie**
10. Program Schedules and Coordinators Liaison, Strategic Planning, Board Development, Nominations, Annual General Meeting, Grant Applications (Ele Clarke): **Ele, Susan, and Gayle**
11. Special Events and Gaming Licenses: **Francine**
12. Rentals: (Frieda; comoxseniors.rentals@shaw.ca or 250-339-5133). Board liaison: **Raymond**
13. Covid 19, Public Health Orders interpretation: **Nina**
14. Codes and Passwords for Centre's Accounts (Jacqueline Moore). Board Liaison: **Julie**
15. Centre's Security, Centre's Keys: **Julie and Glenn**
16. First Aid, Emergency Equipment, Orientation and Usage: **Glenn**

Board members can also be reached through the Office number at 339-5133 or as listed below. The usual contact information for Activity Coordinators is found on the last page of this newsletter. Please note that your Activity Coordinators remain your primary contact persons for activities and classes.

Raymond Morin	250-871-6277	romorin@shaw.ca
Susan Toresdahl	339-6528	storesdahl@shaw.ca
Julie Spooner	339-5334	j.spooner5334@gmail.com
Nina Sato	778-992-0220	nsato@live.com
Mike Corkish	339-7149	corkishmike66@gmail.com
Francine Dawson	702-1735	francinedawson@yahoo.ca
Dave Robinson	703-2536	note2dave@shaw.ca
Ele Clarke	339-5919	eleclarke@shaw.ca
Glenn Woods	871 8397	rm61@hotmail.com
Gayle Cousins	339-1967	couswhite@shaw.ca
Isabel Thomas	339-9667	thomasisabel954@gmail.com
Lorrie Smith	339-1902	landksmith@shaw.ca

More News From the Centre

Full double vaccination is required for entry into the Centre for any purpose. In addition:

- Masks are required in the Centre. They should be worn at all times when moving around the Centre and during activities.
- In the dining room, masks may be removed once seated and eating or drinking.
- In exercise classes, masks should be worn into class and may be removed once you have reached your spot/mat.
- Wash or sanitize hands upon entry to the Centre and frequently during your visit or activity.

New Classes and Activities

Do you have an idea for a new class? Or would you like to offer another session of a current class that is full and cannot accommodate all those interested members? There are some time slots in the ballroom for a 50 min.-1 hour class, Mon, Tues, or Wed around 12 pm.

There are a few activities in the current schedule (canasta, whist, bridge, Bingo, board games) that need a coordinator to get them back up and running. Or maybe you have an idea for another activity of interest. Please email Ele Clarke at eleclarke@shaw.ca with class or activity proposals.

Yoga and Core Classes

Take the opportunity to try a Yoga or Core class. There is some available space for d'Esterre members in the following classes. Please contact the Coordinator if you are interested. The Coordinator's contact information is on the Activity Schedule (last page).

- ◆ Monday Hatha Yoga from 3:00-4:30 pm
- ◆ Tuesday Core from 1:15-2:15 pm
- ◆ Friday Kripalu Yoga from 11:30-1:00 pm

In January, we will welcome Signi Caine as a new instructor to d'Esterre. Signi, who is also a Personal Trainer, currently teaches classes at Courtenay and Comox Recreation.

Cost for all the Yoga and Core classes is \$30 a month payable in two month increments.

Wed. Series: Join Wendy Anderson for a 6 week Soma Nidra series starting Wednesday, January 19 to February 23 from 5:00-6:30 pm. This All Levels class is open to all d'Esterre members. The cost for the 6-week class is \$60.00. To save your spot, email Wendy at wendyandersonsjoyflow@gmail.com and you will receive a link to register online. Registration deadline is January 5, 2022.

Soma Nidra with Wendy is a blend of Somatic Movement, Yoga Nidra, and soft soothing Gong Sounds. When practiced together, this gentle class will support a deep release and unwinding of stress, anxiety & pain in the body. You will be guided to explore a gentle way of moving with breath that helps to release chronic muscular tension, stress, pain, and leaves you feeling relaxed and deeply replenished.

This Month's Chuckles





Happy 101st Birthday, Hilde!

Donate to the Centre

'Tis the season of giving!
 Making donations is easier than ever as the Centre is a member of Canada Helps, which provides donation processing and instant tax receipts as well as options to give monthly, give anonymously, and track your personal donations. Of course, you can also stop by the office and make a cash or cheque donation directly to the Centre.

[d'Esterre Seniors' Centre Association | Charity Profile | Donate Online | Canadahelps](#)



Seeking Dinner Donations Towards the Christmas Day Dinner



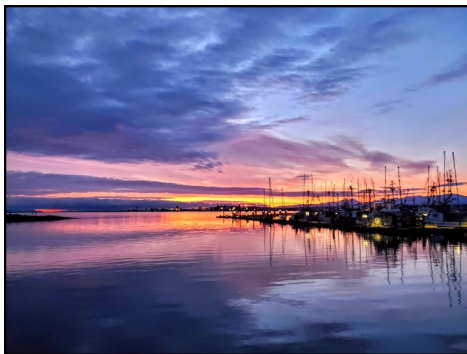
Saturday, Dec. 25th, 2021

Doors open at 3:30 pm, dinner served at 4 pm
 This Christmas Day dinner is for those who may not have family around with whom to celebrate. Tickets are just about sold out.

If you would like to donate towards the turkey or ham for the dinner, please see Dei or leave the donation clearly marked at the office. The Centre usually purchases the food for the dinner, and any donation would be appreciated.



Photo and Poetry Corner



Winter Sunrise
 Frosty golden sun
 Casting dark purple shadows
 Then pink morning light

Hilde Stolting was born on Nov. 12, 1920 in Germany. She went to South America (Bolivia and Argentina) after WW2. She traveled back and forth between Germany and S. America 9 times, crossing the South Atlantic 8 times and the North Atlantic once; she remembers that trip for its terrible weather with passengers getting quite sick. Hilde moved to Toronto in 1955, and has been in the Comox Valley since 2000. She immediately joined the Centre and has been taking exercise classes with Magi for the past 21 years. She attributes her long life to staying active and eating lots of fresh vegetables from her friends' gardens. Hilde continues to attend Magi's Fitness class twice a week and says she truly enjoys the class, Magi, and the company of her classmates.

d'Esterre Seniors' Centre Association Clubs & Activities

Please contact the coordinator listed to sign up for an activity or class

<p>Centre Office 250-339-5133 M-F 10 am-1 pm</p> <p>Kitchen Hours M-F 8 am-1pm</p> <p>President Raymond Morin romorin@shaw.ca 250-339-5133 (office)</p>	<p>Monday</p>	<p>T'ai Chi Gong (Rise & Shine) T'ai Chi Gong Soapstone Carving Painting Strength Training</p> <p>Bridge (Partners) Carpet Bowling North American Mah Jongg Yoga (Hatha) Bid Euchre Whist</p>	<p>BR BR CRR AR BR CR BR LIB BR CR BR</p>	<p>8:30 am 9:30 am 10:00 am 10:00 am 11:00 am 12:30 pm 1:00 pm 1:00 pm 3:00 pm 7:00 pm 7:30 pm</p>	<p>Robynn Honeychurch Robynn Honeychurch Lorraine Kendall Dorothy Gardner Janet Liszt or Bev Haist Jane Jenssen Gabrielle McCormack Lori Labatte Deborah Holmes Susan Warner Coordinator Needed</p>	<p>250-338-3502 250-338-3502 250-339-1983 250-339-2788 250-890-3332 250-871-4299 250-335-1227 250-339-0113 250-338-3476 250-339-4313 250-871-3255</p>
<p>Craft Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p>Library Roger Taylor rogetaylor@gmail.com 250-890-9422</p>	<p>Tuesday</p> <p>2nd Tuesday</p>	<p>Fitness 1 Fitness 2 Quilters Glass Creations Rock & Gem Club Chair Exercise Canasta Drop In Fitness/Core Gentle Soma Yoga Men Only Stretch Duplicate Bridge Cribbage</p>	<p>BR BR AR CRR CR BR LIB BR BR CR BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:15 pm 3:00 pm 5:00 pm 7:00 pm 7:00 pm</p>	<p>June Lunny Pat Jacobson Mona Cashman Isabel Thomas John Fisher Pat Jones Coordinator Needed Linda Barfoot Donna McKinnon Deb Karlstrom John Godfrey Terry and Diana Fright</p>	<p>250-339-0847 250-465-1683 250-290-0022 250-339-9667 250-338-4573 250-339-6706 250-897-1374 250-890-0082 778-585-5105 250-923-5687 250-339-7714</p>
<p>Pottery Studio Lorrie Smith 250-339-1902</p> <p>Wood Shop Dave Robinson 250-703-2536</p> <p>Snooker Bill Brown 250-339-3020</p>	<p>Wednesday</p> <p>Starts Jan.19</p>	<p>Line Dancing Spanish Spoken Advanced</p> <p>Dancefit Silver (prev. Zumba) Strength Training</p> <p>Bridge (Drop In) Carpet Bowling North American Mah Jongg Table Tennis I</p> <p>Yoga (6 week sessions) Whist</p>	<p>BR AR BR BR CR BR LIB BR BR CR</p>	<p>9:00 am 10:00 am 10:00 am 11:00 am 12:15 pm 1:00 pm 1:00 pm 3:00 pm 5:00 pm 7:30 pm</p>	<p>Nimisha Jiminez Margaret Allen or Derek Richmond Diana Fright Janet Liszt or Bev Haist Jane Jenssen Gabrielle McCormack Lori Labatte Peter Birch or Gerry Woloshyn Nancy Anderson Garry Mills</p>	<p>250-897-9689 250-339-3772 250-218-3442 250-339-7714 250-890-3332 250-871-4299 250-335-1227 250-339-0113 250-338-3476 250-465-8154 250-339-3264 250-898-3021 250-336-2252</p>
<p>Newsletter Nina Sato nsato@live.com 778-992-0220</p> <p>Greeting Card Lady Pam Brown 250-339-3020</p>	<p>Thursday</p>	<p>Fitness I Fitness II Glass Creations Quilters Chair Exercise Bridge (Ladies) Mah Jongg Yoga</p>	<p>BR BR CRR AR BR CR BR BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:00 pm 12:15 pm 3:00 pm</p>	<p>June Lunny Pat Jacobson Isabel Thomas Mona Cashman Pat Jones Coordinator Needed Ethel Ashcroft Karen Fraser</p>	<p>250-339-0847 250-465-1683 250-339-9667 250-290-0022 250-339-6706 250-898-3887 250-890 0608</p>
<p>D'Esterre Centre Tours Sherry Brydon sherbry650@gmail.com 250-792-2256</p> <p>Special Events Francine Dawson 250-702-1735</p>	<p>Friday</p>	<p>Spanish Spoken Advanced Yoga (All Levels) Yoga (All Levels) Board Games Chair Yoga Table Tennis I</p> <p>Bid Euchre Social Duplicate Bridge</p>	<p>AR BR BR CR BR BR BR CR</p>	<p>10:00 am 9:30 am 11:30 am 1:00 pm 1:30 pm 3:00 pm 7:00 pm 7:00 pm</p>	<p>Derek Richmond Barb Taylor Barb Taylor Coordinator Needed Deb Karlstrom Peter Birch or Gerry Woloshyn Marj & Charlie Richardson Coordinator Needed</p>	<p>250-218-3442 250-890-3446 250-890-3446 778-585-5105 250-465-8154 250-339-3264 250-897-0015</p>
<p>Rentals Frieda Home comoxseniors.rentals@shaw.ca 250-339-5133 (Office)</p>	<p>Saturday</p>	<p>Bridge (Duplicate) Bingo</p>	<p>CR DR</p>	<p>1:00 pm 1:00 pm</p>	<p>John Godfrey Coordinator Needed</p>	<p>250-923-5687</p>
<p>Custodian Bill Brown 250-339-3020</p>	<p>Sunday</p>	<p>1st Bridge (Partners)</p>	<p>CR</p>	<p>1:00:pm</p>	<p>Coordinator Needed</p>	

*Room Legend: BR (Ballroom), CR (Card Room), CRR (Craft Room), DR (Dining Room), LIB (Library), AR (Art Room)

For changes or corrections to the schedule or for newsletter items, email newsletter editor Nina Sato at nsato@live.com