

VALLEY SENIORS NEWSLETTER

**JULY.
2026**



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Trudy Fiege, Marlene Herrmann, Claudia Parker, Andy Keller



PUBLISHED BY: The Valley Seniors Organization

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MESSAGE FROM EXECUTIVE

MESSAGE FROM THE PRESIDENT

As the old saying goes. "My how time flies" is appropriate. Six months have passed so far this year and it feels like yesterday we were celebrating New Years.

It has been a good six months. Membership is strong, our activities are doing great, we have had many great dances and special events; Bingo and our kitchen are producing the income we need, as well as our bus trips and craft sales. All this accomplished by the many dedicated volunteers willing to give their time to make this a great place.

Our center will be closed from the 1st of July until Monday July 20th. Much needed improvements will be made during this time and I'm sure all will be happy with the results.

For those that have travel plans, have a safe trip. The rest of us can stay home and enjoy the good weather.

All the best,

Earle



REPORTS

VSO RAMBLING WALKERS GROUP

If you don't like to walk alone, you are welcome to join us. All you need to join us is to be a paid up member of the Valley Seniors Organization, \$35.00 per year. We walk at 9am Monday-Saturday in the summer months.

Due to the price of gas we will not be venturing too far. If you are interested, please stop by the front desk and leave your name, phone number and email address and I will get back to you. You will be provided a monthly schedule which you can make your own schedule.

Happy Walking,

Shirley Kolompar, Co-ordination

UPCOMING EVENTS

July 25th

Dance with Danny and the Seniors

Aug.15th

HAWAIIAN LUAU DINNER AND DANCE

\$35.00 pp

Tickets now on sale at Reception.

Sept. 26th

Kenny Shaw

Country Singer & Comedian

\$30.00pp

Tickets on Sale July 26th

Thank you for your on going support, from your Dance/Special events Committee.

Advertising

If you know of a reputable business or maybe your favourite 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 www.valley-seniors.org Our rates are \$15.00 per month or \$125.00 per year 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, 1st Vice

BURSARY REPORT

The VSO Taylor/Mast Bursary has been awarded to Tyawna Kerridge. Tyawna was unable to attend our June 24th General Meeting due to work commitments. However, Tyawna has written a letter to thank members of the VSO for supporting her post-secondary education. Tyawna will be attending a post-secondary institution in BC and plans to become a Registered Nurse. The \$1500 Taylor/Mast bursary is paid to a Quw'utsun Secondary School student over 3 years.

Sheila Garrison
(Taylor/Mast Bursary Coordinator)

Financial Report	2026	MAY
	BINGO	GEN. Account
Opening Balance	\$5,857.32	\$66,658.55
Income	\$8,328.50	\$15,226.75
Expenses	\$8,535.79	\$9,742.40
Closing Balance	\$5,650.03	\$72,142.90
David Bevan		
VSO Treasurer	(\$207.29)	\$5,484.35

CARPET BOWLING REPORT

As was expected carpet bowling on a daily basis has been hit and miss as Spring cleaning, Summer cottages, lawn bowling and vacations have taken members elsewhere. All that means is that there is plenty of room for those that would like to learn to carpet bowl.

On a different note, I have taken an office position at VSO and have less time available. Hence I have stepped down as Carpet Bowling Co-ordinator and have passed the baton to Joan Ayers as she has the time and lots of experience.

I wish everyone to have a wonderful Summer.

Andy Keller

Kitchen Report

Summer is here and the Kitchen will be closed from July 1 st to July 19th for the installation of our new floor and fridge. Looking forward to our new look when we reopen on Monday, July 20 th . We are starting to plan for our big Hawaiian Luau to be held Saturday August 15th . Tickets are on sale now and are selling well, so don't be disappointed and get yours early.

We won't be having any luncheon specials in July due to the closure, but look forward to our Specials returning.

We have decided to retire from the Kitchen at the end of March 2027. We have volunteered for many, many years at the VSO and our home commitments and health are telling us it is time to hand the baton over to new volunteers. We will train anyone who wishes to volunteer as the Kitchen Coordinator. Below is a document outlining the core responsibilities involved in the position. Please stop by the kitchen anytime to speak with us.

See you soon!

Claudia and Trudy

- Kitchen Coordinator Responsibilities

Purpose of the role:

- The Kitchen Coordinator keeps the Valley Seniors kitchen reliably staffed, stocked, and operating during regular service hours and Friday bingo.
- Core responsibility: Ensure enough volunteers, food, supplies, and equipment are available each day, including soups, sandwiches, desserts, and breakfast sandwiches.
- Volunteer coordination: Maintain the kitchen calendar, schedule at least three volunteers per shift, and arrange extra help for busy events.
- Provisioning: Monitor inventory daily, rotate food, prepare shopping lists, order from suppliers, and purchase or delegate shopping as needed.
- Event support: Plan food and supplies for dances, bingo, the AGM, and large special events that may serve up to 100 people.
- Administration and communication: Prepare newsletter kitchen reports, coordinate monthly specials, work with suppliers, and handle concerns professionally.
- Overall takeaway: This is a significant volunteer leadership role requiring Food Safe certification, reliability, organization, diplomacy, and a strong time commitment.

Shuffleboard Report for May 2026. Dan Hughes.

1st Ron Parker 19 points

2nd Steve 17 “

3rd Ken 15 “

3rd Betty 15 “

4th Dan, Tony, Earle, Wilf --- All 14 points.

5th Diane, Ian, Marcel, Barry –All 13 points.

19 players participated. 27 games played.

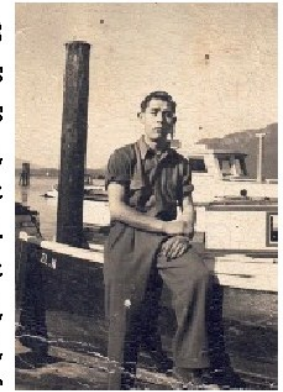


V.S.O. Feature of the Month

Curtis Peck

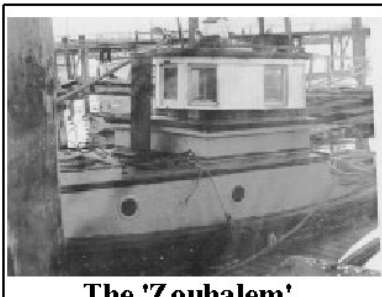
Written by Annette Hughes

Curtis was born on May 10th. 1932 in Kelowna, BC. In 1938 Curtis and his family moved to Cowichan Bay where Curtis attended the one room school which was Bench School. His father Don, started a business called Cowichan Camp, Later Peck's store. They rented rooms, and boats for the fishermen. Several of the boats were built by his dad. Part of the original building still stands today as "True Grain Bread". The building had been burned down twice,



Curtis, age 17 years with his tugboat.

and rebuilt each time. Curtis spent most of his childhood days out on the boats, eventually working for his dad driving the tug boats, and their small passenger boat going around all the islands. Curtis usually ran his Dad's tug boat called the 'Zouhalem' (and no, I didn't misspell it) and in 1950 when Curtis was just 18 yrs.old the bay froze over, and Curtis and his tug were able to break out 3 other boats from the ice. About this same time his father left the family and moved to Vancouver with another woman. Curtis' brother Wilf bought the business. Curtis eventually met Terry, a telephone operator who worked in Duncan for BC Tel. In 1954 when Curtis was 22 yrs. of age they got married and moved to Duncan. They had two children, Danna & Russel. From 1956 - 66 Curtis drove school buses, but the boats drew him back to working on the tugs. He worked for Chemainus Towing for 7 1/2 years, then for Swiftsure Towing out of New Westminster for 15 years. By this time he had acquired his engineer's ticket. Throughout those years Curtis made a couple of great rescues which saved several lives, the most recent one was in 1979 whilst his tug was dragging empty barges from Bellingham at 3 in the morning, in November, he was able to save the lives of 3 men in the water near the mouth of the Fraser river whose boat had capsized. By 1990 unfortunately his tug boat days ended when Swiftsure Towing closed their doors. At this time Curtis was 58 yrs.old. During the years Curtis and his wife made



The 'Zouhalem'

many trips to Dawson City and Inuvick. He had a gold claim in Dawson City but had no equipment to work the mine, so it never made him any money. After his retirement he and Terry spent several years each winter vacationing in Yuma, Arizona; at one time spending 3 months there. In 1986 Curtis joined the Masonic Lodge, and has been with them 40 years this Sept. 2026. Their Yuma trips had to cease when Terry got cancer, and Curtis looked after her for 2 years before she passed away in 2006. Curtis joined the Valley Seniors Organization shortly after that, and has been a faithful member ever since for 20 years. Curtis finally met a lady friend

Doreen in 2008 and for 10 years they took the trip to Yuma together. In 2018 Curtis had a stroke, then Covid hit, and their travelling days were finally over. Curtis still visits Doreen who is now in a Care Home. Curtis is now 94 years young, but it doesn't stop him from riding his 2006 Honda scooter here, there and everywhere!! All in all he says he's had a good life, he enjoyed being out on the water and whistling on his tugboat jobs, and now he enjoys coming to the Valley Seniors for his lunch and to listen to the music.

"True Grain Bread" today.



Found this picture on line.
In front of Peck's store
Cowichan Bay C. 1950



Curtis
at the VSO
83rd. Birthday
May 2015



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Chad Gurski

Owner

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TUESDAY & FRIDAY

BINGO

PRESENTED BY VALLEY SENIORS ORGANIZATION

OPEN TO ALL !!!

DOOR OPEN: TUESDAY - 9:00am

FRIDAY - 4:00pm

MUST BE 19 YEARS OR OLDER TO PLAY

EARLY BIRD GAMES: TUESDAY - 11:00am & FRIDAY - 6:00pm

REGULAR GAMES: TUESDAY - 12:00pm & FRIDAY - 6:30pm

VSO & ODD or EVEN - WINNING \$\$ BASED ON PARTICIPATION

BONANZA - WON BY - (47 PE CALLED NUMBERS, INCREASING BY 1 EVERY TUESDAY)

SECOND CALL IF MAJOR JACKPOT IS NOT WON!!! - (BONANZA ONLY)

LUCKY 7's - WON BY - 1st I BALL CALLED

(\$100.00 GUARANTEED IF JACKPOT NOT WON BY 1st I BALL)

SPECIAL PROGRESSIVE WON BY 1st G BALL CALLED

with a

(GUARANTEED PRIZE OF \$100.00 - SPLIT INTO 2 PRIZES - \$50.00 EACH)

FRIDAY NIGHT BINGO REPLACING (SUNDAY AFTERNOON BINGO)

MOVING BINGO TO FRIDAY NIGHT HAS HELPED ELIMINATE SOME OF OUR PARKING PROBLEM

COME AND JOIN YOUR FRIENDS AT THE VSO FOR BINGO



10

OPEN MON.—FRI. 9:00am - 3:00pm SAT. 9:00 am - 1:00 PM		DAILY LUNCH Watch the notice board for weekly specials!	COME PLAY BINGO TUESDAY 11:00am FRIDAY 6:00pm
MON	• CARPET BOWLING • WALKING GROUP • SHUFFLEBOARD (Tournament) • CONTRACT BRIDGE • CRIBBAGE	• 9:15am (BINGO HALL) • 9:30am • 10:00am (DINING ROOM) • 12:00pm (CRAFTROOM) • 12:00pm (BINGO HALL)	
TUES	• HARMONICA BAND • WALKING GROUP • BINGO	• 8:30am (STAGE BINGO HALL) • 9:30am • 11:00am EARLY BIRD (BINGO HALL) • 12:00pm REGULAR GAMES (BINGO HALL)	
WED	• CRAFTS • CARPET BOWLING • WALKING GROUP • MUSIC (ISLAND SPIRIT) • SHUFFLEBOARD • CHOIR (1st & 2nd WED) • DARTS • GENERAL MEETING	• 9:00am (CRAFTROOM) • 9:15am (BINGO HALL) • 9:30am • 11:00am (STAGE BINGO HALL) • ANYTIME (DINING ROOM) • 1:00pm (BINGO HALL FRONT 1/2) • 1:00pm (BINGO HALL BACK 1/2) • 1:00pm (4th WED. OF EVERY MONTH EXCEPT JULY, AUGUST and DECEMBER BINGO HALL)	
THUR	• CARPET BOWLING • WALKING GROUP • CARVERS • CRIBBAGE • LADIES SHUFFLEBOARD	• 9:15am (BINGO HALL) • 9:30am • 11:00am (CRAFTROOM) • 12:00pm (BINGO HALL) • 12:30pm (DINING ROOM)	
FRI	• DUPLICATE BRIDGE • CARPET BOWLING • WALKING GROUP • UKULELE • CHOIR (1st & 2nd FRIDAY) • SHUFFLEBOARD • BOARD MEETING BINGO • DOORS OPEN - 4:00pm • EARLY BIRD GAMES - 6:00pm • 10 REGHLAR GAMES - 6:30pm • PLUS OTHER BINGO GAMES COME AND ENJOY THE FUN	• 9:00am (BINGO HALL) • 9:15am ((BINGO HALL BACK 1/2) • 9:30 • 12:00pm (CRAFTROOM) • 1:00pm (BINGO HALL FRONT 1/2) • ANYTIME (DINING ROOM) • 10:00am (FRIDAY PROCEEDING GENERAL MEETING) (CRAFTROOM) VSO BINGO HALL	
SAT	• SHUFFLEBOARD (TOURNAMENT) • WALKING GROUP • LINE DANCING	• 9:30am (DINING ROOM) • 9:30 • 10:00am (BINGO HALL)	

JULY 2026

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