

BERWICK QUALICUM BEACH LIFESTYLE MAGAZINE

CULTIVATE

INSPIRE • NURTURE • ELEVATE



ECHO PLAYERS & THEATRICAL THEMES

A local treasure
celebrating
50 years

BQB GIVES BACK

The many ways
Berwick supports
our community

GLOW UP YOUR RIZ

Learn new slang,
drop some lore
and more

Seven Dimensions of Wellness

We use all seven dimensions when designing our programs.



Physical: Programs that improve physical health and fitness make a direct impact on your ability to maintain independence. This includes all types of exercise, nutrition, sleep and stress management initiatives.



Emotional: Enhance emotional wellbeing in order to improve a person's ability to cope with challenges and increase awareness and agility in managing feelings. Examples include music, mindfulness, sharing stories, and creative writing.



Environmental: Interconnectedness with nature and our planet, and stewardship of both, are aspects of environmental wellness. Programs include nature-related workshops, gardening, beach clean ups, and recycling initiatives.



Social: Our happiness, health and even immune systems benefit greatly from social interactions. Programs that allow for easy interactions with others enhance our social wellness, such as theme events and bus trips.



Intellectual: Keeps our minds stimulated, curious and alert. Problem solving capacities are improved. Examples include puzzles, trivia, presentations, and educational opportunities.



Spiritual: Indicated by a sense of meaning, purpose and connection in our lives. Examples include meditation, nature walks, and yoga.



Vocational: Utilizes a person's skills to provide value to society and personal satisfaction. Examples include craft fairs, performing concerts, and leading community fundraising initiatives.

BEST IN WELLNESS

BERWICK QUALICUM BEACH HONoured AS ONE OF THE TOP 25 SENIOR LIVING COMMUNITIES IN NORTH AMERICA



The Berwick Qualicum Beach Active Living Team was recognized as one of the 2024 ICAA NuStep Beacon Award Winners Top 25 Senior Living Communities in North America. Not only is it the second year in a row as winners (3rd time total), but this time we were the only Canadian community being recognized!

The award recognizes "leaders for their substantial influence on the senior living sector. These distinguished award recipients stand as exemplary role models, championing wellness for both residents and organizations, setting a remarkable precedent." We couldn't agree more that Laurel and her team are deserving of this award and are so appreciative of the passion and commitment they bring to their community every day to ensure each resident is living an empowered life!



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Berwick Qualicum Beach recognizes that we live and work on land within the traditional territory of the Qualicum First Nation.

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BQB GIVES BACK

There are infinite ways in which the Berwick Qualicum Beach community has given back over the years, some more tangible than others. All are formed by the passion Berwick residents and staff have for supporting our community of Oceanside and beyond. This value has been embraced wholeheartedly by the staff and residents of BQB. Our residents have shown incredible generosity, consistently creating and supporting innovative and meaningful fundraising initiatives. So far, we have raised over \$80,000 for local charities through knitting, singing, strumming, painting, acting, playing, sharing, donating, hosting, learning and more. We feel lucky to be where we are, and it feels so good to work together and give back. Here are a few highlights of our latest purposeful projects.

Fundraising for Tumaini

by Maggie Sheehan

A worthy cause the Knit and Knatter group here at Berwick Qualicum Beach has been involved with is the Tumaini Fund.

We knit and crocheted twenty-two children's sweaters that were sent to Tanzania, Africa, to the province of Kagera. Val Davies has been involved with this project since 2010. Always a volunteer, this busy lady was a schoolteacher in Brandon, Manitoba, and while raising four children, she was actively involved in the IODE chapter there. Maggie Gregory accompanied Val at BQB to share their enthusiasm about Tumaini and raise awareness for this worthy cause.

I am sure you are wondering why there is a need for warm sweaters in Tanzania? It gets cold at night and the housing is woefully inadequate. Over two hundred thousand orphans live in Kagera, where AIDS is still prevalent. Subsistence farming is a tough way to survive. Monetary donations help to improve the lives of the children, providing vital needs such as clean water, school supplies and uniforms, goats for milking, solar lamps, treadle sewing machines, mosquito nets, blankets, and personal care kits, plus bikes so children can ride to school over long distances. Val works with a group of dedicated volunteers who package and send supplies on a regular basis. They hold craft sales and recycling drives to raise money. Berwick residents donated over \$600 to help with this fund.

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Knit & Knatter

"Knitting makes the good times better and the hard times easier."



Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure and reduce harmful blood levels of the stress hormone cortisol. But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem.

Tumaini means hope in Swahili and people like Val and her volunteers give that needed hope. There is a saying: "The best way to get things done is to simply begin." Knitting those sweaters was a good beginning.



Use the QR code to learn more about Tumaini Fund Canada

GIVING BACK



Oceanside Stroke Recovery Society by Heather Sanders

Our ukulele band, "Strings & Sings," has performed for the Oceanside Stroke Recovery Society group in Parksville. This dedicated group of primarily volunteers provides therapy and support for stroke survivors, and is supported mainly by donations. Last year, we raised a significant amount for this worthy cause and we will continue to support them. The Society hires and pays two speech therapists; they also arrange for caregiver counselling, senior fitness, art therapy, and music sessions, among other programs that need to be paid for. Even with the many volunteers devoting their time in the kitchen, setting up chairs for events, and preparing group lunches, there is still a need to fund many of the additional programs. The annual fee for stroke survivors to join this amazing group is just \$55 per year.

Kathleen Falvai has the coordinator of this group for almost 30 years and she is so grateful for the wonderful community support they receive.



Oceanside Hospice Society: Butterflies & Memories Event

On a sunny morning in July, a quiet hush descended on the Berwick courtyard. Residents and friends quietly listened to the names of loved ones we were honouring. Poems were read, and the Oceanside Hospice Society distributed small boxes containing butterflies.

Holding the tiny boxes in our hands, we felt and heard the fluttering of butterfly wings, ready to soar away with our loving thoughts. Our heads tilted skyward as we watched these little messengers take flight, evoking many heartfelt emotions.

The Oceanside Hospice Society is a community-funded, volunteer-driven organization dedicated to supporting individuals and families facing end-of-life. Berwick residents and staff are pleased to help raise funds for a worthy and necessary local organization.



by Heather Sanders



Wonderful World of Books

This not-for-profit, volunteer-run, local organization was established in 2021 by Eva Hilborne. In August 2021, a generous Eva selected and purchased the initial books. Four volunteers delivered the first 25 books to children who were born in 2018 and lived mostly in the Bowser and north Qualicum area. Today, in 2025, over 250 preschoolers living in the Qualicum School District, receive a new, age-appropriate book gift each month for two years.

The books are delivered directly to the child by one of over 40 "Book Elves." I am very lucky to be a "Book Elf" and I am so thrilled to witness firsthand the excitement and happiness the books bring to the children. In December of 2024, Berwick Qualicum Beach chose Wonderful World of Books as their charity of the month. Due to the generosity of the residents and staff of Berwick, \$1000 was raised. Special thanks to Scynthia and David who held an open house to view their amazing Christmas Village and gifted the donations to this charity.



by Janice Whaley



Holiday Vendor Market Supporting District 69 SOS

Many local vendors, merchants and craftspeople set up tables in our Fox & Beagle Lounge, front lobby, and library in November 2024. Unique handcrafted items, including dolls, jewelry, stained glass, hand-painted cards, art, and numerous other items were displayed. Our own Knit and Knatter group were visible with their toques, potholders, table runners, mittens, dishcloths and more. We also can't overlook the spices, jellies, chocolates, t-shirts, and more!

SOS offers a variety of programs and services, is supported by over 350 volunteers, and is funded by the sale of donated goods, donations and fundraising activities, among others. Our event was very successful, raising a total of \$2600.

by Heather Sanders



JUNE 18TH, 2025 1:00 PM – 4:00 PM

LOCAL
VENDORS



SUMMER
MARKET

CHARITY FUNDRAISER
POP-UP VENDORS MARKET AT

JEWELLRY, CRAFTS, CARDS, JAMS

TREATS, PURSES, DECOR & MORE!



BERWICK

QUALICUM BEACH

Sip our famous lavender lemonade as
you browse local artisans and support
a great cause. Free Admission!

120 FIRST AVE. W.,
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FOR MORE INFORMATION
CONTACT LAUREL AT
250-738-6200

BQB.ACTIVELIVINGMGR@BERWICKRC.COM



Strings & Sings



When we received a set of ukuleles in September 2021, we had no idea this venture would turn into a 28-piece band called Strings & Sings that would go on tour spreading joy and giving back to our greater community! In 2023, the band performed 11 concerts from Nanaimo to Comox Valley. In 2024, we performed 19 concerts from Victoria to Campbell River! We traveled over 1000 kms, performed for over 750 people, accomplished countless hours of practicing, and produced an infinite amount of joy for ourselves and our audiences!

Made up of about half ukulele players and half singers, we are an inclusive band with all levels of musical ability. Active Living Manager Laurel Wright has taught beginner ukulele classes in January for the past few years, and she writes accessible music so that everyone can participate. Whether you can play one note on the ukulele, some of them, or all of them – you can be in the band! Laurel finds it incredible that the residents have formed this band, many of whom have never played a musical instrument before now.



Band members range in age from 77 to 97 and we love to challenge ourselves by playing 100 years of songs, from the 1920s to the 2020s! In 2024, we enjoyed playing “Singin’ in the Rain” (written in 1929), “Eye of the Tiger” by Survivor (1982), “Shake It Off” by Taylor Swift (2014), and “That Part” by Lauren Spencer-Smith (2023). For 2025, you can look forward to songs such as Irving Berlin’s “Blue Skies” (1927), “Margaritaville” by Jimmy Buffet (1976), “Man! I Feel Like a Woman!” by Shania Twain (1999) and “Flowers” by Miley Cyrus (2023). We love to step outside of our comfort zones and try new things – like learning a new instrument, or singing a song our grandchildren told us about! Join us for a concert at BQB on Saturday, June 14th or at Qualicum Beach Days on Sunday, July 27th!



“

“The joy on the faces of our audiences when we play and sing for them brings double the joy to me. The friendships made are precious.”

-Marlene Leaney

“I really enjoy being a part of Strings and Sings. I feel that we have helped the Community.”

-Elsie Griffiths

“Strings & Sings is the highlight of my week. It is my happy place. The laughter and kindness shared, the memories made; it is a joy to be a part of this band.”

-Sandra Odendaal

“Great Comradery! A special opportunity to engage our peer group and let them know that even though we’re ‘old’ we can learn and share ‘new tricks’ and keep having fun!”

-Margery Hamilton

”



As part of BC Culture Days we had the honour of hosting Michael Blackstock. He is the co-founder of the Blue Ecology Foundation Institute

Michael is an Independent Indigenous scholar who has always had a passion for mathematics and science.

He studied at the University of Prince George and achieved his MA at UNBC. After he retired from his career as a forester, he reflected on the conflicts between the differing cultures concerning water sustainability and has since spent his time looking for a way to bring them together.

He sees how the Western science field's attitude concerning the treatment of water conflicts with the lived experience of the Indigenous people and their understanding of the natural intelligence of nature as well as the sacred and spiritual dimensions of water.

Michael impressed upon us that his priority is always "water first" before considering undertaking projects affecting water.

Natural Intelligence is defined by Michael as not just a concept. It is a call to action and it urges us to reevaluate our relationship with water.

Blue Ecology philosophy encourages a collaborative approach between Indigenous Wisdom and Western Science. This fusion and reconciliation of cultures brings us hope for the future.



by Tess Cormack

Introducing Kelsey: Berwick Landscaper

Nurturing our Gardens

by Marlys Diamond



A new approach to sustainable cultivation brings fresh enthusiasm by Berwick gardening professional Kelsey Wight. Kelsey began caring for our garden in 2024 and has a diploma in sustainable landscape systems gained through Kwantlen Polytechnic University.

Exploring Kelsey's ideas soon brought Chef Ben into the picture with the suggestion of using plants in the pollinator pathways that could complement the culinary department. It's no surprise that Chef also has gardening expertise with a focus on food production. He loves to do "Culinary Pop-Ups" which are occasional afternoon events featuring mystery tastings. When invited to taste something with a connection to "National Flutternutter Day," natural curiosity draws a crowd! Residents never know what the next mystery tasting might be, and the stranger the name, the more interesting the experience becomes.

The Mason Bee project that began a few years ago was not left behind. This project began as an intergenerational approach with a group of Rangers, the senior level of the Girl Guides. The Rangers visited regularly and the idea of the Mason Bee project evolved. Small homes with little tube-like layers were installed in our courtyard for these efficient little pollinators.

Kelsey's professional approach has brought positive and environmentally responsible changes to our gardens. We have seen the introduction of drought-tolerant plants and selections of perennials complimented by a few edible annual flowers. Now, with her monitoring of the needs of our climbing roses, we will see them flourish. We can look forward to what she may have in store for continuing the enhancement of the back wall of our sunken garden. The future will be exciting!

Canadians Coast to Coast

by Marlys Diamond

Many Berwick residents are well-travelled, but few are able to boast having lived life in Canada from “coast to coast.” We have an insight into such a life with Scynthia and David Jomini sharing their experiences.



Scynthia grew up on Grand Manan, an island situated where the Bay of Fundy meets the Gulf of Maine. It is just twenty-seven kilometers from the New Brunswick shore, and approximately fifteen kilometers from the coast of Maine. Scynthia's mother was also born on Grand Manan. Scynthia's grandfather was a fisherman and a logger. Trees of twelve-inches diameter were shipped off the island for the pulp industry.

Over the years, the small population of the island has remained around 2500. Scynthia still has aunts and cousins who live on the island.

Scynthia graduated from high school on the island then left Grand Manan to attend the University of New Brunswick in Fredericton.

David grew up in Grand-Mère, Quebec. The couple met at university in Fredericton, where they were introduced on a blind date arranged by friends. Their friends predicted Scynthia and David's dating would never last. How wrong they were! They have celebrated 57 years of marriage.

After one year spent in Quebec, Scynthia's nursing career was key to David continuing his education attending the Northern Alberta Institute of Technology in Edmonton and then being hired by

Alcan Smelters & Chemicals in Kitimat where he spent 32 years in various departments. Scynthia worked at the Kitimat Hospital and later broadened her experience in Child Development and Family Support. Their two children were born in Kitimat. Many vacations to the East and West followed and eventually they retired to Qualicum Beach which has been their home for 24 years.



During a holiday to Florida's Disney World, Scynthia began her collection of Ceramic Village miniatures on a New England Village Christmas theme and has added to it over the years. Berwick residents have been invited to visit their display during the Christmas season. Over the years, David simplified the display for those needing electrical connections by linking them together and hiding them behind one of their wall cabinets. This way they are ready to go each year when the pieces are taken out of storage bins and put on display. The sophisticated and hidden electrical connections could make it easily possible to have “Christmas in July” if they so choose.



A Capstone Project

A high school capstone project is a final project that allows students to apply their knowledge and skills to real-world issues. It's a chance for students to demonstrate what they've learned in school and in life.



Interviews with Seniors

By Beryl Sawyer

On January 6, 2025, a small group of residents and staff of Berwick met with Kwalicum Senior Secondary student Sophia in the Fox and Beagle, one of the coziest areas in Berwick. Each person was intrigued by the request for volunteers to be interviewed for a capstone project. Others may have known what this was, but I, with my English school background, was curious to find out. It is the final project that demonstrates a student's mastery of a subject area. Each of the six volunteers set a date to meet with Sophia individually at Berwick. Who can resist the request to talk to a young person about themselves? Sophia had prepared a list of questions. She was very easy to talk to and the questions kept us on track. Sophia shared that it was her mother who sparked the idea of interviewing seniors about a year ago. She loves to hear stories from people who have had a lot of experiences. Sophia's mom knew how much Sophia liked to write, that it is one of her passions.

Sophia would like to thank Laurel for her valuable start-up help to set up the meetings. Thanks to all the volunteers: Beryl, Betty, Burgess, Jean, Marva and Nestor.

Putting all the collected notes into some kind of order will be quite a challenge. Sophia, we all wish you well in undertaking this project.

Some decisions have still to be made. Whether the project will take the form of an article or a book is one. The feelings of the volunteers must be taken into consideration. They may not be comfortable appearing in book form. Sophia plans to finish the project in April as the deadline is May. I enjoyed talking to Sophia, it was easy to converse with her. One of the questions she asked us was, "What advice would you give a young person?" My answer to that one is easy: "Never give advice to a young person." Somewhere in the recesses of their developing minds, they know the answer. Perhaps they will find it while working on their capstone projects.





Yoga with Lara

by Maggie Sheehan

As a resident of Berwick I feel very lucky to have Lara Mullen, a member of the Active Living team, teach yoga. Lara is passionate about yoga and thankful to Berwick for the support she received in getting her certification. Both chair yoga and yoga using a floor mat are taught. Chair yoga is done while seated and residents practise this to their level of ability. Proper breathing (pranayama) is what differentiates yoga from regular exercise. In yoga, controlled breathing is essential for connecting the mind and body. Mat yoga participants can use blocks to help with correct positioning. We are told that participating in yoga classes regulates the nervous system, improves cardiovascular and mental health, aids in improving balance, helps with sounder sleep, eases chronic pain, and reduces stress. I would agree, as since taking these classes I have noticed an improvement in my general health and fitness and yoga has become my favourite class. Thank you, Lara.



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“I really appreciate the morning exercise classes, and all the instructors are great. Since my passion is yoga, I especially enjoy the chair yoga class which is made special by Lara’s warmth, encouragement, and good sense of humour!”

-Jean Merritt

”

THEATRICAL THEMES



What do BQB and ECHO Players have in common?

by Denene Derksen

Yes, we're both located in the heart of Qualicum Beach, and we do share some lovely volunteers. Most importantly, both communities love to dress up with costumes to entertain, elevate, and celebrate!

It is a beloved Berwick Communities tradition to put on an extravagant themed Gala Dinner for the holidays. At BQB we have enjoyed themes such as Downton Abbey, Charles Dickens Victorian Christmas, Medieval Feast, Christmas in Paris (featuring the famous can-can dance), Great Gatsby, and James Bond Casino Royale.

ECHO Players has been an invaluable resource for providing costume rentals that

we used to elevate and add wow to these events. We have also enjoyed renting costumes for special occasions such as murder mystery lunches, Halloween, and even an ABBA themed dinner. Our staff member Helen amazed us with her handmade Mary Poppins costume at Halloween, and we then discovered that she is a key volunteer at ECHO. What a star!

Our own collection of costumes and accessories has been built over the years, and we often share them with residents to use for theme days and photo booths. So remember, if you find yourself downsizing, hang onto one or two interesting costume pieces. Even in adulthood, dressing up is a fun and easy way to add fun and spice to events.



50 YEARS OF ECHO PLAYERS Theatre



ECHO Players has been presenting live community theatre on the Village Theatre stage for nearly 50 years! Community and connection is what they are all about.



The original group was founded in 1934 as the E.C.H.O. Playmakers (the initials standing for “Errington, Coombs, Hilliers and Others” as members were drawn from all the neighbouring districts).

The Village Theatre in Qualicum Beach was originally built in 1949 as a movie theatre and was purchased by ECHO Players in 1974 for \$37,000 – a large amount of money for a small group to raise in those days.

It was then converted into a working theatre. The group worked hard to have the theatre completed by a deadline of March 31, 1975, when they hosted one of the largest North Island Zone Festivals ever with nineteen one-act plays presented over eight nights.





I got a busy, vibrant feeling as I stepped into the ECHO Theatre for the first time. Unpretentious and comfy, but also “ear piercingly” noisy! People hammering, painting, playing piano, chatting, running up and down the stairs, and laughing!! Happy, stimulating noise.

I was there to meet Mike Andrews and his wife Judy. He’s on his fourth term as president. She is currently the producer of “The Revolutionists,” and serves as seamstress, usher, hairdresser, and more in perpetuity! Two other invaluable members of the gang are Colin (bookkeeper) and his wife Helen (mistress of everything).

Fifty years ago, a small group of people had a vision. Now, a great many more inspired people want to keep that vision alive. I get the distinct feeling that people are proud and happy to volunteer at this dynamic theatre. They’ve just had a seat sale! It is out with the fifty-year-old red seats, and in with the new comfortable seats with lumbar support. Local businesses, including Berwick Qualicum Beach, have become involved by contributing money and sponsoring seats.

This is a spirited theatre, brimming with memories. Volunteers want to be part of something that will carry their name, long after they are gone. There are ample opportunities to volunteer including marketing, concession, ushering, social committee, box office, director, producer, sound, lighting, costumes, set, props, hair, makeup and, of course, acting. Some of our residents are volunteers. You may be a star in embryo! Their motto is: “If you have a skill set, we can use it!”

This is a wonderful space for creating and connecting.

Murder, They Wrote: An Original Play by the BQB Players Drama Group

Our performance last year was unique. We wrote and performed our own original short murder mystery!

The drama group had been unable to find an entertaining short play suitable for Readers’ Theatre, which is a play where the script is read and there is little moving around, suitable for aging minds and bodies. So Denene, their drama coach asked, “Why don’t we write the next play?” and that is just what Maggie, Tess, Ewan and Denene did!

We got off to a great start having created such a unique concept for the murder mystery. Pens and ideas were flying with this passionate, creative group. We laughed and argued about who said what and when, until we were satisfied that we had an actual script our audience would love. So, “Murder, They Wrote” came alive.

Join us this June for a glimpse into the lives of the “Clerwick 55+” residents. This collection of scene excerpts promises to be a fun show!



Lit & Wit

Echoes of Time: A Journey Through Memory Lane

In the fading light of a summer evening, as Canada geese glide gracefully across the water, and the strains of a classical guitar playing the music of Aranjues, a composition that attempts to transport the listener to another place and time through the evocation of the sounds of nature, memories surface with startling clarity. Such was the case for me, sitting on the deck of my daughter's beach house, as I found myself transported through time and space by the simple act of observing a father and son fishing nearby.

It was a scene as old as time itself: a father teaching his son the nuances of night fishing, cautioning about the incoming tide. For me this everyday tableau unlocked a floodgate of memories, reminding me of a similar scene from decades past on a beach in Plettenberg Bay, South Africa. In that instant, the distance between past and present collapsed, bringing with it a bittersweet cocktail of emotions.

Among the memories that surfaced was a pivotal moment shared with my wife, Ninè. Standing hand in hand before Stellenbosch University's admin building, we watched in awe as Sputnik traversed the night sky. It was a moment that encapsulated both the wonder of technological advancement and the timeline magic of young love. "We did not fully understand and apprehend the geo-political implications of this event, but we were young and very much in love and had experienced it together."

The reminiscence continued, sweeping through sun-drenched days at our beach house in Stilbay. Tales of sailing a Hobie Cat with sharks in pursuit, fishing expeditions to the small village of Jongensfontein, and beachfront barbecues with friends painted a vivid picture of a life well-lived. These weren't just memories; they were the building blocks of a family's history, watching our children grow from "ugly ducklings" into "beautiful young swans."

Life, however, is not without its challenges. I remember the daunting experience of leaving behind the familiar – family, friends, and a beloved country – for the unknown shores of a new land. The sense of loss and loneliness in those early days was palpable, a stark reminder of the courage required to start new.

Yet, even in the face of such upheaval, hope emerged. A Canadian family's embrace offered not just kindness but acceptance, weaving myself and family into the fabric of their lives. This act of generosity stands as a testament to the power of human connection, bridging cultural divides and easing the transition to a new home.

In the end, these memories – whether of witnessing technological marvels, enjoying simple pleasures with family, or finding kindness in unfamiliar places – are not just relics of the past. They are the very essence of a life fully lived, each recollection a reminder of the joys, challenges, and connections that shape us.

As the night settles in and the sounds of nature give way to quiet contemplation, one can't help but be reminded of Alan Jackson's poignant song, "Remember When." For in remembering, we not only honour our past but also find gratitude for the present and hope for the future. After all, isn't that what life is all about?

By Johan Murphy



A Grandma's Love

My toque was knitted and given to me by my grandma when I was 14 years old. I'm now 87 so I've had my toque for 73 years. I lost its orange pom-pom somewhere over the years, but otherwise we are still going strong together – good English wool and grandma's love.

By Peter Powell

A n O r i g i n a l

by Tess Cormack

It was August 28, 2019, when with excitement and some trepidation, I finally entered my suite as a resident of Berwick Qualicum Beach.

This decision was made two years after my husband had passed away and I had decided that living alone was not something I was really enjoying. Previously, these decisions to move had been made jointly.

Walking into the cheery dining room today reminds me how far we've come since the first few meals. We originals connected in the then-empty space. Opening a new building comes with some bumps, but we prevailed. Settling down and becoming organized in my new abode was made easy due to the kindness and warm welcome of the staff willing to be of assistance.

A variety of fitness programs has always been a big feature and open to all residents at Berwick. Social events, too, are outstanding and made most enjoyable whether they are the annual themed gala dinners or the celebration of seasonal events. I appreciate that this could not happen without the combined efforts of all the staff involved. Several residents, including myself have, I believe, stepped out of their comfort zones and shown their talents in arts, music, writing, drama and more, providing pleasure to others.

Since moving into Berwick I have come to know the most interesting and knowledgeable people from all walks of life. It has been a privilege to have the opportunity to listen to and learn so much from their life experiences.

Friendships are formed but sadly some are lost. The general friendliness of our residents and the concern and compassion shown when sickness or misfortune has come into their lives is felt by the whole community.

After five years, the trepidation has long gone but the excitement lingers on when Friday comes and it's time for a beer in the Fox & Beagle.

Pet Poems

by Jean Gadsden

A therapy pet whose as good as they get
His name is Bandit
But is certainly not a crook
Melts our hearts with just a look
He greets us with a "softee" toy
And with it brings us so much joy!

A sweet young pet called Clementine
Is much sweeter than a Valentine
She has curly blonde hair
And never a care
Bring treats you can share.

Krysta's kittens are so soft and sweet
Your heart is sure to skip a beat.





BOOK REVIEWS

Mulberry Bush Bookstore Favourites

THE GREAT DIVIDE by Cristina Henríquez

The construction of the Panama Canal from 1903 to 1914 by the USA and Panama was considered the greatest feat of engineering in modern times. Its purpose was to revolutionize the task of moving people and goods between the northern and southern hemispheres, by bypassing the lengthy voyage around the tip of South America. This historical fiction novel focuses on the interesting and intersecting lives of people from a great variety of economic, political, and educational backgrounds; activists, labourers, journalists, neighbours, doctors, and soothsayers, and their deeply personal reasons for being there. I thought the book was well written, but lacking detail about the overall construction of the project.
by Donna Walsh

THE NIGHT IN QUESTION by Susan Fletcher

This is a novel in which Florrie, a woman in her late eighties, reviews her life's journey while trying to solve a mystery in the retirement community where she resides. Florrie realizes that there was always a safety net for her, a beloved friend to whom she invariably turned when at a crossroads. These memories are triggered by mementos she examines while navigating the mystery case, through flashbacks about the key times in her life. Florrie discovers residents' stories of secrets and shame, while also recalling her own shameful secret. This is a satisfying mystery while also being a thought-provoking glimpse of what awaits those fortunate enough to achieve arrival of their senior years with a mind and life force still strong despite physical aging and then find that love is still the safety net.
by Carol Foley

THE BRIAR CLUB by Kate Quinn

The Briar Club is an intimate and thrilling novel of secrets and loyalty put to the test. The novel opens with a murder on Thanksgiving Day, 1954. The narrative then jumps back to 1950 and moves forward, highlighting each of the house's residents and dropping clues as to what has led to the shocking act of violence depicted in the prologue.

Readers come away with a real feel for Washington, D.C., during a volatile era— the actions of Joe McCarthy and the House Un-American Activities Committee. Although billed as a murder mystery, the murder is a relatively minor part of the plot. The author is geared more toward creating fascinating characters and bringing the time to life than building a whodunnit.
by Marva Blackmore

THE BORROWED LIFE OF FREDERICK FIFE by Anna Johnston

This a charming read! Anna Johnston involves us in the lives of people who we recognize and may even be related to! This novel shows us how a man who has been thrown into the deep end of life struggles his way out, then proceeds to spread love, kindness and healing in his wake.
by Varick Ernst

A QUALITY OF LIGHT by Richard Wagamese

It didn't take long before I was drawn into this story of two ten-year-old boys groping their way into their friendship and their understanding of life. One a brown boy and one a white boy whose ardent wish is to be brown.

Josh, as a baby born to a young Ojibway girl unable to care for him and adopted and loved by a young farming couple and Johnny, a boy whose life and values are fragmented.

Richard Wagamese weaves the spectrum of light into the depiction of Josh's love and delight in all aspects of farm life and the Ontario countryside. His life unfolds in an orderly fashion whereas for Johnny, moving from one grungy tenement to another, and constantly moving from school to school, life constantly shifts. Reviled by their peers at school for their ineptness at sports the boys cooperate in "inventing" baseball with interesting results. In so doing they deepen and cement their loyalty to one another, becoming blood brothers.

Conflicting values causes a gap in their relationship but when a crisis develops with Johnny at the centre, Josh gets a call urgently requiring his presence to negotiate a peaceful outcome to the standoff.
by Beryl Sawyer



Keeping Abreast of The Times

Each generation has its own meaningful language known as slang. In the 50s, no one wanted to be labelled as “square.” We all wanted to be “cool,” “hip,” and, “righteous,” and everything was “fab.” Today’s slang may have different words, but the intent is the same.

Skip to 2025. We have all experienced “glow up” many times, and there are so many “rizz” people at Berwick that create much “lit,” and “fam.” Go figure!!!

by Sandra Odendaal

Slang Game

by Maggie Sheehan

Can you translate this message? What slang words would you use in their place?

My friend had a pretty frock (1) and new nylons (2). She was necking (3) with a real drip (4) but she was having a blast (5). I was snogging (6) with a groovy bloke (7) so I am knackered (8) but I am on cloud nine (9)!

Answers:

- 1) Dress 2) Stockings 3) Making out 4) Boring guy
- 5) Good time 6) Kissing 7) Cool fellow 8) Very tired 9) Happy

★
Rizz - charismatic
Glow Up -
transformation (in
appearance or jobs)
Lit - fun excitement
Fam - close
★ friendships

Lore Dropping

by Marin

Lore dropping is a slang term that means you say something no one expects you to say. It could be a fact about yourself that seems out of character. After stating your random unusual fact, you act like nothing happened. An example might be saying, “I’m really famous” or “I was arrested before” or something like that. Marin says, “Try it!”

The Berwick Birthday Paradox

By Stuart Proudfoot

Many moons ago I was teaching at the University of Calgary. When the students filed in for the lecture I would often ask if it was anyone's birthday. It was no big surprise when it was someone's birthday. The surprise came when two students had the same birthday. After all, there are 365 days in a year! The average class size at that time was 23 and my memory of whether there were any pairings (two students with the same birthday) was that about half the time there was a pairing. This seemed quite incredible to me.

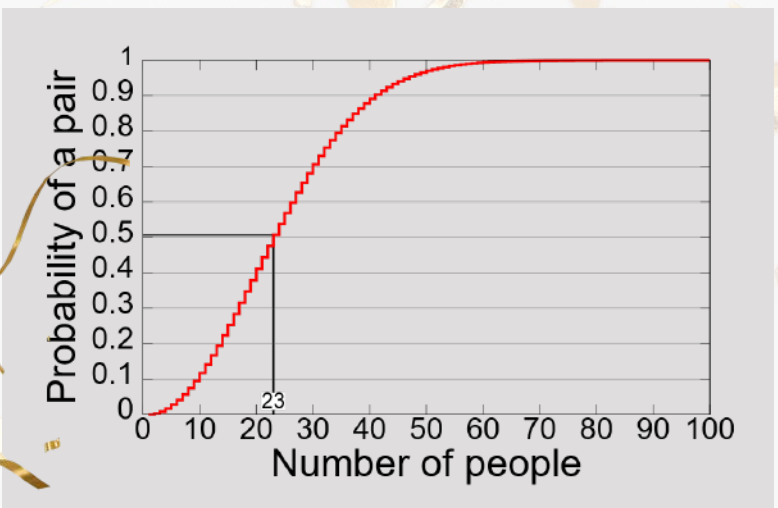
I was reminded of that experience when I moved into Berwick Qualicum Beach in July 2023. When I saw the regular monthly postings of staff and resident birthdays, I knew this would be a golden opportunity to see how much difference the data makes in a larger group. In this case, Berwick averages 150 in size.

Immediately I noticed that there were pairings within one month; this was no fluke. After a few months of collecting data, there was always at least one pairing; sometimes multiple pairings. There was at least one pairing each and every one of the 17 months since my arrival at Berwick.



I was stunned at this outcome. I now know from further research that with a group size of 150 it is close to impossible to have a month without at least one pairing. The size of the group is the critical element here. This is an example of a counterintuitive result in that you would expect that there would be fewer pairings as there are, after all, 365 days in the year. In fact, it is virtually certain that using the Berwick "living laboratory," there are 99.99% odds of there being at least one pairing in the group. You can bet the farm on this. This phenomenon is known as the birthday paradox, meaning something unexpected. Probability theorems are not my forte, but I found this exploration fascinating. If you are curious to learn more I invite you to go to it.

For now, I dare you to not have a closer look at the next posting of birthdays you happen to stumble upon to see if the paradox holds true.





IT'S A SMALL WORLD AFTER ALL



By Kelly Poppy

Have you ever noticed that sometimes, once you see something happen, it seems to happen all the time from that moment forward?

This is a wiring of our brains called the Baader-Meinhof phenomenon, better known as the frequency illusion.

Recently, while I was working at Berwick, a figure skating trophy from the 1970's caught my eye. A resident had placed it in our display case with a city that was familiar to me: Brandon, Manitoba. In the 1970's my late grandfather, Jack Brockest, was the first General Manager of the Keystone Centre in Brandon, Manitoba, and managed/owned the Brandon Wheat Kings CHL hockey team. I went to visit Doreen, the owner of the trophy, and quickly learned that she and my grandfather had worked together in the late 1970's at the (then) new Keystone Arena with him as the General Manager and her as the President of the Brandon Figure Skating Club. In mid-January of 1975, Doreen and my grandfather worked closely together when the largest snowstorm in a decade hit on the weekend of the Central Canadian Figure Skating Championships, creating a need for attendees to sleep in the arena as snow removal was impossible.

My grandfather has never lived on Vancouver Island, I have never lived in Manitoba, and Doreen had not heard his name in decades; what a seemingly unique connection.



However, it seems that unique connections are peppered all over this building. The cathedral city of Canterbury in England is 7,700 kilometers from Qualicum Beach, where good friends Tess & Maggie both worked in the 1950's, never having met until they both lived at Berwick.

In the Northern midlands of England, two Berwick residents were born within a few miles of each other, never having met until they moved in across the hall from each other on the fourth floor of Berwick.

Scynthia was born nearly 6,000 kms away on Grand Manan Island in the Bay of Fundy, where the current population is only 2,500. Jean's grandfather was born many years before on the same small island.

Varick and Barbara attended the same high school in West Vancouver, even graduated the same year, and never met until they arrived at Berwick.

The Jomini's were married on September 2, 1967, in New Brunswick, while across the country the Innes' were also wed on this exact date in Alberta, both couples meeting for the first time when they moved into Berwick.

There are constant connections being discovered here at Berwick: people having attended the same nursing school, studied or taught at the same universities, worked for the same company in the same city, or piloted the same planes, more often in places quite far from Qualicum Beach. Frequency illusion or not, it really is a small world!



The Puzzle of Writing from the Heart

Once a month our creative writing group gets together and shares the varied works they have written since our last meeting. Sometimes poetry, sometimes humour, always interesting to listen to. We often use a prompt to get our creative juices flowing, though there are not really any expectations around following any rules. Recently we tried the prompt “write about a puzzle.” We had so much fun at our following session enjoying each other’s writing and observing how different each piece was that we decided to share them with you.

Puzzles by Maggie Sheehan

Puzzles? Do we mean the verb or the noun?

I googled puzzles and after coming up with pages of where I could buy the best jigsaw puzzles, I came up with an explanation I was looking for.

“Working on any type of puzzle or game reinforces connections between brain cells and improves mental speed and is an effective way to improve short term memory. Dopamine production is increased, a chemical that regulates mood, memory and concentration.” By the time I got to the end of this paragraph I was quite bored. But the next one intrigued me. It went on to say, “Have you ever wondered what your IQ level is? Take the following free test and find out immediately.”

“That’s better,” I thought, and started the test. Lots of squares and patterns to match: some easy, some quite difficult. Then came grammatical problems, easier these, then some math. Oh, dear, failing there. Then some drawing, easy that one. Then, oops, more squares and patterns to match, some turned upside down. This is getting more difficult, but I soldiered on. These questions are on the Mensa test, I was told. Oh, that one’s easy. Then, oh dear, a couple where I couldn’t even understand the question! All this took almost half an hour. I had concentrated so much I had missed the program I was watching on the TV. I guess I can’t multitask. The end at last, goodie. What is my IQ? Do I come in the low seventies? Help! Or, do I make the low one hundreds? “You can find out now,” said the computer, “just send \$2.99 and your result will be sent right away.” How disappointing. My IQ is definitely high enough to save my \$2.99, though I won’t ever get that half hour back.

I guess life is just a puzzle after all.

Puzzles by Varick Ernst

Sometimes when I am all alone, if I sit very quietly, it is possible to feel the beating of my heart. To hear the blood coursing through my veins, bumpety-bumping as it travels through my head. I can watch with my inner eye, the workings of my brain, the flickering flashes of energy. Tiny lightening in an alien landscape.

Saliva rises, fills the cavern of my mouth and ebbs as I swallow, only to rise again, and ebb. My tongue is hardly ever still even when I am not speaking.

My breath comes and goes without conscious thought. My lungs inflate and deflate, inflate and deflate. Slowly, slowly because I am so still. My nostrils draw the air into my body, bringing with it the scent of coffee from the dregs in the cup beside me.

My eyelids, closed, are movie screens on which images appear unbidden, only to be banished by my watchful brain, again and again. My alimentary canal goes about its crucial business, sorting the input into recycling and garbage collections.

I feel the movement of gas as it descends and exits silently but not unnoticed by my nose. There is an ache in my lower back. The message from above is quick to come: “Too much time on your rump. You need to move.”

Footsteps sound on the outside of my door. A tiny creak from my neck as I turn my head towards the door. My son appears in the opening, “What are you up to, Mum?” All systems now on autopilot, I smile. Nothing, love, absolutely nothing. And wink inwardly at all the busyness inside.

Puzzles by Heather Sanders

As soon as my feet hit the floor after a good night's sleep, my mind spins like those colourful pinwheels I played with as a kid. Planning your day at Berwick Qualicum Beach is like creating a puzzle. What does today have in store for me? When I peruse the monthly calendar, the urge to close my eyes and point my finger at a spot on the paper to help me decide is strong. What is the most important thing to do for the day? The week?

There is no way that anyone, even superwoman, could do everything on that calendar. I know, because when I first moved in, I tried. All I accomplished from such a futile pursuit was to develop exhaustion. I curled up in a little ball and rested for the next onslaught of events.

The list of fun things is endless: bus trips, luncheons, plays at Chemainus theatre, storytelling, arts and crafts, yoga, writing group, and various exercise programs, plus many more. Meanwhile, I’m trying to fit in my own idea of importance, which is meditating, playing word games for my mind, swimming at the local pool, and 6000 steps a day. All this and trying to fit in mealtimes and socializing.

The greatest puzzle of all is that at the end of the month, I’ve not only survived but thrived through all the activity.

SIP AND SAVOUR

White Sangria

Makes 8 cups, Serves 6

Ingredients

- 1 750 ml bottle white wine, such as pinot grigio or sauvignon blanc
- 1/4 cup orange liqueur
- 1/4 cup Peach Schnapp's
- 1 medium orange
- 1/2 medium pink grapefruit
- 1 medium lemon
- 1 medium lime
- 1 medium firm-ripe white peach or nectarine
- 1 small Granny Smith apple
- 1 small pear
- 1 dragonfruit
- 4 large strawberries
- 1 bunch fresh mint
- 1 1/2 cups chilled seltzer water, lemon-lime soda, or sparkling wine

Instructions

1. Prepare the following, adding each to the pitcher as it is completed: Thinly slice lemon, lime, orange, pink grapefruit, discarding the ends and removing any large seeds. Halve, pit, and thinly slice peach or nectarine. Core and thinly slice Granny Smith apple and pear. Thinly slice and quarter dragonfruit.
2. Pour in 1 bottle white wine and 1/4 cup each Peach Schnapps and orange liqueur. Refrigerate for at least 4 hours or up to 24 hours.
3. Just before serving, trim and halve and slice strawberries, and pick the leaves from 1 bunch fresh mint until you have 1/2 cup. Add to the pitcher and stir to combine. To serve, add some fruit from the pitcher to each glass. Fill each glass with 1/2 cup sangria and top with 1/4 cup chilled seltzer water, lemon-lime soda, or sparkling wine.



“Substitute ingredients for in season local produce whenever possible.”



TEACUP CHARCUTERIE

Tips from Chef Ben

- Choose teacups that are wide and shallow. The larger the saucer the better. Select a variety of cups with bright colours and designs.
- Choose ingredients based on the 3-3-3-3 rule: 3 kinds of meat, 3 kinds of cheese, 3 kinds of fruit or pickle, and 3 kinds of pastry (savory or sweet)
- Stick smaller salami slices, cheese cubes, and pickles on a skewer for height and ease of eating.
- Dry washed berries or fruit thoroughly to avoid puddles in the cup.
- Use edible flowers and herbs to garnish.
- Keep assembled tea cups wrapped and refrigerated until use to keep charcuterie from drying and oxidizing.

Dynamić Duo

HERACLITUS, AN ANCIENT GREEK PHILOSOPHER WAS THE FIRST KNOWN PHILOSOPHER TO CONTEMPLATE THE PHILOSOPHY OF OPPOSITES, OR "UNITY OF OPPOSITES." HE EXPLORED HOW SEEMINGLY CONTRADICTIONARY IDEAS OR CONCEPTS ARE INTERCONNECTED AND INTERDEPENDENT, SUGGESTING THAT ONE CANNOT EXIST WITHOUT THE OTHER, AND THAT THEIR INTERACTION DRIVES PROGRESS AND UNDERSTANDING.

The unity of opposites is the philosophical idea that opposites are interconnected due to the way each is defined in relation to the other.

It is important to understand this concept to understand what drives the working relationship of our food service leadership. Mike and Chef Ben are both products of the Fairmont Hotel experience, having worked together at the Chateau Whistler for several years in early 2000s.

*Our Executive Chef Ben Pernosky
& Director of Hospitality Mike Morgan*



Mike was a budding young culinarian fulfilling an apprenticeship obligation, easy going, carefree, and some would say, yet to discover his serious and disciplined side. Ben was the Executive Sous Chef under the world renowned chef Vincent Stufano, a serious professional, under immense pressure, overworked and yet to discover his easy-going, carefree side. Those years working together fostered a mutual respect and appreciation for the valuable contributions of the other. You can even spot them together outside of work at community events. Mike will be the one in the bright coloured shirt and loud animated gestures and Chef Ben will be the one in jeans, plaid shirt, and concealing hat and sunglasses.



WINE EDUCATION WITH

CATHY MAWSON & LINDA WATTS

We have a wine education class at Berwick. Once a month we have a treat when Cathy Mawson and Linda Watts, two of the residents, give a talk and share their knowledge about different wines. Coming from different backgrounds and countries, they share a love of wine which started in childhood.

Linda started her career as a clinical dietician working with patients with eating disorders. Her mother was an excellent cook and both parents appreciated good food and wine, and Linda accompanied them on trips to the Okanagan to take wine tours. This led to her taking wine appreciation courses and being involved in the wine community, serving wine as part of the International Festival held annually in Vancouver. Her knowledge increased as she specialized in French wines, pouring them for a specialty winery in France. This talented lady went on to study at the Art Institute of Vancouver taking a course in the Wine and Spirit Education Program.

Meeting Cathy at Berwick, they shared this common interest and offered to teach 16 lucky residents about wine each month. Cathy's interest in wine started in childhood. Her father was a horticulturalist and she was fascinated by all growing things. The idea that vines had produced grapes that man had turned into wine for thousands of years was amazing to her, so through her profession she was able to take courses up to Master of Wine at the Wine and Spirit Education Trust in London. This allowed Cathy to use the wine knowledge while working as a Cabin Services Manager for twenty years for start-up and existing airlines around the world.



Each month we taste wines from around the world. Two bottles are bought to share among 16 recipients. We compare taste, colour, smell, etc., and learn about the differences that soil and climate produce. We sip while enjoying snacks, mostly chosen by Cathy who understands about accompanying flavours. For example, two white wines chosen from central Italy might be paired with Gorgonzola cheese and a mild Bocconcini. Approximately every three months, there is a modest collection of cash to finance the wine. Most are under \$25 a bottle. This one hour class is very popular. A big thank you to both Linda and Cathy for their expert help. A fun class for sure!



BY MAGGIE SHEEHAN



LIFE LESSONS FOR EVERYONE

LGBTQ+

Mischa Oak helps organizations create safer, more inclusive spaces for Two-Spirit, Lesbian, Gay, Bisexual, Transgender, and Queer (2SLGBTQ+) people. Through LGBTQ Inclusion Training (lgbtqinclusiontraining.com), he provides tools to reduce conflict, strengthen teams, and foster understanding. When we prioritize inclusion, everyone benefits—there’s less arguing, more harmony, and people feel empowered to reach their full potential, regardless of identity. As political shifts in the U.S. fuel division, many Canadians are looking for ways to come together. LGBTQ Inclusion Training helps by providing the language and tools to foster understanding and respect. Mischa recently delivered a TEDx talk on how everyone—including straight people—benefits from learning LGBTQ+ Life Lessons.

A note on language: “Queer” is a complicated word. For many, especially older generations, it is considered a slur. Today, younger generations have reclaimed it as an identity, which is why Mischa capitalizes Queer—to acknowledge it as more than just a descriptor.

Creating welcoming communities for 2SLGBTQ+ people isn’t just about them—it’s about their families, friends, and loved ones. Even if you don’t identify as 2SLGBTQ+, chances are someone in your life does. By fostering inclusion, you show that all families are equally valued and respected.



If you’d like to learn more, please visit LGBTQinclusion.com for a free LGBTQ+ Glossary of Terms and other resources.

Mischa Oak also provides a monthly e-newsletter for those wishing to keep learning more.



PRESCRIPTION FOR AGING WELL

Research shows that lifelong learning helps people age well. That’s why Mid Vancouver Island Elder College and the Wellington Medical Clinic partnered to create Elder College prescription pads.

Each individual prescription asks, “What matters to you?” then it offers Elder College supports based on your answer.

Is feeling socially connected important to you? If so, become a member of Elder College’s vibrant learning community. For many mature adults, Elder College is a lifeline.

Are you interested in rejuvenating your brain? Then sign up for a course. Elder College hosts more than one hundred courses annually. In-person courses are offered in a number of locations from Duncan to Qualicum Beach. Some courses are online via Zoom. Courses have no exams, no essays, no homework and, best of all, no grading.

Upon visiting the website eldercollege.org, you can find out about courses focusing on everything from arts and crafts, to science and technology, to history and politics. Plus, health and well-being, reading and writing, as well as philosophy and religion. Course information and registration are available on the website or by calling 250-797-9055.

Berwick Qualicum Beach is pleased to be a host for Elder College courses each season. The next scheduled course, Art of Listening to Music, starts on May 14 for five weeks with instructor Ed Wasiak.

“For the past few years, I have been attending, learning and loving Elder College classes. It has been a fun and rewarding experience. Now we have the convenience of classes in the theatre of Berwick Qualicum Beach. Learning and expanding my world is even more fun! My thanks to Berwick Qualicum Beach.”

-Janice Whaley



ONLINE SAFETY

by Brian Collicott from the
Oceanside Technology Learning Centre



Berwick Qualicum Beach is pleased to be partnered with Oceanside Learning Building Together with monthly technology presentations with their knowledgeable volunteers. Here are a few tips from Brian to help better identify online scams and unknown emails.

IDENTIFY SCAM EMAILS

- Contains misspellings designed to fool spam filters.
- Makes an offer that seems too good to be true.
- The subject line and contents do not match.
- Contains an urgent offer end date (for example “urgent personal tax issue”).
- Contains a request to forward an email to multiple people and may offer money for doing so.
- Contains a virus warning.
- Contains attachments, which could include .exe files.



SCAM EMAIL EXAMPLES

- Emails offering financial, physical or emotional benefits, which are, in reality linked to a wide variety of frauds.
- These include emails posing as being from ‘trusted’ sources such as your bank, HMRC or anywhere else that you have an online account. They ask you to click on a link and then disclose personal information.

SECURE YOURSELF ONLINE

- If an online offer sounds too good to be true, it is.
- If you are contacted out of the blue by an organization that asks you to expose your personal data in some way (especially financial), don’t trust it.
- Don’t use one password for every secure web site you visit.
- Use a password vault service and be prepared to learn how to use it or just keep a book at home.
- If in doubt, contact the person or organization a questionable email claims to have been sent by ... better safe than sorry. Look up the legitimate phone number of the organization online or in the phone book. **DO NOT** phone any numbers included in an email you suspect of being illegitimate.
- Always talk to others if you suspect you have been contacted or fooled by online scammers. Silence of the scammed is their best friend.



Mark your Calendar

BERWICK QUALICUM BEACH EVENTS

May

- 07** Mischa Oak Pride
Allyship Presentation
- 14** Elder College:
The Art of Listening to Music
- 21** Mid Island StoryTellers:
Tales from the Arabian Nights

June

- 14** Strings and Sings
Concert
- 18** Local Vendors Market
- 25** BQB Players
Performances
- 27** *National Seniors Month*

July

- 01** Canada Day Parade
and Dance
- 10** Butterflies and
Memories
- 27** Qualicum Beach Days:
Shuttle and Strings
and Sings Concert

August

- 04** BC Day
- 15** Oceanside Hospice
Golf tournament
- 26** Berwick Qualicum
Beach 6th Anniversary

September

- 07** Grandparents Day
- 20** BC Culture Days
Onsite Event
- 30** National Day for Truth
& Reconciliation:
Event Onsite

October

- 06** Active Aging Week:
See RDN schedule for on-site
events
- 09** Strings and Sings
Concert
- 31** Trick or Treating
at BQB

November

- 11** Remembrance Day
- 12** World Kindness Day:
*Look for us giving
out treats in town*
- 19** Mid Island
StoryTellers

December

- 03** Holiday Vendor
Market
- 08** Victoria Symphony
- 10** Holiday Colouring
Contest closes
- 17** Mid Island
StoryTellers

You are invited!

We invite you to join us for any of these upcoming events. For more information or to register for the events please call:

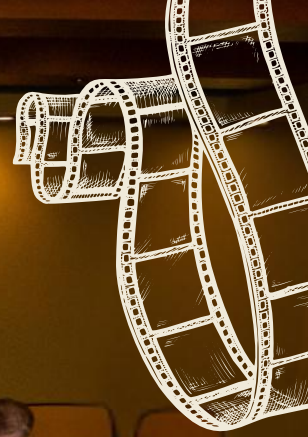
250-738-6200

To register to receive our monthly calendar please email

berwickqualicumbeach@berwickrc.com

All Events are RSVP

CONTRIBUTORS



These fun movie-goers dedicated their time and expertise to create a snapshot of the lifestyle and topics they are passionate about. We are grateful to showcase some of the talented people who live and work at Berwick Qualicum Beach. Thank you to everyone who contributed to this magazine.

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Featuring: Mason Dyck, Food Services; Michael Kessler, Food Services; Christian Klein-Beekman, Food Services; Marin Little, Volunteer; Helen Lloyd, Food Services; Wayne Lynch, Maintenance Manager; Deanna Reid, Food Services; Leslie Rodgers, Active Living Coordinator; Malinda Sanderson, Housekeeping Manager; Paul Trudeau, Food Services; Kelsey Wight, Landscaper

Special Thanks to Our Photographer: Rachel Kirk

Use this link to

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