



Van Isle Heritage Club

Newsletter # 38

April 2019

Welcome to a Beautiful Vancouver Island Spring

Welcome back home to all of our Snowbirds

Message from ... *Jim and Karen Sharpe*

We have just returned from another Heritage Club trip. This one was the longest and included more people than we have ever had over the previous years. In this newsletter we will have a 4 page section on travel and it will have many pictures. It was a trip to remember

I am so relieved and happy to let everyone now that our travel consultant and friend to all Vi McLennan is back on her feet and will continue to work with the Van Isle Heritage Club. She has had to cut back to "by appointment only" and cut back on her customer base and we will be one she is keeping. I just had coffee with her and although she still has months of therapy she looks great and is feeling very blessed to be alive. For those that had not heard, she contracted a virus while on vacation, ended up on life support in Singapore for two weeks—28 days before they were able to get her home to Canada.

SO Always ensure you have a good travel / health insurance plan

We are looking forward to seeing everyone at one or all of this years functions. We would love to welcome our newest members We have a few changes to our regular locations.

ETA and Rick Brown has sold his business so our day trips will be on hold until we can find a reasonable and dependable replacement for our Bus transportation. Many years we have taken advantage of their great service.

Do you have a grandchild in Grade 12 going to university this September

Help them out with 2 different scholarship available to active HC members
DETAILS inside



Welcome

New and Returning and Transferring and Travel Members

For this newsletter we have had more new members than any previous one

Melanie Everett—Campbell River Rick Hansen—Nanaimo
Heather Anfossie—Nanaimo Wayne Dawes—Nanaimo
Carry Lockhart—NanOOSE Peggy Geismar—Qualicum Beach
Frances Adele Cole—Victoria Philippa White—Sidney
Andy Merrick—Comox Barbara Sanderson—Campbell River
Keith Dawe—Coombs Kathleen Ladd—Calgary travel
Dietrich Schultz—Brentwood Bay Douglas Nelson—Victoria
Colin Gans— Victoria Bev Clarke—Sidney
Joyce Arnitt—Comox
Debra Pratt—Sooke
Dean Purych—Victoria
Fredy Gongora—Victoria Peter Player—Victoria

WELCOME



In this issue:

Pictures

Cruise / Barcelona / Portugal

Christmas Celebrations

- HC Scholarship and Johnson Insurance Scholarships updates
- Alzheimer's Information Vancouver Island Contact details
- HC Fundraising and Donations

2021 TRAVEL news

Next trip Italy and Greek Islands

2020

Cruise on the NCL JOY

(May) Appies and Shooter GOLF

(June) Summer luncheon INFO

Van Isle Heritage Club

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Qualicum Beach BC V9K 2J1

(250) 240-0184

heritagevanisle @shaw.ca

National Website heritageclub.ca

If you have anything you would like to contribute to our newsletter, please send it along by mail or email.

Others love personal stories or pictures of events like retirements or accomplishments.

Notices of any charitable events you are arranging and would like helpers.

We have four newsletters a year in addition to numerous email notices.



Christmas 2018 Victoria Celebration Once again this year for our annual get-together we were lucky enough to be able to hold it at 4 Mile Restaurant . It is such a warm festive place. We do sell out every year and this year was no different. It is always so nice to see everyone and catch up with all the news each can share. Thanks to Alison this year for taking the pictures, our regular photo guy—David Gilbert was unable to come last minute and we were so lucky to have her step in .

We had lots of door prizes as well two beautiful Christmas wreaths donated by Lorraine Schoor and a big 50/50 win all adding to the fun and laughter.



Please Join us for our 11 th Annual Golf Tournament
“SHOOTERS and APPIES”



Wednesday May 22 2019

Tee times to start at 11am

Let us know if you want a golf cart

Look for prizes and surprises and of course.....

APPIES and SHOOTERS

SHOOTER GIRLS – we need you !!!!

*If you would like to join the fun (but don't golf) come to the clubhouse
around 4pm and have something to eat and a beer or two*

lots of laughs and prizes

Eaglecrest Golf Course

Qualicum Beach

Please rsvp for golf or if you plan to join later

email heritagevanisle@shaw.ca or 250 927-4266

If you have pictures or stories of an event that you have been involved in

Please send it to us.

Other Heritage Club members enjoy seeing stories and picture

If you have an upcoming event or fundraising drive ... we can send out your information

- you may get helpers.

3 stages of life.

Youth: You have all the time and energy, but not the money.

Adulthood: You have money and energy, but no time.

Old Age: You have all the money and the time, but no energy.

Moral of the story: Enjoy each moment of life with what you have, because you can never have it all at the same time.



Mid Island SOS and Tigh Na Mara
Christmas Toy Drive Breakfast

Parksville 1155 Resort Drive Nov 28 2018

Thanks to David and Joan Gilbert
Van Isle Heritage Club's
Vice President and Treasurer
for dropping off our donation of
Toys and Gift Cards



Our fundraising and donation to the
Haven Society
this year was beyond our expectations

Thanks
to the Generosity of our members
we donated over

1000

personal hygiene products and a
cash donation



From the Desk of Santa Claus

Santa says thank you
van Isle Heritage Club elves
helping to answer the
childrens letters



Christmas 2018 :

The National Heritage Club draw for helpers

One of our members won the gift \$50

Thank you for your help with Santa's mail " year after year "

Congratulations

Patricia Treadwell



Over the past years we have annually made donations on behalf of VanIsle Heritage Club to **Alzheimers Society** on Vancouver Island. As well in our newsletters we have tried to include information that is valuable to many of our members and their family . **FIRST LINK : Helpline: 1 800 936-6033**



An elderly man hurried to his 8:00 am doctor appointment, he wanted to finish quickly so he could get to another appointment. The doctor asked what it was and he proudly said that every morning at a 9:00 am at the hospital he had breakfast with his wife. The doctor asked what her condition was and he replied that for 5 years she has had Alzheimer's and hasn't known who he is. The doctor asked why he continues if she has no idea who he is and the old man replied "because I still know who she is."

If I get DEMENTIA

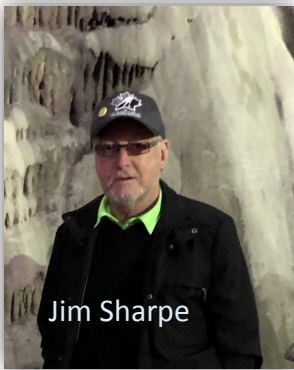
- 1) If I get Dementia, I want my friends and family to embrace my reality, if I think my spouse is still alive or if I think we are visiting my parents for dinner, let me believe those things I'll be much happier for it
- 2) If I get DEMENTIA, I don't want to be treated like a child, Talk to me like the adult I am
- 3) If I get Dementia, I still want to enjoy the things I have always enjoyed. Help me find a way to exercise and read and visit with friends.
- 4) If I get Dementia, ask me to tell a story from my past
- 5) If I get Dementia, and I become agitated, take the time to figure out what is bothering me
- 6) If I get Dementia, treat me the way you would want to be treated
- 7) If I get Dementia, make sure there are plenty of snacks for me in the house, Even now if I don't eat I get angry and if I have dementia I may have trouble explaining what I need
- 8) If I get Dementia, don't talk about me as if I am not in the room
- 9) If I get Dementia, don't feel guilty if you cannot care for me 24 hours a day 7 days a week. It is not your fault and you have done your best. Find someone to help you
- 10) If I get Dementia, and live in a Care Home, please visit me often
- 11) If I get Dementia, I love to have my favorite music playing
- 12) If I get Dementia, don't exclude me from gatherings and parties
- 13) If I get Dementia, and I like to pick up things and carry them around, help me return those items to their original places
- 14) If I get Dementia, I still like getting handshakes and hugs
- 15) If I get Dementia, **I am still the person you know and love**

10 warning signs of Caregiver stress

Taking care of someone with dementia requires time and energy. It can be a demanding and stressful task. Knowing and recognizing the signs of stress in yourself or someone you care about is the first step toward taking action.

If the following symptoms occur on a regular basis, call your doctor or contact your local Alzheimer Society for help.

1. **Denial** about the disease and its effect on the person with the disease. "Everyone is overreacting. I know Mom will get better."
2. **Anger** at the person with Alzheimer's disease, yourself and others. "If he asks me that question once more I will scream!"
3. **Withdrawing socially**, you no longer want to stay in touch with friends or participate in activities you once enjoyed. "I don't care about getting together with friends anymore."
4. **Anxiety** about facing another day and what the future holds. "I'm worried about what will happen when I can no longer provide care."
5. **Depression**, you feel sad and hopeless much of the time. "I don't care anymore. What is wrong with me?"
6. **Exhaustion**, you barely have the energy to complete your daily tasks. "I don't have the energy to do anything anymore."
7. **Sleeplessness**, you wake up in the middle of the night or have nightmares and stressful dreams. "I rarely sleep through the night, and don't feel refreshed in the morning."
8. **Emotional reactions**, you cry at minor upsets; you are often irritable. "I cried when there was no milk for my coffee this morning. Then I yelled at my son."
9. **Lack of concentration**, you have trouble focusing and you find it difficult to complete complex tasks. "I used to do the daily crossword. Now I am lucky if I can solve half of it."
10. **Health problems**, you may lose or gain weight, get sick more often (colds, flu), or develop chronic health problems (backaches, high blood pressure).



Jim Sharpe



Brian Superle

VanIsle Heritage Club Committee

President

Jim Sharpe

Vice President and Treasurer

David Gilbert

Victoria council

Brian Superle 2nd vice president

Jerry Witty 3rd vice president

Administration assistant

Angela Warnock

Our valuable helpers

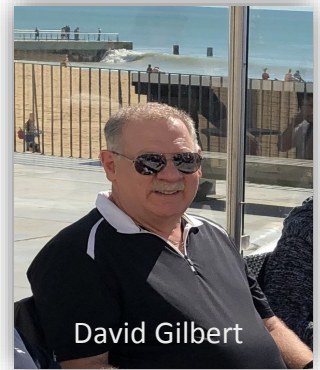
All of our Santa's elves

As well as our "shooter girls" that make our
Spring golf tournament a success every year

ELECTIONS:

Are you interested in taking over any of these positions ?
Please let us know, elections can take place once each year.

We can send you information on what is involved in
each position



David Gilbert



Jerry Witty

Heritage Club Scholarships 2019

The Scholarship Program for 2018 was successful,

This is a reminder that you can now apply for 2019

In brief, the Club will be awarding three scholarships to students starting, for the first time, their first year of full time studies, and the awards will be valued at \$1000 for university or college studies. In order to be eligible, students must be dependent children, including adopted children, stepchildren, grandchildren, and wards in legal guardianship of an active member (dues paying member of 2 years) of a Heritage Club Chapter. All applications must be post-marked by June 28, 2019.

The program details are available on the Heritage Club website at heritageclub.ca under LINKS.

National Coordinator, and all applications and queries should be directed through Eldred Holmes at holmese@nl.rogers.com.

Johnson Insurance Scholarship

Amount :

Johnson will award 50 scholarships each valued at \$1,000 to students attending a post-secondary educational institution in Canada in the fall of 2019.

Who May Apply To apply, applicants must be:

- a resident of a province or territory of Canada;
- completing high school in 2019; and,
- enrolled in an undergraduate program on a full-time basis for the 2019-2020 academic year at a recognized publicly funded Canadian post-secondary institution or Cegep (if living in the province of Quebec).
- have a parent/guardian or grandparent who has a home or auto policy through Johnson;
- have a parent/guardian or grandparent who is a member/employee of a Johnson recognized group*, and has a home or auto policy or group benefit plan through Johnson;

Deadline: August 12, 2019

VanIsle Heritage Club—Travel news

Over the past 12 years we have travelled with our group to many different locations. So many friendships and lasting bonds have been made. Our most recent trip to Spain and Portugal was no different. Many of us started out on Jan 30 and travelled to Barcelona. What a beautiful city it is! From the breathtaking Sagrada Familia to the fun La Boqueria Market. Finding tapas bars and enjoying coffee or a beer at the many sidewalk cafes

So much to see and we had three days to fit in as much as we could before boarding our ship the NCL Spirit for a 12 day cruise.



From comments and feedback about our cruise itinerary, the PORTS stood out. Beautiful places to visit. We visited 3 of The Canary Islands each unique in their own way from the port city to the rest of each island then Madiera which is Portuguese and the 2 cities off the coast of Spain. Our first stop was Casablanca which had varying opinions but a visit to a beautiful mosque was a highlight. Many took the bus trip to Gilbralter when we docked in Malaga while others waited until we got to Portugal and then went.



In Madeira MOST of our group took the cable car to the top of the mountain then came down in the famous wicker MONTE toboggan ride" downhill 2 Kilometres chauffeured by 2 men called Carrieros wearing special rubber-soled shoes helping steer and brake the wicker basket which is attached to two wooden runners that glides on greased up rags ! 10 minutes down a steep curvy road with speeds up to 30 mph



Peter and Marion Alexander





Christine Markle at the Loule Carnivale. This was a parade like none of us had ever seen. From the rather interesting floats to the scantily ! dressed dancers

After all of the excitement and fun of Spain and the cruise the group headed in different directions with 42 of us off to the beautiful ALGARVE south Portugal. More Happy Hours at the Brisa Sol hotel and days exploring the area, enjoying the beach, poking through all the little shops in Old Town Albufiera. A group Bus tour to GILBRATER. Discovered the wonderful Wander Inn, a British restaurant in Albufiera which lots of us visited more than once or twice. THX Dana !



YES
there
must be a
story
around
this
picture



Something silly going on with David , Ross and Jim at Cliffs at the End of the World Sagres Portugal



Thanks BROS for figuring out the local buses so we could head to Vilamoura We enjoyed a sunny day and lunch at the marina

The caves in Gilbralter were breathtaking. During WW2 used as a hospital but now a unique venue with 600 seats for concerts, ballet and drama



Van Isle Travel news:

Over the years we have tried to plan a Heritage Club trip every other year. Often planning the next one while still enjoying the one we were on. This year was no exception. !! Asking our group for ideas we have narrowed down the location for 2021. We have been before, but we have many new travellers that were not apart of the past one AND I do plan to find new locations and new things to see. The itineraries are not out yet but I am checking prices and locations and will start planning just as soon as available



Cruise

Italy and Greek Islands

Rome and Venice stay—One week pre and post cruise

Overnight trip to the Amalfi Coast

2021 (exact date is still not yet available)

Mid Island Summer Luncheon

PLEASE JOIN US

Wednesday June 19 , 2019

Simon Holt

6582 Applecross Road

Nanaimo BC (behind Costco)

11:30—12:15 Mix and Mingle

12:15—2pm Lunch

Door prizes and Surprises

50 /50 draw

PLEASE RSVP envelope included

Or

Email: heritagevanisle@shaw.ca or call or text : 250 240-0184