

# LVSA NEWS



Mollie Nye House  
940 Lynn Valley Road  
North Vancouver, BC  
V7J 1Z7  
604-987-5820  
Email: [info@lvsa.ca](mailto:info@lvsa.ca)  
Website: [www.lvsa.ca](http://www.lvsa.ca)

Instagram: [lynnvalleyseniorsassociation](https://www.instagram.com/lynnvalleyseniorsassociation)

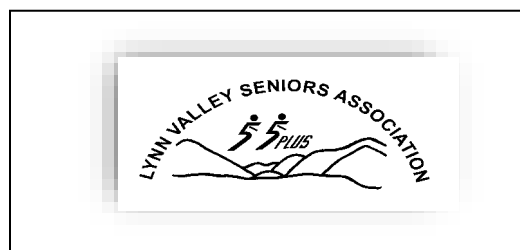
## September - October 2021 Issue

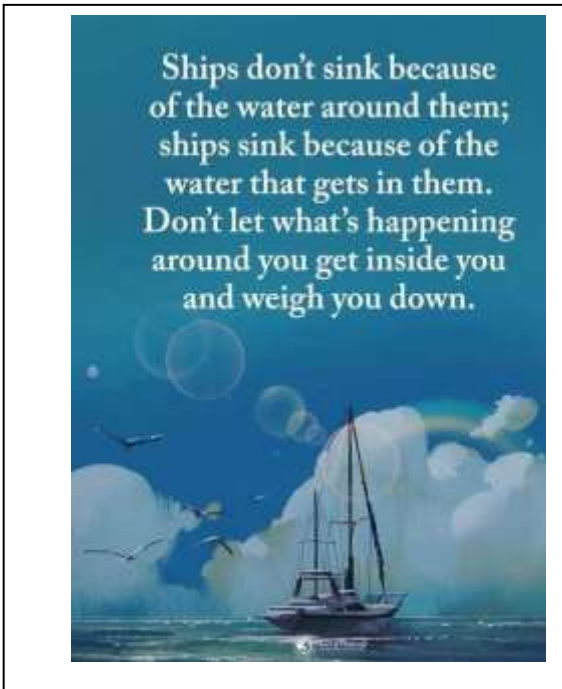


Inside this issue:

- Page 2 - Message from the Board
- Page 3 – Bus Trips
- Page 5 – Mollie’s Garden Volunteers
- Page 7 – FREE Workshop
- Page 8 – LVSS Drop-ins

**Mollie Nye House closed  
on Monday, September 6, 2021  
for Labour Day  
and Monday, October 11, 2021  
for Thanksgiving Day**





**Message from the Board  
by Peggy Ament, President**

**Board Members**

**Peggy Ament  
Margaret Ballantine  
Janet Dysart  
Georgina Duplissie  
Jackie Hay  
Marilyn Rohan  
Carol Thompson  
Dee Walker**

It has been a grueling 18 months since the beginning of the pandemic in March of 2020, and it's not quite over yet. We have all been impacted by masks, by social distancing, and by restrictions for shopping, entertainment, and travel. Some of us have fared better than others with social isolation and mental health. We hope, that with the reopening of Mollie Nye House in September, we can all return to the social activities and interactions with which we are so familiar.

There are some new faces on the LVSA Board of Directors. Peggy Ament has been asked to be Interim President until our next AGM in the Spring of 2022. Janet Dysart has volunteered to join the Board of Directors. Susan Befus and Lorraine Campbell have resigned. We sincerely thank them for their service. Margaret Ballantine, Georgina Duplissie, Marilyn Rohan, Carol Thompson, Dee Walker have all agreed to remain on the Board, which is great for consistency. Jackie Hay who has led us for so long will be joining us as Past President.

It is my sad duty to report that on July 26, 2021, Neil Hay, husband of Jackie, succumbed to pancreatic cancer after over six months of battling bravely with this disease. Neil was a kind, helpful friend of the LVSA and LVSS who tirelessly contributed to the daily operations of both organizations. He provided much needed permanent construction projects to the House--making cupboards for the activity room, building the garden boxes, seeing to the erection of permanent lighting on the outside of the House, just to name a few. He was instrumental in serving at the Hearty Lunches and LVSA BBQ's. His contributions and talents will be missed, but so will his gentle, cooperative nature. He was truly the epitome of what it is to be community.

**In Memoriam: We acknowledge the passing of the following LVSA members:**

**David Ballantine and Neil Hay**

If you are aware of an LVSA member who is ill or hospitalized or who has lost a loved one, please let us know. One of our volunteers is willing to write and send cards of cheer or condolences. However, cards cannot be sent out unless we hear from you. Please email [info@lvsa.ca](mailto:info@lvsa.ca) or call 604-987-5820 and leave a message for Peggy.

## LVSA Bus Trips for October 2021



Please note the details for the following bus trips can be obtained on-line, picked up at Mollie Nye House or phone 604-987-5820. Each bus trip has a deadline for registering. If there are not enough seats sold by that date, the trip could be cancelled. Be sure to add your name to the waiting list of a sold-out trip. Cancellations do happen. **Trips on sale on Monday, Sept. 13, 2021 at 10 am.**

**PLEASE BE CONSIDERATE OF OTHERS AND LIMIT YOUR USE OF SCENTED PRODUCTS WHEN GOING ON A BUS TRIP. THANK YOU.**

**According to Provincial Health Regulations, and for the health of all, passengers must wear masks and have proof of full vaccination.**

### **Trip to Steveston**

Costs: Member \$25.00

Non-member \$35.00

Thurs. Oct. 7<sup>th</sup> 10:15 am – 2:45 pm  
Register by Sept. 30

**Spend 3 hours of free time in Steveston, a lovely fishing village on the Fraser River. You can walk along the waterfront, buy some seafood fresh off the boat, explore some of the village's quaint shops and enjoy lunch (not included in price) at one of the many restaurants. Walkability: Lots of walking.**

### **Grand Villa Casino**

Costs: Member \$25.00

Non-member \$35.00

Tues. Oct. 26<sup>th</sup> 10:45 am – 3:15 pm  
Register by Oct.19

**We're off to the Grand Villa Casino in Burnaby, where you can try your luck with table games, in the poker room, or at one of the 1300 slot machines. Enjoy lunch (not included in price) at one of the restaurants. Encore members will receive \$10 free play and \$5 food vouchers. Please leave your encore number when you register. Walkability: Limited walking.**

# **LYNN VALLEY SENIORS ASSOCIATION**

## **“What We Do”**

### **Direct Support to Lynn Valley Seniors**

Nine Hearty Lunches annually, often including speakers  
Two-three larger evening events annually (BBQ, Trivia Nights, Pub Nights) including entertainment  
Annual full-course Christmas Dinner with door prizes, raffles, etc.  
Bi-monthly newsletter  
Bus Trips (usually three-four monthly)  
Lynn Valley “Nook” craft items

### **Direct Support to the House (LVSS)**

Participation in LVSS Drop-in and Registered Programs, such as:

Arts & Crafts, Sewing, Friendly Fridays

Book Club, Music Group, Stamp Club, Darts, Mahjong

Monday and Wednesday Walking Groups, Adaptive Yoga, Stretching, and Tai Chi

Reception at the Front Desk

Light Repair and Maintenance of the House, as well as carpentry projects

Decoration of the House at Christmas, including program support for Bright Christmas

Volunteer support for LVSS Traditional Strawberry Tea, High Tea, Harvest Tea, Christmas Teas

Advertising of LVSS Programs in the Newsletters

Gardening at Mollie’s Garden

Maintaining Mollie Nye Library

Program Support for Tech Training for Seniors

### **Outreach Programs to the Wider Community (local and global)**

Purple Hats (Shaken Baby Syndrome) approx. 250+ annually to Lions Gate Hospital

Comfort Dolls, Baby Toques, Blankets, Sundresses, to ICROSS (International Community for the Relief of Suffering and Starvation) 10,400 dolls, 4,802 hats, 88 blankets, 176 sundresses, 21 misc. items

Blankets for Oncology Department at Lions Gate Hospital, and others (see below)

Quilts for Sage House (domestic abuse victims), Ronald McDonald House, Covenant House (youth)

Various knitted and crocheted articles for the vulnerable on the Downtown East Side

Wreath at Remembrance Day Service at Veteran’s Lane

Christmas food/gift hampers annually for needy families to Sage House

Christmas card-making for the vulnerable on the Downtown East Side

Red Stocking collection of articles annually for Hollyburn Family Services Youth Shelter

Regular donations (\$50) to speakers at Hearty Lunches for non-profit organizations,  
e.g. North Shore Black Bear Society, BC Guide Dogs

GO BUS, shuttle bus service for seniors with limited transportation with half-ownership of the bus.

Support for various Lynn Valley Park rehabilitation projects, e.g. LV Link

Participation in Lynn Valley Day



## Mollie Nye House Garden Volunteers

By Audrey Dewan

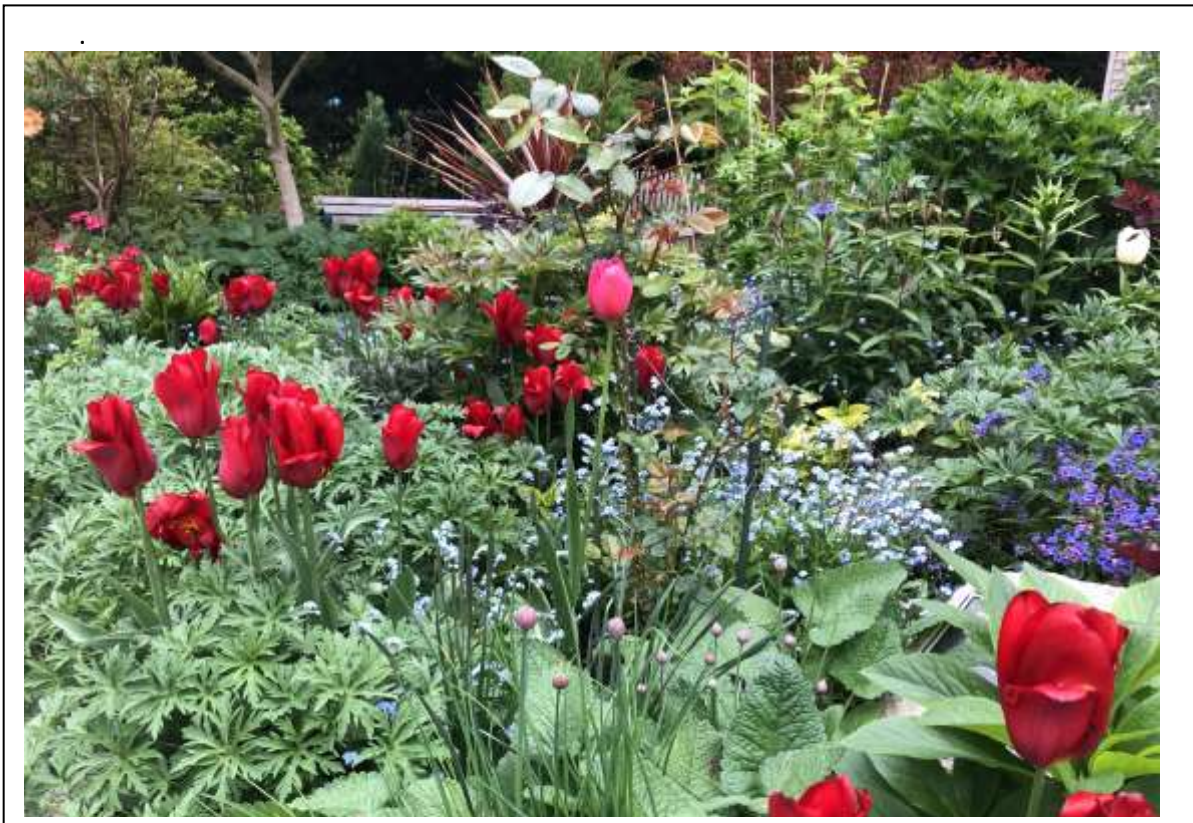
This year gardening in Mollie Nye House Garden started in early March 2021 with the delivery of a load of topsoil in the parking lot. **Colin Fraser** came to the rescue, and in short order, brought the soil to the garden in wheelbarrow loads where it was distributed by **Margaret Fraser**, **Ginny Phillips** and three other volunteers.

Spring is the time for pruning, dividing perennials, repotting, staking plants to keep them upright and weeding. **Judy Stringer** uses a handy tool called the Bandit to go after the weeds. **Bernadette Robb** decided to tackle the goutweed. She dug and she dug and she dug. We will not be sure who won that battle until 2022.

May is when plant explorers, **Marina Bailey** and **Audrey Dewan**, go on shopping expeditions looking for annuals to put in the many containers. **Jackie Hay** planted one large container full of colourful snapdragons. Later in the season, **Ellen Ellis** deadheaded (removed the seeds). The role of a plant is to set seed. The job of the gardener is to stop the snapdragons from setting seed so they continue to bloom.

We appreciate the people from Balmoral, from Sunrise, from the neighbourhood, who walk past the garden admiring the plants and saying thank you to the volunteers for doing something in which all of us find great enjoyment.

**Editor's note: A huge collective thank you from the entire community to the volunteers for looking after Mollie's Garden. We can tell it is truly a labour of love.**



**“Volunteering is the ultimate exercise in democracy. You vote in elections every few years, but when you volunteer, you vote every day about the kind of community you want to live in.”**  
- Anonymous



On Thursday, August 12, 2021, Janet Dysart, a Director on the LVSA Board, attended a Zoom Seniors Forum hosted by Jonathan Wilkinson, MP for North Vancouver-Seymour. In the following letter, she eloquently speaks to the needs of seniors in our community and our country. Thank you for doing this Janet.

*“Maybe Canadians are looking away, not wanting to face their own future as older adults. Canada is about to be a super-aged society. More than 20% of our population will be 65 and older within the next five years. Yet very little priority has been given to this sector of our health and social systems, making it vulnerable to the crisis.”*

*Quote by Jonathan Wilkinson*

To Jonathan Wilkinson, MP for North Vancouver-Seymour

I am writing this letter on behalf of the Lynn Valley Seniors Association, in North Vancouver. We are a non-profit, charitable organization of over 150 members dedicated to enriching the lives of seniors in the Lynn Valley area.

Since March 2020, our members have lost personal contact with each other. Our ages range from 55 to 95 years, members who in the past have enjoyed a range of programs to provide activities, socialization and some fun, too. It is crucial that seniors maintain their physical and mental health wellness. While realizing that seniors' centres are a municipal responsibility, is it not incumbent on the federal government to ensure that these people, who have worked for this wonderful country we call home, have security in their social health in retirement?

We have seen what happens in long term care during the pandemic to our horror. Let's support seniors at home and in their seniors' centres as well. To expect the municipal government or even the provincial government to support these seniors' organizations is a huge financial cost. It can mean closing programs or increasing cost to seniors who are already existing on pensions of different levels.

Help us to stay healthy – it is to the federal government's benefit.

Janet Dysart, Lynn Valley Seniors Association, August 9, 2021

## BLACKOUT POETRY

Blackout Poetry is a FREE community art project facilitated by Matina, funded by District of North Vancouver. Blackout poetry is the creative process of blacking out words on a page and being left with a series of words creating a poem. Then drawing what inspires you from those words. Individual expression is encouraged. Pages come from a used book, magazine... whatever you have access to. This is often (but not always) done with a black marker, hence the name "blackout" poetry. I like to add colour. There are several convincing reasons to try blackout poetry, even if you are not an artist or a poet. This Blackout Poetry event will be an in person, social gathering, in the form of an art project. Both wording and art will be encouraged. This event is open to all. It is time for all of us to reconnect!

Registration is FREE and REQUIRED: \*LVSA members need to register asap before this workshop becomes open to the public. Space will be limited.

Email [mattiealamode@gmail.com](mailto:mattiealamode@gmail.com) and tell us which date you prefer.

### Dates:

Wed- Sep 29 1-3 pm Activity room **OR**

Thurs- Oct 14 6-8 pm Activity room

### Location:

Mollie Nye House

940 Lynn Valley Rd, North Vancouver

### What participants need to bring;

Your own book/magazine to doodle in (there will be some available to share)

Art supplies will be provided

Your creative spirit 😊

### For more information;

[www.lvss.ca](http://www.lvss.ca)

[mattiealamode@gmail.com](mailto:mattiealamode@gmail.com)

[www.facebook.com/Matina.Inspire.Creativity/](https://www.facebook.com/Matina.Inspire.Creativity/)



**CALENDAR OF DROP-IN ACTIVITIES FOR MOLLIE NYE HOUSE**

**Fee for Chair Stretch, Arts and Crafts, Mahjong, Sewing Group and Stamp Club  
\$3 per session for members/\$5 for non-members**

**Munch & Mingle is operated by Vancouver Coastal Health  
Fee and Start Date to be determined**

Effective: SEPTEMBER 13, 2021

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Chair Stretch – Del</b> 11:30am – 12:45pm Location: Activity Room		
		<b>Munch &amp; Mingle</b> Starting in early October 12pm – 2pm Location: Activity Room
<b>Arts &amp; Crafts - Jeanette</b> 1 :00pm – 3 :30pm Location : Activity Room  <b>Mahjong - Janet</b> 1 :00 pm – 3 :30pm Location : Activity Room	<b>Sewing Group – Jeanette</b> 1:00pm – 3:30pm Location: Activity Room	<b>Stamp Club -Margaret</b> Starting Sept 22 Every 2 <sup>nd</sup> Wednesday 2:15pm – 4:15pm Location: Activity Room

**All Mollie Nye House programs, under the auspices of the Lynn Valley Services Society (LVSS), will be adhering to all Provincial Health Orders and guidelines, and will communicate specific protocols and procedures before the reopening date of September 13, 2021. Thank you for your continued patience and cooperation.**