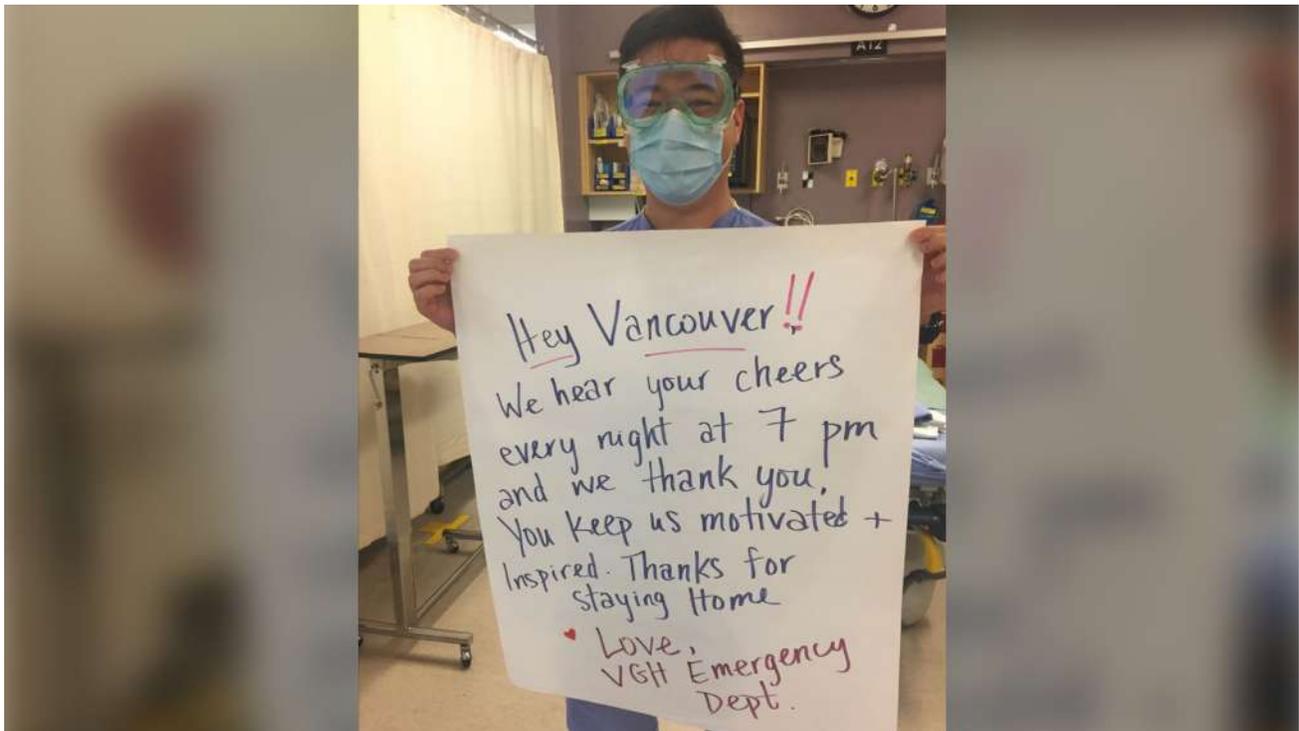




VANCOUVER NEWCOMERS CLUB

MAY 2020 NEWSLETTER



MESSAGE FROM YOUR CHAIR

by Lori Jamison

I MISS YOU!

Did you know that loneliness can produce a similar mortality risk to smoking 15 cigarettes a day? We need to reframe our thinking from “social distancing” to “distant socializing,” according to a Stanford University psychologist. Even when we are physically apart, it’s important to be socially connected. [Read](#)

Monday Coffee Parties: *Much as I miss our face-to-face activities, I am relishing the email, Zoom and telephone connections. We had two coffee groups on Monday and found it was much easier to interact in smaller numbers. That's why it's helpful for me to know how many are planning to "attend." If you would like to receive the links to our Monday Coffee Gathering, please click "yes" on the survey in Friday's Morning Meme.*

Maybe you'd like to be part of a virtual Happy Hour? Or a book or movie discussion? Let me know and I will be glad to help you set it up.

Meanwhile, I will continue to send out a daily chuckle and I welcome your feedback and ideas for other VNC Communication. Geri and Catherine have already taken the initiative to share a recipe once a week. Feel free to let me know if you would prefer to have your name taken off the daily email list at any time. You will still receive general VNC Communications, like this newsletter. Thanks to Karyn for carrying on with it in this turbulent time.

Membership Changes: *As you know, we have no idea when we'll be able to resume our normal activities. In light of these circumstances, the VNC Executive has made the following decisions:*

- *Members who are completing their fourth year (and who normally would be "graduating" to Newcomers Alumni) are invited to remain in VNC for another year. The options also remain to move on to VNA or to be a member of both clubs.*
- *We are postponing our membership renewal until our activities resume, at which time we will consider an appropriate adjustment to the annual membership fee.*

Nominations: *Paddy and Jane have managed to fill our executive roster for next season, with the exception of Vice-Chair (who we hope will continue as Chair the following year). Remember that the more you give back to an organization, the more you gain from it. Please consider joining our dynamic executive.*

In closing, an attitude of gratitude: How fortunate we are to live in Canada, where politicians of all stripes are working together to keep us safe and healthy; in British Columbia, where our leadership is careful, measured and wears great shoes; in Vancouver, where we can have groceries and other necessities delivered to our doors and where we can walk through neighbourhoods littered with cherry blossoms and framed with flowers.

Till we see each other again, be calm, be kind, be safe –

Lori

I'm normally a social girl, I love to meet my mates.
But lately with the virus here, we can't go out the gates.
You see, we are the "oldies" now, we have to stay inside;
If they haven't seen us for a while, they'll think we've up and died.

They'll never know the things we did before we got this old.
There wasn't any Facebook, so not everything was told.
We may seem sweet old ladies who would never be uncouth,
But we grew up in the Sixties - if they only knew the truth!
There was sex and drugs and rock 'n' roll, the pill and miniskirts;
We smoked, we drank, we partied and were quite outrageous flirts.

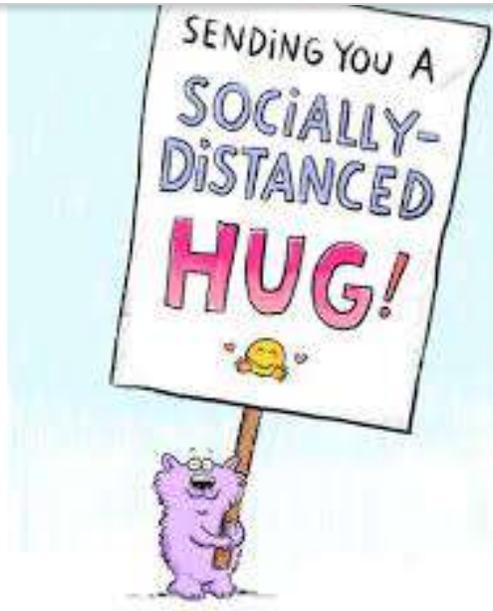
Then we settled down, got married and turned into someone's mom,
Somebody's wife, then nana...Who on earth did we become?
We didn't mind the change of pace because our lives were full,
But to bury us before we're dead is like a red flag to a bull!

So, here you find me stuck inside for four weeks, maybe more!
I finally found myself again, then I had to close the door.
At first, it didn't bother me; I'd while away the hour,
I would bake for all the family, but I don't have any flour!
Now Netflix is just wonderful - I like a gutsy thriller;
I'm swooning over Idris or some random sexy killer.
And I've got a stash of booze for when I'm being idle.
There's wine and whiskey, even gin, if I'm feeling suicidal.

So let's all drink to lockdown, to recovery and health -
And hope this awful virus doesn't decimate our wealth.
We will get through the crisis and be back to join our mates -
Just hoping I am not too wide to fit through the flaming gates!

MAY BIRTHDAYS

Vana Bachtsevani
Vicky Andrew



SOME IDEAS FOR THINGS TO DO AT HOME

1. **Write a letter to your future self**
2. Research your houseplants/patio plants and learn how to care for them
3. Sort old clothes, for donation
4. **Create your own Quarantini cocktail**
5. Unsubscribe from every email you don't need
6. **Organise a virtual party with friends and family, through Houseparty**
7. **Learn how to play the spoons, with help from Abby The Spoon Lady**
8. Livestream an at-home workout
9. **Learn how to moonwalk** (it was either that, or learn how to do the splits)
10. Plan your re-emergence-into-the-real-world outfit (I'll be shopping online for a larger size)

USEFUL HOME DELIVERY SERVICES

[Click here](#) for an ultimate list of food delivery/take out in Vancouver. Updated daily!

[Click here](#) for 7 grocery stores that deliver to your door

[Click here](#) for BC breweries home beer delivery

[Click here](#) to order wine and liquor to your door

[Click here](#) for frozen meat delivery

[Click here](#) for fresh bread, flour, eggs and other goodies

[Click here](#) for fresh produce box and smoothie kit delivery

[Click here](#) for laundry & dry cleaning home pick up and drop off

* Whilst the VNC doesn't usually acknowledge/support individual businesses, information is being shared to support our members during this unique and difficult time.

LOCAL DISTILLERY HELPING TO SUPPORT THE COMMUNITY

Our club member, Ramona Rea has been busy volunteering for a good cause.

Her friend's son, Scott Thompson owns a local micro distillery called Mad Lab Distillery. He's now producing alcohol for wipes that are being distributed to places like hospitals, Downtown Eastside, women's shelters, etc. Suppliers have generously donated labels and paper towels. MacGillvray and Rogers Sugar also donated pallets of sugar, so Scott can turn it into sanitizing alcohol.

Ramona and her family, along with many other helpers in his network, are cutting and folding paper towels and packing them into small ziplock bags, ready for the alcohol to be added. What a wonderful example of the community and businesses working together!

You can follow the Mad Lab Distillery project on instagram [@madlabspirits](#)

See the Mad Laboratory website for further details

<https://www.madlabdistilling.com/>



Ramona adds *"things to do while watching Star Trek in the evenings!"*

JOIN ME

VSO SCHOOL OF MUSIC FOR THE LOVE OF MUSIC - OPERA!

Marsha Mah Poy invites you to join her, on a 4 week online music class, taught using Zoom

Opera is universally acknowledged as one of the most spectacular genres in Western art. From its humble beginnings in the salons of 16th-Century Florence to the height of Wagner's 19th-Century Gesamtkunstwerke to the contemporary and edgy creations of John Adams, operas have occupied a central position in the discussion of what is possible through music and drama.

In this engaging music appreciation course in 8 parts, conductor and music historian Dr. Kevin Zakresky

No previous musical experience is necessary, only an appreciation for great music. Marsha says she is not an opera fan, but likes Kevin the instructor, as he's so enthusiastic and hopes to be enlightened.

Enrollment for the 4 week session open now!

[Enroll by clicking this link](#)

If you wish to let Marsha know you have joined, please [email here](#)

Heather Johnston submitted an article, posted by the Vancouver Sun.

Things could be worse....

Quarantined in Victoria with the houseguest from hell!

[READ IT HERE!](#)

INTERESTING FACT YOU MAY NOT KNOW ABOUT VANCOUVER



Kitsilano's pool is the longest in Canada. Measuring 451ft long, it's about the size of three Olympic pools.

Have you checked out the VNC website lately?

to see updated information on activities,
photos from past events and more!

SOME OF OUR SOCIAL DISTANCING ACTIVITIES THIS MONTH...



Our President, Lori has been busy. She adds *"I got to screw this weekend! Yes, that is a screwdriver in my hand, along with the end table I assembled - single-handedly - and the glass of wine it took to sustain me while I did it"*



Ramona Rea has been flexing her culinary skills
"I humbly present a picture of one of my baking accomplishments - no-knead Dutch oven bread"



Karyn Orry (that's me!) has started painting again, now all the decorating in the new apartment is finished.



Karyn has also been admiring some beautiful creations in her local wood. Artist unknown!



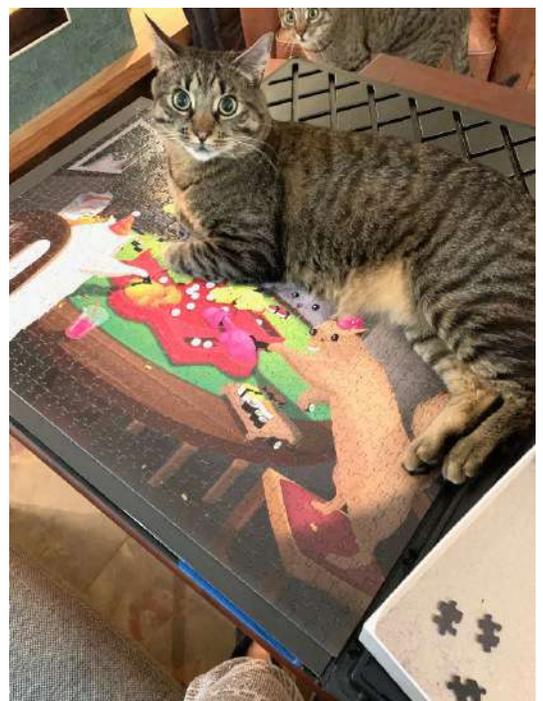
Heather Johnston had Easter dinner with her family on Zoom; *It took a while to get Nana online, but she figured it out!*



match an existing one she made 30 years ago! The matching sweaters are for her Grandsons.



Anne Crawford has been getting plenty of fresh air on her daily walks along English Bay. When asked if that was Anne on the bench. *"Oh no"* she added *"he's really not my type!"*



Heather. Here's a lovely photo of the two of them, having a beer before Easter brunch of deluxe burgers.

wonder? Bandit is looking on, trying to get in on the action!



Victoria Scudamore has been busy painting in her studio, as well as cooking and baking. She said the pandemic is bad for her waistline...I hear you, Vicki!

PLEASE EMAIL YOUR SOCIAL DISTANCING PHOTOS, TO BE INCLUDED IN NEXT MONTHS NEWSLETTER
[CLICK HERE](#)

Please be sure to make vancouvernewcomersclub.com/ a safe sender, and also check your spam folder for VNC emails.

“Women Welcoming Women”



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