

FEBRUARY UPDATE

The latest news and updates from the Burnaby Neighbourhood House



Meet Jaclyn, Our practicum student!

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1) What is your role at BNH?

I am a Langara recreational leadership student, and I am doing my practicum at South Burnaby Neighborhood House. I am assisting the youth and senior departments with their programs and services. I'm hosting the Move Your Body phone program for seniors and creating fun physical activities to implement into the program.



2) What do you love about your role at BNH?

Something I love about my role is being able to help make the neighborhood a better place to live and meeting a very diverse range of participants that join the programs here. I'm very excited to get to know more people and connect with the community.

3) Tell us something interesting about yourself!

Something interesting about me is that I upcycle old or unused clothing in my free time!

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Skw̓xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

IMPORTANT UPDATE

Several in-person programs are cancelled until February 16, 2022. Please register for activities to be informed of any cancellations. We will continue to monitor for updates from the office of the Provincial Health Officer.

In addition, several Burnaby Neighbourhood House facilities and services/programs require proof of vaccination and all facilities require continued social distancing, hand sanitizing, COVID health checks and mandatory mask wearing at all times.

Thank you for your cooperation!

STEPS TO GETTING YOUR BC VACCINE CARD

Step 1: Log in securely to <https://www.healthgateway.gov.bc.ca/vaccinecard> and enter your:

- Date of birth;
- Personal Health Number (PHN); and
- Date you got dose 1 or dose 2

Step 2: Save or print - After logging in, you can 1) Save the digital version on your device OR 2) Print a paper copy. For a digital version, select "Save a copy" and save the copy to your device's photo album or downloads folder. Do not fold or crease the QR code portion of the card.

Step 3: Show your card - have both your vaccine card and a government ID ready.

Don't have access to a smartphone, computer and printer? You can:

1) Ask a friend or family member to help you print your card from the website.

You can also print the card at your local library.

- Bob Prittie - Metrotown: 604-436-5400
- McGill 604-299-8955
- Tommy Douglas: 604-522-3971
- Cameron: 604-421-5454

2) Order a copy by phone 1-833-838-2323 | Translators are available



COVID-19 Vaccine Booster Doses:

A booster dose is an additional shot of vaccine that helps you keep and lengthen your protection against COVID-19. As with Dose 1 and 2 of the COVID-19 vaccines, people who are registered with the [Get Vaccinated System](#) will get invited to book their booster shot when it's their turn. You will be notified by email, text or phone call when it's your turn to book an appointment.

Call 1-833-838-2323 or visit <https://www.getvaccinated.gov.bc.ca/s/> to:

- Check if you are registered with the Get Vaccinated System
- Register with the Get Vaccinated System
- Book your Booster Dose

Walk-ins are not available for booster shots

When? The timing of invitations is based on risk level and age (beginning with oldest to youngest). The Booster dose is given between **6-8 months** after the date of your 2nd dose.

Everyone will receive either the Moderna or Pfizer (mRNA) vaccine for the booster dose. These vaccines are interchangeable.

Vaccine Transportation Program:

Fraser Health and Translink, BC Transit and handyDART's Vaccine Transportation Program ensures seniors, vulnerable groups or other individuals who live in Burnaby and are facing barriers around transportation can access COVID-19 immunizations.

How to request a ride:

Step 1: Register for your vaccine and get a confirmation number (see "*COVID-19 Vaccine Booster Doses*" section above).

Step 2: Complete the form (online only) here: <https://www.fraserhealth.ca/bookaride>
You can expect to hear back from Fraser Health within 1-3 business days after submitting your request with your appointment date and time.

Step 3: Fraser Health will book your appointment for you when they make your transportation arrangements. This helps ensure that they can coordinate your transportation with your appointment time.

Need assistance?

Contact Alexis at 604-431-0400 or email alexish@burnabynh.ca 3

BNH Updates



Christmas Package for seniors

For the second year in a row Rideau Retirement Residence supported Burnaby Neighbourhood House's Seniors Christmas Packages. Seniors received a turkey meal, cookies, oranges, a holiday card from BNH's after-school programs, hygiene products, an activity book, and a reusable G&F Financial shopping bag. Rideau Retirement Residence kindly donated 200 socks and gloves and a holiday activity book! Supplies for the turkey meals and hygiene products were generously donated by the Greater Vancouver Food Bank. We greatly appreciate it and so did the seniors!



Coats for Kids

Coats for Kids has been providing free winter coats to children ages 0 to 18 in Burnaby since 2002. In 2007, Burnaby Metrotown Rotary Club took over the project and supplied significant resources. BNH is still involved in providing support and volunteers for the project. Each year BNH reaches out to schools and service providers in Burnaby to let them know about the project.

This year was quite difficult due to COVID-19 restrictions. However, we were able to collect over 400 coats! Thank you to all those who donated and collected on the behalf of Coats for Kids.





STRIDE BURNABY *Arts Festival* JAN 28 - FEB 5, 2022

- Heights Art Walk • Story Walk
- Poetry Zone • Outdoor Art Installation
- Workshops
- Online Arts Presentations & Musical Concerts
 - Pechakucha Speakers
- Stride at the Shadbolt exhibition
 - FREE • All Ages



PRESENTED BY



OUR COMMUNITY PARTNERS



Burnabynow



Canadian Heritage

Patrimoine canadien



City of Burnaby



Explore Burnaby



WE ARE BURNABY

COLDEST NIGHT OF THE YEAR!

HOSTED BY BURNABY COMMUNITY SERVICES AND SOCIETY TO
END HOMELESSNESS IN BURNABY

FEBRUARY 19TH

For more information contact:

Maggie 778-918-0189



How to Participate

IN-PERSON
WALK AND
VIRTUAL WALK



The Coldest Night of the Year is a winterrific family-friendly walk to raise money for local charities serving people experiencing hurt, hunger, and homelessness. Team up, walk, and fundraise! It's cold out there... but there's no place like home.



RESILIENCE THROUGH **CULTURE** • STORIES • **COMMUNITY**

WE ARE BURNABY

Share your story with your community.

We Are Burnaby is an online magazine that features local stories in the form of written and visual works. As a community inspired initiative, We Are Burnaby amplifies and celebrates community voices by showcasing the resilience and determination of Burnaby community members.



SHARE YOUR STORY AT:
weareburnaby@burnabynh.ca

Meet Anna's Bunny: Tabby!

FROM ANNA: "I'M A BUNNY MOMMY FOR 3 WEEKS AS I'M RABBIT SITTING FOR A FRIEND!"

1. What's her name?

Her name is Tabby, short for Tabasco because she's got a spicy personality.

2. What Breed is Tabby?

I'm not sure what her breed is. She's a rescue and the local bunnies in this area are eastern cottontails - so maybe she's that!

3. Does Tabby have any special talents?

Rabbits are prey animals so they are usually a bit timid. She's very curious and brave for a rabbit and will let people pick her up for pets and cuddles.



4. What are your favourite memory of Tabby?

She jumped up onto my lap one day for some cuddles.

5. What are her favourite foods or toys?

She loves fruits. I give her a little apple as a treat and put it in one of her toys for her to figure out how to get it out. Bunnies love to exercise their brains, too!

WOULD YOU LIKE TO FEATURE YOUR PET IN OUR NEXT EDITION?

EMAIL ANN AT ANNF@BURNABYNH.CA OR CALL 604.431.0400

Exercises

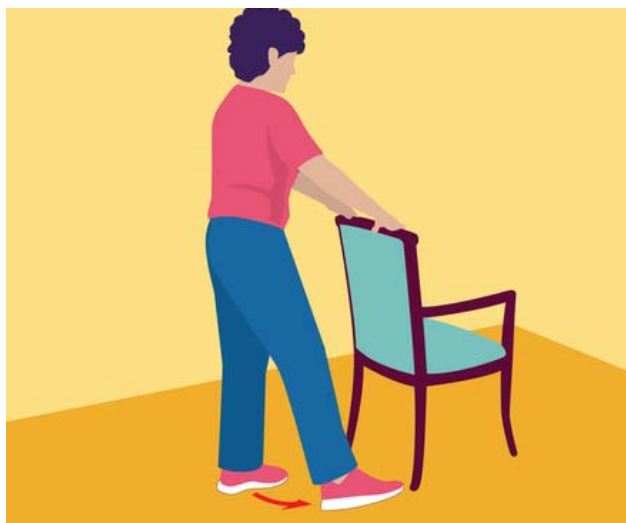
to Improve Strength and Balance

- ▶ Check with your healthcare provider before you start a new exercise program.
- ▶ Wear comfortable clothing and supportive footwear.
- ▶ Use a firm, stable chair for support



Side Leg Raise

This exercise helps you maintain balance and hip flexibility.



- Stand behind your chair with your legs hip width apart
- Slowly lift your right leg to the side
- Keep your back straight, your toe facing forward, and look straight ahead.
- Lower your right leg slowly
- Repeat this exercise 10 to 15 times for each leg

Back Leg Raises

This strength training exercise makes your bottom and your lower back stronger.

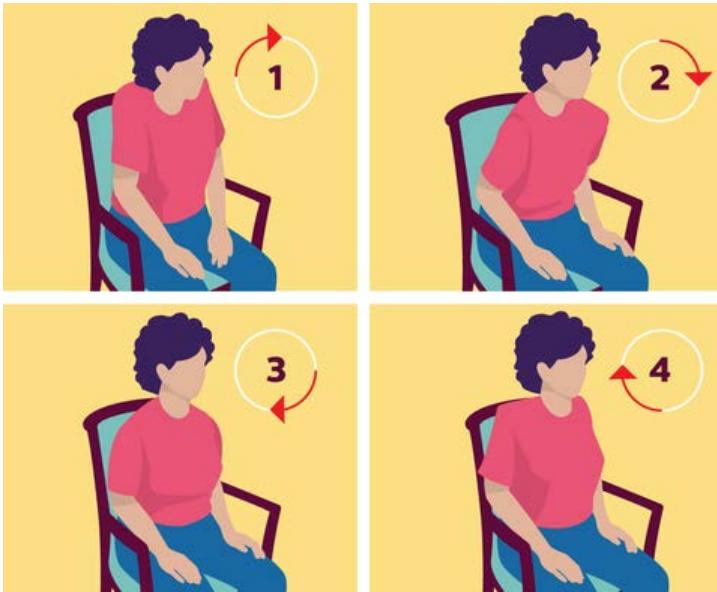
- Stand behind a chair
- Slowly lift your right leg straight back – don't bend your knees or point your toes
- Hold that position for one second
- Then gently bring your leg back down
- Repeat this 10 to 15 times for each leg



Exercises continued

Shoulder Rolls

This is a simple exercise for seniors. You can do it seated or standing.

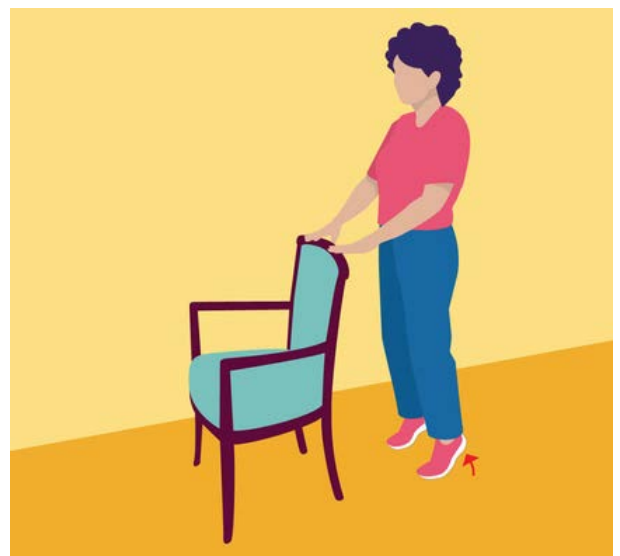


- Rotate your shoulders gently up to the ceiling, then back and down
- Next, do the same thing, but roll them forwards and then down.
- Repeat this 10 to 15 times

Toe Lifts

This strength training exercise for seniors also improves balance. You'll need a chair or a counter.

- Stand straight and put your arms in front of you
- Raise yourself up on your toes as high as you can go, then gently lower yourself
- Don't lean too far forward on the chair or counter
- Lift and lower yourself 20 times



NEED A BUDDY TO WALK WITH?

sign-up for our Walking Buddies Program! Register with Alexis at alexish@burnabynh.ca or 604-431-0400

7 Numbers Every senior needs

How to get help for any health concern

HEALTH INFORMATION 1

8-1-1 (healthlinkbc.ca)
HealthLink BC

When: 24 hours/day, 7 days/week

Why: You're feeling unwell or have a minor injury and are unsure about what to do, or you have a health question or need advice on a health issue.

What: Health advice from a nurse; nutrition information from a dietitian; advice about drugs and pills from a pharmacist; where to find health services in Burnaby.

PERSONAL HEALTH 2

YOUR DOCTOR'S # _____

Nearest walk-in clinic # _____

When: Office/clinic hours

Why: Your doctor is your health expert. Call if you have an urgent concern you think needs to be seen to soon. If you don't have a doctor, a walk-in clinic may be a good option. Or, call 8-1-1 for advice.

HOME HELP 3

604-268-1312
(Betterathome.ca)
Better at Home

When: Office hours vary by community

Why: If you need friendly visits; transportation to appointments; light housekeeping; grocery shopping. Some services may be free, based on your income.

HOME HELP 4

1-855-412-2121
Fraser Health Service Line

When: 8:30-4:30, 7 days/week

Why: You may qualify for in-home personal care, home care nursing or rehab, palliative care, adult day program or caregiver respite services.

What: Trained staff will identify your needs and refer you to the services you need. Some services may be free, based on your income.

MENTAL HELP 5

604-951-8855
1-877-820-7444
Fraser Health Crisis Line

When: 24 hours/day, 7 days/week

Why: Call if anything is causing you concern, worry or distress, for example suicidal thoughts or feelings, mental health problems, addiction, abuse, family and relationship conflicts, loss, loneliness.

What: Free confidential emotional support, crisis intervention and community resource information.

COMMUNITY SERVICES 6

2-1-1 (bc211.ca)

When: 24 hours/day, 7 days/week

Why: You need a service but aren't sure where to find it. An information and referral specialist can give you phone numbers for community and government services.

EMERGENCY SERVICES 7

9-1-1

When: 24 hours/day, 7 days/week

Why: Any serious emergency. Ambulance attendants will come and assess whether you need to be taken to the local Emergency department.

Priyanka's Eggless Chocolate Muffins

*This is a simple recipe that makes really yummy chocolatey muffins;
you won't miss the egg!*

Ingredients:

Dry ingredients:

- 1 ½ cup flour
- 1 cup sugar
- 3 tablespoons cocoa
- 1 teaspoon baking soda
- ½ teaspoon salt

Wet ingredients:

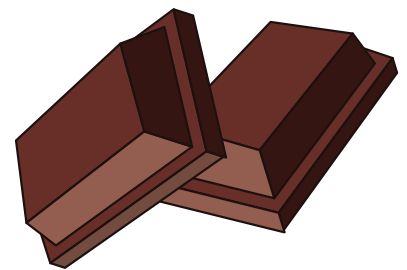
- 1 cup water
- 1 tablespoon white vinegar
- 5 tablespoons cooking oil
- 1 teaspoon vanilla (if you wish)



Yield: 12

Instructions:

1. Preheat oven to 350° F.
2. Grease your muffin pan or line it with paper cupcake holders.
3. In a large bowl, combine all of the dry ingredients.
4. In a smaller bowl, combine your wet ingredients.
5. Add the wet ingredients to the dry ingredients. Stir well.
6. Fill muffins about ½ full.
7. Bake for 20 minutes.
8. Enjoy!



Lynn's variations:

- double the chocolate by adding chocolate chips or pieces of chocolate bar to the batter
- add a sprinkle of ground cinnamon or cayenne pepper to vary the flavour
- add nuts or seeds for a little crunch
- make these muffins with whole wheat flour and no one will know that you added extra fibre
- add slices of fresh banana before you bake your muffins for a pretty garnish

BNH's 55+ Programs

PLEASE NOTE: SOME IN-PERSON PROGRAMS HAVE BEEN TEMPORARILY CANCELLED - PLEASE CONTACT THE NEIGHBOURHOOD HOUSE TO CHECK

For more information or to register for programs, contact:

North House



604-294-5444

northinfo@burnabynh.ca

4908 Hastings St

Senior's Mondays & Computer Support (In-person)

Join us for coffee, tea, and snacks. Light lunch (Soup & a bun by donations). Drop by and meet your neighbours, have a conversation over coffee/tea, share interest and socialize.

Mondays: 10:00 am – 12:00 pm



Qi Gong (online)

Discover the basic concepts of Qi (vital life force energy). Qi Gong focuses on slow-flowing movement and rhythmic breathing to promote relaxation and health. This practice can add to anyone's repertoire for health, stress management, and fitness. Join us in enhancing your own awareness of your energy! Qi Gong is also available in a beautiful North Burnaby park.

Mondays: 2:00 pm – 3:00 pm on Zoom



Yoga (online)

Join us for our Zoom Yoga classes. Certified Yoga teacher, Mayra Chavez, will practice Pranayama (breaths), Asanas (poses), and meditation. Try yoga to increase your balance, strength, flexibility, and capacity to focus. You will discover many wonderful yoga poses to incorporate into your daily practice to release your stress and physical tensions. Everyone is welcome!

Fridays: 7:30 am - 8:30 am on Zoom



South House



604-431-0400
4460 Beresford St

In-person program subject to change due to COVID-19 restriction

South Burnaby Neighbourhood House (In-Person)

Meet new friends and enjoy lunch (\$5 for lunch, Fridays only)!

Wednesdays: 10:00 AM - 2:30 PM

Fridays: 10:30 AM - 2:30 PM

*A schedule of our Wednesday and Friday activities are available!
Come by our South House and pick up a copy or call 604-431-0400 to
have it emailed to you.*

To register: Contact Ann at 604-431-0400 or annf@burnabynh.ca



Family and Friend Caregiver Support Group (Online)

Share experiences, seek support and exchange resources and information with other family and friend caregivers.

2nd and last Monday of the month 6:00-8:00PM on Zoom

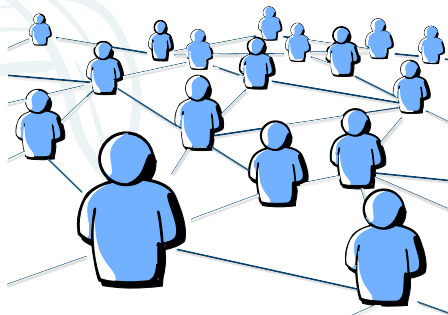


Senior Peer Support

Trained volunteers provide one-on-one support to seniors who are experiencing anxiety, social isolation, frustration, or difficulties because of life changes.

To register for caregiver or peer support,
email SeniorSupport@bbseniors.ca or call 236-885-7303

The caregiver and peer support programs are organized in partnership with Burnaby Seniors Outreach.



Across Burnaby



Telephone-based Programs

Join our interactive telephone program to learn, laugh and create connections! Sessions include meditation; Burnaby History & Culture, Art, exercise and more! At the time of your session, you will receive a phone call. Press '1' to join the call. It's that easy!

To register: Contact Ann at 604-431-0400 or annf@burnabynh.ca



Senior's Conversation Group (Online)

Meet new friends, stay connected, and keep your mind active!

Wednesdays: 11:00 am – 12:00 pm

To register: Contact Ann at 604-431-0400 or annf@burnabynh.ca



Walking Buddies:

We will connect you with a buddy (in your area of Burnaby) to go for walks with!

For more information: Contact Alexis at 604-431-0400 or alexish@burnabynh.ca



Friendly Phone Calls

Stay connected through weekly phone calls from a volunteer!

For more information: Contact Ann at 604.431.0400 or annf@burnabynh.ca



Across Burnaby



Continuing Education Series (Online)

Join our monthly education workshops where the goal is to increase your personal knowledge and awareness on different topics related to ageing and caregiving like reducing stress and anxiety and also sharing relevant resources.

The last Wednesday of the month from 10:00-11:30AM on Zoom



Dementia Friendly Cafe (Online)

Join others living with dementia and their families & friends. Socialize, sing and engage in facilitated discussions led by guest speakers and a certified music therapist.

2nd Thursday of the month from 1:00-2:30PM on Zoom



Dementia Friendly Choir (Online)

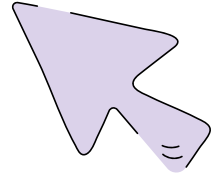
Join our dementia-friendly, multicultural, and intergenerational choir! A certified music therapist guides us through stretching, songs, stories, sharing, sorrow and celebration.

Most Saturday mornings from 10:30AM-12:00PM on Zoom

To register for any of the above three programs,
email faryar@bbseniors.ca or call 604-375-5778



BNH Services Spotlight:



Computer Support

Need tech support? We provide 1-on-1 support to help individuals apply for benefits and more!

- In-person South House: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm (drop-in)
- In-person North House: Mondays 10:00am–12:00pm (drop-in)
- Virtual or phone tech support: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm

Cannot make these times? We provide flexible online tutoring: we will pair you with a volunteer who will meet you online to answer your questions. Our volunteers can support you in English, Cantonese, Farsi, Mandarin, Korean, French and Punjabi languages.

To book computer support, call 604-396-7307 or email literacy@burnabynh.ca

Grocery/ Meal Delivery Program

We provide food hampers, prepared meals, and grocery shopping & free delivery to frail seniors who are living with health challenges and are experiencing food insecurity.

For more information: Contact Carina at 604.431.0400 or carinatl@burnabynh.ca

Settlement Services:

If you are newcomer, immigrant or refugee in Canada, welcome! We are here to answer to your questions and support your settlement and integration in your new community. Services are available Arabic, Cantonese, Mandarin, Farsi, Dari, Filipino, Spanish, Vietnamese, Hindi, or Punjabi.

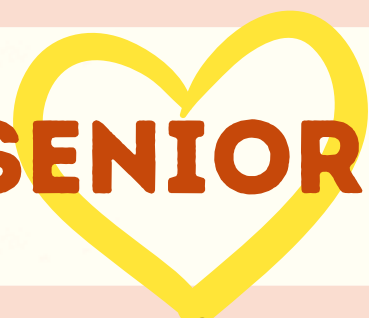
Contact settlementprogram@burnabynh.ca or 604-431-0400 (South) or 604-294-544 (North)



Welcome



VOLUNTEER WITH SENIORS!



Interested in giving back to your community?

Want to share an interest, talent, skill with your neighbours?

Come volunteer at BNH!



To learn more about volunteering with the **seniors team**, contact Ann at **604-431-0400** or **annf@burnabynh.ca**

OTHER OPPORTUNITIES IN BNH

Check out other BNH's volunteer opportunities and complete your volunteer application at <https://burnabynh.ca/get-involved-volunteer/>

OPPORTUNITIES

IN THE SENIORS TEAM:

FRIENDLY PHONE CALL

**IN-PERSON, PHONE &
VIRTUAL SOCIAL**

**GROCERY/
MEAL DELIVERY**

WALKING BUDDY

SENIOR PEER SUPPORT

**CAREGIVER
SUPPORT GROUP**

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Skw̓xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

COULD YOU USE A FRIENDLY PHONE CALL?



JOIN THE FRIENDLY PHONE CALL
PROGRAM TODAY!

OUR VOLUNTEERS MAKE FREE CALLS &
ESTABLISH DAILY CONTACT WITH SENIORS 55+
WHO:



- Are living alone
- Need reassurance that someone cares
- Need some peace of mind
- Are living with health challenges
- Need extra safety



TO
REGISTER

call or email
Ann at
annf@burnabynh.ca
or 604-431-0400

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community driven and community funded agency located on
the unceded territories of the Tsleil-Waututh (səlilwətaʔ),
Kwikwetlem (k'w'k'wəʔləm), Squamish (Skw'xwú7mesh Úxwumixw)
and Musqueam (x'wəθk'wəyám) nations with a unique focus on
neighbours supporting neighbours





Become a Senior Support Volunteer *"Seniors Helping Seniors"*

Does this describe you?

- You are 55+ years of age and are interested in helping others
- You are a good listener with personal qualities such as warmth and compassion
- You enjoy sharing your knowledge and helping others
- You have a genuine interest in supporting seniors and in Burnaby's diverse community
- You are available to participate in over 50 hours of training and can commit to supporting your peers for at least one year

As a Senior Support Volunteer, you will have the opportunity to:

- Provide one-on-one support and guidance to fellow seniors who are experiencing situational or emotional unrest
- Assist seniors with finding clarity with a current situation and help them create a framework to achieve attainable goals
- Provide empathy to those troubled with health concerns, social isolation, anxiety, or long-term caregiving
- Assist seniors through life transitions such as retirement, the loss of a loved one, or relocation

For more information, call **Burnaby Seniors Outreach Services Society** at: (604) 291-2258 or email us:
[**volunteer@bbyseniors.ca**](mailto:volunteer@bbyseniors.ca)

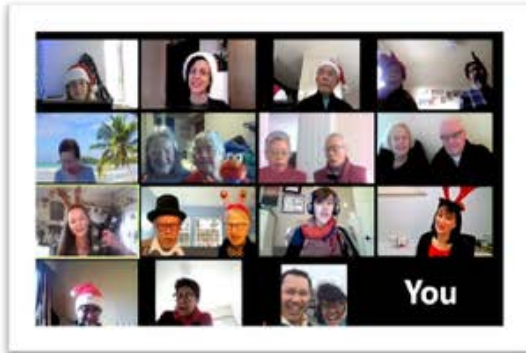
Thank you for your interest!



Burnaby Seniors Outreach Services Society

DEMENTIA FRIENDLY CAFÉ

An online gathering of community for seniors, those with memory loss, and their family and friend caregivers



We look forward to holding this event in person again in the future



When: Thu, Feb 10th,
2022

1:00-2:30 PM

Where: Zoom

Invitation link provided
upon RSVP to:
faryar@bbyseniors.ca

or
604-375-5778

Participants engage in
music, and facilitated
discussions

Communication Techniques:

We all have a role to play in making our community dementia friendly. Learn about dementia and how you can help people living with dementia feel included and supported.

We look forward to meeting you on February 10th.



Family Caregivers
of British Columbia



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

Burnaby Family and Friend Caregiver Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC

Try new recipes while connecting with others via Zoom

Cook + Chat

Thursdays 10 am - 12 noon

Fridays 10 am - 12 noon

Free program for BNH members

To register for Lynn's Cooking Connection,
please email Lynn at kitchens@burnabynh.ca or
call her at 604-431-0400

Recipes will be emailed to you weekly



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Watercolour Lessons



Facilitated by
Acrylic & Watercolor Painter
Maudie Watson

Time

6-8 pm

Dates

MONDAYS

Jan 10- Apr 25, 2022

Sessions

**Online then In-Person sessions
at BNH North House**

Pending Covid19 restrictions

Learn watercolour basics then explore and practice through step-by-step fun-themed projects. The theme is clean, simple, based on nature, still life or full landscapes. You can take what you learn to grow your own hobby and feel proud of your art.

Theme projects may include:

penguin | snowflake | snowman |
butterflies | leaves | roses | rainbow |
tulips | honeybee | bird | landscape |
cityscape | forest | seashore



MORE INFORMATION OR TO REGISTER:

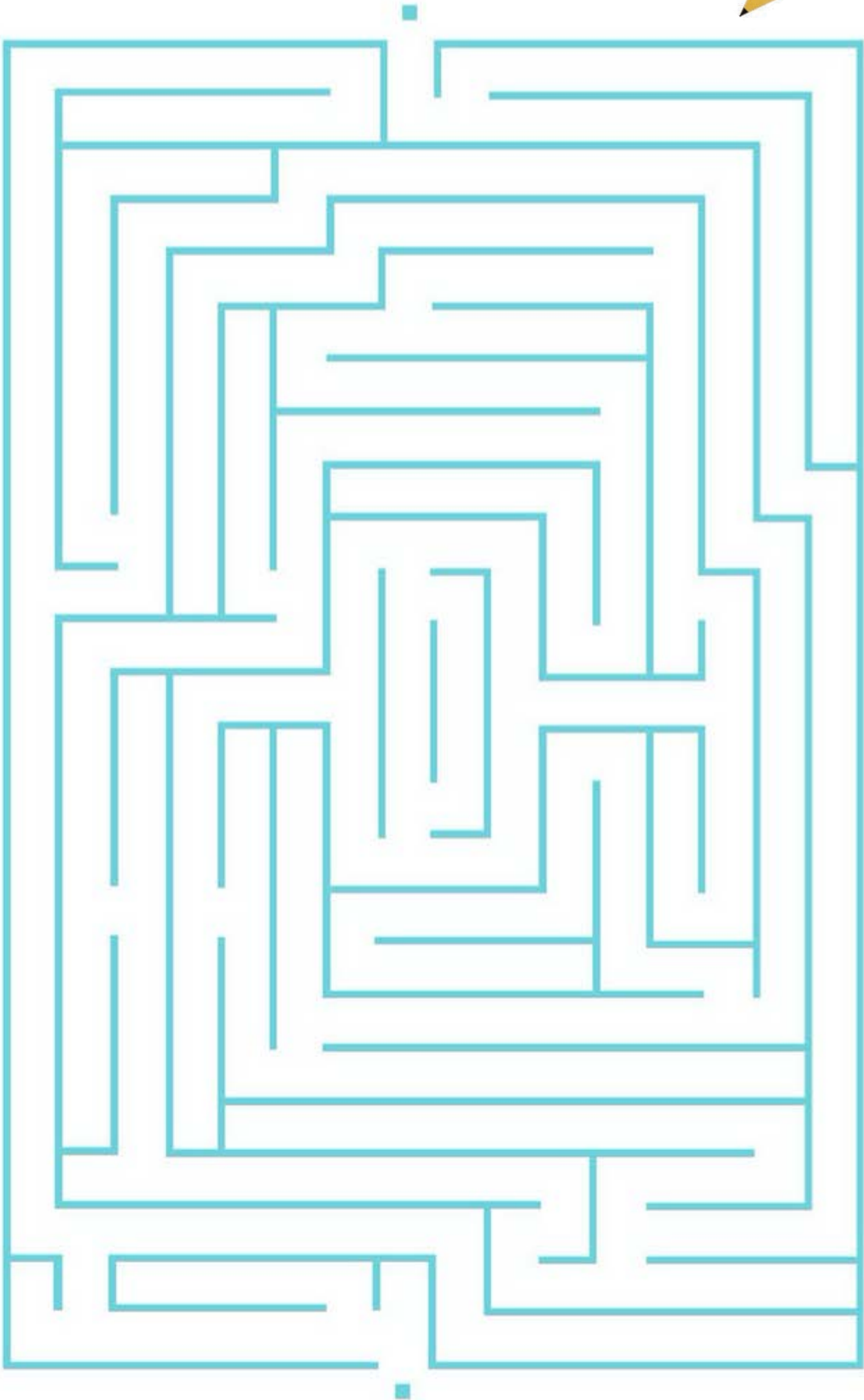
Email Northinfo@burnabynh.ca or call **604-294-5444**

A proof of full vaccination is required to all In-Person BNH Non-Essential programs.



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Solve This Maze



Word Search



Kitchen Utensils

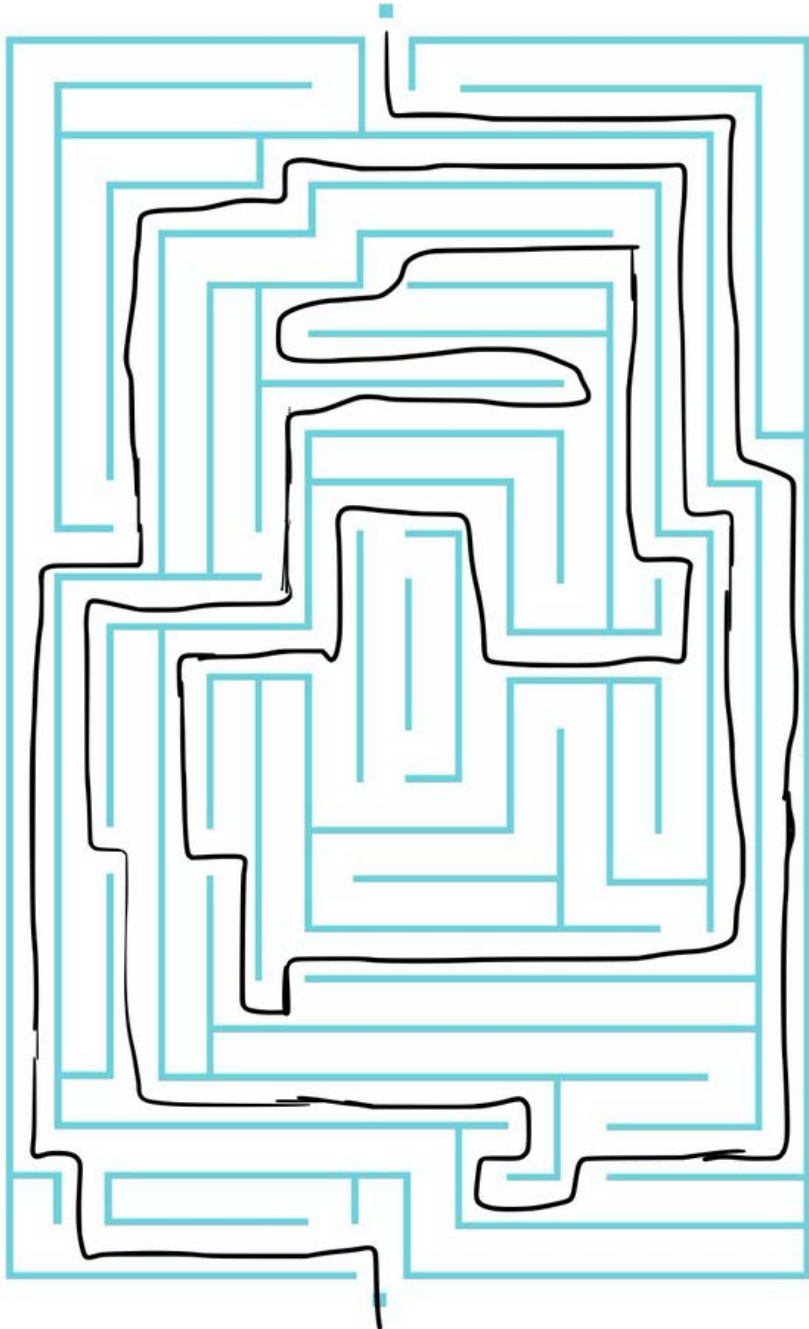
S	L	N	U	T	C	R	A	C	K	E	R	O	B
P	T	A	S	E	T	O	N	G	S	E	R	R	L
A	R	E	B	D	L	S	P	A	E	T	O	R	E
T	E	I	R	E	T	D	E	N	X	E	O	E	N
U	T	C	E	E	E	R	A	R	M	T	E	L	D
L	A	H	O	P	X	P	R	L	O	O	S	E	E
A	E	O	G	A	S	I	C	S	L	X	R	E	R
T	B	P	R	P	H	P	M	C	A	T	O	P	E
A	C	P	A	S	R	E	H	S	A	M	S	O	H
H	H	E	T	A	N	M	C	L	E	I	S	T	E
A	E	R	E	W	H	I	S	K	C	D	I	A	N
O	A	P	R	R	E	V	A	E	L	C	C	T	A
R	E	T	E	M	O	M	R	E	H	T	S	O	R
B	O	T	T	L	E	O	P	E	N	E	R	P	K

- TONGS
- NUT CRACKER
- BOTTLE OPENER
- BEATER
- POTATO PEELER
- LADLE
- WHISK
- MIXER
- SPATULA
- THERMOMETER
- CHOPPER
- BLENDER
- GRATER
- SCISSORS
- MASHER
- CLEAVER

Source:
thewordsearch.com



Puzzle Solutions



S	L	N	U	T	C	R	A	C	K	E	R	O	B
P	T	A	S	E	T	O	N	G	S	E	R	R	L
A	R	E	B	D	L	S	P	A	E	T	O	R	E
T	E	I	R	E	T	D	E	N	X	E	O	E	N
U	T	C	E	E	R	A	R	M	T	E	L	D	
L	A	H	O	P	X	P	R	L	O	O	S	E	E
A	E	O	G	A	S	I	C	S	L	X	R	E	R
T	B	P	R	P	H	P	M	C	A	T	O	P	E
A	C	P	A	S	R	E	H	S	A	M	S	O	H
H	H	E	T	A	N	M	C	L	E	I	S	T	E
A	E	R	E	W	H	I	S	K	C	D	I	A	N
O	A	P	R	R	E	V	A	E	L	C	C	T	A
R	E	T	E	M	O	M	R	E	H	T	S	O	R
B	O	T	T	L	E	O	P	E	N	E	R	P	K



Hope you enjoyed it!

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3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'
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