



Echo Sunshine Club **NEWSLETTER**

"Fun Begins at 50"

c/o Echo '67 Centre,
4255 Wallace Street, Port Alberni, B.C. V9Y 3Y6

Office: 250-720-2505

Fax: 250-723-1035

*The Sunshine Club Newsletter and other information is posted on the
City of Port Alberni's Parks Recreation & Heritage website at playinpa.ca under the Sunshine Club section*

President - Richard Anderson, 250-724-2137; Vice President - Joan Palmer, 250-724-2182;
Parks and Recreation Liaison - Karen Freethy, 250-720-2509, karen_freethy@portalberni.ca

SEPTEMBER 2019

*When God created grandparents
the world was truly blessed
with all the special joys
that make a family happiest.*

*For grandparents know how to do
the things that warm a heart,
They touch our lives with loving care
right from the very start.*

*They show that they believe in us
and all we're dreaming of.
When God created grandparents,
He blessed our lives with love.*



HAPPY

GRANDPARENT'S DAY!

..... **Special Events**

Annual General Meeting

Wednesday, September 25 at 1:30 pm – Echo Centre

Mark your calendars! It is very important that members make a special effort to attend our Annual General Meeting on Wednesday, September 25 at 1:30 pm at Echo Centre. Agenda items will include Tea & Bazaar, 2019/20 budget, annual audit, election of officers, and more!

Currently,, the nominating committee (Hap Ralla, Minnie Burton and Maureen Brechin) have the following list of people who are willing to let their names stand for the outlined positions:

President	Richard Anderson
1 st Vice President	Paul Davis
2 nd Vice President	Joan Palmer
Secretary	Carol Weiers
Treasurer	Valerie Barker



The Nominating Committee's final list of nominees will be posted on the Sunshine Club bulletin board at Echo Centre by Monday, September 9. If you wish to add any names to the list please contact anyone from the Nominating Committee directly. Thanks!

****Please note: All Executive Members must have a criminal record check completed.**

*Please Note: A reminder that you **must** be a current member to vote at the General Meetings and to run for office so please ensure to buy your new membership card before September 25. Thank you!*

Sunshine Club Tea & Bazaar

Saturday, October 19, 1:00 – 3:00 pm at Echo Centre

The annual Sunshine Club Tea and Bazaar will be held on Saturday, October 19 at Echo Centre. The Tea & Bazaar event organizers are Richard Anderson and Kathy Toms. Thank you to both Richard and Kathy for all of their preparations and hard work. The Stall Convenors will have their first meeting on Wednesday, September 11 at 10:00 am in the Hemlock Room. Stall Convenors are asked to please start working on your list of volunteers for your stall area as this list of volunteers will be needed at the September meeting.

A reminder to all members that we will be needing donations for the craft stall, hampers, books, puzzles, games, home baking, plants, loonie/toonie table, and jewelry for the jewelry table. Please donate only gently used or better quality "treasures" (no "junk" please). *Please note: We do not sell clothes or electronics at the Bazaar, so please do not donate any of these items. Thanks.*

Help is needed for phoning members in advance to remind them about the Bazaar and to bring in donations so please let the Sunshine Club office volunteer know if you can help. We are also in need of some volunteers who can move boxes for set up and to pack up leftover donations at the end of the Bazaar. If you can help, please let the Sunshine Club office or Richard Anderson (250 724-2137) know. There will be more information in next month's newsletter – so watch for more details.

Dinner at the Casino and Rim Rock Restaurant

Tuesday, September 17 at 5:30 pm



It's back...After a summer break, you will be happy to hear the Casino Dinner is back! Sunshine Club members are invited to attend the Casino for a dinner buffet. The dinner buffet includes a delicious meat dish, roasted potatoes, seasonal vegetables, seasonal salad, fresh buns, dessert, tea and coffee. Dinner is \$15 per person and includes the buffet, a \$5 entertainment coupon, taxes and gratuities.

September's dinner is scheduled for **Tuesday, September 17 at 5:30 pm**. Sign up and pay for this dinner NOW at the Sunshine Club office. In an attempt to be as fair as possible to all members who are eager to go to this dinner, please note: there is a maximum of 2 tickets per person (each ticket for *members only*) until Friday, September 6. If there is space available, registration is available to non-members starting Monday, September 9. All participants are required to have their NEW 2019/2020 membership number for the September dinner. Please make sure you purchase your membership for the new season prior to signing up for the September Casino Dinner.

Tickets will be issued on a first come, first serve basis and we require payment to be **cash only** and **exact change**. Make sure you come early, to avoid disappointment because tickets for this dinner are very popular. Registrations cannot be accepted over the phone as payment is required at the time of registration. If you are unable to use your ticket, please return it to the Sunshine Club office so the next person on the waiting list can participate. Please do not promise your ticket to a friend, as we must follow the order of the waitlist as people return their tickets. Please note, we will not sell or cannot accept cancellations after 11:00 am on the day of the dinner as our reservation numbers are confirmed with the restaurant at that time.

..... **Special Events & Programs**

Happy Birthday To You, Happy Birthday To You... 🎵🎵

If you are celebrating a birthday in September. We hope your day is filled with love, laughter, family and friends...and don't forget to eat lots of cake!!! Happy Birthday greetings go out to the following members who are celebrating their special day (5 year intervals):

Ron Rutter	Erma Hopkins	Lea Gardner	Frank Hastings
Lorne Hilmo	Marie Swain	Pauline Schrader	Judy Pinchback
Sharon Willkomm	Janine Linning	Ian Thomas	Francine Michielssen



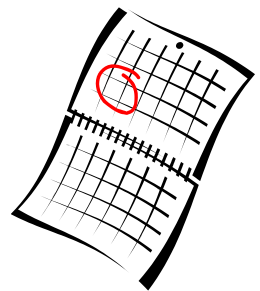
Sunshine Club Special Events Program – Submitted by Lue Carlos

We are giving you a sneak peek into the entertainment for the October's Special Event program. On Wednesday, October 16, we are pleased to announce that our guests will enjoy musical entertainment by Neil Anderson and Rhonda Holcombe, accompanied by Dora Moen and Val Maher. Together, they will be singing some old classics and also current Country songs. Mark your calendars!

Regular Programs

Activity Starting Dates:

Turn the Page Book Club	Thursday, August 29	1:00 pm
Second Book Club	Wednesday, September 4	11:00 am
Easy Riders Biking Group	Year-round on Wednesdays	10:00 am
Happy Trails Biking Group	Year-round on Fridays	1:00 pm
Bowling	Monday, September 23	9:30 am
Bridge	Year-round on Tuesdays	6:30 pm
Canoe/Kayak Group	Year-round on Sundays	1:00 pm
Carpet Bowling	Tuesday, September 3	1:15 pm
Tues & Thurs drop in	Friday, October 4	12:30 pm
Friday Tournament	Tuesday, September 17	5:30 pm
Casino Dinner	Thursday, September 12	1:30 pm
Clogging	Thursday, September 19	1:30 pm
Computer Lessons	Monday, September 9 & 16	1:00 pm – 3:00 pm
Crib Tournament Registration	Monday, September 23	12:30 pm
Crib Tournament starts	Friday, September 13	9.30 am
Digital Photography Group	Tuesday, September 24	Arrive at 9:00 am
Floor Curling	Wednesday, September 11	11:00 am
Sunshine Garden Club	Tuesday, September 3	9:00 am
Hobbies and Crafty Wools	Tuesday, September 24	1:45 pm
Line Dancing	Tuesdays and Thursdays	11:00 am
Limber Up Exercises	Thursday, September 26	12:30 pm
Lunch Bunch	Monday, September 23	11:00 am
Light Lunch Service	Thursday, September 5	10:00 am
Mah Jong	Monday, September 9	12:15 pm
Painters Group	ongoing throughout summer into September	
Pickleball	Tuesday, September 3	10:00 am
Pottery	Wednesday, September 4	10:00 am
Quilters	Wednesday, September 18	10:15 am
Scottish Country Dancing	Friday, September 13	9:30 am
Shimmy Sisters	Thursdays and Fridays	9:30 am
Spanish Group	Wednesday, September 11	9:00 am
Stamp Crafts	Thursday, October 3	10:00 am
Strummers (Guitar Group)	Monday, September 9	10:00 am
Table Games	Wednesday, September 4	7:00 pm
Table Tennis	Wednesday, September 4	9:15 am
Tai Chi	Monday, September 9	9:45 am
Wednesday Advanced	Monday, September 16	9:00 am
Monday Advanced	Friday, October 4	10:00 am
Monday Beginner	Monday, September 16	10:00 am
Ukulele	Wednesday, October 2	7:00 pm
Ukulele – Beginner	Fridays	10:00 am
Volleyball	Tuesday, September 10	10:00 am
Walking Group	Friday, September 6	12:30 pm
Writer's Group	Friday, October 4	12:30 pm
Whist	Monday, September 9	9:30 am – 3:00 pm
Drop-in	Tuesdays	9:00 am – 12:00 noon
Tournament starts	Thursdays	9:30 am – 3:00 pm
Woodwork Shop		



..... Programs Cont.

New Program



New Program Ideas Are Always Welcome! – Submitted by Karen Freethy

Do you have an idea for a new activity? We are listening! We are always open to new ways to grow and expand our offerings within the Sunshine Club. Activities require a director, a volunteer instructor (not always necessary) and a minimum of eight, interested members. If there is an activity that you would hope to add to the Sunshine Club, please contact Karen Freethy at 250 720-2509, email: karen_freethy@portalberni.ca, or come for a visit in my office at Echo Centre.

Regular Programs

Program Cancellations

Please note the following programs are cancelled due to other bookings, events or holidays:

Monday, September 2 No programs due to the Labour Day holiday

ATTENTION ACTIVITY DIRECTORS – Please note the following:

Attendance Sheets

All Directors are reminded to hand in your attendance sheets from the 2018-2019 season to the Sunshine Club office by **Tuesday, September 3**. New 2019-2020 attendance sheets will be available starting in September. Please make sure you pick up your attendance forms for the new fiscal season.

Directors for 2019/2020

It's the time of the year when we need to confirm activity directors and co-directors for the 2019/2020 season. Please phone the Sunshine Club office to confirm if you are continuing to be a director for your activity or if there will be a new director(s), additions or any 'retirements'.

A List of Volunteers In Your Activity Is Needed for the 2019/20 Season

It is very important that we maintain our volunteer records accurately. Our volunteers are such an important part of the Club and we want to ensure they receive the recognition they deserve. Directors are responsible for providing information as to who their volunteers are in their activity and of any changes that occur throughout the year. Please supply an up-to-date list of your activity volunteers. We need to know both the list of active volunteers and also volunteers that have 'retired'. Please ensure you inform the Sunshine Club office of any volunteer changes (retirements, additions, position changes etc.) as they occur. We want to ensure our volunteers are being recognized for their contributions. All volunteer lists for the new season are **due by Friday, September 13**. Thanks for your help with this.

Directors – Activity Year End Reports Are Due – Submitted by Karen Freethy

Just a reminder that year-end reports are due. As your activity winds up for the year, please spend a few minutes writing a year-end report on your activity. These can be handed into the Sunshine Club office any time. We require all reports for the September Annual General Meeting, so if you could please submit no later than, **Friday, September 6**, it would be greatly appreciated. Thank you.

Turn the Page Book Club – Submitted by Pat & Alexander Miller

We have a wonderful Book Club! It is full of amazing people who share the same passion for reading. Each month we read a selected book and meet to discuss our thoughts and feelings. Our conversations are stimulating, discussions are always interesting, opinions often vary and our time together is delightful. Our group has decided to take a break for the summer and we look forward to starting again August 29. See you in the Fall!



Second Book Club – Submitted by Pauline Rice



Every month we all read the same book of the month from the library and then discuss it at the following month's meeting. The books all take us out of our normal comfort reading zone and we have all discovered delightful books that we would never have read were it not for the book club. We have lively discussions which are very enjoyable even if that particular book was not our favorite. If you love to read, we invite you to join our group. New members and guests are always welcome. We meet on the first Wednesday of each month at 11:00 am in the Hemlock

Room at Echo Centre. For more information, email Pauline Rice at paulinerice88@gmail.com



..... Regular Programs Cont.

Bowling

Bowling is one of our newest activity additions in the Club and it has been a huge success. We started this program last year and we had an incredible year together. Our group enjoys fun, recreational bowling in a friendly, encouraging environment. We still have room for new bowlers and we encourage you to join in the fun and laughter! We bowl Monday morning starting at 9:30 am at Rainbow Lanes. Please arrive at 9:15 am so we can get organized and start bowling at 9:30 am. Bowling is a lot of fun and provides a great opportunity for exercise, friendship, laughter and smiles! Cal Davies is the director. The cost to play is \$10 per person each week. This fee is paid directly to the bowling alley each week. Our first day back will be **Monday, September 23**. If you are interested in joining this activity, please show up to the bowling alley on Mondays at 9:30 am to meet with the director, Cal Davies.



Bridge – Tuesday Evenings

The Social Bridge Club meets year-round, every Tuesday evening at 6:30 pm. We invite and encourage our current members to return and hope that new bridge members will join us as well. Bridge is a wonderfully social game that is enjoyed by many. If you play bridge at home with friends or in other clubs and would like to play more bridge, come and meet some new friends or maybe some you know already. Beginners are always welcome. We operate on a drop in basis but you must come with a partner. The fee is \$1.00 per person, per week with prizes awarded at the end of each session. If you would like more information or if you are looking for a partner, please call Jim or Gayle Rhodes at 250 723-7769.



Canoe and Kayak Group – Submitted by Ron Stephenson



Over the years, this group has had a lot of fun. We have explored every corner of Sproat Lake, Great Central Lake, Dickson Lake, Ash Lake, Elsie Lake and Cameron Lake. We have been on overnight treks to the Broken Group, the Bowron Lakes canoe route, the Sayward canoe route and to Quadra Island. We have paddled the Gorge waterway in Victoria and Sooke Basin as well as many wonderful local destinations. We are needing new members to keep this group running. Currently we are quite low on numbers and we are looking for more people to join in the fun. This activity can be designed in many ways based on the desire of the participants. We can stay local and enjoy our region and/or we can plan trips to other destinations. We are keen to get new members to reinvigorate this group! You do not have to have experience. Beginners are welcome and we are happy to share our knowledge with you. We have some kayaks and canoes available to paddle, if you want to give the sport a try. This is an amazing activity and we would love to share it. If you have ever had an interest in kayaking and canoeing, why not come out and give it a try? We promise you, you will love it! The Kayak and Canoe Group meet every Sunday at 1:00 pm. If you are interested please call Ron Stephenson at 250 723-1903.

Carpet Bowling - Submitted by Joyce Luecke

If you are looking for a fun, interesting game, we invite you to come out and try Carpet Bowling. It is similar to Lawn Bowling, but is done inside on a 30' carpet. The bowls are built on a bias, so curve instead of running straight. We will teach you how to deliver the bowls as well as the strategy of the game. Come join us any Tuesday or Thursday. Play starts at 1:15 pm but if you arrive about 1:05, someone can show you how to bowl. Everyone who is a member of the Sunshine Club is welcome and we would be happy to include you in our group. We hope you join us!



Clogging

Instructor Richard Anderson welcomes members to come and try clogging and see how much fun it is. It is a great activity for mind and body. Beginners are welcome from 1:30 - 2:00 pm and intermediate dancers from 2:00 – 2:30 pm starting **Thursday, September 12**.

Cribbage Tournament - Submitted Bill & Marg Groeneveld and Ray Clement

Registration dates: Monday, September 9 and 16 from 1:00 – 3:00 pm

Tournament starts: Monday, September 23 at 12:30 pm



Calling all crib enthusiasts, we will be starting registration for the Sunshine Club Crib Tournament on Monday, September 9, starting at 1:00 pm until 3:00 pm we will continue registration on Monday September 16, again from 1:00 – 3:00 pm. The entry fee will be \$7.00 per person. The fee covers the cost of score keeping books, year-end awards and other expenses. Spares are welcome to register at the same time. If you are entering as a spare please make sure you let us know. You must show your 2019-20 membership card at time of registration. For more information, please call activity directors, Bill or Marg

Groeneveld at 250 723-7606 or Ray Clement at 250 723-2090. Hoping everyone had an enjoyable summer.

..... Regular Programs Cont.

Introductory Computer Lessons – Submitted by Jean Cutforth

Jean Cutforth volunteers to give introductory computer lessons to members on Thursday afternoons for ½ hour sessions from 1:30 – 2:00 pm or 2:00 – 2:30 pm starting **Thursday, September 19**. If you would like help with learning to use a computer, android tablets, iPads, the internet, emails, etc. please call the Sunshine Club office at 250 720-2505 to register for these free individual classes for members.



Digital Photography Group- Submitted by Janis Cameron



Our Digital Photography Group will start up again with our first meeting on September 13. We meet every other Friday from 9:30 – 11:00 am in the Hemlock Room. We are a fun group that shares knowledge, experience and enjoyment of photography. Optional fun assignments between sessions keep us motivated. Each meeting involves some image sharing and discussions. The main focus is to have fun! We do not criticize your work, but if anyone has questions someone will probably have an answer. Our group creates a supportive environment where learning and fun are encouraged. All levels of photographers are welcome to join us. We hope to see new faces in September.

Easy Riders Biking Group & Happy Trails Biking Group



We are looking for some new riders to join our group. The days are bright and warm. We pick different routes and enjoy being out in the fresh air with friends. We encourage you to join us and enjoy the great outdoors! The Club has two great biking groups and both would love new riders to join them. The “Easy Riders” leave every Wednesday at 10:00 am from the bottom of Johnston Road by the canoe. For more information, please call the activity director, Bob Hunter at 250 724-0296. “Happy Trails” is led by director Ron Stephenson. They meet on Fridays at 1:00 pm. If you are interested in the Happy Trails Biking Group, please contact Ron at 250 723-1903. We encourage you to join us, and if you are interested in joining either group, we would love to have you! It is a great way to exercise, enjoy the fresh air and socialize.

Floor Curling – Submitted by Larry Lehtonen



The regular floor curling season will start up again on Tuesday, September 24. We are looking forward to curling again! Drop-ins and beginners are welcome. There are always people willing to show beginners how to play the game. All equipment is supplied and it's an easy game to learn, so drop in on a Tuesday or Thursday from 9:30 am to 12:00 pm at Glenwood Centre and give it a try. New teams are drawn every morning. Start time is 9:45 am but we ask everyone to please arrive *before* 9:30 am so that we have time to draw the teams, set up and organize the play. Doors open at 9:00 am. It is an easy game to learn and participants enjoy the fun and socialization. Coffee, tea and cookies are available between games for \$1.00. Please note: in an effort to be environmental friendly, we will no longer be using styrofoam cups for coffee. We ask you to bring in a regular-size cup or mug for your use (tall cups will not fit in the storage bins). During the first part of the season, we collect .50 cents per person to cover the costs of wax powder, paint and extra curling time. This collection is typically done for the first couple of months. Floor Curling is a fun game and one of the Club's most popular activities. Games end by 12:00 noon. We encourage everyone to come to Glenwood and join in the fun – you will be glad you did!



A reminder to members that Sunshine Club activities are “scent free”. Please do not wear any perfume, aftershave, cologne or scented products as some of our participants have asthma and other respiratory sensitivities. Thank you.

Friendly Phone Service – Submitted by Wendy Stanley

The daily phone calls we make to our clients is sometimes the highlight of their day, since they all live alone and often don't hear from or talk to anyone for days. This service is available to anyone in the valley who would welcome a cheery call to be sure they are safe and not alone. The calls are between 8:00 am and 9 am every day of the year. We are looking for volunteers to help with the phone calls as spares or weekly. The time involved is only one hour a week or possibly twice a month as a spare. There are information pamphlets available in the Sunshine Club office and the lobby at Echo Centre. On the back of this pamphlet there is a *registration form* for clients to fill out. We now have a website! Please visit it at <https://friendlyphoneservice.home.blog>. Our new website also includes our email address: friendlyphoneservice@gmail.com. For further information please call the Sunshine Club Office at 250 720-2505 or Wendy Stanley at 250 723-5285.



..... Regular Programs Cont.

Sunshine Garden Club – Submitted by Pauline Rice

If gardening is your passion, this is the Club for you! As always we share plant cuttings, seeds and ideas. Occasionally we invite speakers to share their knowledge. Newcomers are welcome whether you are just starting to dig in the dirt or if you are an experienced gardener. Come to share and to learn. We regularly meet the second Wednesday of the month from 11:00 am – 12:00 noon, in the Hemlock Room at Echo Centre. During the summer months we have been enjoying the outdoors and having our meetings outside but we will resume our meetings at Echo Centre starting in October. New members and guests are welcome! For more information, email Pauline Rice at paulinerice88@gmail.com.



Hobbies and Crafty Wools

There are a variety of crafts enjoyed such as embroidery, crocheting, knitting, beadwork and more! Various members volunteer their time to help others learn these skills; members must provide their own supplies. Enjoy a social time and meet new people, while working on your projects Tuesday mornings from 9:00 – 11:00 am. This activity will start up again on **Tuesday, September 3**. New members and new hobby ideas are always most welcome!



Library Cart – Submitted by Carol Weiers

Welcome back everyone!!! The summer months are behind us and the time has come to get back into a regular routine, but hopefully still having time to relax and enjoy a good book. The library cart was well used over the summer and therefore donations



of newer books and magazines would be greatly appreciated as our supply is running low. These books/magazines can be dropped off at the Sunshine Club office during regular office hours. The library cart operates on an honour system whereby people are welcome to borrow books and magazines that interest them and return them when they are done for others to enjoy. Thank you to everyone for their donations ensuring that this service, which is enjoyed by many people, continues to run smoothly.



Line Dancing



Dancing is a wonderful way to exercise and have fun at the same time. With line dancing, you don't need a partner – just come and move to the music! Line dancing is a form of latin and modern dance that will give you a workout while having fun. It is a choreographed dance with a repeated sequence of steps whereby people are in one or more lines. It is not the same as country line dancing. We dance to a wide variety of music including latin, rock, swing and country music. Beginners are most welcome. Linda Ross is the director and instructor of this activity on Tuesdays at 1:45 pm, starting, September 24. This is a fun activity and a great way to meet new people! Come and give it a try!

Limber Up

It's time to "Fall" back into fitness! Classes are held every Tuesday and Thursday at 11:00 am. The first 45 minutes are a variety of exercises, some using chairs, sticks, weighted balls and exercise bands. Then the last 15 minutes are floor exercises for those who want to stay for the complete workout. Join fitness instructor Nomi Samson and Director Joan Palmer for a wonderful opportunity to exercise and stay fit. Nomi is a certified, experienced fitness instructor that offers a great exercise program to those who want to stay healthy and strong. There is a drop in fee of \$1 per session to attend this program.

Lunch Bunch – Submitted by Barb Atkinson and Norm Taylor

Thursday, September 26 at 12:30 pm at Solda's Restaurant



All Sunshine Club members are invited to enjoy lunch with the "Lunch Bunch" gang. What a great opportunity to enjoy friends, great conversation and a delicious lunch!! Each month this group meets to enjoy the company of others and a tasty meal at a local restaurant. In September we will be going to Solda's Restaurant. It is always a great group of people and a wonderful time and we hope you join us!

Each month we change our location and we circulate a variety of restaurants throughout the year. We would love for you to join us!! We all look forward to this social lunch and we think you would too! If you are interested in joining the Lunch Bunch please phone the Sunshine Club office at 250 720-2505 to sign up. Everyone is responsible for ordering and paying for their own lunch at the restaurant but ask members to sign up ahead of time so we can confirm the reservation numbers with the restaurant.



..... Regular Programs Cont.

Lunch Service

The Lunch Service starts again on Monday, September 23. Lunch is available Monday – Thursday from 11:00 am – 1:00 pm for Sunshine Club members and guests. Please note we can only take orders until 12:30 pm so there is time to serve customers and get everything cleaned up before 1:00 pm. Thank you for noting this and coming early to get your lunch ordered. As we are unable to take reservations, orders will be taken on a first come, first serve basis.



Did you know that the Light Lunch Service is one of the Sunshine Club's biggest fundraisers? When you have lunch with the Light Lunch Service, you are supporting the entire Club and all its programs and activities. It is a win-win for everyone! The Light Lunch service offers a great lunch for a low price and joining us is a great opportunity to satisfy your tummy and support the Club all at the same time! Who knew having lunch would benefit so many other people!?! We encourage all members to come enjoy a tasty, affordable lunch amongst friends with the Light Lunch program and support the Sunshine Club. Menu items include delicious soups, sandwiches, muffins and refreshments. We hope to see you soon!

Volunteers operate this program and prices are very reasonable, so please drop by Echo Centre for an enjoyable lunch with other Club members.

Sandwiches:	\$2.75 - \$3.00	Soup:	\$3.25
Muffins:	\$1.25	Drinks:	\$1.00

We welcome new volunteers. If you are interested there are several ways to be involved in the kitchen such as making sandwiches, serving menu items, handling orders, clearing tables and loading the dishwasher. And, all volunteers receive a free lunch!

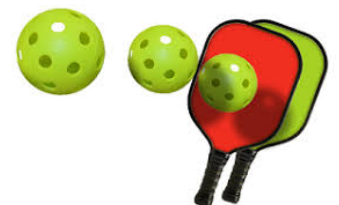
Mah Jong

This game is a Chinese version of dominoes, with similarities to rummy. It is played with tiles and in groups of 4 with each person playing for himself. We would really love to see some new members come out and learn this interesting game. Beginners are always welcome! Why not bring along a friend and learn a new game? Mah Jong starts up again on **Thursday, September 5** at 10:00 am. We hope to see you there!

Pickleball

The pickleball group is enjoying the outdoors during the warmer months of the year! We will be playing at Gyro/Recreation Park (weather permitting) and we will continue to play outdoors during the summer months until mid-September. Pickleball is one of the most popular activities and many of our members are having a blast! We have nets, paddles and balls for anyone who is interested in joining us. Pickleball is a great, social game and we have a fun, enthusiastic group. It is a user-friendly sport and is accessible to people of all abilities. We continue to welcome new players and we encourage you to drop-in and join the fun. Beginners are always more than welcome. Don't worry if you haven't played before because we are there to help and you will pick up the game in no time! We are currently playing outdoors at the tennis courts at Gyro/Recreation Park while the weather holds. The current outdoor summer schedule is:

Mondays	7:00 – 9:00 pm
Wednesday	9:00 – 11:00 am & 7:00 – 9:00 pm
Fridays	9:00 – 11:00 am



As the weather starts to turn colder and wetter, it will eventually make outside play impossible. At that time, we will move inside to Glenwood Centre for the Fall/Winter season.

Painters Group – Submitted by Rose Windley

September is here and it is time to start back into our activities. Painting will recommence on Mondays from 12:15 - 2:15 pm in the Fir Room on September 9. We are a small, dedicated and friendly group of painters of all skill levels who meet to have fun doing what we all enjoy. We all support each other but do not offer any lessons. There are books and magazines painters can use for added support. Bring your own supplies. Rose Windley is the leader and Audrey Smith is her co-pilot. We enjoy being creative and invite you to come out on Monday afternoon and check us out. We have been blessed with gifts of painting supplies over the last year and our cupboards are almost full. Anyone wishing to donate supplies are welcome to bring them directly to us on Mondays. We will be displaying our wall hangings for three weeks so we hope you can pause a moment to appreciate them. We are all happy to be back painting again.



Pool/Billiards

Are you interested in playing pool? Join us on Tuesdays and Fridays from 9:00 am to noon for a few friendly games of cutthroat (3 person game) or eight ball. We are located at the Industrial Heritage Building (3250 9th Avenue, beside the curling rink). Drop-ins are always welcome.

..... Regular Programs Cont.

Pottery – Submitted by Alanna Miller

I have no idea where the summer went and yet here we are starting up again! I have said before that September always seems more like a new year to me than January. At pottery it is a time to start all those projects that you have been thinking about over the summer and can't wait to see how you will create! I have never found pottery to be 100% predictable (or for that matter even 75% predictable) - there are so many places along the way where things can change. Sometimes the end result is even better than you could ever imagine and others not quite what you had hoped for-- and you just take a page from one of the potter's in our club's book "there is more where that came from". It is always an adventure. If you would like to know more about this wonderful Club come visit us any Tuesday or Friday from 10:00 am – 4:00 pm downstairs in Craft Room B. We are always happy to share our experiences and enthusiasm.



Quilting

We welcome all Quilters who want to learn, improve and share their skills with other members. We work on our own projects and also group projects. This drop-in session is held every Wednesday from 10:00 am - 1:30 pm starting September 4. Some bring their lunch, while others go upstairs and enjoy the Light Lunch service.



Spanish – Submitted by Donalda Deas

Please come and join us in learning the wonderful language of Spanish. This is a good class for those who want to brush up or those who want to become more fluent. Speaking another language is a great way to keep the brain active. Whether you are a newcomer, with no past knowledge and limited practice, all are welcome!! We are very fortunate to have Orlando Delano as our teacher. He is patient, kind and very knowledgeable with the ability to bring this beautiful language to life as well as make us laugh!! It is a very enjoyable time. There are lots of laughs and support as we struggle with the grammar and pronunciation that is unique to this language. Classes are held at Abbeyfield in the downstairs meeting room on Thursday and Friday from 9:30 – 11:30 am. Saludos!!



Scottish Country Dancing - Submitted by Leslie Holland

Scottish Country Dancing is a social dance involving groups of couples dancing in a progressive pattern. It consists of dance formations with Highland music and footwork. We have a great group who enjoys dancing, Scottish music and socializing together. We will start again after our summer break on **Wednesday, September 18** at our usual time of 10:15 – 11:15 am. We look forward to seeing previous members and new members are always welcome to join us for fun and exercise to great music. Wear soft soled shoes and bring a smile! We hope to see you there!

The Shimmy Sisters – Submitted by Teresa Robinson

Shimmy Sisters is a ladies nonperforming dance group based on belly dancing, but combines other forms of dance with a variety of music. We dress up to dance wearing coin belts, hips scarves, and using veils - all purchased at thrift stores. We will loan you these items while you try out our group and learn the moves. Please wear comfortable clothing so you can move freely. We have a lot of fun and laughs while exercising. We meet at the Gyro Centre at 9:30 am on Friday mornings. If you have any questions, please contact Teresa Robinson at 250-723-0599.

Strummers Update

The Strummers get together for a social time starting **Thursday October 3** from 10:00 am – 12:00 pm, breaking for coffee at 11:00. We consist of members who play acoustic guitars and auto harps. Most of us have been playing together for several years. We do not have a teacher but we share what we know with each other. Our music book has a very good variety of 230 basic cord songs so there is something for everyone. Every Thursday our members get a chance to pick a couple favorite songs for everyone to play together. We have a wonderful group and we enjoy our time together each week.



Stamp Crafts

Make your own greeting cards, bookmarks, stationary, etc. with rubber stamps. You'll be amazed at what can be created. As well as stamps, we use embossing folders, dies, punches and embellishments to make cards for all occasions. Stamp Crafts is a wonderful time to share ideas and creations, enjoy this hobby with others and socialize with friends. We encourage you to join us! Classes are Wednesday mornings at 9:00 am starting **Wednesday, September 11**.

..... Regular Programs Cont.

Table Tennis



Speed up your reflexes (fastest hand/eye coordination of any sport) and enjoy a game of table tennis with other members three times a week. Games are played on Tuesdays from 8:45 – 10:45 am, Wednesday evenings from 7:00 – 9:00 pm, and Fridays 10:00 am – 12:00 noon at Echo Centre. Equipment is supplied, but members may bring their own racquet if they prefer. Both experienced and beginner players are welcome to join.

Table Games – Submitted by Gillian Shearwater

The Table Games group invites you to drop in and join in -- no partner needed! We offer all kinds of games for fun. Looking for someone to play your favourite table game? Bring your own, or try any of the games other members have brought. Selection varies: anything from Backgammon to Scrabble, and lots of games you have never heard of before. Special on Mondays: Settlers of Catan. Card games are always on hand too! Rummy, Joke Rummy, Phase 10, Euchre and more. You are always welcome! We play on Mondays, Wednesdays and Fridays from 10:00 am - 12:00 noon at Echo Centre in the Pine Room. For more information, please contact our activity directors, Judy Collins at 250-724-2370 or Gillian Shearwater at 250-724-7293.



T'ai Chi Chih Classes (Joy Thru Movement) – Submitted by Barb Gaetz

Beginner Class – Monday September 16 at 9:00 am



Welcome beginners - "You can do this!" Release that dreadful stress, stay calm and enjoy the feeling of well-being. Tai Chi Chih is a set of twenty smooth, flowing, soft and gentle circular movements that promote health and wellness on all levels. Tai Chi Chih is a well-rounded exercise suitable for all, regardless of age or physical condition. Reward yourself with such benefits as: improved breathing and circulation, controlled blood pressure, improved balance, coordination and flexibility. This class is instructed by Barb Gaetz and assisted by Cheryl Hanson. We are looking forward to sharing this energizing exercise with you. The advanced classes start Wednesday, September 4 at 9:15 am and Monday, September 9 at 9:45 am. The beginners class starts Monday, September 16 at 9:00 am. Please sign up for this class in the Sunshine Club office.

Ukulele – Beginner - Submitted by Geerry Roe



Have you ever thought you might like to learn to play the ukulele? Now could be your chance to learn with C-tuning, three-chord ukulele. This group is intended for very basic beginner players. We ask you to supply the instrument and tuner and we will provide the instruction in basic techniques and chords. No previous musical knowledge necessary. The aim is to have fun while learning to play well-known songs. We have an enthusiastic group that is still growing strong and we have started to make music! Everyone is having fun while learning to play the ukulele. The group is truly amazing! We welcome any newcomers to our group. If you would like more information, please contact Lyle or Geerry Roe at 778 419-0554 or drop in anytime and see what we are all about. For those who are returning members or have some ukulele experience, we will meet on Mondays at 10:00 am at Echo Centre. For those who are newcomers to our group and beginners to ukulele – we will start with the basics and meet on Fridays at 11:30 am at Echo Centre.

Ukulele

Diane Dvorak is our instructor for our Ukulele group and she welcomes everyone who enjoys playing the ukulele. We have a great group and have a fun time together. We welcome you to join us. Bring your ukulele and join Diane on Friday mornings at 10:00 am starting **Friday, October 4**.

Volleyball



Volleyball is a great activity. We would like to encourage new members to come out and play with us. It is a wonderful way to get some exercise and have fun. New players are always welcome! Experience is not necessary and the game is easy to learn so please join us for an evening of non-serious fun!! ☺ Our group has a great time together and we would love for you to drop-in and join us! We play on Wednesday evenings from 7:00 – 9:00 pm at EJ Dunn School Gym starting again on **Wednesday, October 2**. Drop-ins are welcome.

Whist – Submitted by Barb Atkinson and Norm Taylor



Whist is played every Friday afternoon in the Dogwood Room. Please arrive at 12:30 pm, so everything can be organized and ready to start promptly at 1:00 pm. Drop-in whist continues year round. Whist will start again on **Friday, September 6** and the tournament will start **Friday, October 4**. If you are interested in playing in the tournament, sign up with the Whist Directors, Barb Atkinson and Norm Taylor. The tournament fee is \$5 per person. You must have a partner to register for the tournament. All members must have a new membership card.



..... Regular Programs Cont.

Walking Group



We enjoy the fresh air, getting our exercise and the company of others. Walking is a very effective form of exercise. It is even more enjoyable when you have someone to walk with! We encourage you to get outside with friends, stretch those legs and enjoy the fresh air. This activity will be good for body and mind! You will benefit both from the exercise and physical fitness as well as the social rewards. Join us for a “walk and talk”! Everyone is welcome and participants can walk at their own pace. Participants will enjoy a pleasant walk amongst friends! It is amazing how much better you can feel after a nice walk and it is always uplifting to be around others and enjoy a conversation, laugh and a smile! Join us! You will be glad you did!

There are currently two walking groups. One group meets each week and walks the Dyke while the other group walks local trails. The trail walkers start their walk at 9:00 am and they meet at Echo Centre at 8:45 am to gather before their activity begins. The walking group that enjoys their walk around the Dyke, meet on Friday mornings at 10:00 am. Please note the change in the start time. We will now start our walk at 10:00 am. If you are interested in joining this group please meet in the parking lot between Solda’s Restaurant and the car dealership at 9:45 am. We meet there and head to the walking path at the Dyke. We hope you join us!

Writing Group – Submitted by Marilyn Bueckert

The Writer’s Group will embark on a new season of fun and would welcome any new members. Our motto is “Everyone Has a Story to Tell”, be it a short story, a novel, poetry, a children’s book, an article or letter to a newspaper, a family history or an excerpt written by someone else that has caught our eye. We invite you to share your story with us, and join in the very interesting discussions that arise from our efforts. Our meetings are held on Tuesday mornings from 10:00 am – 12:00 pm at Echo Centre.



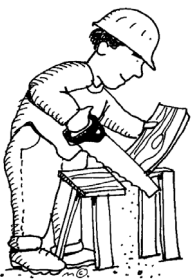
Woodwork Shop – Submitted by Ron Rutter

Our hours of operation will be as follows, starting Monday, September 9:

Mondays	9:30 am – 3:00 pm
Tuesdays	9:00 am – 12:00 noon
Thursdays	9:30 am – 3:00 pm



The Sunshine Club has an amazing woodworking shop! We would like to encourage new members to come out and enjoy our shop. It is fully equipped and is open to all members for a nominal fee of \$1.00 per visit to help maintain the blades, saws, hand tools, etc. All members must supply their own wood. We would love to see more people taking advantage of this facility and encourage you to join our group. If you are interested in woodworking, come in, have a look and visit us! It is a great place to work on your projects amongst other woodworkers that share your interest. Participants enjoy sharing their knowledge, exchanging ideas, learning new skills or helping each other troubleshoot on those more challenging projects. Are you new to woodworking? Don’t let that stop you. Come out to the shop and start learning. There are always volunteers there willing to help you get started.



Please keep in mind that we are all volunteers and if there is no activity in the shop by 2:00 pm on Monday or Thursday, or by 11:30 am on Tuesdays, and we are done working on our projects, then our volunteers may close up shop so come early. This fully equipped woodwork shop is located in the lounge area of the Industrial Heritage Building (3250 9th Avenue). If you are interested in woodworking and have never been to the shop why not pay us a visit! We welcome all members and would love for you to join us. Remember ladies – you are more than welcome to join us too!!

If you have any woodworking equipment that you are no longer using and want to part with it, please check with us to see if we can make use of it. If anyone has any ideas for a fund raising project using cedar, pine or maple, please let the woodwork shop volunteers know.

Volunteer Corner

Office Volunteers Meeting

Wednesday, September 4 at 10:00 am in the Hemlock Room

Mark your calendar! The office volunteer meeting will be held on Wednesday, September 4 at 10:00 am in the Hemlock Room. All volunteers, including spares are encouraged to please attend the monthly meetings to keep up to date on all of the information regarding the Sunshine Club, tickets, events, etc. This will be the first meeting of the new season so it is important that everyone is there and we hope to get a great turnout. See you there!



..... Volunteer Corner & Notices

Thank You Summer Volunteers – Submitted by Jennifer Gray

We would like to say a big thank you to all the volunteers who helped at the work bees and/or at the “Our Town” events throughout the summer. These events are extremely popular in our community. The Sunshine Club is a big part of the reason they are so successful! It takes a great deal of people to work together to make these events possible and we are very appreciative of all your time and efforts. Thank you to the following volunteers:



- | | | | |
|------------------|--------------|-------------------|-----------------|
| Joan Palmer | Joan Roach | Shirley Goodman | Barb Ninntti |
| Kathy White | Pat Nicklin | Carol Weiers | Audrey Smith |
| Lil Davidson | Betty Babych | Marilyn McPherson | Ladonna Knutson |
| Richard Anderson | | | |

Tea and Bazaar Committee Meeting

Wednesday, September 11 at 10:00 am

The Fall Sunshine Club Tea and Bazaar will be held on Saturday, October 19. An organizational meeting for all of the stall convenors will be held on Wednesday, September 11 at 10:00 am in the Hemlock Room. We would like to ask all stall convenors to please start working on your list of volunteers for your area as this list of volunteers will be needed at the September meeting. Thank you.

Friendly Phone Service Update – Submitted by Wendy Stanley

September Meeting: Tuesday, September 3 at 10:00 am in the Hemlock Room



The daily phone calls we make to our clients is sometimes the highlight of their day, since they all live alone and often don't hear from or talk to anyone for days. This service is available to anyone in the valley who would welcome a cheery call to be sure they are safe and not alone. The calls are between 8:00 am and 9:00 am every day of the year. We are looking for volunteers to help with the phone calls as spares or weekly. The time involved is only one hour a week or possibly twice a month as a spare. For more information, please visit our website at <https://friendlyphoneservice.home.blog> or email friendlyphoneservice@gmail.com. For further information please call the Sunshine Club Office at 250 720-2505 or Wendy Stanley at 250 723-5285. For our current volunteers, our next meeting is Tuesday, September 3. It is a holiday on Monday (Labour Day) so our regular meeting time has moved to Tuesday for this month. Please remember your used record sheets and pick up the latest schedule at the meeting. Blank record sheets will also be available. See you there!

New Volunteers Are Always Welcome – Submitted by Karen Freethy

Volunteers play a vital role in the success of the Sunshine Club! The Club operates on the generosity and involvement of our volunteers. I would like to thank all the volunteers who help throughout the year and express our sincere appreciation for your time, energy and enthusiasm. Volunteers are integral to the success of the Club. Thank you for your dedication and sharing your time and talents with us.

Volunteering is a great way to feel involved, share your knowledge with others, stay active and contribute in a meaningful way. We are always looking for new volunteers to join us and there are many different ways to become involved. If you are interested in volunteering, please visit the Sunshine Club office, located at 4255 Wallace Street or call 250 720-2505. We will work together to find the right fit for you. Together, you really do make a difference!



Sunshine Club Notices



Sunshine Club Office Hours – Come In And Visit Us!

Do you have questions about a trip or an activity or are interested in volunteer opportunities? Come in and see us, we are always happy to help! The Sunshine Club office is open regularly on Monday – Thursday from 9:00 am – 4:00 pm and Fridays from 9:00 am – 3:30 pm (except statutory holidays). \=

Membership Fees and Renewal Information – Submitted by Leslie Wright

A reminder to all members that you need to purchase your new membership before attending any activities or programs in the Fall. Memberships are on sale in the Sunshine Club office at Echo Centre. Membership fees are as follows:

Yearly membership: **\$70.00**

Guest membership fees: **\$10.00 per month**. Guest memberships are available to any persons visiting Port Alberni for a short time.

Pro-rated membership: a pro-rated membership will not be offered this fiscal year

Sunshine Club memberships are for the new fiscal year, September 1, 2019 – August 31, 2020.

Memberships are available for purchase at the Sunshine Club office at Echo Centre, 4255 Wallace St.

..... Notices Cont.

Membership Financial Assistance

The Lion's Club provides a small donation to the Sunshine Club to assist people who are unable to afford the membership fees. Finances should not be the reason for not joining the Club. If you need financial assistance with your membership, help is available to you. Financial assistance will vary from person to person and support is on a sliding scale based on the individual's needs (up to a maximum of \$35). For further information, please contact the Sunshine Club office or Karen Freethy.

Early Bird Membership Draw – Submitted by Leslie Wright

Don't forget to purchase your membership by the end of August! Memberships for 2019/20 season will be available for purchase from the Sunshine Club office (located at Echo Centre). All those who buy a membership by Friday, August 31 will have their name entered in a draw to win \$70.00, the cost of the membership. The Sunshine Club office is open Monday -Thursday from 9:00 am - 4:00 pm and Fridays from 9:00 am - 3:30 pm. We already have over 300 members signed up! Good luck and thanks for being an Early Bird!



Directors and Executive Budget Meeting

Just a quick reminder to all directors that we will have the Directors and Executive Budget meeting in October. We will announce the date and time of the meeting in the next newsletter. It is important for all directors to attend this meeting. We ask that if you cannot attend please send another representative from your activity. We will notify all directors when the meeting date has been set. Thank you.

“Scent Free Zone”

Members are reminded that all Sunshine Club activities and programs are “scent free.” There are members who are highly allergic and have respiratory sensitivities to smells from perfume, colognes, lotions, oils, hairspray, etc. so members are encouraged to please refrain from wearing scents while attending Sunshine Club activities, events, etc. Thank you for your co-operation and understanding.



Welcome New Members

Welcome to the Club! We would like to extend a warm “sunshine” welcome to the following people who have joined our Club recently:

Sharon Fast	Brian Harrigan	Phyllis Scheiter	David Newman
Carol Hillman	Debbie Corse	Heather Geary	Luiza Rose
Juliette Gariepy	Linda Mundy		



Nominating Committee Report

In preparation for the Annual General Meeting and the Election of Officers which will be held on Wednesday, September 25 a Nominating Committee of **Hap Ralla, Minnie Burton and Maureen Brechin** has been formed to help determine names of those who may be interested in running for a position on the Sunshine Club Executive. We will be looking for members of the Sunshine Club who are in good standing to run for each position of President, 1st Vice President, 2nd Vice President, Secretary and Treasurer. We ask that you start thinking about whether you would like to join the Executive. If you would like to nominate someone, please contact one of the members of the Nominating Committee. Please note, call members of the Sunshine Club Executive will be asked to complete a criminal record check. Thank you.

Community Notices

Sunshine Club Newsletter is Available Online

We would like to remind everyone that the Sunshine Club newsletter is available online and can be accessed at www.portalberni.ca. When you arrive at the City's website, click on the red heading that says 'Parks, Recreation and Heritage'. Once that screen is open, then click on "Echo Sunshine Club". Click on the newsletter link and you can access the newsletter from your computer. The newsletter and the calendar of events are posted each month.

Sunshine Club Christmas Raffle Begins – Submitted by Minnie Burton

Our Christmas Raffle has begun. There will be two winners! The first name drawn will win a \$100 bill and the second name drawn will receive \$50! A hundred dollars would sure be a nice prize to win to help with all those Christmas expenses...or maybe a great opportunity to treat yourself to something special! Tickets are \$2 each and are available in the Sunshine Club office. A reminder to members that you can also sign out a book of tickets from the office to sell to friends, coworkers or family. Tickets can be sold to anyone in the community. It is a great way to help the Sunshine Club!



..... **Community Notices Cont.**

Jewelry Wanted for Sunshine Club Tea and Bazaar

Ladies, if you have jewelry you no longer need or want, we would like to ask you to please consider donating it to our bazaar stall. In the past our jewelry stall has been very popular and any donations are very much appreciated. Jewelry can be dropped off at the Sunshine Club office or at Karen's office in Echo Centre and she will pass them on to the jewelry convenor as it comes in. Thank you.

Reminder to Pay for Your Newsletter Postage

We would like to send a friendly reminder to all those people who usually have the monthly newsletter mailed to them. If you would like to continue to receive the newsletter, postage payment is now due. Please bring in cash or cheque to the Sunshine Club office. The cost of receiving a newsletter each month starting in September is \$23.00 annually. If you are interested, drop by the Sunshine Club office so we can process your request and add your name to the mailing list.



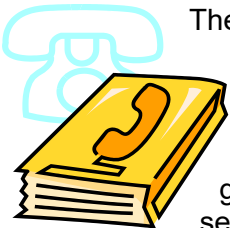
Barkley Sounds Community Choir – Submitted by Marilyn Kapchinsky

The Barkley Sounds Community Choir is starting its Fall and Christmas season on Wednesday, September 11. Come join us on Wednesdays from 6:45 pm - 9:00 pm at the Alberni Valley United Church on 3747 Church Street. No auditions. Everybody is welcome. This choir is for people who love to sing and laugh! Visit www.barkleysounds.com

2019 Island Lifestyles Coupon Books Are Available – Now only \$15!

The Island Lifestyle Coupon Books are full of great coupons, discounts and deals to a wide variety of restaurants, stores, golf courses and more. It is also a fundraiser for the Sunshine Club! Each book costs \$15 (price includes tax). These books are available from the Sunshine Club office or Echo front desk. Buying a book gives you an opportunity to save hundreds of dollars and it is also a great way to support the Sunshine Club!

Seniors' Directory – An Excellent Resource!



The Sunshine Club produces a directory of information pertinent to seniors. This is an excellent resource for seniors! It provides information and references in regards to the following topics: community care services, cultural groups, death and bereavement, education, financial assistance and funding, federal tax services, housing benefits and subsidies, pensions, government representatives, health care and preventative services, government services, legal resources, meal services, recreation, safety, senior housing, service groups, support groups, transportation and more. It is extremely useful and the updated version is available now at the Sunshine Club office for only \$5. The Sunshine Club office is located in Echo Centre or phone 250 720-2505.

Canadian Council of the Blind, Alberni Chapter – Submitted by Jean Kanngiesser

The Canadian Council of The Blind (CCB) is a support group for the visually impaired and blind serving the Alberni Valley. The next meeting will be held at 10:00 am on Wednesday, September 4 in the basement meeting room of Abbeyfield. The Alberni Valley Chapter of the Canadian Council of the Blind is a friendly group that offers ideas for improved daily life, support and an exchange of ideas to assist you with your difficulties. For further information call Jean Kanngiesser at 250 724 1282, President Alberni Valley Chapter Canadian Council of the Blind.

October Newsletter Deadline

The deadline for submissions for the October newsletter is **September 1**. Submissions can be dropped off at the Sunshine Club office to be put in the "Newsletter File" or contact Karen at 250 720-2509 or email: Karen_Freethy@portalberni.ca. The October newsletter will be ready to be picked up at Echo Centre on Tuesday, September 17.

Volunteers Wanted at Abbeyfield – Submitted by Angel Graitson

Volunteers play a vital role in our facility. It is a great way to be involved, share your knowledge with others, to stay active and contribute to our seniors in a meaningful way. If you are interested, please call our office at 250 724-5054.

Alberni District Historical Society – Submitted by Judy Carlson

Greetings to all the friends and supporters of the Alberni District Historical Society, and we hope you have all had a busy and interesting summer. We are working on the program for our next public meeting in October. The topic will be a reminiscence about our Corner Stores, so if you would like to share any memories or background information about one of our former corner stores, you are welcome to stop by and discuss it. We are open between 10:00 am – 3:00 pm on Tuesdays or Thursdays at the Archives, and be sure to join us at the meeting on October 17.

..... **Community Notices Cont.**

Community Band Needs New Members - Submitted by Wayne Janzen

The Alberni Valley Community Band is a concert band composed of about fifteen adult musicians (sometimes assisted by a few students) who play wind, brass, and percussion instruments. The band plays a variety of music written or arranged for concert bands, from marches and selections from the classics, to themes from Broadway shows and movies. The band was originally formed in September 1980 by Colleen Goodrich who called it then The Musical Rubber Band. The band meets Wednesdays from 7:00 – 9:00 pm in the EJ Dunn School band room (access from 18th Ave). The band is currently on hiatus but hopes to start up again in September. New players are needed. If you are interested, please call Manfred at 250-724-6780 or Wayne at 250 724-4739.

Jane Austen Society Update – Submitted by Gillian Shearwater



Jane Austen fans -- we have a group for you! All Gentlemen and Ladies who share an interest in the life, writing, and Regency period of Jane Austen are invited to join us. We are the Central Vancouver Island Region (Port Alberni) of JASNA (the Jane Austen Society of North America). Beginning in late September, we will hold regular meetings and social gatherings for our members. Share your enthusiasm for all things Jane, meet others and share skills, information and ideas about the Regency era. Activities include literature (of course!) as well as movies, costuming, food, dance, games, history, etc. For more information, contact president Tricia Knight at 250-913-2111, or e-mail jasna.cvi.bc@gmail.com.

Rollin Art Centre News – Submitted by Melissa Martin

Gallery Exhibits:

September 10 - October 2 Marie Heath – mixed media
Meet and Greet Saturday September 14, 1:00 – 3:00 pm

Upcoming Workshops: To register, please contact the Rollin Art Centre at 250 724-3412

Felting Workshops with Salt Spring Island Artist – Laurie Steffler at North Island College

- September 26, 9:00 am – 5:00 pm: Nuno Silk Chiffon Scarf Felting Workshop. Create a double-sided felt scarf with merino wool and silk chiffon. Felt by hand with tips and techniques that will make the felting process as easy and fast as possible., Cost \$150.00 plus \$35 supplies
- September 27, 9:00 am – 4:00 pm: Jazzy Felt bag, Bowl or sculptural felt hat – Learn how to create your own unique seamless felt bag, sculptural vessel or bowl style. Cost \$150 plus \$35 materials.

Clean Out Your Sewing Room

The Rollin Art Centre is having a fun garage sale of sorts. This event is a fun way to clean out your sewing or craft room. Join us on Saturday September 28 from 1:00 – 4:00 pm at the United Church Hall for a day of selling all your odds and sods sewing room items. Items can include sewing machines, fabrics, patterns, knitting needles, scissors, bobs etc. Rent a table for \$20, space is VERY limited so call today to register, 250-724-3412.

Support Local Artists & Purchase your Annual Membership

Memberships play a crucial part to the sustainability of the Community Arts Council and the Rollin Art Centre, which in turn offers support to local artists. Support local artists and purchase your membership. The annual memberships are \$20 for adults, \$15 for seniors, and \$22 for a family. A \$25 Artist Membership includes a listing on our website, samples of your work, a short bio and a link to your own website.

Gallery hours are Tuesday - Saturday 11:00 am to 4:00 pm, located at 3061 - 8th Avenue. Admission is by donation. Phone: 250 724-3412, www.portalberniarts.com, <http://www.facebook.com/rollinartcentre>.

55+ BC Games: Kelowna September 10 - 14 – Submitted by Barb Sheare



The Torch has been lit marking the Official Countdown! The Games are almost here! Whether it is a wine tour, a museum visit or a tour of the infamous Myra Canyon and the Kettle Valley Rail Trail, there are lots of activities planned for both the athletes and the supporters. Good luck to all the participants going to Kelowna competing in the 33 sports being offered. An active lifestyle is a

healthy lifestyle!



Challenge Yourself! Stay Active in Sport! Meet New Friends! It's Your Opportunity to Play!

For more information, visit our website at www.55plusbcgames.org. Please contact Barb Sheare at shearepin@telus.net or 250 724-0364 if you have any questions about participation. Good luck!

.....Community Notices/ Karen's Korner

Volunteers Needed at Fir Park Village & Echo Village

We are seeking volunteers. There are many opportunities available such as specific program volunteers, one-on-one visitors, bus drivers (class 4, unrestricted), and/or store volunteers. We are very flexible with volunteer schedule times. If you have a bit of spare time and wish to share it with us, please call 250 724-6541, extension 253 or email sjhaj@acccs.ca.

Parkinson's Support Group – Submitted by Linda Nicklin

Since 1969 Parkinson Society of BC has sought to empower people affected by Parkinson's Disease, including care partners and family members. The organization is supported by generous contributions from individuals, corporations and foundations. Fundraising events, such as the "Parkinson SuperWalk" are critical to the operation. Port Alberni Support Group will be hosting their Community SuperWalk on Sunday, September 8 at Victoria Quay Walkway. Registration is at 10:00 am and the Walk starts at 11:00 am. You can join the group the day of the event or make a donation online, Parkinson SuperWalk 2019 BC and find our Team - Port Alberni Support Group. Our first meeting is Monday, September 9 10:30 am at Smitty's Restaurant, Join us for coffee. More information please contact Linda 250-723-3755 or Jan 250-723-8230

Classical Concert Series Begins in October – Submitted by Hugh Grist

Once again we are able to bring four concerts for the same \$100 subscription. The Orantes Guitar Quartet will open our season on Saturday, October 5. This talented quartet was formed in Beirut and is currently touring Canada. Our next concert is on January 24. It features Trio d'Argento, a superb chamber trio of piano, flute and cello who play to outstanding reviews. On March 15, we will enjoy a 20 voice choral ensemble of the Elmer Iseler Singers. This choir has won National awards and Juno nominations. Our final concert will have the internationally acclaimed Buzz Brass on May 1. This quintet has also won many awards throughout Canada and abroad. The committee is grateful to those who have already purchased their subscriptions for this season and to past subscribers. Subscriptions are available at Rollin Arts Centre (\$100 plus a \$10 service charge) and from committee members (phone David Cox at 250 723-8362 or Colleen Goodrich at 250 723-5407). All concerts will be held at the Arrowsmith Baptist Church. For more information, please visit www.alberniclassicalconcerts.ca.

Karen's Korner

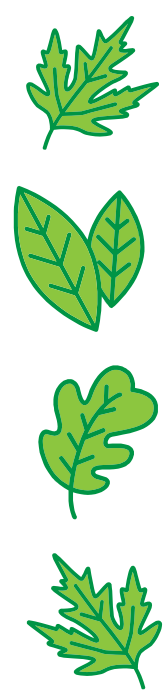
September's Challenge

When I think about September, I think about trees and the beautiful Autumn leaves. Fall is my favourite time of year! I love all the colours, the weather and it feels like a fresh beginning. For this month's challenge, I thought it would be fun to focus on trees. Each province and territory (except for Nunavut has a provincial tree. Do you know what it is? Your challenge is to match the correct tree to the province. Can you get them all right?



- British Columbia _____
- Alberta _____
- Saskatchewan _____
- Manitoba _____
- Ontario _____
- Quebec _____
- New Brunswick _____
- Nova Scotia _____
- Prince Edward Island _____
- Newfoundland & Labrador _____
- Yukon _____
- Northwest Territories _____

- White Birch
- Balsam Fir
- Subalpine Fir
- Western Red Cedar
- Tamarack
- Red Oak
- Lodgepole Pine
- Yellow Birch
- Black Spruce
- Eastern White Pine
- Red Spruce
- White Spruce



July/August's Challenge

I hope you all had wonderful summer and you took advantage of all the wonderful things that the summer season has to offer.

Welcome back to the Sunshine Club

The 2019/2020 season promises to be another great year!

Looking forward to friends, laughter, fun, activities and celebrations!!