



## 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**

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*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

# NOVEMBER 2019



## Lest We Forget



Little poppy  
Given to me,



Help me keep Canada  
Safe and free.



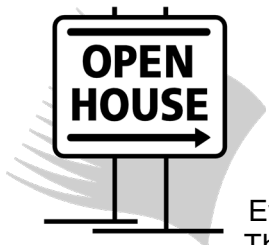
I'll wear a little poppy,  
As red as red can be,  
To show that I remember  
Those who fought for me.



## Remembrance Day November 11



..... *Special Events*



**You're Invited ....**  
**To the Sunshine Club Open House**  
**Wednesday, November 13 from 1:00 – 3:00 pm at Echo Centre**  
**Free admission! Everyone Welcome!**

Everyone is encouraged to bring their family, friends and neighbours to the Open House. This special day is an opportunity for Valley residents to come to Echo Centre and learn about the many activities, events and opportunities available for anyone 50 years of age or “better”.

Each activity director will have a display of their activity and will be available to answer questions and provide information about their activity. A programme will be available when you arrive to provide an overview of the activity displays, door prize draws, entertainment and activity demonstrations. Even if you are already a member, this is still a great opportunity to learn more about other activities you may be interested in and provides you with a chance to talk directly to activity directors.

**Christmas Luncheon**

Please note: The Sunshine Club will not be hosting a Christmas luncheon this year but participants are encouraged to attend and enjoy the ever-popular Afternoon Christmas Party.

**Sunshine Club Afternoon Christmas Party**

**Wednesday, December 11 at 1:30 pm at Echo Centre**

Cost: \$3 each

**Tickets available now!**

The Special Events Committee is planning a wonderful Afternoon Christmas Party, full of festive cheer to celebrate the Christmas season! The entertainment will be announced in the December newsletter but you can be certain it is going to be festive and fun! Let's make it an afternoon to remember! Participants will enjoy an afternoon of holiday cheer, a sing-a-long and a Christmas treat. There will also be birthday treats for anyone with a birthday in November or

December. In the spirit of fun, we would like to encourage you to **dress up in a tacky Christmas sweater. There will be a prize for the person wearing the best sweater creation!**

Tickets for Sunshine Club members and non-members are available now from the Sunshine Club office Tickets are \$3 each. Ticket price includes a chance to win a door prize and a delicious assortment of goodies, coffee/tea and entertainment. Doors open at 1:00 pm, entertainment begins at 1:30 pm and tea service is at 2:15 pm. Hope to see you there to share in the merriment of the Christmas season!



**November General Meeting**

**Wednesday, November 27 at 1:30 pm**

Please mark your calendars for Wednesday, November 27 at 1:30 pm and make a special effort to attend the Sunshine Club's November General Meeting. The agenda for this meeting will include: a report on the Tea and Bazaar and Open House, Christmas event updates and more! There's even a chance to win a door prize! Please support our Club by attending this meeting. Thank you.

**Sunshine Club Display in the Echo Lobby**

**November 8 – 22**

The Sunshine Club Digital Photography group will be displaying their photograph exhibit starting November 8 on the lobby walls of Echo Centre. Please drop by and support their display.

**Sunshine Club Tea and Bazaar \*\* Last Minute Reminder!**

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

**Everyone is welcome to attend!** The Tea and Bazaar is organized by the Sunshine Club but you do not have to be a member to come out and enjoy the bazaar and tea room. Please take the time to join us and bring your family and friends. **Admission to the Bazaar is free and open to the public.**

**Tea Room:** Afternoon snacks and refreshments will be available in the Dogwood Room for the cost of:

Adults - \$6

Children 4 – 12 years - \$3

Children 3 & Under – Free



Admission to the tea room includes a sandwich, goodies, tea and refreshments and a ticket on the door prize. We also have peanut butter and jam sandwiches as a child-friendly option for some of our younger participants.

..... **Special Events**

Dinner at the Casino and Rim Rock Restaurant

Tuesday, November 19 at 5:30 pm



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.

November’s dinner is scheduled for **Tuesday, November 19 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, November 8. If there is space available, registration is available to non-members starting Tuesday, November 12. All participants are required to have their NEW 2019/2020 membership number to participate. Please make sure you purchase your membership for the new season prior to signing up for the 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.

Happy Birthday To You... 🎵🎵

If you are celebrating a birthday in November. 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):

- |                    |                  |                     |               |
|--------------------|------------------|---------------------|---------------|
| Betty Bradley      | Sandra McFadden  | Elizabeth Claughton | Derek Burke   |
| Penelope O’Connell | Enid Vankooten   | Bruce Giesbrecht    | Terry Morris  |
| Barbara Atkinson   | Karen Hutchinson | Terry St. Jacques   | Lloyd Fairley |
| Regina Marlatt     | Vicki Drybrough  | Bernd Muehlenberg   | Manny Suhr    |
| Jan Carter         | Judy Preston     | Michele Soria       |               |



Programs

New Program Ideas Are Always Welcome!

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.



Attention Directors!  
2020 Room Booking Contracts

A copy of the 2020 Room Booking Contracts for your activity will be available at the November Sunshine Club General Meeting. Anyone unable to attend the meeting can pick up their copy of the Room Booking Contract from the Sunshine Club Office. It is the Director’s responsibility to read the contracts over very carefully to ensure all information is correct. Any errors should be brought to the attention of the Director of Room Bookings. Thank you.

Program Cancellations

Please note the following programs are cancelled due to other bookings, events or holidays:  
Monday, November 11      No programs due to Remembrance Day holiday  
Wednesday, November 13      No Light Lunch Service or Scottish Dancing due to Open House  
Wednesday, December 11      No Light Lunch Service due to Sunshine Club Afternoon Christmas Party



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## ..... **Regular Programs Cont.**

### **Turn the Page Book Club** — Submitted by Pat & Alexander Miller



"As surprising as it is moving, "The Storied Life of A. J. Fikry" is an unforgettable tale of transformation and second chances, an irresistible affirmation of why we read, and why we love. A. J. Fikry's life is not at all what he expected it to be. His wife has died; his bookstore is experiencing the worst sales in its history; and now his prized possession, a rare collection of Poe poems, has been stolen. Slowly but surely, he is isolating himself from all the people of Alice Island—from Chief Lambiase, the well-intentioned police officer who's always felt kindly toward him; from Ismay, his sister-in-law, who is hell-bent on saving A.J. from his dreary self; from Amelia, the lovely and idealistic (if eccentric) Knightley Press sales rep who persists in taking the ferry to Alice Island, refusing to be deterred by A.J.'s bad attitude. Even the books in his store have stopped holding pleasure for him. These days, he can only see them as a sign of a world that is changing too rapidly. And then a mysterious package appears at the bookstore. It's a small package, though large in weight—an unexpected arrival that gives A.J. the opportunity to make his life over, the ability to see everything anew. It doesn't take long for the locals to notice the change overcoming A.J., for the determined sales rep Amelia to see her curmudgeonly client in a new light, for the wisdom of all those books to become again the lifeblood of A.J.'s world. Or for everything to twist again into a version of his life that he didn't see coming. The group had mixed reviews but overall the rating was high - 8 out of 10. There was even an individual rating of 10.



### **Bowling**



Our group enjoys fun, recreational bowling in a friendly, encouraging environment. We 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. 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.



### **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. Please join us for this activity that is both fun and healthy!

### **Digital Photography Group**- Submitted by Janis Cameron



I am really excited that we are having a showing of our pictures coming up on November 15 to December 6. Our theme is "Wildlife". There seems to be more and more wildlife showing up in the city limits and this has inspired our theme. You do not need a fancy camera to join our fun group. Most weeks we have a 'Challenge' and an 'Abstract' but if you don't want to do the suggested subjects there is no problem with showing some pictures that you think the rest of us would enjoy seeing. I sometimes think these pictures are more fun! ☺ We hope you join our group. 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. The main focus is to have fun! Our group creates a supportive environment where learning and fun are encouraged. All levels of photographers are welcome to join us!

## ..... **Regular Programs Cont.**

### **Floor Curling** – Submitted by Larry Lehtonen



Floor Curling is a fun, social game. We encourage you to join in and start having fun! 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 Friendly Phone Service is an amazing community service! Every day of the year we call anyone living alone in the valley who would like to have a friendly contact each morning, between 8:00 am and 9:00 am. For over 25 years, the Friendly Phone Service has run a free service *for anyone* in the valley who lives alone. This is an amazing program that helps people feel safe, cared for and comforted, with a daily little chat. We welcome new clients to join our program with caring volunteers ready to send cheery greetings every day.



There are information pamphlets available in the Sunshine Club office and lobby. On the back of this pamphlet there is a *registration form* for clients to fill out. Also, we have many more in various places in the valley such as doctors' offices, the hospital and other service buildings. Please let us know of anyone in the Alberni Valley who would like or could benefit from a daily phone call and let your friends and family members know about us. Spread the word!! We welcome the whole community as clients. You do not have to be a member of the Sunshine Club to receive this service. It is available to all citizens who live alone. Also, we can always use more volunteers willing to help with the phone calls. For further information please visit our website at <https://friendlyphoneservice.home.blog>, email: [friendlyphoneservice@gmail.com](mailto:friendlyphoneservice@gmail.com) or phone the Sunshine Club Office at 250 720-2505 or Wendy Stanley at 250 723-5285.

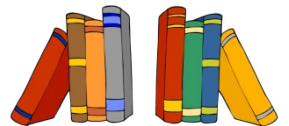
### **Sunshine Garden Club** – Submitted by Pauline Rice

We would like to extend a big thank you to the members who opened their gardens and homes up this summer for our outdoor meetings. The garden tours and potlucks afterwards are very enjoyable! 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. New members and guests are welcome! For more information, email Pauline Rice at [paullinerice88@gmail.com](mailto:paullinerice88@gmail.com).



### **Library Cart** – Submitted by Carol Weiers

Anyone have any magazines they are finished with and want to pass on? The magazines in our library cart are very popular and therefore there is usually a limited supply. Please take only a few magazines at a time and return them when



you are finished for others to enjoy. If you have any magazines that you have read and would like to recycle, please consider donating them to the Sunshine Club library cart. Donations of newer, gently used books are always accepted and can be dropped off at the Sunshine Club office during regular office hours. Even though the shelves appear to be full at times, donations of books are always appreciated. This is a service used by many people so thank you to everyone for your contributions.

### **Painters Group** – Submitted by Rose Windley

Now that November is here the painters start to concentrate on painting Christmas cards after completing any of their larger paintings. Our group is probably at maximum attendance for the size of our room. Once we place all of our equipment on the tables there really isn't space for any newcomers. If interested in joining us check in on a Monday and see what the situation is and we can place names on a waiting list.





..... **Regular Programs Cont.**

**Lunch Bunch** – Submitted by Barb Atkinson and Norm Taylor  
**Thursday, November 28 at 12:30 pm at Smitty'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 November we will be going to the Smitty'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.

**Pottery Update** – Submitted by Alanna Miller



If you happen to have read last month's newsletter you will remember I was talking about a book called "Finding Your Way With Clay". The author Paul Berensohn shares his search for artistic and spiritual growth through his practice as a potter. Just recently I came across another book of this nature, "The Soul work of Clay" by Marjory Zoet Bankso. She refers to Berensohn and invites us to join her "in the journey of discovery that is the soul work of clay?" Like Berensohn her book is designed to encourage the potter to pause and wonder, and to reflect on the thought provoking questions she provides in each chapter. In so doing, she also breaks the book into headings addressing all the aspects of working with clay from wedging to firing. She reminds us that 'the raw material of clay is so common that we forget how important it has been in the history of the earth and humankind.' Why not come and play with a piece of clay and see if you feel a sense of connection. You are welcome to join this wonderful group any Tuesday or Friday from 10:00 am – 4:00 pm downstairs in Craft Room B. We hope to see you soon.

**Lunch Service**

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 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!

**Light Lunch Service Cancellations**

**Cancelled on Wednesday, November 13 & December 11**  
Please note, the Sunshine Club Light Lunch Service will be cancelled on Wednesday, November 13 due to the Sunshine Club Open House, and it will also be cancelled on Wednesday, December 11 because of the Sunshine Club Afternoon Christmas Party celebration.

**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. Our group meets on Wednesdays from 10:15 – 11:15 am at Echo Centre. 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!



## ..... **Regular Programs Cont.**

### **Volleyball Update: Looking for New Players** – Submitted by John Van Apeldoorn



Volleyball has started again as of October 2. Sessions will be held on Wednesday evenings from 7:00 – 9:00 pm at EJ Dunn School. We are experiencing some attendance decline as older members drop out due to age related conditions. New members are needed for this activity to carry on. We enjoy evenings of non-serious, fun-filled sessions. Experience is not necessary as we are there to help and most people catch on very quickly. All Sunshine Club members are welcome to participate. New members please consider this activity!

### **Mah Jong**

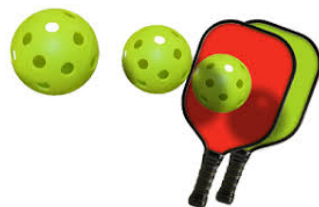
This game is a Chinese version of dominoes, with similarities to rummy. It is played with tiles and in groups of 4 with each person playing for himself. We would really love to see some new members come out and learn this interesting game. Beginners are always welcome! Why not bring along a friend and learn a new game? We meet on Thursdays at 10:00 am at Echo Centre. Hope to see you there!

### **Pickleball**

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 invite members to drop in and join in the fun:

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

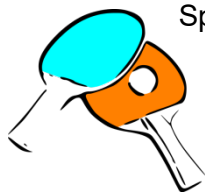
Please note: Pickleball is cancelled on November 1 & 11.



### **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 9<sup>th</sup> Avenue, beside the curling rink). Drop-ins are always welcome.

### **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've 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



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. The advanced classes are on Wednesdays at 9:15 am and Mondays, at 9:45 am. The beginners class is on Mondays at 9:00 am.

### **Walking Group**

The Walking group will be ending their activity at the end of October and will be taking a winter break. They will resume in the spring when the weather warms up. We look forward to seeing everyone again in the spring!



## ..... **Regular Programs Cont.**

### **Woodwork Shop** – Submitted by Ron Rutter

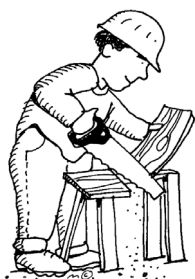
Just a reminder that yoga blocks (\$20) and jar openers (\$10) are available for purchase in the Sunshine Club office. We would appreciate donations of *wood work treasures* for our Craft & Bake Sale event in the Spring. If you have not visited our shop you are welcome to come and join us.

Our hours of operation are as follows:

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. 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 9<sup>th</sup> 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!!

## **Volunteer Corner**

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### **New Volunteers Are Always Welcome**

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 (250 720-2505) or contact our interim Volunteer Coordinator, Maureen Brechin at 250 724-1036. We will work together to find the right fit for you. Together, you really do make a difference!

# WELCOME



### **Office Volunteers Meeting**

**Wednesday, November 6 at 10:00 am in the Hemlock Room**

Mark your calendar! The office volunteer meeting will be held on Wednesday, November 6 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 current information regarding the Sunshine Club. These meetings are very important and we hope that all office volunteers will be able to attend.

### **An Update On Our Volunteers**

Our sincere thanks to all the volunteers for all your contributions and your dedication to our great Club. The Sunshine Club has many wonderful volunteers and there are always new updates as people retire, change positions or new people join our volunteer group. We would like to remind directors and volunteers to please keep us updated if there are changes to your current position. Below are some of our most recent volunteer updates:

- ❖ Welcome to LaDonna Knutson for joining the office volunteer team. We are happy you have joined our group.
- ❖ Diane McGregor has stepped down as co-director of table games. Thank you for your years of dedication and efforts for your activity and its participants.
- ❖ Welcome to Paul Davis for stepping into the position of First Vice President on the Executive. We are excited to have you in this position and we look forward to working with you.
- ❖ Thank you to Laurie Clark for becoming the director of Line Dancing. We are grateful for your commitment to the group and for your energy and talent.

# . . . . . **Volunteer Corner/ Notices**

## **Friendly Phone Service Update** – Submitted by Wendy Stanley

**November Meeting: Monday, November 4 at 10:00 am in the Hemlock Room**



Our next meeting will be on November 4 in the Hemlock room at 10:00 am. Please remember to bring your used October record sheets. The last calendar and new record sheets will be available. We are pleased to announce we are welcoming three new spares to our group! Welcome to Kathy Allen, Linda Sequin and Cheryl Moore! Linda and Cheryl have already started sparing. With many dates to be filled with a spare, all three ladies will be helping us with sparing during October.

We hope to see as many volunteers as possible at our next meeting as our program is busy. 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](mailto:friendlyphoneservice@gmail.com). For further information please call the Sunshine Club Office at 250 720-2505 or Wendy Stanley at 250 723-5285.

## **Looking for Raffle Directors – Are you Interested?**

Our current Raffle Directors, Minnie Burton and Faye Domovich are stepping down from their positions at the end of December. The Sunshine Club is looking for enthusiastic volunteers to fill this position. The Raffle director oversees the raffles at events such as the Tea and Bazaar and the Craft and Bake Sale, they organize a Fall and Spring raffle and coordinate 50/50 at the monthly special events program. This is a great volunteer position that could be done individually or with a co-director. If this is something that interests you and you would like to learn more about it, please contact our interim Volunteer Coordinator, Maureen Brechin at 250 724-1036 or Karen Freethy at 250 720-2509 or [Karen\\_freethy@portalberni.ca](mailto:Karen_freethy@portalberni.ca).

## **Directors and Executive Budget Meeting \* Last Minute Reminder**

**Wednesday, October 30 at 1:30 pm in Cedar Centre Room at Echo Centre**

**All Directors – Mark your calendars!!** It is important for all directors to attend the Executive/Directors Budget Meeting on Wednesday, October 30 at 1:30 pm to finalize this year's Sunshine Club budget. We ask that if you cannot attend please send another representative from your activity. All activities should be represented at this budget meeting Thank you.

## **Sunshine Club Notices**

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### **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 Report** - Submitted by Leslie Wright

Membership is going very well this fall. We have more than 765 members join up so far. Please remember that you must pay your dues in order to sign up for Sunshine Club activities. Memberships are available for the new fiscal year, September 1, 2019 – August 31, 2020 and can be purchased at the Sunshine Club office at Echo Centre, 4255 Wallace St.

- Yearly membership: **\$70.00**
- Guest membership fees: **\$10.00 per month**. Guest memberships must prove that you have an out of town address (ie, driver's license or household bill) and guest membership are available for a maximum of 3 months per year
- Pro-rated membership: will not be offered this fiscal year

### **Have You Renewed Your Membership?**

A reminder to all Sunshine Club members to renew your membership now. Sunshine Club memberships for the 2019/20 season are \$70 and are available for purchase at the Sunshine Club office at Echo Centre, 4255 Wallace Street. Friendly reminders will be sent out mid-November to those members who have not yet renewed.



# ..... **Sunshine Club Notices Cont.**

## **Congratulations and Thank you to the Sunshine Club Executive**

Congratulations and sincere thanks to our newly elected 2019 – 2020 Executive. These are all wonderful volunteers and we are so grateful you have taken on these important positions:

President:	Richard Anderson
First Vice President:	Paul Davis
Second Vice President:	Joan Palmer
Secretary:	Carol Weiers
Treasurer:	Valerie Barker



We appreciate your involvement and loyalty with the Sunshine Club. We know how hard you work all year to make the Club successful and we thank you for your participation on the Executive and dedication to the Club.

## **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.

## **"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:

Janice Palmer	Joan Gourlay	Beth Millington	Fred Tuck
Christina Tuck	Rose Marie Burton	Kathy Walker	Don Stevenson
Terri St. Jacques	Richard Hardy	Heather Geary	Anthony Borsellega
Geraldine Dick	Karel Dostal	Sharon Anderson	Doug Elliot
Jean Lawrence	Doris Cormack	Gerry Grexton	Silvia Wolff
Marian Whitney	Carrie Wells	Mariam Markin	John Alwood
Susan Sigurdson	Terry Makofka	Marcille Makofka	June Nickerson
Kym Dylar	Kathy Deaton	Cheryl Moore	Rosemary McKinnell
Ingrid Pongratz	Mel Mihaychuk	Joslyn Neyedli	Lois Roy
Marlene Anderson	Liz Hansen	Pina Faccin	Robert McCurrach
Petre Vivic	Suzie Kelly		



## **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](http://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.

## **In Case of Snow / Ice and Questionable Road Conditions**

Winter is coming... and we want to advise members that some programs may be cancelled due to snow or bad, icy weather. Sometimes the director will cancel an activity (especially if it is a small group and members will call one another to let them know) or sometimes the activity will still take place for those members who want to "drop in" and take part. If you are feeling concerned about the weather conditions, we encourage members to stay home. We don't want anyone risking injury by falling or getting in an accident when it's not necessary. If you are unsure if the program is on or not, please call the Sunshine Club office at 250 720-2505 or phone Echo Centre front desk at 250 723-2181.



**Please note:** *if an activity is continuing to run but you are uncomfortable with the road conditions and weather, please stay home! We do not want anyone hurt or putting themselves in a dangerous position.*

**Important note for directors:** If you are cancelling your activity, please be sure to call the receptionist at Echo Centre (250 723-2181) as soon as possible and let her know so she can cancel the room and let the maintenance know. Otherwise, the Sunshine Club pays for the room bookings if they are not cancelled. Also let the Sunshine Club office know if the program is cancelled.



# ..... **Community Notices**

## **55+ BC Games Update** – Submitted by Barb Sheare

The 55+ BC Games were held in Kelowna this year from September 10 - 14. Over 4100 competitors from all over BC competed in 32 sports. Our zone which is Zone 2 includes all the communities from Ladysmith north (including Powell River) sent a large contingent of participants and won 254 medals, finishing in 4<sup>th</sup> spot out of 12 zones! Congratulations to the following Port Alberni medal winners:

Badminton:	Marg Hudson with 2 gold medals in mixed doubles and singles
Dragon Boating:	Colleen Locke, Bob Milton, Sharon Powel, Chris Thompson with a silver medal
Ice Hockey:	Gary Korven with a men's gold Dave Ronalds with a men's silver Sue Hale with a women's bronze
Golf:	Barb Sheare and LaDonna Knutson with a bronze gross Carol Hastings with a bronze net
Horseshoes:	Frank Kruks with a gold Gordon Frazer with a silver
Slo Pitch:	Tony Wedam with a bronze
Soccer:	David Timmons, Marino Pedisic, Mitch Fitzgibbon and Bert Casavant with a men's silver
Table Tennis:	Hugh and Anne Grist with a mixed doubles gold Maggi Slassor with a silver Dan Rye with a silver Maggi Slassor and Anne Grist with a gold in ladies doubles Anne Grist with a gold for singles
Tennis:	Jerry Linning & Mike Newton with a gold in men's doubles Jerry Linning received a silver in men's singles Mike Newton received a bronze in men's singles
Track & Field:	David Oscienny won gold in high jump, silver in triple jump & bronze in javelin



*Well done Zone 2!!* Next year's games will be held in Richmond in September and we are all looking forward to being there. Please check out our website at [www.55plusbcgames.org](http://www.55plusbcgames.org) for information about participating.

## **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. They hold meetings at 10:00 on the first Wednesday of each month 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. Our next meeting is Wednesday, November 6 at 10:00 am. For further information call Jean Kanngiesser at 250 724 1282, President AV Chapter Canadian Council of the Blind.

## **Jane Austen Port Alberni Group** -- 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 hold regular meetings and social gatherings for our members. For location and time, contact president Tricia Knight at [theisleofausten@gmail.com](mailto:theisleofausten@gmail.com) or phone 250 913-2111. 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. We have also made some changes to bring Austen closer to home: we are now the *Isle of Austen Regency Group* (formerly the Central Vancouver Island Region of the Jane Austen Society of North America).

## **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.

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

## **Sunshine Club Christmas Raffle – Submitted by Minnie Burton**

Make sure you purchase your ticket for the Christmas Raffle. Give yourself the opportunity to win - you can't win if you don't buy a ticket! There will be two winners! The first name drawn will win a \$100 bill and the second name drawn will receive \$50! The grand prize of 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!



## **December Newsletter Deadline**

The deadline for submissions for the December newsletter is **November 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 December newsletter will be ready to be picked up at Echo Centre on Tuesday, November 19.

## **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**

Social involvement can enhance mood, reduce stress and prevent boredom. As isolation increases, so does the risk of major depressive disorder. People may become more isolated because they stopped driving, feel embarrassed about their motor symptoms or have trouble with speech. Think about joining an exercise program, spiritual group, book club, senior program or a SUPPORT GROUP. Focusing on others can improve mood and reduce stress by giving purpose and moving your attention away from your own struggles. Our support group meeting is on Monday, November 4 at 10:30 am at Smitty's restaurant for a coffee. For more information call Linda 250 723-3755 or Jan at 250 723-8230.

## **Flu Shot Clinics**

If you are interested in the seasonal flu shots, please contact your local pharmacy or phone Public Health at 250 731-1315 for more information.

## **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 November is \$19.00 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.



## **Rollin Art Centre News – Submitted by Melissa Martin**

### **Gallery Exhibits:**

November 5 - 26      Michelle Frost – fluid painting, recycled glass pieces and art panels  
Meet and Greet Saturday November 9, 1:00 – 3:00 pm

### **Ache Brasil Dance Troop - Sunday, November 3: A Rollin Art Centre Fundraiser**

A family friendly fundraiser! We are very excited to bring something new to the Valley. Aché Brasil Dance troop is an explosion of colour, energy and music and represents the culture, traditions, beliefs, music and the movement of the people of Brazil. Equal parts music, dance and spectacle. Funds raised will be used for the maintenance of Rollin Art Centre's gardens and grounds. Tickets now on sale *only* at the Rollin Art Centre. Sunday November 3 at 3:00 pm at ADSS Auditorium. Tickets: Adults \$25, Seniors & Students \$20, Children (12 and under) \$10

### **Saturday Children's Crafty Day Drop –in – Every Saturday at the Rollin Art Centre.**

Do you love glitter glue, googly eyes and all the wacky ways you can use pipe cleaners? Then drop by for a fun craft Saturday afternoon where you will be creating some fun memories in theme with the season. No registration required. Just come on by. Ages 7-13; Cost \$15. Every Saturday 1 - 3 pm.

### **Support Local Artists & Purchase your Annual Membership**

Memberships play a crucial role to the sustainability of the Community Arts Council and the Rollin Art Centre, which in turn supports 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 - 8<sup>th</sup> Avenue. Admission is by donation. Phone: 250 724-3412, [www.portalberniarts.com](http://www.portalberniarts.com), <http://www.facebook.com/rollinartcentre>.

November's Challenge

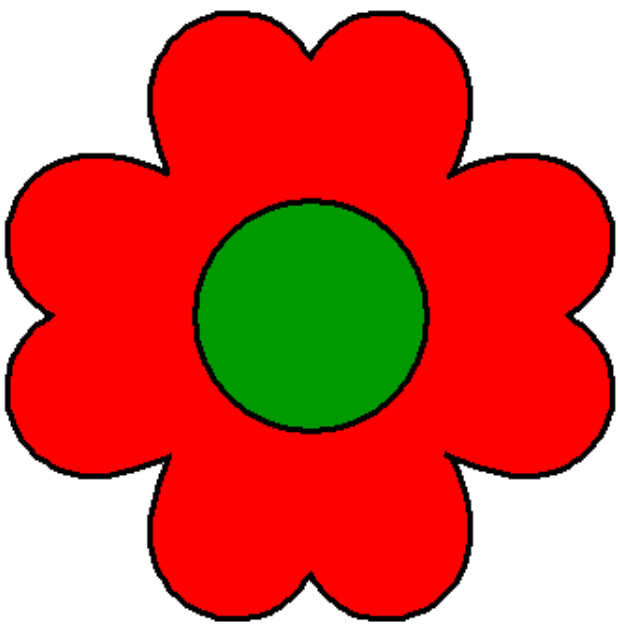
Each year, the month of November makes me think about Remembrance Day. It is such a significant day in our history and it is so important that we pass along the memories, history and lessons to the younger generation. I spend a lot of time with my kids, talking about the significance of Remembrance Day so they have an appreciation of our history and for the brave men and women who fought to ensure their future is secure and safe. For this month's challenge, I hope you enjoy a Remembrance Day word search:



# Remembrance Day Word Search

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

- |          |           |
|----------|-----------|
| battle   | peace     |
| bravery  | poppy     |
| courage  | remember  |
| flanders | sacrifice |
| freedom  | soldier   |
| hero     | troops    |
| honor    | valor     |
| infantry | veteran   |
| liberty  | victory   |
| loss     | war       |
| November | wreath    |
| patriot  |           |



# Lest We Forget