



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 website at www.portalberni.ca under the Parks and Recreation section*

President - Daniel Watts, 250-723-2798; First Vice President - Richard Anderson, 250-724-2137;
Second Vice President - Ken Bradley, 250-724-2460;
Parks and Recreation Liaison - Karen Freethy, 250-720-2509, karen_freethy@portalberni.ca

SEPTEMBER 2018

*When we are with you, we always have fun,
You make us feel we're your special ones!
We can tell by the kindness in your smiles,
You recall how things look through the eyes of a child.*

*If we really need a hug or two,
we know that we can depend on you.
Giving hugs is what grandparents do best,
And you do it better than all the rest!*

*Here is a secret, and it is true-
Grandma & Grandpa, our hearts belong to you!*



HAPPY GRANDPARENT'S DAY!

..... **Special Events**

Annual General Meeting

Wednesday, September 26 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 26 at 1:30 pm at Echo Centre. Agenda items will include Tea & Bazaar, 2018/19 budget, annual audit, election of officers, and more!

As of mid-August, 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	vacant
1 st Vice President	Richard Anderson
2 nd Vice President	vacant
Secretary	Carol Weiers
Treasurer**	vacant



The Nominating Committee's final list of nominees will be posted on the Sunshine Club bulletin board at Echo Centre by Monday, September 10. If you wish to add any names to the list please contact anyone from the Nominating Committee directly. Thanks!

**Due to the sensitive nature and confidential material that is involved with the Treasurer position, any nominees for this position must have a criminal record report 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 26. Thank you!*

Sunshine Club Tea & Bazaar

Saturday, October 13, 1:00 – 3:00 pm at Echo Centre

The annual Sunshine Club Tea and Bazaar will be held on Saturday, October 13 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 12 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 18 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, greens, seasonal salads, roasted potatoes, seasonal vegetables, fresh buns, baked cookies, 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 18 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. Registration is open for *members only* until Friday, September 7 and starting Monday, September 10, registration is available to non-members if there is space available.

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 Cont. & Programs**

Sunshine Club Special Events Program — *Submitted by Lue Carlos*

Wednesday, October 17

We are giving you a sneak peek into the entertainment for the October's Special Event program. On Wednesday, October 17, the Back Yard Band will be entertaining with 50's & 60's rock and roll music. Mark your calendars so you don't miss this great band! We hope you join us!!

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):

Laurand Ethier	Rosa Battaglia	June Goruk	Junior Johnston
Douglas Alexander	Wendy Stanley	Lui Adamo	Sharon Ault
Anne Grist	Donna Reed	Ron Manners	Barb Homan
Marian Heiman	Bruce Greenwood	Cindy Salmon	Brian Berry



New Programs

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.

Jam Session – NEW PROGRAM IDEA — *Submitted by Pat Miller*



We are looking for more people to join us and sign up for this program. We need at least 8 people to sign up so we can start this activity. We currently have 5 people signed up. We are excited about this program idea and would really like to get enough people interested to begin. We hope you join us!

We are four bodhran drummers looking for musicians to join us and play for fun. You could bring any instrument or drum and join us for jam sessions. A basic book of songs will be supplied and additional songs will come from the group as they choose. Bring your music stand. We will meet on Tuesdays from 10:00am – approx. noon at Gyro. We are hoping to start our new Jam Session in September. All you need to bring is yourself and your favourite instrument! Be prepared to have fun!

Contact Julie Rutter at 250 724-1075 or Pat Miller at 724-2246 for more information. If you are interested, please sign up at the Sunshine Club or phone 250 720-2505.

Regular Programs

ATTENTION ACTIVITY DIRECTORS – Please note the following:

Attendance Sheets

All Directors are reminded to hand in your attendance sheets from the 2017-2018 season to the Sunshine Club office by **Tuesday, September 4**. New 2018-2019 attendance sheets will be available starting in September. Please make sure you pick up your attendance forms for the new fiscal season.

Directors for 2018/2019

It's the time of the year when we need to confirm activity directors and co-directors for the 2018/2019 season. Please phone the Sunshine Club office or Shirley Shanks 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 2018/19 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 or Shirley Shanks at 250 724-0666 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 14**. Thanks for your help with this.

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

ATTENTION ACTIVITY DIRECTORS – cont...

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

Just a reminder that year-end reports are due. Please spend a few minutes writing a year-end report on your activity. This report would provide a brief overview of the year and offer a few highlights from your activity for the 2017-18 season. We require all reports for the September Annual General Meeting, so if you could please submit no later than, **Friday, September 7**, it would be greatly appreciated.

These can be handed into the Sunshine Club office any time or emailed to Karen Freethy. Thank you.

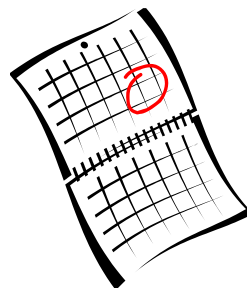
Program Cancellations

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

Monday, September 3 No programs due to the Labour Day holiday

Activity Starting Dates:

Autoharp	Monday, October 1	10:00 am
Turn the Page Book Club	Thursday, September 27	1:00 pm
Second Book Club	Wednesday, September 5	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
Bridge	Year-round on Tuesdays	6:30 pm
Canoe/Kayak Group	Year-round on Sundays	1:00 pm
Carpet Bowling	Tues & Thurs drop in	1:15 pm
	Friday Tournament	12:30 pm
Casino Dinner	Tuesday, September 18	5:30 pm
Clogging	Thursday, September 13	1:30 pm
Computer Lessons	Thursday, September 20	1:30 pm
Crib Tournament Registration	Monday, September 10 & 17	1:00 pm – 3:00 pm
	Crib Tournament starts	12:30 pm
Digital Photography Group	Friday, September 14	9.30 am
Floor Curling	Tuesday, September 25	Arrive at 9:00 am
Sunshine Garden Club	Wednesday, September 12	11:00 am
Hikers	Saturday, September 1	10:00 am
Hobbies and Crafty Wools	Tuesday, September 4	9:00 am
Line Dancing	Tuesday, September 18	1:45 pm
Limber Up Exercises	Tuesday, September 11	11:00 am
Lunch Bunch	Thursday, September 27	12:30 pm
Light Lunch Service	Monday, September 24	11:00 am
Mah Jong	Thursday, September 6	10:00 am
Painters Group	Monday, September 10	12:15 pm
Pickleball	ongoing throughout summer into September	
Pottery	Tuesday, September 4	10:00 am
Quilters	Wednesday, September 5	10:00 am
Round Dancing	Monday, September 24	2:30 pm
Scottish Country Dancing	Wednesday, September 19	10:15 am
Shimmy Sisters	Friday, September 14	9:30 am
Spanish Group	Thursday, September 6	9:30 am
Stamp Crafts	Wednesday, September 12	9:00 am
Strummers (Guitar Group)	Thursday, October 4	10:00 am
Table Games	Monday, September 10	10:00 am
Table Tennis	Wednesday, September 5	8:45 am
Tai Chi	Wednesday Advanced	9:15 am
	Monday Advanced	9:45 am
	Monday Beginner	9:00 am
Ukulele	Friday, October 5	10:00 am
Ukulele – Beginner	Friday, September 21	11:30 am
Volleyball	Wednesday, October 3	7:00 pm
Writer's Group	Tuesday, September 11	10:00 am
Whist	Ongoing	12:30 pm
	Tournament starts	12:30 pm
Woodwork Shop	Monday, September 10	9:30 am – 3:00 pm
	Tuesdays	9:00 am – 12:00 noon
	Thursdays	9:30 am – 3:00 pm



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

Autoharp – Submitted by Nancy Czigany

The Sunshine Club Autoharp group will resume on Monday, October 1 at 10:00 am after our summer break. I hope that everyone has had a relaxing summer and managed to stay cool during all the hot weather! Co-Director Lyle Roe joins me in welcoming our regular members back and in extending a warm invitation to past members to return and to new members who may wish to join us. If you are not sure, please check us out as our guest before making a commitment. The basic Autoharp is one of the easiest instruments to play – even if you've never played an instrument before. You don't need to know how to read music. All you need is an instrument, an instruction book and a desire to make music and have fun! Autoharps are relatively inexpensive as musical instruments go: a new instrument costs about \$350 and used instruments are often available. So, if you love music, like to sing and have some free time on Monday mornings, why don't you join us for a couple of hours of fun and friendship!

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



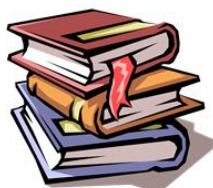
The Turn the Page Book Club will meet once a month on Thursdays at 1:00 pm for book discussions. We have read two books over the summer. Our first one was "Indian Horse" by Richard Wagamese. Saul Indian Horse has hit bottom. His last binge almost killed him, and now he's a reluctant resident in a treatment centre for alcoholics, surrounded by people he's sure will never understand him. But Saul wants peace, and he grudgingly comes to see that he'll find it only through telling his story. With him, readers embark on a journey back through the life he's led as a northern Ojibway, with all its joys and sorrows.

With compassion and insight, author Richard Wagamese traces through his fictional characters the decline of a culture and a cultural way. For Saul, taken forcibly from the land and his family when he's sent to residential school, salvation comes for a while through his incredible gifts as a hockey player. But in the harsh realities of 1960s Canada, he battles obdurate racism and the spirit-destroying effects of cultural alienation and displacement. Indian Horse unfolds against the bleak loveliness of northern Ontario, all rock, marsh, bog and cedar. Wagamese writes with a spare beauty, penetrating the heart of a remarkable Ojibway man. The group gave it a very high rating of 9 with a great discussion afterwards.

Our second read is "Life After Life" by Kate Atkinson. On a cold and snowy night in 1910, Ursula Todd is born to an English banker and his wife. She dies before she can draw her first breath. On that same cold and snowy night, Ursula Todd is born, lets out a lusty wail, and embarks upon a life that will be, to say the least, unusual. For as she grows, she also dies, repeatedly, in a variety of ways, while the young century marches on towards its second cataclysmic world war. Does Ursula's apparently infinite number of lives give her the power to save the world from its inevitable destiny? And if she can - will she? At time of submission our group hadn't met to discuss and rate this book. We will update everyone in the next newsletter. We hope everyone has had a great summer.



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



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.



Bowling Update

Currently there are 15 people interested in this activity. We are excited to start this program in the Fall. We are in the process of developing this activity and we will be contacting those who have signed up and will be working on setting a date and time to hold this activity. We are looking to start this program in the Fall. Thank you so much for your interest – we will be in touch soon!

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

Afternoon Bridge & Lessons – Submitted by Darryl Holt

We have had a very successful Spring with our bridge lessons! We have had so much fun together that we would like to continue the activity and add it as part of our regular programming. For the first 6 weeks of the program, we will focus on providing lessons and learning opportunities for beginners and newcomers. We will focus on the basics of the game and help get you up to speed. For next 6 weeks, we will shift our focus to include more advanced play for intermediates/advanced players. Depending on the need, we will provide more complex lesson plans and play games. In the new year, we hope to continue the activity with friendly games or a tournament. We are really enjoying this game and our social time together. We look forward to starting up again the in the Fall. Hope to see you there!

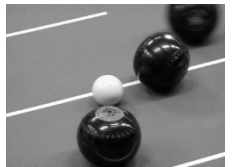
Canoe and Kayak Group – Submitted by Ron Stephenson



This group of paddlers has had a lot of fun. Over the past few years, 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 keen to get new members to join our fun. 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? I 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 13.

Cribbage Tournament - Submitted Bill & Marg Groeneveld and Ray Clement

Registration dates: Monday, September 10 and 17 from 1:00 – 3:00 pm

Tournament starts: Monday, September 24 at 12:30 pm



Calling all crib enthusiasts, we will be starting registration for the Sunshine Club Crib Tournament on Monday, September 10, starting at 1:00 pm until 3:00 pm, we will continue registration on Monday September 17, 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 2018 -19 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.

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 20. 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 Garry Cameron

Our Digital Photography Group will start up again with our first meeting on September 14. 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.



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

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 25. 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 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 9:30 am. For over 24 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 call the Sunshine Club Office at 250 720-2505 or Wendy Stanley at 250 723-5285.

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. 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 to learn such as needlework, crocheting, knitting, and more! Various members volunteer their time to help others with these crafts. Members must provide their own craft supplies. Enjoy a social time, meeting new members, while learning a new handicraft on Tuesday mornings from 9:00 – 11:00 am. This activity will start up again on **Tuesday, September 4**. New members and new hobby ideas are always most welcome!



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

Hikers - Submitted by Bob Hunter

We are a relaxed friendly group who enjoy walking together in trails in and around Port Alberni. There is no pressure to go fast. There is even camera time. Why not consider giving moderately-easy hiking a try, always coming in good hiking shoes and possibly bringing a stick. All hikes meet at Echo Centre at 10:00 am unless otherwise stated. If you have questions, please contact the director, Bob Hunter at 250 724-0296. Fall is around the corner so light jackets and good shoes, plus a pole are a good idea. Below are September's hikes:

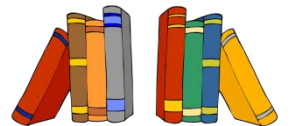


❖ **Saturday, September 8** – Alberni Inlet Trail from China Creek logging road. This is a hill climb, with good views of the canal. Bring a lunch. We will meet at Echo Centre at 10:00 am.

❖ **Saturday, September 22** – Nanaimo Trail from Spirit Square along Millstream River to Bowen Park and then onto Buttercup Marsh and back. Bring a light lunch. We will carpool and leave at 9:00 am.

Library Cart – Submitted by Carol Weiers

The library cart is located just outside the Sunshine Club office in the lobby of Echo Centre. The cart operates on an honour system whereby people are welcome to borrow books/magazines that interest them and return these items when done with



them for others to enjoy. Donations of paperback or hardcover books are always appreciated, also magazines that are less than a year old. This library cart is very well used so thank you to everyone who donates books/magazines, and also to those who promptly return reading material when finished with it, helping to ensure this service continues to run smoothly. The next time you are at Echo Centre check out the library cart. Maybe there will be some books or magazines of interest to you!

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 18. This is a fun activity and a great way to meet new people! Come and give it a try!

Lunch Service

The Lunch Service starts again on Monday, September 24. 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. 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!

Also, we would like to remind everyone that our current directors for the Light Lunch Service, Clare Cauduro and Lauralee Edgell are stepping down as directors. Clare and Lauralee have enjoyed their time as directors and have made a great team but it is time to pursue travelling and go on other adventures so they will be retiring from this position. Their last month as directors will be December. We are looking for two people who can fill in this role before December.. Our experience is that having two people working as a team is the best model for this program. If you have any questions or are interested in this position, please contact Clare Cauduro at 250 7240144 for more information.



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

Limber Up – Submitted by Deb Barr

It's time to "Fall" back into fitness at the Limber Up classes starting **Tuesday, September 18**. 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 volunteer leader Deb Barr and Directors Joan Palmer and Ann Gagnon for fun and fitness at the Limber Up classes.

Lunch Bunch – Submitted by Barb Atkinson and Norm Taylor **Thursday, September 27 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.

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 6** at 10:00 am. We hope to see you there!

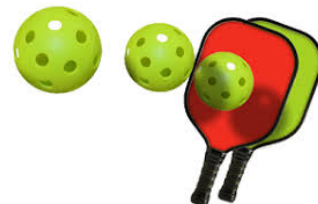
Monthly Dance – Submitted by Lue Carlos

Due to the lack of attendance at the evening dances this past season, a decision has been made to cancel evening dances at this time, if there is any interest in attending an afternoon dance, possibly twice a year, contact Lue Carlos at 250 723-8955.



Pickleball

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 would love to see new members join our group 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! There are nets, paddles and balls for anyone who is interested in joining us. 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

Starting on Wednesday, September 19 we will move indoors for the Fall and Winter season and continue our play at Glenwood Centre. The indoor, Glenwood Centre schedule is as follows:

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

Please note, there will be no pickleball on Monday, October 8 due to the Thanksgiving holiday.

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 10. 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.



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

Pool/Billiards

We get together twice a week to enjoy a few games of pool/snooker. We meet every Tuesday and Friday from 9:00 am until noon at the Industrial Heritage Building (3250 9th Avenue, beside the curling rink). We have a great time together playing and socializing. We invite you to join in. Drop-ins are always welcome.

Pottery – Submitted by Alanna Miller



Summer is a time to relax and re-energize. In pottery terms that means gathering new inspiration. This can be done in many ways but nothing works better for me than seeing inspiring works of art! I was fortunate to go the "Bellevue Arts and Crafts Fair," at the end of July where some of the greatest artists in the Pacific Northwest gather to share their work. The pottery did not disappoint! From uniquely carved mugs to prayer wheels (these were so sensational I would suggest you check out the website (www.axisofhope.net) my brain was working overtime. My pocketbook would not allow the purchase of some of the top artistic pieces but I did come home with one lovely piece to remind me of the possibilities. I can guarantee that other potters will have equally exciting stories to tell. The room will be buzzing as we try to figure out how to put our latest imaginings into reality. One of the wonders of pottery is the endless opportunities the medium presents. If you have not yet visited the pottery room be sure to come by and chat with us any Tuesday or Friday from 10:00 am – 4:00 pm in Craft Room B. We'll look forward to welcoming you!

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 5. Some bring their lunch, while others go upstairs and enjoy the Light Lunch service.



Round Dancing – Submitted by Lynette McLeod

Hope everyone had a great summer. We are almost into the start of the new season. If anyone likes to learn two-steps and waltzes in Round Dancing, then come and join us starting Monday, September 24, at 2:30 -3:30 pm in the Dogwood Room at Echo Centre. Come with a partner if you can, but singles are welcomed as well. For more information, please call Lynette at 250 954-2132 or email lynettemcleod9@hotmail.com. We encourage members to come out and give round dancing a try.

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!!

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 12**.

Scottish Country Dancing - Submitted by Leslie Holland

Scottish Country Dancing will start on **Wednesday, September 19** 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 non-performing 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, hip scarves, and veils - all purchased at thrift stores. We will loan you these items so you can try out our group. Please wear comfortable clothing so you can move freely. We will help you learn the moves so you can join us. We have a lot fun and laughs while exercising. We normally meet at the Gyro Centre, but it is under renovation until the end of October. Please contact Teresa Robinson at 250-723-0599 to get our location until the Gyro Centre renos are completed.

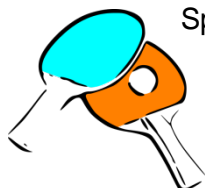
..... **Regular Programs Cont.**

Strummers Update

The Strummers get together for a relaxing good time on Thursday mornings from 10:00 – 12:00 noon starting **Thursday, October 4**. We are a guitar group and many of us have been playing together for several years. We have a lot of fun together and enjoy spending time playing songs on our guitar. There is no teacher but we share what we know with each other. We have a good variety of basic songs that we enjoy playing. Playing the guitar is so much fun and we have a great with each other.



Table Tennis



Speed up your reflexes 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.

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

Beginner Class – Monday September 17 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 5 at 9:15 am and

Monday, September 10 at 9:45 am. The beginners class starts Monday, September 17 at 9:00 am. Please sign up for this class in the Sunshine Club office.

Trailer Club – Submitted by Bob Bessette

The Trailer Club is a great activity full of wonderful people - we have a lot of fun together! There are lots of smiles, laughter and games to keep one's interest or just a great get-away for a relaxing camping adventure. We encourage you to join this year. You would find yourself surrounded with sand, sea, river, mountains and forest for outdoor activities. We also offer bocce and various card games. A potluck dinner and brunch are organized for those who enjoy a group meal. If you are interested in the Trailer Club and would like to learn more please call the director, Bob Bessette, at 250-723-8809.



Table Games – Submitted by Gillian Shearwater

Looking for a partner to play your favourite table game? The Table Games group invites you to drop-in and join in!! Bring your own table games or try any of the games other members have brought. Selection varies from anything from Backgammon to Scrabble, Dominoes to Quarto and even some new ones you have never seen before. Card games are always on hand too – Rummy, Phase 10, Euchure and more. We encourage you to join us! We play on Mondays, Wednesdays and Fridays from 10:00 – 12:00 noon at Echo Centre in the Pine Room. We start our new season on Monday, September 10. We hope to see you there! For more information, please contact our activity directors, Judy Collins at 250 724-2371 or Diane McGregor at 778-421-4102.

Ukulele – Beginner (AKA “STUB”) - 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 call our group “STUB” which stands for ‘Sunshine Club Three- Chord Ukulele Band’. 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 Wednesdays at 9:00 am at Gyro Youth 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. Please note that there are building renovations at Gyro Youth Centre during September and October. Due to the noise and disturbance of these renovations, we will be cancelling our Wednesday session until after the renovations are complete at the end of October.

..... Regular Programs Cont.

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 5**.

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. Our group has a great time together and we would love for you to join us! We play on Wednesday nights from 7:00 – 9:00 pm starting on **Wednesday, October 3** at EJ Dunn Middle School. For further information, contact directors Bill Alcock 250 724-4423 or Skip Grover 250 724-5588. Beginners are always 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. The Whist Tournament will start on **Friday, October 5**. If you are interested in playing in the tournament, sign up with the Whist Directors, Barb Atkinson and Norm Taylor. The fee is \$5 per person. You must have a partner to register for the tournament. All members must have a new membership card.



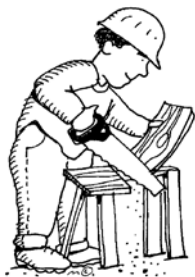
Woodwork Shop – Submitted by Ron Rutter

Our hours of operation will be as follows, starting Monday, September 10:

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 at 2:00 pm on Monday or Thursday by 11:30 am on Tuesday 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

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 (250 720-2505) or contact our Volunteer Director, Shirley Shanks at 250 724-0666. We will work together to find the right fit for you. Together, you really do make a difference!

WELCOME

..... Volunteer Corner

Office Volunteers Meeting

Wednesday, September 5 at 10:00 am in the Hemlock Room

Mark your calendar! The office volunteer meeting will be held on Wednesday, September 5 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!



Tea and Bazaar Committee Meeting

Wednesday, September 12 at 10:00 am

The Fall Sunshine Club Tea and Bazaar will be held on Saturday, October 13. An organizational meeting for all of the stall convenors will be held on Wednesday, September 12 at 1:30 pm 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 4 at 10:00 am in the Hemlock Room



We have had a few changes in our volunteers and clients but things are still going well. Our next meeting is Tuesday, September 4. 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 calendars at the meeting. Blank record sheets will also be available. See you there!

For any information regarding the Friendly Phone Service, phone the Sunshine Club Office at 250 720-2505 or Wendy Stanley at 250 723-5285. We are always looking for spare volunteers to phone our clients and we would love for you to join our team.

September's Volunteer of the Month - Submitted by Shirley Shanks

Congratulations to Charlie Levesque for being September's "Volunteer of the Month". Charlie joined our Club in 1998 and started volunteering in 2009 as co-director of floor curling, working at the bazaars and as one of our handsome tea servers. We are happy to present him with a gift certificate for two at the Light Lunch Service. Thanks a lot Charlie for being a long time member and volunteer!

An Update On Our Volunteers - Submitted by Shirley Shanks

My 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. I 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:

- ♥ Arleen Hoffman has stepped down as director of the Spanish group and Donalda Deas is now the new director. Thank you Arleen for your time and energy and we would like to extend a warm welcome to Donalda. We look forward to working with you.

Nominating Committee Report

In preparation for the Annual General Meeting and the Election of Officers which will be held on Wednesday, September 26 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.

Looking for Directors for the Light Lunch Service – Submitted by Clare Cauduro

Our current directors for the Light Lunch Service, Clare Cauduro and Lauralee Edgell are stepping down as directors. Clare and Lauralee have enjoyed their time as directors and have made a great team but it is time to pursue travelling and go on other adventures so they will be retiring from this position. We are looking for two people who can fill in this role. Our experience is that having two people working as a team is the best model for this program. If you have any questions or are interested in this position, please contact Clare Cauduro at 250 7240144 for more information.



Looking for a Harmonica Instructor?

Members of the Sunshine Club are looking for someone who would be able to instruct harmonica lessons. If you have an aptitude for teaching and are interested in passing along your knowledge and love for the harmonica, please contact Karen Freethy at 250 720-2509 or Karen_freethy@portalberni.ca. There are members interested in learning this instrument.



..... **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 signing up for trips or attend activities 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, 2018 – August 31, 2019.

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

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. 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 2018/19 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). Make sure you purchase yours by the end of August and give yourself a chance to win. The Sunshine Club office is open Monday –Thursday from 9:00 am – 4:00 pm and Fridays from 9:00 am – 3:30 pm. Good luck and thanks for being an early bird!

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:

Beverly Mennie
Betty Claughton

Denise Freeman
Heather Mallory

Terry Phillips
Jeannie Harrison

Mary Thompson
Charles Westover



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 to please help make the Sunshine Club activities, special events, office, bus trips, etc. “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 these scents while attending Sunshine Club activities, events, etc. Thank you for your co-operation and understanding.

Community Notices

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.

..... **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!



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 18.

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 Karen's office in Echo Centre and she will pass them on to the jewelry convenor as it comes in. Thank you.

Volunteers Needed at Fir Park Village & Echo Village

Fir Park Village and Echo Village 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 looking for Bus Drivers who have their Class 4 driver's license (unrestricted). 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

At first when you join a support group, you may be nervous about sharing personal issues with people you do not know. At first, you may benefit from simply listening. Over time, however, contributing your own ideas and experiences may help you get more out of a support group. The common experience among members of a support group often mean they have similar feelings, worries, everyday problems, treatments, side effects, sharing is very beneficial. Participating in a group provides you an opportunity to be with people who are likely to have common purpose and likely to understand one another.

Benefits of participating in a support group may include, feeling less lonely, isolated or judged. It also helps to improve skills to cope with challenges, gaining sense of empowerment control and hope. The Parkinson's Support Group meets the first Monday of the month at Smitty's Restaurant at 10:30 am for coffee. Our next support meeting is on Monday, September 10. Guest speakers are arranged for each meeting, with a social time as well. If you know of anyone with Parkinson's and feel they would benefit from our group, please call for more information – Linda 250 723-3755 or Jan 250 723-8230.

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

Are you experiencing some loss of vision? Are you having trouble reading this newsletter? We are a support group for the visually impaired and blind who will next meet at 10:00 am Wednesday, September 5 in the basement meeting room of Abbeyfield. This meeting will feature Karen Freethy, who is also the "Emergency Social Services Director" for the City, speaking on emergency preparedness. Attendance is free. The coffee pot will be on. Those with a visual impairment, relatives and friends are welcome. For further information call Jean Kanngiesser at 250 724-1282, President Alberni Valley Chapter Canadian Council of the Blind and visually impaired.

Alberni District Historical Society – Submitted by Judy Carlson

September greetings from the Alberni District Historical Society! It's been a quiet summer at the Archives, and the volunteers are looking forward to the renewed activity of the fall. Our next public meeting will be in October and will feature Robert Turner as the speaker. He is a consultant on heritage transportation in both BC and around the world. This will be a joint presentation with the Maritime Heritage Society and will be held in the Dogwood Room on October 18. We look forward to seeing our members and friends again then.

..... **Community Notices & Bus Trips**

Rollin Art Centre News – Submitted by Melissa Martin

Gallery Exhibits

September 11 – October 12 Dual show of Linda and Art Campbell with oil paintings & Native Salish Carvings. Meet & Greet on Saturday, September 15, 1:00 – 3:00 pm

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

Experienced Watercolour with Victoria artist, Joanne Thomson. This workshop is being offered on September 20 & 21 from 9:00 am – 4:00 pm at North Island College. Registration is \$175. Topics will include: brush techniques, drawing for painting, composition, colour, contrast, glazing, creating the illusion of transparency, creating the illusion of volume, negative/positive painting and how to combine elements to create successful paintings. The workshop includes demonstrations, class exercises and time to work on an individual project. Joanne's website is: www.joannethomson.com.

Beginner watercolour with Victoria artist, Joanne Thomson. A quick and playful introduction to watercolour materials and techniques. Starting with which end of the brush to use and moving quickly on to washes, textures and layering. We will use landscapes and still life subjects and work on a small scale. This workshop will be held on Friday, October 19, 9:00 am – 4:00 pm at North Island College for \$100 including supplies.

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.

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.portalbernarts.com, <http://www.facebook.com/rollinartcentre>.

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.



55+ BC Games Update – Submitted by Maggie Slassor

It's getting closer...the games are almost here!! Congratulations to all those who will be competing at this years' games. Good luck to you all!! May you all do your personal best, be surrounded by the spirit of sportsmanship, meet friends and have fun! The 2018 55+ BC Games are in Kimberly/Cranbrook from September 11 -15. Make sure you visit their website for the most up to date information. If you have any questions, please contact Maggie Slassor, the area 3 representative for zone 2 at 250 723-4081 or visit the website at www.55plusgames.ca.



Bus Trips

Upcoming Trips

If you are interested in the following trip and would like to sign up or learn more about it, please phone the Sunshine Club office at 250 720-2505.

Wine & Dine North Island Style: 40 Knots Winery Estate

Trip Date: Friday, October 19, 2018
Registration: NOW
Cost: \$70 (includes travel, wine tasting, lunch and gratuities)
Payment date: Tuesday, September 18, 9:00 – 10:00 am
Departure time: 10:15 am
Arrival home: 3:30 pm

Visit the stunning, 24 acre winery in the Comox Valley to enjoy a wine tasting and enjoy a delicious lunch on the covered vineyard terrace (weather permitting). 40 Knots Winery is the largest grape winery in the Comox Valley and one of the largest on Vancouver Island. The winery has striking views of both land and sea making it a perfect destination for relaxation and enjoyment! We hope you join us on this tasty excursion!

..... **Bus Trips Cont.**

Okanagan Fall Tour

Trip Date: September 17 – 21
Registration: NOW
Payment Date: Tuesday, August 14, 9:00 - 10:00 am
Cost: Single: \$ 790 Double \$ 690 Triple: \$ 640

This will be our traditional Fall Okanagan tour, with a few new highlights

Elegant Ireland – Collette Travel

Trip Date: April 11 - 22, 2019
Cost: Single: \$6,724 Double: \$5,309
Costs include round trip air from Vancouver, hotel transfers and 12 meals (Not included - insurance, flight from Victoria)

It is now necessary to register your intention of travelling to Ireland with Cathy Ferster at “Twin Travel” Please note all deposits are due September 19. Starting off with 3 days in Ireland’s vibrant capital city, Dublin. Highlights include Irish Night, Kilkenny, Castlemartyr Resort, Killarney, cliffs of Moher. Choose to take planned tours or explore some of the sights independently.

Karen’s Korner

September’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.

For our next challenge, we will be testing our knowledge of city nicknames. Port Alberni is known as “Salmon Capital of the World” or “the Community with a Heart”. Many cities have a nickname or known for their slogan. Can you name the city that has the following nickname?



Name that city?

- 1. “C-Town or “Cowtown” _____
- 2. “Fort Mac” _____
- 3. “The Big E” or “E-Town” _____
- 4. “The Hat” _____
- 5. “The Tournament Capital” _____
- 6. “Harbour City” _____
- 7. “The Peach City” _____
- 8. “PoCo” _____
- 9. “The Garden City” _____
- 10. “Wheat City” _____
- 11. “The Peg” or “Chicago of the North” _____
- 12. “Hub City” _____
- 13. “Scallop Capital of the World” _____
- 14. “Steeltown” _____
- 15. “Nickel City” _____
- 16. “Canada’s Gateway to the West” _____
- 17. “Birthplace of Confederation” _____
- 18. “Paris of the Prairies” _____

Welcome back to the Sunshine Club

The 2018/2019 season promises to be another great year!

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

..... **Bus Trips Cont.**



Travel Policies



Sunshine Club trips are for **members only**. The only exception to this is if there is space available within two weeks before the trip or at the discretion of the Travel Director if a trip needs to be “opened up” to non-members to fill seats.

Registering: Trips are first advertised in the newsletter under “Upcoming Trips”. Members may start registering as soon as the newsletters are put out for distribution or if there is a date specified in the newsletter (ex. the Seniors’ Week bus trip). Members can either call the Sunshine Club office or register in person. Members can register themselves and up to a maximum of 3 other members, providing they have confirmed they want to go on the trip before the person puts down their names.

Non-Refundable Deposits: If a deposit is required for longer trips or when show tickets need to be purchased in advance, this deposit will be deemed “non-refundable” and will not be returned in the event of cancellation by the person unless we are able to re-sell the tickets or spot to another person.

Trip Payments: A date and time will be set for trip payments and advertised in the newsletter. The Club Treasurer and/or Assistant will be at Echo to take payments and members are encouraged to come during this time to pay. It is also at this time that members will choose their seating for the bus trip. If the member cannot attend that day, they can bring their money to the office volunteer as soon as possible after the date to pay. At the time of payment, please indicate who your travel partner is if you have one. If you are unable come in during the designated trip payment time, please bring your payment into the office ahead of time in a marked, sealed envelope and it will be opened and processed during the payment time.

Cancellations: If a member cancels from the trip, a full refund will only be given if the ticket is resold. If it is not sold, any costs incurred by the Club will be non-refundable. (e.g. show tickets, bus costs etc.) Also, all travel cancellations must go through the Sunshine Club office so we may give the next opportunity to the next person on the waiting list. There are often waiting lists for trips and out of respect to those people, waitlisted members must be given the first opportunity to enjoy the trip. Please do not promise your ticket to a friend as we must follow the order of the waitlist as people return their tickets or cancel. *Please note:* Holiday tours organized by travel agents have their own refund policies and these will govern for holiday tours.

Replacing Cancellations: Members replacing a cancelled spot on a bus trip will fill the vacated assigned seat on the bus. For day trips, if one seat partner cancels and there is a waiting list, the replacement must be the next person in line on the waiting list. For overnight or longer trips, if a partner cancels, the remaining partner can choose another Club member to share their room & take that space.

Baggage Handling: There is no baggage handling on one night trips. For tours longer than this there will be baggage handling for one piece of luggage per person. If members want to bring extra carry-on luggage they can do so if they handle it themselves. Please consult the newsletter regarding baggage handling as this may vary depending on the hotels, buses and travel agencies.

Care Cards: All passengers **must** bring their Care Cards with them when travelling. Members 65+ must bring their Care Card with them to show on ferries. If they do not bring their card and are then charged the adult rate instead of the senior rate, they will have to pay for this additional cost.

Smoking and Alcohol: There is no smoking or consumption of alcohol allowed on the bus.

Seat Rotation: There is no seat rotation on day trips. On overnight and longer trips, seat rotation is done at the discretion of the Hostess.

Medical Insurance: On any out-of-province and out-of-country trips, participants must prove they have additional medical insurance coverage.

Physical /Mental Independence & Attendants: On overnight trips, participants must be physically able to handle their luggage and must independently get on and off the bus (without assistance from other travelers). Participants must have the mental capabilities to handle the trip activities, timelines and requirements. Participants must be independent travellers or must have an attendant accompanying them if they need assistance. Participants must be responsible for organizing and paying for their own attendant.