



# Welcome News



**Brockville ON, April 2016**

**613-345-2412**

**[www.swcbrockville.ca](http://www.swcbrockville.ca)**

## President's Message

Yet another successful SWC year is steadily drawing to a close.

The major upcoming event is our annual general meeting or AGM. The date is **Wednesday, May 11 at 2pm**. The venue is **Community Room #1** (opposite Peoples Jewellers) in the 1000 Islands Mall on Parkedale in Brockville. Light refreshments will be provided and the meeting is scheduled to end by 4pm.

The meeting is open to all participants and will consist of reports on the past year's highlights and accomplishments; a financial report on the year April 1, 2015 to March 31, 2016 and presentation of the budget for the upcoming financial year and general plans for the future.

In addition, elections will take place to fill the two (2) vacancies we will have on our board of directors. For further information regarding the board and the typical duties and responsibilities of its members, see the item below.

A detailed agenda for the meeting will shortly be distributed to all members and will also be posted to our website [www.swcbrockville.ca](http://www.swcbrockville.ca).

So, May 11 is an important date on our calendar and we urge as many as possible to come out in support of your organization. We look forward to seeing you there

***We may be getting older but we're not old yet!***

***Tony Dunbar***

## Volunteer Appreciation

We value our many volunteers all year round, but we do especially acknowledge them this week, the week of April 10 to 16, National Volunteer Week.

## Course News and Updates

### Amateur Radio Operators

The local Brockville Ham Radio Operators' Club has asked SWC if we would be interested in their providing a course to our members. If there is enough interest we would add to our list of programmes for the Fall 2016 semester in September.

To gauge the level of interest in such an offering we have developed an online poll on our website ([www.swcbrockville.ca](http://www.swcbrockville.ca)) and we invite our members to access and answer the questions asked.

There is the possibility of one or other of two courses:

Basic Course: An introduction to learn about radios and ham operators.

Advanced Course: An intense preparation class for licensing as a ham.

This will help us make our decision. Of course you may also make your interest known by contacting the SWC office directly. Thanks in advance for your cooperation.

### **Looking Forward to the Fall**

A course in **Mindful Meditation** classes will be available in the fall. Sonya Haynes, who will be the volunteer instructor, comes to us with many years of experience in this area.

According to Sonya, anyone can meditate. It is a non-invasive approach to stress relief and inner peace. It also helps to resolve sleep issues and pain relief.

This course will be open to seniors regardless of physical or health condition. One can participate by sitting comfortably on a chair.

### **Volunteer Course Leader Needed**

Activity Director, Bill Carlyle, continues to search for a person qualified to teach French for our Fall semester. Pass the word along. The more people brainstorming, the more likely we are to be able to offer this highly valued course.

### **Wish List**

Pickle Ball, Music Notation and two choir opportunities were the wishes of both volunteers and participants that came to fruition during this semester. If you, or someone you know, has a skill and would enjoy sharing it, call the SWC office and leave your name and number. Remember, we are open to short-term course offerings as well as ones that run for a whole semester. Or if you simply wish a course or activity could be offered, please let us know.

### **Course End Dates for this Session**

There is a measure of flexibility for the end dates of SWC courses. The dates are usually discussed in class and included on the SWC website and in the newsletter as we are notified by each course/activity leader.

To date:

**Tai Chi** classes led by Bob MacDougall end April 25 and 26. The Friday class will end at a later date.

**Chair Yoga** with Jo-Anne Hanley at T.I.S.S. and **Computer Classes** with William Thomson end April 18.

## **SWC Information Sessions**

### **Seniors 4 Kids**

**Wednesday, April 27, from 1 – 2 p.m.,  
In the Living Room at Wall St. Church**

Terry Grimes, program coordinator for Seniors 4 Kids will provide an information session for SWC participants (and other interested individuals) on becoming a caring mentor in a child's life in a supportive setting. Get the details on how you can share your skills in areas such as gardening, cooking, knitting, or reading. Many children do not have extended family living in this area. A little support for a child can also be an enriching experience for you. Please call or email the SWC office to register. Attending the session does not mean one is making a commitment to the program.

## **Brockville Arts Centre Discounts**

Below is an update to the upcoming shows at the Brockville Arts Centre (BAC) for which SWC members may receive a ticket discount.

To be eligible your name must be on the SWC listing maintained at the Arts Centre box office. If you're not already on the list, please contact the SWC Office who will forward your name to the BAC.

9 – 5 The Musical, April 14-16

South Pacific, June 17 – 19

For detailed information about ticket prices and discounts go to the SWC website.

Note the discount does not apply to all shows. BAC can only offer the discount when the show promoter has a group rate to offer.

## The SWC Board Report

### New Board Members Needed

As you know by now, SWC is an organization that functions, at an affordable price, at least in part because every person who leads a course, runs an activity, staffs the office or who sits on the board is a volunteer.

The board meets once a month for about two hours to ensure that every aspect of organization is functioning well. As this year comes to a close we have two board members who have concluded their 2 year commitment to the board (or more) and we need new people to replace them.

**What's involved?** During the board meetings every director contributes his/her thoughts and ideas on all the subjects that arise; however, most members also have a specific area of responsibility on which to report. For example:

- Bill Carlyle keeps us up-to-date on the needs of our volunteer leaders and explores possible new activities.
- Ralph Greenhalgh gives a report on our finances.
- Marian Rafferty acts as secretary and reports on what's been happening in the office, or on how things are going around the information sessions she is arranging.
- Debby Greffe takes the lead on organizing the Christmas Dinner and the kitchen stuff on the two registration days per year.
- Throughout the discussions I gather information to put into the newsletter.

These are not difficult jobs, **but they are the tasks that need to be performed in order for our doors to remain open.** Every person who comes onto the board is mentored into a specific area of their choice.

Once retired, I signed up for various SWC activities. Very quickly I realized that these programs had given me access to building new friendships, learning new skills, getting

exercise and SURVIVING WINTER without the structure of work!

So by the time I was asked to join the board I already felt like SWC had become an important lifeline for me and in turn, I felt like I wanted to be a part of keeping the place going. (P.S. no fundraising involved!)

**Please consider whether you might be able to join the SWC Board.** Call 613-345-2412 or email the SWC office [swcadmin@myhighspeed.ca](mailto:swcadmin@myhighspeed.ca) and someone from the nomination committee will get back to you to provide you with further information.

### SWC Office Volunteer Needed

SWC is currently in need of a person who has reasonably good computer skills and would like to do some volunteer work in the SWC office. The office is on the third floor of Wall St. Church and is open Monday – Thursday from 10 – noon, from Sept. - May. The office is regularly staffed by 2 or 3 different volunteers. A minimum of 2 hours per week is required. Please contact the SWC office (phone# in newsletter header) and leave your name and number if you are interested in being considered for this volunteer opportunity.

### Stay Active this Summer

So far, we have been notified that **Pickle Ball** will be available throughout the summer at M.E.R.C. Hall in Maitland. For further information re days and times email [sreedsmail@gmail.com](mailto:sreedsmail@gmail.com).

As SWC is officially closed at the end of May, this will not be an SWC activity and is therefore, not covered by SWC insurance.

## Reminders & Useful Information

- email at [swcadmin@myhighspeed.ca](mailto:swcadmin@myhighspeed.ca) Location - take the elevator to third floor, turn left
- Office hours 10:00 – 12 noon, Mon. – Thurs. (except during June, July and August).
- Wall St. United Church is a scent-free facility.
- Note: website address & phone number has been moved to the Newsletter header.