

NEWSLETTER

APRIL 2023

50+ AC Board of Directors

President: Carmen Grosse
Vice President: *Vacant*
Treasurer: John Pyl
Activity Director: Tom Beach

Covid-19 Response: Anne Lusby
Office Manager: Julie Daxon
Newsletter: Rosalie Morris-Spencer
Member at Large: *Vacant*

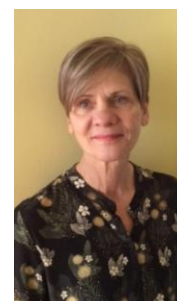
Message from our President

Carmen Grosse

Hello again to our membership. I hope you continue to enjoy the classes as we are coming into the homestretch. I know that a lot of people are out in gardens, golf courses and travelling. As a courtesy, please let your activity leader know if you will not be attending classes.

Our Strategic Planning Committee will be visiting all activity groups to hand out surveys. This is your activity centre; please take the time to voice your opinions.

Finally, don't forget about the AGM. The Music and Art groups will be playing and presenting from 1:30 to 3:30 in the Gym at Wall Street United Church. Come out to see and hear their accomplishments. You may find you will want to join one of these groups next year. It will be an opportunity to speak with the leaders and participants. The actual meeting will start at 3:30 in Heritage Hall, also at the church. We will have refreshments and a keynote speaker – along with the usual business of our Annual Meeting. It will be a great opportunity to chat with friends and make new ones as well. I hope to see you there.



Happy Spring,
Carmen

Covid 19 Report

Anne Lusby

Have you had your sixth vaccine? Should you have your sixth vaccine? Where can you get your vaccine?

Yves Decoste, Infection Control Specialist with the Leeds, Grenville and Lanark District Health Unit, will be our keynote speaker at the AGM on May 17th.

He will update us on COVID and answer your questions.

Activity Group News

Activity Director's Report

Tom Beach



Spring is here and attendance is fluctuating a bit as we get into the outdoors activities that compete with our 50+ time - be it gardening, bicycling, paddling or driving that classic car. However, activities are continuing for another month! There is still a lot of interest and fun in classes, along with a bit of sadness to see the end of the term coming up. We will miss our classmates and the classroom fun but it gives us a time to reflect and come back with renewed commitment, creativity and energy, ready to learn and apply new skills, keep active and maybe improve our game whether it be Euchre, Chess, Badminton or Pickleball.

Before we close for the year we will have an opportunity to see what some of the classes have been doing. On Wednesday, May 17th between 1:30 and 3:30 in the gym at Wall Street United Church, members of artistic classes will be displaying the objects of their creative talents, and music class members will be showcasing the talents they have learned or honed over the past two terms. Come out and see what they have to present and learn more about these classes.

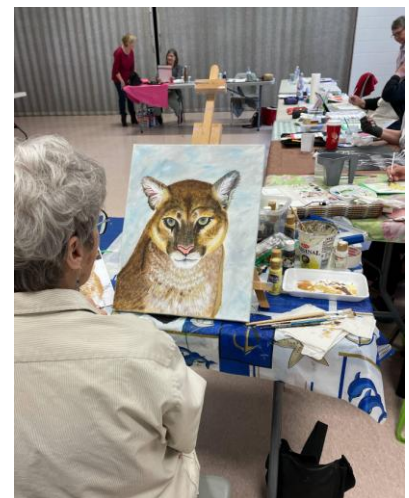
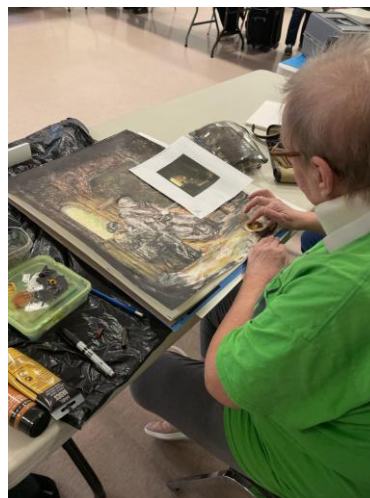
We invite and encourage you to attend the AGM that begins right after the showcase, at 3:30 in Heritage Hall. Brockville 50+ has a lot to offer but it needs your support to do it.

Tom

Art Studio – Tuesday

Leader: Karen Gregus

The Tuesday Art Group is always learning. We had a talk from one of our members about the use of photos as a reference only and how to best analyze the photo in order to create a pleasing art work. Throughout the sessions we have mini learning experiences that help us in our creative journeys. Show and tell is always a part of our time together and as we give and receive encouragement from each other.



Art Studio - Thursday

Leader: **Gael Bullard**



Meg Gransden



Jon Frombach



Mike Jeanrie



Heather King

Quilting

Gael Bullard



We have been learning new blocks this session. They can be used for placemats, runners or in a quilt!

Mosaic Art

Leader: **Rosalie Morris-Spencer**

We Mosaic Art enthusiasts are all *busy busy busy*, creating beautiful pieces of art.

Not that we're show-offs or anything like that, but... we sure are looking forward to showing everyone a sampling of our creations, on May 17th at the 50+ AGM festivities. *Don't miss it!*



Tole Painting

Leader: Marilyn Wallace

The tole painting group were gifted a lovely piece of wood by Gail Abbott and we chose a picture of a cute little hedgehog to paint on it. It was also a lesson on how to paint wood grain and fur or quills in this case. Our next project is of a rail fence and flowers in a field.



Line Dancing

Leaders: Janet Rose and Holly Welch

The 50+ Line Dancers held a food drive to help the Salvation Army make Easter a little easier and more joyful for those in need. The dancers do something every Easter, Thanksgiving and Christmas. It is a way to give back to the Salvation Army for the very warm welcome we always receive. And we are there a lot!

Every day the donation bin was out, it was soon filled to the brim! Our dancers are so generous!



Mahjong

Leaders: Karen Mahon & Peri Howlett

We are pleased to report that the fall and winter semesters of Hong Kong Mahjong were a success. The fall kicked off with 20 eager participants. Given the complex nature of Mahjong, the leaders decided to introduce the concepts in a stepwise fashion over the initial 4 weeks: a concept or two was introduced during the first hour of class, and then the remainder of the class was spent playing a modified version using the new concepts. The participants were able to incorporate all the major aspects of game play. Ping Wu helped us learn using interesting stories behind the meaning of the Chinese characters for the numbers 1 to 9, and for the 4 winds. After those first few intense learning weeks, the class consisted of playing the complete Mahjong game. It has been very rewarding seeing the students grow in their understanding of strategy, scoring, and their evident enjoyment of the game. We are proud to say that every one of the initial 20 participants stayed through the semester, and 18 continued into the 2nd semester (the other 2 were fortunate to be out of the country for the winter!). At this point, all have expressed interest in returning in the fall!



Spring has arrived!

Contributed by Laurie Jeffrey

With a frustrating and long winter behind us, we are all looking forward to spending more time outside, perhaps puttering in gardens (remember to leave the leaf litter for the hibernating bugs as long as you can) or maybe doing a little bird watching (check out the Mac Johnson Wildlife trails). Many of you will be looking for inspiration for your next work of art among the emerging plants and wildflowers; some will be heading to the parks to do Tai Chi in the fresh air. Whatever you do, doing it outdoors will regenerate the soul and bring new life to our existing activities. Happy Spring!



Strategic Planning Committee

The Strategic Planning Committee (SPC) has been meeting twice a month since February. Most of you will already have completed a survey, and we appreciate the time you took to do this. If you were absent from class and missed the chance to complete a survey, let us know. Knowing your preferences and your ideas as to how 50+ can improve as we grow, is very helpful and important.

In May and June, we'll be tabulating the survey responses, and will then analyze the results. Then we plan to take a deeper look at what our members have told us is most important, through leading focus groups, in May or June. We hope to report the findings from the surveys and focus groups to the Board in late June. *Lots to do!!*

Please approach any member of the Strategic Planning Committee, to learn more about our efforts to date and plans for the coming months and years. We'll be at the Annual General Meeting, and we want to hear from you.

Write to us at Strategic Planning Brockville 50+: strategicplanning.bville50plus@gmail.com
Your comments can be kept anonymous. We need your opinions and ideas throughout the process of developing the Strategic Plan for Brockville 50+.

Be involved in planning Brockville 50+ Activity Centre's future!

Strategic Planning Committee: Tom Beach, Rosalie Morris-Spencer, Julie Daxon, Paul Bonenfant

Check out descriptions of all Activities, on our website!

<http://fiftyplusbrockville.ca>

Questions?

Ideas?

email us! fiftyplus@myhighspeed.ca

ANNUAL GENERAL MEETING

Brockville 50+ Activity Centre

Please take note that there will be a general meeting of the Members of the Brockville 50+ Activity Centre. The meeting will take place on **Wednesday, 17 May 2023 at 3:30 p.m.** at Wall Street United Church in Heritage Hall. The business portion of the meeting will include various reports, including financial, on the past year and the election of directors for 2023 - 2024. The AGM of the Shepherd's Welcome Foundation will also be on the agenda. All members are welcome to attend. It will be an opportunity to meet the Board and get involved. Refreshments will be served.

Prior to the meeting we will be showcasing some artwork from the art classes and the music groups will also be entertaining us. **These activities will take place in the Gym at Wall Street United Church between 1:30 and 3:30 PM.** Please come and enjoy yourself and support your fellow members and friends.

Proposed Agenda

1. Call to Order
2. Approval of Agenda
3. The Shepherd's Centre (Brockville) Foundation Annual Meeting
4. Keynote Speaker - Yves Decoste, Infection Control Specialist, LGL District Health Unit
5. Approval of Minutes of the Previous Meeting
6. Approval of the 2022-23 Audited Financial Statements
7. Waiver of Audit for 2023-24
8. Report from the Board of Directors
 - President
 - Strategic Planning committee
9. Election of Directors to the Board* (Please see the note below)
10. Other Business
11. Adjournment

The 2022 - 2023 Audited Financial Statements and accompanying notes will be distributed by email prior to the meeting.

**** Please send an email to: Fiftyplus@myhighspeed.ca to confirm your intent to attend this meeting, and receive the above mentioned information.**

**** NOTE:**

Election of Directors: Under our By-Law, the Board shall consist of nine (9) persons elected from a slate of nominations presented by the Nominating Committee at the Annual Meeting.

Upon election, directors shall hold the office for a two (2) year term. Directors can be re-elected every two (2) years with no limitations.

Current Status of the Board of Directors: Five (5) Directors are returning to complete the second year of their term. One (1) Director is completing her current two (2) year term and has indicated her willingness to serve on the Board again; their names will be put forward for re-election at the AGM.

Three (3) Directors are stepping down from serving on the board, meaning: **Three (3) New Director positions need to be filled for the two (2) year period from 2023 – 2024.**

If you are interested in being a member of the Board, please submit your name by email to fiftyplus@myhighspeed.ca as soon as possible and no later than May 8. Please mention "Nominating Committee" in the subject line. Include a summary of your work and/or volunteer experience and the special skills you would bring to the board as director. The Nominating Committee will review all those interested in running for the Board. If the number of nominees exceeds the number of vacancies, the election of Directors shall be by ballot at the AGM.

Carmen Grosse,
President, Brockville 50+ Activity Centre

Happy 99th Birthday Olive!



Doreen Wood

A 50+ Member for over 25 years!

A long-standing member of the 50+ Activities group, Doreen Wood has been an asset to both the Centre and the community. She joined the Centre back when it was called the Shepherd's Welcome Centre and housed at the old Comstock Building next to the hospital. Starting back in 1998 and for many years to follow, Doreen led the quilting class, teaching and sharing original designs. Her quilts have won awards, and have been donated to Chernobyl, Recovery House, and St. Lawrence Lodge. She is still very active at the Centre, attending the quilting classes and the Book Club.



Doreen has participated in other classes offered at the Centre including watercolour painting and Spanish. Surely the Spanish came in quite handy for her frequent holidays to Spain and Portugal! Before Covid struck, Doreen volunteered her creative skills to two local schools by leading extracurricular programs in knitting and Christmas crafts; and years before that, she was a volunteer at the hospital.

How lucky for us that Doreen and her husband made the move from Yorkshire to Canada all those years ago to share her talent, skills and generous spirit with the 50+ Activity Centre and the Brockville community.

Article written by Laurie Jeffrey

Message from your Newsletter Editor

Rosalie Morris-Spencer



Whew! April has been a super busy month. No time for boredom, that's for sure. My Mom always said (to me and my 5 siblings): "only boring people are bored". She often added "so, go now and find something fun to do!" No doubt her words of "advice" were partly to 'encourage' us kids to get out of her hair, but there's a lesson to be had in those words. With all the fun activities available through Brockville 50+, one can hardly find time to do everything that needs doing, let alone feel "bored".

I'm grateful for the many great people in my life. Recently I met Laurie Jeffrey, a 50+ member who graciously (and thankfully!) responded to my call for help with the newsletter. When we met, I tried hard not to overwhelm her with the hundreds of tasks involved in getting the newsletter out to our members each month. *Tada!* Success! One month later, Laurie is still keen to help, and has contributed her first two newsletter articles this month. *Welcome to the (tiny) Newsletter team Laurie!*

⇒⇒ **Remember!** Mark May 17th on your calendar! I hope to meet you at Wall St. United Church for the Annual General Meeting of Brockville 50+ Activity Centre!

Rosalie

Activities and Events in our Community



PLANT A TREE

IN '23



St. Paul's Anglican Forest Project

Help us save our planet and build our tree canopy in, outside and around Brockville. St. Paul's has committed to planting and

growing 160 trees in the Brockville area this spring, with the emphasis on *growing*, not just *planting*.

We are seeking people for one or for all the following:

1. purchase a tree kit (\$10 or \$40),
2. volunteer to plant (late April or early May),
3. volunteer to water the tree for the first year,
4. volunteer to help organize this project.

We invite you to plant on your own property or work with our team in specific city parks according to our Tree ByLaw. We have 6 species of trees and shrubs to choose from. Did you know that the city has lost 1400 Ash trees alone last year?

Let's do this!

To learn more about the project please contact:

Virginia Glover at 613-345-2793 or dvglover101@gmail.com or

Bob Panter at 613-342-7967 or bobpanter1@gmail.com.

St. Paul's Anglican Church in Brockville has undertaken a project to establish 160 trees and shrubs in celebration of the 160th anniversary of the diocese. 40 of these trees will be planted on city land as part of the renewal of the Brockville Forest, which has lost 1400 ash trees and is losing Norway maples which are already showing signs of decay. The remaining 120 are intended for planting on private property anywhere in the city and the surrounding area. Planting will take place at the end of April or early May.



WHITE PINE



HACKBERRY



BUR OAK



SYCAMORE



BUTTONBUSH



SMOOTH
ARROWWOOD



St. Paul's Anglican Church

The **Shepherd's Centre (Brockville) Foundation** is looking for two seniors interested in becoming Directors with our Foundation. The position requires limited involvement to meet twice a year, to review the financial investments. Participants with some financial knowledge would be an asset. Directors are also a part of the Annual General Meeting each year.

If you are interested, contact Marion Rafferty at mlrafferty71@outlook.com



*You can feel the rhythm,
You can feel it down in your soul!*

So goes the line from Santana's OYE COMO VA, one of the songs performed by **THE BROCKVILLE COMMUNITY CHOIR** at its next concert.

From the McCartney classic YESTERDAY to the effervescent AFRICA by Toto, enjoy an afternoon of music from the 60s, 70s, 80s & 90s. Also on the program - Bob Chilcott's energetic A LITTLE JAZZ MASS.

3:00 p.m. **SUNDAY MAY 28, 2023**

St. Lawrence Anglican Church
80 Pine Street, Brockville

Artistic Director: DIANNE BAIRD
Collaborative Artist: MADELYN MENSEN

Guest Artists: GREAT MUSIC GUYS

\$25 Adult \$10 Student
Free for children 12 & under

Tickets available from Choir Members, at the Door,
or at brockvillechoir.com

For the safety of everyone, masks are required to be worn by all.

Share with us!!

If you know of upcoming events in the Brockville area that will be of special interest to seniors, send the info to brockvillefiftyplusnewsletter@gmail.com

We'll do our best to include the event info in an upcoming newsletter!

Website: <http://fiftyplusbrockville.ca> Email: fiftyplus@myhighspeed.ca

Office Address: 5 Wall St, Brockville 613-345-2412

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