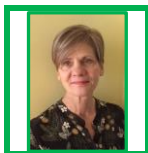


NEWSLETTER

February 2024

50+ Board of Directors



President:
Carmen Grosse
fiftyplus@myhighspeed.ca



Vice President:
Tom Beach
VPbville50plus@gmail.com



Treasurer:
John Pyl



Activity Director:
Gail Coville
activitydirectorville50plus@gmail.com



Secretary:
Lorraine Buck



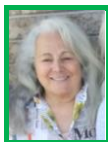
Office Manager:
Sharon Keasler
fiftyplus@myhighspeed.ca



Newsletter Editor:
Rosalie Morris-Spencer
brockvillefiftyplusnewsletter@gmail.com



Member at Large:
Julie Daxon



Member at Large:
Maryann Daoust

Message from our President Carmen Grosse

As I sit down to write this article, it is a beautiful, warm and sunny day in February. It's hard to believe we are already a month into the Winter semester. We're fortunate that this semester we have only a couple of issues with missing info, considering we are at almost 700 members. About 85% of our participants are enrolled in between 1 and 3 classes. Those are just a few numbers to give you an idea of the scope of your activity centre.

This is a great place to meet other people, socialize and enjoy activities. Although our family grows a little each semester, we are still a family. If you notice someone is away and are concerned, please check in on them or ask your activity leader to give them a call. That is what we mean by family.

The Board is already looking to the end of the semester when we have the Annual General Meeting. What a party it was last year! We hope to do something similar again this year, so **mark your calendar for Wednesday, May 1, 2024**. We will send out details as we get closer to the date.

On that same topic, some Board members will be coming to the end of their terms this year. If you think you have some skills that could be put to good use on the Board, please call the office 345-2412 or email fiftyplus@myhighspeed.ca and put "Nominating Committee" in the subject line. I have found my time on the board challenging and yet fulfilling. I am honored to have been an integral part of this wonderful organization.

Spring is only a month away, but the semester goes until the "official" start of summer – May long weekend (unless otherwise stated by your leader). So, enjoy your three more months of activities!

Carmen

☆ **Would you like to be a 50+ Board Member?**

→ → *Please call or email the office!*

☆ **Do you know someone who would be a good Board Member?**

→ → *Email or call the office...*

The Nominations Committee will be happy to explain the nomination and election process

Message from our Activity Director

Gail Coville

A belated Happy Valentine's Day and Family Day. I hope you shared a special moment with your loved one(s) and were spoiled with a chocolate or a rose.

By February do you get the humdrums? Not everyone gets the opportunity to escape the Canadian winter to a warmer climate. It's important to get outside especially on those sunny days to draw in some rays which is so good for your mental wellbeing. Many people struggle with depression or SAD (seasonal affective disorder) in winter. It's important to address the winter blues if it affects you.

Now that the various activities have been running for almost a month, we have checked the attendance and are pleased that participation has been very good. For anyone who has not attended their activity and wishes to drop out, please contact the Leader, and send an email to our office at fiftyplus@myhighspeed.ca or phone 613-345-2412 and leave a message with your name and the class you wish to cancel. Classes are quite full this semester, with 670 members participating.

For those who have Monday classes, Wall St. United Church is closed on Family Day, February 19th. Salvation Army will be open, but most activities have taken the opportunity of the holiday to spend time with the family. For Easter, WSUC is closed both Good Friday March 29th and Easter Monday, April 1st. Salvation Army is only closed on the Easter Monday, so Friday classes can run if Leaders choose to do so.

Would you like to volunteer with the Social & Special Events sub-committee to help plan and coordinate future special events? From day trips to evening discussion groups to outdoor gatherings to presentations by guest speakers on various subjects, to bus trips – our members have provided many great ideas, and we hope to organize at least one special event each semester. If any member is interested in volunteering to be on the committee, please email me providing your contact info and a little bio about yourself including any experience you have in organizing events, and what interests you most about volunteering to organize one-time events for 50+ members.

Gail

activitydirectorville50plus@gmail.com

Strategic Plan Update

Some committees have begun exploring Action Plan options to achieve assigned goals, and other committees are focusing on organizing their committee structure and orienting committee members.

Have you read the Strategic Plan?

(click the link): https://fiftyplusbrockville.ca/wp-content/uploads/2023/12/stratplan_50plus_2024_2025.pdf

Committee members are very much needed. You can be part of the work, the action, and the excitement in bringing about positive change in our organization. Learn more about the committees you can be involved with:

(click the link): https://fiftyplusbrockville.ca/wp-content/uploads/2023/12/committee_structure_stratplan.pdf Please reach out and join us in making a very positive future for Brockville 50+.

Contact any of the committees directly or send an email to the 50+ office fiftyplus@myhighspeed.ca (please note the committee name in the subject line) or leave a message at the 50+ office at 345-2412. A member of the committee you are interested in or the Strategic Planning Committee or a Board member will call you back.

Committees:

Strategic Planning (including Policies and Procedures): Rosalie Morris-Spencer strategicplanning.bville50plus@gmail.com

Communications (including Website, Newsletter & Publications, Public Relations & Advertising): Tom Beach vpbville50plus@gmail.com

Member Services Committee (incl Registration, Office, Volunteer Coordination): *no Chair yet.* fiftyplus@myhighspeed.ca

Activities Committee (including Activity Groups, Venues and Social & Special Events): Gail Coville activitydirectorville50plus@gmail.com

Wellness (including Website, Newsletter & Publications, Public Relations & Advertising): Maryann Daoust fiftyplus@myhighspeed.ca

Finance & Fundraising: Tom Beach vpbville50plus@gmail.com

Let's get to know our 50+ Leaders

Paul Bullock

Paul graduated with a degree in Mechanical Engineering from the U. of Waterloo. His first job took him far north in Quebec, working at a mine for the Iron Core Co. After five years of freezing, Paul took a job with Millhaven Fibres in Kingston for one year before Queens University Teachers' College lured him away.

In 1974 Paul moved to Brockville to teach Maths, Sciences and Machine Shop at TISS. During his 34 years there, he also worked some summers at Queens, certifying teachers in Machine Shop. He took advantage of a similar position that was offered one summer in Nairobi.

He tried retiring from teaching in 2004, but the three part-time teaching positions he took on kept him busier than ever until 2008. Retirement didn't stop his schedule from being extremely full. As is obvious to anyone who steps foot into Paul's gorgeous century (148 years to be exact) home, he has a keen interest in historical buildings. He chaired the Heritage Committee for 30 years and has put up 65 historical house plaques around Brockville.

At the Aquatorium, Paul ran an astronomy program until COVID happened. When he was in high school, he built his own 300 lb telescope. He now owns a smaller, computerized model that will be available (along with about four others) for people to see the total eclipse on April 8 at Blockhouse Island.

Paul is accomplished on both guitar and banjo. His musical talents are enjoyed by the congregation of Wall Street United Church as well as a coffee house that used to run at the church one Saturday a month, Saturday Night Live Music. Paul is also the past Board Chair and on the Rental Committee at the church.

It was the Music Jam class that drew Paul to the 50+ group in 2010. A year later he was the leader of that class. He now enjoys leading the Beginner Plus guitar class and co-leads another music class, Acoustic Guitar, with Polly Beach. Paul says the 50+ classes are popular because of the affordable price and the sense of community; but after hearing these classes perform before the General Meeting last year, we can all safely say that the beautiful music showcased by a couple of talented leaders and enthusiastic students will make these classes popular indeed!

Laurie Jeffrey interviewed Paul in February and contributed this article for our newsletter.



Activities!

Art Studio – Tuesday

Leader: Karen Gregus

We are moving nicely into this session. Members are painting and drawing birds, animals, people and many other fun ideas. The beginner watercolourists are progressing well, having learned different strokes and techniques. This month we studied colour theory and colour mixing with the three primary colours.



Yoga – Pilates – Intermediate - Wednesday

Leader: Kim Wark

Yoga / Pilates Intermediate is a new group. We dim the lights, shut off the fans, and turn the WSUC gym into a yoga oasis for an hour. Members have been working on their sun salutations, warrior poses, core exercises and stretches that include the forward splits. Yes, the splits! Our balance poses had some real-world practicality during the freezing rain in late January with all the slippery sidewalks and driveways. Members have been pushing themselves and loving it. Even members with injuries have been able to use modifications to enjoy the class. We have beginner, intermediate and advanced options with most poses. Our members range in age from 50s to 80s, both men and women. Come see for yourself! We still have lots of space for more members.



Acrylic Painting - Wednesday

Leader: Marilyn Wallace

The Acrylic painting group is now working on a beautiful scene of a rocky shoreline on the St. Lawrence River. It is very challenging, as most people haven't attempted doing rocks. We are trying to get colour and texture in them, and it is hard! We are hoping to have them done soon, so check the newsletter next month for pictures!

Quilting - Wednesday

Leaders: Theresa Iddon & Kathryn Neild

Our quilting group members are very happy with the move to our new location at the Masonic Hall. We have plenty of space, great lighting, and ample parking. Gael has showed us a new block using half-square triangles of different sizes, and techniques for joining quilt-as-you-go blocks that we use for our charity quilts. Liz is going to show us a new block too. We are always learning from each other and sewing up a storm!



Message from your Newsletter Editor

Rosalie Morris-Spencer

Is it February or Springtime? It seems Mr. Weather can't decide from one week to the next! The ducks on the St. Lawrence are reluctantly sharing their swimming areas and fishing holes with the geese.

We're lucky to have such a mild winter.

We're lucky to be spending lots of time this winter with our 50+ friends. I feel lucky to be part of a dynamic and smart and hardworking Board, and to part of making the vision of the Strategic Planning Committee launch.

I feel very grateful for the Monday afternoons when I hang out with my Mosaic friends.

My retirement is full of busy days, and enjoyment is found in each day.

Rosalie

brockvillefiftyplusnewsletter@gmail.com

Best wishes for a speedy recovery to Olive Bewick.

Olive is our eldest and very treasured member. An active 99½ years young, she unfortunately had a fall recently, and is in hospital. Olive is known to be a very positive and determined woman, and we know that attitude will help her to make a good and speedy recovery.



UPCOMING EVENTS IN BROCKVILLE



BROCKVILLE MUSEUM
51 Henry Street, Brockville, Ontario K6V 6M4
Tel: 613-342-4397
Email: museum@brockville.com
www.brockvillmuseum.com

Temporary Exhibition

QUILTING MEMORIES

A celebration of the stories hand-stitched into a selection of locally-made quilts, 1885-2007.

February 19 - December 13, 2024
Brockville Museum

Get Cozy with the Museum's latest exhibit, **Quilting Memories**

A selection of heritage quilts is now on display at the Brockville Museum. The exhibit explores the stories tied to each quilt, which date from between 1885 and 2007.

"This display is not about the technique, the tools, the art medium, or even the history of quilting. This display is about the story - the story that was hand-stitched into each of these local quilts" says Museum Curator, Natalie Wood.

"The quilts we've selected to display are different types of memory quilts from the museum's own collection. Visitors will see examples of crazy quilts, signature quilts, and commemorative quilts; each with a unique local story" adds Wood.

Although the exhibit does not focus on technique, The Thousand Islands Quilters' Guild provided some notes about each quilt, which are included in the display.

Quilting Memories marks the first-time pieces from the museum's textile collection have been displayed in over a decade.

The Museum is open Wednesday-Friday noon-4pm. Admission is by donation.

An opportunity to turn your spare bedroom into extra income



SpacesShared is a homesharing program that is responding to the Canadian housing crisis with a solution that prioritizes connection, comfort, and community.

Join SpacesShared and St Lawrence College, Brockville to learn about the program and how interested individuals can get involved.



Free Information Session

Thursday, March 7th, 2024
10:00 AM - 11:30 AM
at 2288 Parkesdale Avenue,
Brockville.

Parking in the main Lot.
Enter at the Main Entrance.
See greeter at the door for
parking pass and room location.

Why Participate?

- Utilize your spare bedroom effectively
- Earn additional income securely
- Be part of a vibrant, intergenerational community
- Opportunity to give back to the community

Get In Touch

www.spacesshared.ca
customersuccess@spacesshared.ca
833-766-6329

Mon-Fri between 9:00 AM - 5:00 PM EST

Performing live at First Presbyterian Church

Sunday, April 14th at 2:00pm
10 Church Street, Brockville



In support of
 **Habitat for Humanity®**
Thousand Islands

Admission by donation to Habitat for Humanity Thousand Islands