



NEPEAN SENIORS RECREATION CENTRE
Nepean Sportsplex, 1701 Woodroffe Avenue
Information: 580-2828 Ext. 2 or www.nepeanseniorscentre.ca

Jan/Feb08

WORD FROM THE CHAIR

By *Betty Usher*

Welcome to 2008!! All of us on the Management Board send our best wishes for a healthy and happy New Year. With your ideas and help, our Centre will continue to provide a place for us to play, learn and make new friends. For those of you who attended the *Murder Mystery Night*, our thanks go to Mary Pearson and her "troupe of thespians". It was an enjoyable evening. If all went as scheduled we enjoyed another great Continental breakfast to celebrate the season. Thanks to the Special Events committee for all their hard work. We want to extend our very best wishes to Ruby Griffiths as Special Events co-ordinator who is retiring. She will be missed! Wilma Matchett is also retiring from the Management Board after a successful term as Chair – thank you, Wilma. The Board welcomes Steve McIntyre who joins Sandy McHaffie, Mary Pearson, Diane Berryman, Carol Laplante, Howard Chamberlain, Margery Harper, our faithful secretary Patricia Hancock and yours truly, Betty Usher, along with Leslie Dondale, ex officio. If you have comments, ideas, suggestions please contact one of the above. P.S. Don't just read this HUB--come on out and enjoy the activities at the Centre.

UP AND COMING

Military Whist: The next one will be held on **Friday, January 18th at 7:00 p.m.** The cost is \$6.00 and includes cash prizes and delicious refreshments. The one after that will be linked with the Blahs Bash on **Friday, February 29th.**

Blahs Bash: will be held on **Friday, February 29th.** What better way to celebrate Leap Year than spending the day with your friends! This is a fun-filled day where you can play all kinds of activities in the morning, enjoy Tim Horton's soup and sandwich for lunch and then play Military Whist and another activity to be determined, possibly indoor Bocce, in the afternoon. Please see the enclosed flyer with all of the details. Note: All regular activities are cancelled that day.

Lunches at Sir Guy Carleton Secondary School
When: Thursday, January 31st. Tickets will go on sale starting Wednesday, January 2nd. They will sell out fast. **Cost:** \$6.50. Tipping is optional - the money will go directly to the students, not the school. The **next lunch** will be on **February 21st,** with tickets going on sale starting February 1st.

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Post-Service Care Seminar for the Nepean Seniors Recreation Centre: At Tubman Funeral Homes dealing with the loss of a family member does not end with the funeral experience. In a time of grief, when it is so difficult to concentrate, there are numerous details that must be attended to in a timely fashion. Tubman's does not want the family to be alone during this difficult time. They have extended their professional services to follow the family home and help them contend with estate-related tasks and notifications related to the death of their loved one.

Mary May, Tubman's Post-Service Care Provider, will help your family through this. She will assist your family with completing many forms, such as the CPP Death and Survivor benefits, provide access to community resources and information to agencies that may be relevant to estate matters. Above all, they will guide the family through a comprehensive checklist in order to get them on track toward handling their new financial house.

Please join Tubman's for a complimentary hot lunch on Monday, Feb 11th from 11:00 until 1 p.m. at the Best Western Barons Hotel and Conference Centre, Bells Corners, and learn more about the Post-Service Care Program from Mary May. In addition, Gabrielle Gagné from the Income Security program, will provide information on our "Public Pensions", and how they work. For more information, and to reserve a seat, **please contact Tubman's at 613-722-6559.** See enclosed flyer for more details.

NEWS FROM THE OFFICE

Membership Renewal: Just a friendly reminder that your membership fees for 2007, are now due. If you have not already done so, please drop by the front desk to take care of payment. The fee remains the same at \$21.75. We accept cash, cheque, debit and credit as methods of payment.

Canadian War Museum: There were forty of our seniors who hopped on a bus to visit the Canadian War Museum. The tour guides were very informative

and the building, let alone it's contents, is spectacular. For those of you who missed out on this opportunity, another trip will be organized around the same time next year.

Murder Mystery Christmas Dinner: Once again the Restaurant International put on a great dinner for 74 people and the seniors themselves put on a fabulous show with their *Murder Mystery*. Thanks to Mary Pearson and Leslie Dondale for their efforts in making the night a success. Also thanks to Fran and Jim Kelly, Ferd Ortiz, Dol Fenwick, Ruby Griffiths, Kim Warren, Mary and Leslie for their tremendous acting.

Holiday Breakfast: Over 140 people came by to enjoy a continental breakfast provided by the Volunteer Management Board. Thanks to the members of the Nepean Songsters for leading us in a joyful sing-a-long following the meal.

Food Bank Week / Snowsuit Fund: Thanks to everyone who donated food and /or knitted items this year. I know that they will be greatly appreciated by the Ottawa community that needs it the most.

Snowshoeing / X-Country Skiing: There has been some interest shown for these winter sports, weather permitting! We would use the trails located behind the Sportsplex. **A meeting has been set up to discuss dates, times, etc. on Monday, January 14 at 7:00 pm here at the Centre.** If you are interested, but can't attend the meeting, please contact Leslie at the office at 613-580-2424 ext 46657.

Indoor Walking Club: Due to the frost and snow outside, the walking club is moving indoors. It will now take place at the new Superdome at Ben Franklin Park, located at the corner of Hunt Club and Greenbank. It will be offered Mondays, Wednesdays and Fridays between the hours of 8 and 10 am and Tuesdays and Thursdays between the hours of 2 and 4 pm. It will start on January 7th. A \$1 drop-in fee applies. So no more excuses get out and get healthy!

Fun & Games

500 CLUB

By *Ferd Ortiz*



At the time of writing, the Christmas season is upon us and we are enjoying our Thursday afternoons. We are a small group of friends who meet every Thursday afternoon for companionship and a few laughs. We start at one o'clock, but start to come in around 12:30 pm. If you would like to join us you are more than welcome. Don't worry if you don't play, we will teach you.

Merry Christmas

DUPLICATE BRIDGE

By *Peter Warner*

The literature on D.B. is as prolific as for any comparable game and shows no signs of abating; there's even a treatise on "Bidding in the 21st Century". Incidentally it starts with a chapter on overcalling major suits...starts?!

In this avalanche of paper there is a surprising void: The philosophical component. Every sport or game needs its philosophical king; someone to comfort the newcomer, confirm that "down 5" isn't the end of the world, or offer a brighter tomorrow.

"Our gang" has its share of helpful hinters, but in the interest of my own health, I am not going to name names.

The litany begins with:
NWCDAT "Nothing we could do about that"
There were probably several things but NWCDAT puts our fears at rest.

"Oh well!" eloquent shrug – implying everyone has done the same.

"I'll remember when that happens again!"

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You won't you know, but tomorrow is a long way off.

And everybody's favourite "it's only a game".

Darn it, remember this: "Bridge is not a matter of life and death, IT'S MUCH MORE IMPORTANT THAN THAT!"

FUN BRIDGE

By *Juliette Viens*

Our Fall bridge is off to a good start. We miss the southbound snowbirds; I know a few who will return briefly for Christmas.

Our sincere thanks go to Maureen and Mike Roach for taking over as convenors for the three months that Maxine Jones was away, due to her husband's very serious illness. He is recovering nicely and back to playing duplicate bridge.

On December 7 we had our pre-Christmas luncheon. It was a good way to begin the winter season with the Christmas atmosphere, foods and decorations. The menu was ordered by Wilma Matchett and Evie Snarr.

We wish everyone a Happy New Year, good health and a year of good bridge.

WEDNESDAY BRIDGE

By *Gopal Kunchur*

Negative Doubles:

'Negative double' is a useful tool to convey a meaningful message to your partner. When partner bids a suit and RHO overcalls in another suit, your double is called as 'negative double'.

For your negative double: at the one level you should have at least 6 points, which means you will bid if opponent had passed. The higher the overcall, the more points are necessary to offer a negative double.

Support for an unbid major suit is guaranteed by a negative double. If you don't have support for an unbid minor then you will have a fit for partner's suit.

For a negative double when there are two unbid majors, you must have at least 4 cards in each major.

If you double 1 heart, then you have 4 spades and not 5. With a 5-carder in a spade suit you will bid one spade and not double.

With 10 or more points and five card or longer major suit, you can start with a negative double and then bid your suit over partner's response. This is a forcing bid.

When partner offers a negative double, bid one of the unbid suits with a 4-card suit. If you have minimum points, bid at the lowest level.

If there is an overcall after your opening bid and it is followed by two passed, you should double, unless you have minimum points and length in opponent's suit.

EUCHRE

By *Eric Scheuneman*

I would say that it is evident that winter has arrived for good.

Our attendance lately has risen to as high as 36. Our Christmas Turkey luncheon was held on Tuesday, December 11 and attendance was about 40.

Since our last report, we have held 2 more 50/50 draws with the following winners: Norma Alexander, Kathi Kerr (twice), Neil MacDonald, Connie Mousseau (twice), Emma O'Connor and Sharon Shaver. Kathi Kerr donated both of her winnings as well as \$5 towards our Christmas luncheon.

5-PIN BOWLING



By *John Kay*

The following bowlers have scored the following scores:

Female High Single –
Carole Meincke – 243

Female High Cross – Carole Meincke – 634

Male High Single – Harold Jackson – 311

Male High Cross – Ray Stewart – 734

We had our Christmas party on Monday, December 17, 2007.

There are plenty of open spaces for any interested bowlers. Please feel free to come out and see us on Mondays, 1 pm at Merivale Bowling Lanes.

CURLING

By *George Holmes*



The curling activity is gliding smoothly along with members having fun and demonstrating good sportsmanship as well. We are pleased that

several new members have joined curling this Fall and that, just recently, a few previous members have also returned.

As Christmas is approaching we are excitedly waiting for the Christmas Luncheon on Tuesday, December 18th. Previous members and spouses are welcome. If this newsletter is published before then please remember your fun gift for the gift exchange.

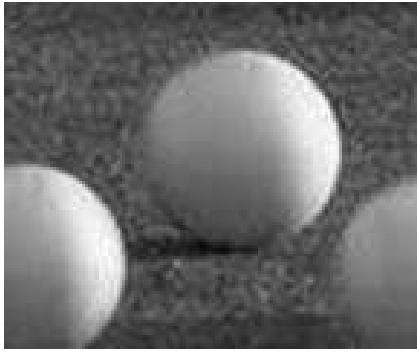
Thursday, December 20th is the last curling day before the holidays and play in the New Year begins on Thursday, January 3rd.

CARPET BOWLING

By *Bill Lambert*

Christmas and its celebrations are now behind us. The Carpet Bowlers hope every member of the Senior

Center enjoyed the festive season as much as we did.



Now it is time to look forward to the New Year and be prepared, insofar as is possible, for what the New Year brings. One of its Blessings is bound to be the

Senior Center itself, with its many welcoming activities, and its hard working Volunteers and Staff. Thanks a million guys and gals. One wonderful activity is Carpet Bowling. We averaged three carpets and 14 players during the Fall session. Each filled with hilarity fun, tense moments and creative shots that took ones breath away. No losers in this game, everyone is a winner. We will lose one or two regulars this winter to the lure of the sunny south. However we are expecting some lost sheep from previous years to return to the fold.

WINTER PROGRAMS

Winter registration is ongoing with most programs set to restart the second week of January. Some of the programs are already full, so check with the Centre before coming down to register. Programs offered are: **Tai Chi, Chair-ercise, Tap Dancing, Line Dancing, Golf Clinics (Levels 1 & 2) and Weight & Balance Your Life.**

TRAVEL CLUB NEWS

By *Betty Usher*



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The year is drawing to a close but there are great plans in 2008 for travel. In January we have a "full house" going to Panama. If you read the travel ads, you will have noticed that

Panama is one of the current popular destinations for a winter holiday. Meet and Greet is Jan 18th at 11am. The group is led by Nancy Wallace and Sheila Pitt from the Travel Club. Another date to mark on your calendar is Jan 21st at 10 am for the presentation and registration for the proposed trip to Quebec City in June. We'll help to celebrate the 400th anniversary of that lovely city. Sheila Pitt and Pat Duggan are working on the Quebec trip. Lots of requests over the years have been for an Alaskan cruise so your wishes have been granted!! Registration is now ongoing. Ross Brown and John Flook are leading this trip. Finally, in October we are offering a special kind of trip to Washington, D.C. and organized by Judith Mohindra and Connie Walsh. This is not the usual cherry blossom tour but an opportunity to see more of the exciting sights of the US capital city. Hopes are to have a guided tour of the White House as well as other plans. Presentation is already scheduled for April 14th 10am. By the way, to wind up 2007, the New Zealand group had a wonderful trip earlier in November. The 2008 Travel Club executive is Sheila Pitt, Chair – 723-8559; Pat Duggan, Vice Chair – 225-6106; Ross Brown, Treasurer – 825-3398; John Flook, Secretary – 596-6379; Judith Mohindra, Social – 820-3181; Connie Walsh – 225-6017 and Nancy Wallace – 592-6231, Leslie Dondale, staff.

NEPEAN SONGSTERS

By *Kevin Smith*



The Songsters' presented their "Memories" Concert at the Chambers, Ben Franklin Place, October 14. It was a great

success and we would like to thank Lt Col (ret'd) Vance MacDougall and his granddaughter, Darcy McSheffrey for piping us into the auditorium, guest soloists Grace Cook and Mo Clermont, as well as Helen Sutherland, who in addition to a great job on *Shine on Harvest Moon* with Jack Barker, directed the chorus in a unique rendition of *Two to Tango*.

On behalf of the Songsters I would like to extend a cordial welcome to Sandra Vandenberg who, as of September 1, became the new Songsters' Choir Director. Sandra, along with Helen Sutherland and Barbara Creech, our ever faithful accompanist, effectively highlight our musical accomplishments. The Songsters would also like to express their appreciation to Peter Griffiths for his contribution to the chorus over many years. Peter's dedication and commitment will be missed by all.

Rehearsals are held Thursday mornings from 9:00-10:30 at the Nepean Sportsplex and sing outs are scheduled approximately every second week. Membership is increasing and we invite you to drop in some Thursday, and Join the fun.

ATTENDANCE DRAW

The draw occurs every two weeks on Friday (except when there is a statutory holiday). All you have to do is put in your Loonie during the two-week period and register your name in the book on top of the attendance draw box, then hope your name is drawn. You can't win if you don't play! Following are the results of the last four draws:

Oct 19	Linda Kulchuski – not registered
Nov 2	Edgar Wright – not registered
Nov 16	Don Bourre – not registered
Nov 30	Gwen Best – not registered

Remember, if no one wins within 10 draws, on that 10th draw we will continue to draw numbers until a winner has been established. If you have any questions, please speak to Leslie or a Board member.

UPCOMING ANNIVERSARY

Celebrate our 20 years!! By *Betty Usher*
Back in the early 80's, when we were all much younger, the only visible senior citizens' housing was on Viewmount Drive in the General Burns area. The City of Nepean was considering a building to serve as a community space for older adults. The most logical place was on Viewmount Drive where the public garden plots were, and still are, located across the street from the residences. However, to ensure that this location was indeed the best for seniors, Parks and Recreation staff with volunteer seniors undertook a survey. Seniors were approached in shopping malls, THE HUB

libraries etc and asked – “Where do you do your recreational activities?” The answer was overwhelming – the Nepean Sportsplex. City staff listened and it was agreed that the Seniors Centre would share space with the Visual Arts at the Sportsplex – space vacated by the Recreation Dept when Ben Franklin Place opened its doors as the new Nepean City Hall. This decision gave Nepean seniors a unique facility. To our knowledge, there is no other Seniors Centre in Ontario, and possibly elsewhere, that can offer a wider variety of activities by utilizing the opportunities throughout the entire Sportsplex. It was in 1988 that our doors opened to the rapidly increasing population of those over 55. The original goal was to attract at least 120 members in the first year. It was a successful beginning with a current 2007 membership numbering over 900! The philosophy from the onset has been that we seniors should be responsible in a large way for our Centre and with this in mind we have a Volunteer Management Board and representatives from each and every activity. The City has always valued our volunteer hours as an indication of our shared responsibilities. We were fortunate in having Diane Andrew, our first Coordinator, for many years until her retirement. She was replaced by Leslie Dondale, who continues by sharing her ideas and helps us to implement our suggestions. With “Baby Boomers” approaching the retirement age, we anticipate the Centre will continue to thrive and be an ongoing service for the older adult population.

How do we Celebrate? By *Wilma Matchett*
All Activity Groups are encouraged to organize a "Special Event" to celebrate the 20th Anniversary of the official opening of the NSRC in October 1988. Activity Groups could organize special events such as reunions, fun tournaments etc. (within the Centre's membership and/or the community at large). These events could be held at any time during 2008. Members can pass suggestions on to their Activity Group co-ordinators and, if assistance and support (e.g., publicity, prizes) are required from the Board, please submit a detailed proposal describing the event and the requested support. Please let Leslie or any of the Board members know if you have any suggestions

for Celebratory Events that would include the membership as a whole.

CREATIVE CRAFTS

By *Donna Butler*

We want to thank everyone for their support through the buying of tickets for our Quilt Draw and by buying items from our display cabinets and at our Fall Sale. We also had a Christmas sale at the Continental Christmas Breakfast. At our Fall Sale we raised \$570 for our Seniors Center.

Our charity work is in full swing as always. Knitting lessons are in progress. As a social event, our group enjoyed a Christmas breakfast together at a local restaurant.

We would love to have new members. We meet Thursday mornings from 9 AM until 11 AM in the Craft Room.

SPECIAL EVENTS

At the Open House, the Special Events position was discussed. The agreement was for us to try a different format for a year to see how that would work. Special Events will not be a Board position, so no monthly meetings. People are being asked to sign up to help with one or maybe even two events throughout the year. This way all of the events won't be organized by the same person. Below is a list of the events held throughout the year with which assistance will be needed. If you feel you can help out, please call the office and Leslie will give you more detailed information.

Military Whist – one Friday every month except July and August involves making sandwiches in the morning and/or being there that evening to make the coffee/tea and put out the food

Blahs Bash – Friday, February 29th all day various jobs from making coffee/tea, taking registrations and giving out name tags, helping serve the lunch, decorating the room, etc.

Canada Day BBQ – Friday, June 27th

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wash and cut up strawberries, make coffee and tea, help decorate, serve the cake and strawberries, help clean up

Picnic at Andrew Hayden Park – Monday July 14th or 21st help set up activities and put out the food that people bring

Activity Reps meeting – early September
make coffee/tea, help set out food

Open House – late October
make coffee/tea, help set out food and decorate

Continental Breakfast – Friday, December 12th
- make coffee/tea, heat up sausage rolls, put out food, clean up

VOLUNTEER REPORT

By *Mary Pearson*

Welcome to all volunteers as we begin a New Year 2008. A BIG THANK YOU to all the people who volunteer and to those who handed in their hours of volunteering for the Centre. At the time of writing this report, December 1, we have collected 10,251.25 hours for 2007. Thank you for making my job easier and to Margery Harper who reminded everyone to hand in their time.

The operation of our centre relies on the support of volunteers. Again this year, we are asking you to keep a record of your time. It is very important that we receive your recorded hours. This information is collected and reported to the city. We will collect the information four times a year; the end of March, June, September and December.

Volunteer Hour sheets are found in the cupboard in the Heritage Room. If you are a new volunteer please be sure you have signed the VOLUNTEER INFORMATION WAIVER FORM.

With your help, my job will be made easier. Thank you for supporting our Centre.



Volunteer Day in Ottawa: Wilma Matchett represented the NSRC at City Hall on November 28th when Mayor Larry O'Brien proclaimed that December 5th would be observed as Volunteer Day in Ottawa. This is per the UN General Assembly Declaration, which recognizes the value of volunteers in all parts of the world. She is pictured above, holding her own Volunteer Certificate, along with Barb Tiffin, Coord. Volunteer Sector Secretariat with the City,. Thank you Wilma.

Sale! Sale! Sale!

The Board is now slashing prices on their T-Shirts: Regular T-Shirts are now just \$3.00 and Golf Shirts \$5.00. Both models are available in XL, Large and Medium sizes. A few of the T-Shirts are also available in size Small. Please contact Leslie if you are interested in making a purchase.

CIVIC DUTIES

Father O'Malley rose from his bed. It was a fine Spring day in his new Ottawa parish. He walked to the window of his bedroom to get a deep breath of the beautiful day outside. He then noticed there was a jackass lying dead in

the middle of his front lawn. Not knowing who to call, he telephoned the Prime Minister's Office for assistance, and just happened to get the PM himself.

"Bon Jour. Dis is Jean Chretien. 'Ow may I 'elp you?" "And top o' the day to yerself, Jean. This is Father O'Malley at St. Brigid's. There's a jackass lying dead on me front lawn. Would ye be so kind as to send a couple o' yer lads to take care o' de matter?" The PM, who considers himself to be quite a wit, replied with a smirk, "Well now fadder, I tot dat you people took care of de last rites!"

There was silence on the line for a moment. Father O'Malley then replied, "Aye, that's certainly true, but we're also obliged to notify the next of kin."