



BC Special Olympics-Nanaimo Newsletter

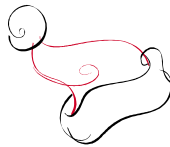
February 2005

Rhythmic Gymnastics

The athletes are working hard at the skills at their individual levels. Joanna Steele is perfecting and learning the routines for Level III for the BCSO Summer Games in Courtenay/Comox this year. Emily Elgie is doing great learning the Level II routines for an upcoming competition, and Charla Joiner, Ann Keating, Jay Brash, Melissa Lohr and Lynn Fidler are well into their skills enabling them to attend the next competition.

Stephanie Martyn is a great coach, keeping the athletes interested in learning the skills.

Kim Williams has learned a great deal in Rhythmic Gym and is teaching the younger athletes the skills with a lot of fun. Anyone is welcome to join our group on Wednesdays at 6:00 till 7:00 p.m. at Dufferin Crescent School.



Christmas Party

What a great time we all had!! Thank you to all who helped set up for this event and to the volunteers who cooked and prepared the meal. Once again Mary Ranger had it all under control for everything to be perfect. Thank you! I know we had a lot of you give us your help clearing away after the meal, thank you for taking the initiative. A HUGE THANK YOU to the Knights of Columbus for helping serve and for their GENEROUS donation towards this event. We had a new musician this year because Jim Lynch was not well, and he did a marvelous job if having the dance floor crowded every dance means anything. Maybe it was because we had a lot of spot dances with prizes, thanks to BCSO office. SANTA CLAUS once again honored us with a quick visit before he got too busy with the season. It's great he takes time out to see our athletes.

We had a full house for the Christmas party but we should have had more!! There were a dozen people that said they were coming and did not. A phone call to cancel would be good. This reflected on the amount of money we spent on food items. This reflected on money taken away from the athletes' programs and gone to waste. How can we impress on everyone that this is not acceptable? Please let us know if you are unable to make it.

Thank you.

Lost And Found

Someone lent the musician at the Christmas party a pen and Sylvia has it. Phone her at 758-0630



Congratulations Bill Polz

Bill bowled a 316 at 5 pin on Sat. Jan. 22nd! What would you say contributed to that success, Bill? Let us know. Congratulations on your success!

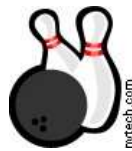
Get Well Soon!

We are feeling sad for Jenny Tong who has not been able to attend any of the Special Olympic programs she takes part in. Hurry and get well Jenny!

Get well wishes also go out to Ron Greenhorn, who attempted to get Bobsledding instated as a Special Olympics sport, and broke his collar bone. Hope you're on the mend soon!

National Coaching Certification

B.C.S.O. is offering two Level 1 Courses on the lower mainland: March 13 in Mission and April 2 in Richmond. If interested phone Sylvia at 758-0630.



At Last!

We now know the dates of the 5 pin bowling Championships for the Summer Games! They will be held in South Surrey, July 14th to 17th.

Athletic Club

We have started another session for a few weeks. We have revived the gymnastic skills because we have a few coaches that have the knowledge to teach it. We have an "expert" young competitive gymnast who has joined the athletic club as a volunteer. We welcome Benjamin!! We will soon be moving on to reviewing skills for soccer, track and field and softball, preparing for the spring programs. Come out and join us, be better prepared for these sports!



Coaches, Volunteers, Friends

Speaking of the spring programs, we will be needing help with all of these programs:

TRACK AND FIELD, SOCCER, T-BALL AND SOFTBALL

Please come give us a hand and have great fun with the athletes. Let Sylvia know at 758-0630 if you are able to be of some help. Thanx!

Thank you Sponsors!!!!

Here is a list of all our sponsors, without whom we would not be able to exist. Thank you everyone who helps keep BCSO-Nanaimo going!

B.C. Hydro
BPO Elks Lodge #26
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Nanaimo Harbour Lites Lioness Club
Nanaimo Lions Club
Order of Royal Purple
Rotary Club of Nanaimo
Royal Canadian Legion Br. 10
Royal Canadian Legion Br. 256
Weyerhouser Co Ltd
Women of the Moose Lodge



Snow

Just a reminder: if it is snowing out or if there is snow on the roads, Special Olympics will be cancelled that day. Use your discretion, or phone your coach if you are unsure.



Dryland Training

Please note that Dryland training will be cancelled on Monday, February, 21st, 2005, because we can't have the gym. Now start doing your snow dances or we'll never get up the mountain!

Newsletters

We try to send out newsletters as often as possible, and preferably every month. However, this can be costly with postage costs, paper costs and photocopying costs, etc. Many of you have email addresses that I could mail your newsletter to instead of sending it through the mail. If you would like to receive the newsletter by email, and help us cut our administrative costs a bit in the process please let me know. You can email me at angelabehn@shaw.ca. Thanks to those of you who are choosing this way already!

Website

Our website will be up any day now! Please look at www.bcsonanaimo.ca to see how great it looks. If you have any suggestions or items to include, let Sylvia or Angela know. Thanx Norm!

Welcome Back!

Welcome back, Shirley Cottle! We sure did miss you at 5 pin bowling, as well as at our executive meetings. Hope your hip has mended nicely, and everything is A-okay.