

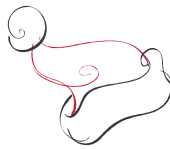


## BC Special Olympics-Nanaimo Newsletter



February 2006

We are getting a lot of support from you with the Canadian Tire money and we want to send you a big thank-you!! We put this money towards buying equipment for the programs. The last items were helmets for softball. We are also truly appreciative for the sales slips from Food Country that you donate, for these are used up every time we have a banquet. It saves us a tremendous amount of money, and this is then passed onto the athletes for their programs. If you have any Canadian Tire money or Food Country sales slips, please bring them to your coach and they will pass them on.



### 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. The dance was great, as usual - 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. We also got a few people showing up we were unprepared for. A phone call to cancel would be good. This reflected on the amount of money we spent on food items which in turn is 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.

### Website

Check out the website at [www.bcsonanaimo.ca](http://www.bcsonanaimo.ca) to see how great it looks. If you have any suggestions or items to include, let Sylvia or Angela know. You can find pictures, old newsletters, and links to other Special Olympics websites on it. Thanx Norm, for continuing to do such a great job on it!



## Coaches, Volunteers, Friends

We are looking for help with these programs:

### T-BALL AND SOFTBALL

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

## Thank you Sponsors!!!!

COASTAL COMMUNITIES CREDIT UNION  
HAROLD OLENBURGER  
INDEPENDENT ORDER OF FORESTERS  
HAROLD ENGINEERING  
WOMEN OF MOOSE  
WINDLEY CONTRACTING  
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ANSELMO CORDEIRO

GYRO CLUB  
IODE MALASPINA  
KINETTE CLUB  
ROTARY –NANAIMO  
LADIES AUX. FOE  
CEDAR LIONS  
RON McAFEE  
CRANBERRY ARMS  
EMILY ELGIE

### COMMUNITY SPORT FACILITIES THAT INCLUDE;

BRECHIN LANES  
CURLING CLUB

EVERGREEN LANES  
SCHOOL DISTRICT # 68



## 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.

## 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](mailto:angelabehn@shaw.ca). Thanks to those of you who are choosing this way already!



## Athletic Club

We are having a great time introducing a variety of sports to the athletes and currently we have had Akbar teaching us some Karate moves. This gives the athletes a new channel to practice balance and co-ordination. We have been learning and practicing volleyball, badminton, floor hockey and basketball. We will soon be getting into track and field events and softball.

This is the best sport program to try all the sports out to see what you enjoy. We also concentrate a lot on physical fitness elements, strength, speed, co-ordination, aerobics, and flexibility. These are all done at the speed of each individual with no pressure on the athlete. **OUR MAIN GOAL IS TO LEARN WITH FUN! COME JOIN US—Wed. 7:00-8:30 pm**

I don't know if it is the only night that is free for the coaches or they have as much fun as the athletes but we always have a good number of coaches coming out to help. This gives the athletes lots of individual attention. **THANK YOU COACHES!**



## Rhythmic Gymnastics

WHAT'S THAT?? You must have had a glimpse of ladies putting movement to music using such apparatus as hoops, ribbons, balls and ropes.

We have a few faithful ladies and girls coming out to enjoy this kind of exercise and learning to do routines to music. I has all taken time but our youngest ones now have learned a couple (ball and free) of routines and are traveling to Richmond to show their knowledge. They are following in the footsteps of out two "experts", Joanna Steele and Emily Elgie who are also going to get more practice in competing. These ladies will be performing with hoops, balls, ribbons, and ropes.

**Come see us Wed. 6:00 pm at Dufferin Crescent School.**



## Alpine Skiing by Glen McCord

We went to Crystal Mountain for a Special Olympic ski race. We stayed in a hotel at Westbank on the mainland. I think it was great to see so many skiers there and to see all old racers and coaches too. It was a bit cold and windy. I think our coaches were very happy as they did not know how some of us raced. We even had lunch up the mountain in the Ski Lodge and after the race was over they gave out ribbons. The races were on Saturday and then we drove all the way back to the ferry and home on Sunday, February 5th.

Alpine skiers Ron Greenhorn, Glen McCord, Lorraine Rozzano, Jason Kemp and Orrin Jordan took their coaches John Campbell, Bob Jordan and Angela Behn with them up to Crystal Mountain in Kelowna for their regional qualifier meet. The weather was windy and we couldn't see very far in front of us, but we managed to push back the elements and have a great competition. Glen and Orrin managed to stay on their feet the whole day, a great feat! John won the contest for the best wipeout, getting stuck in a snow bank in front of all the athletes and having to dig out all his equipment. Bob was so proud of Orrin when they were calling out results and Orrin won a first place ribbon. Lorraine was happy with the ribbons too. Orrin was just happy he got to go really fast. Glen was happy to meet up with old friends and Jason just was thrilled at the all-you-can-eat restaurant. Ron's most memorable moment was the wintry weather and pushing through the snow. And to top it all off Bob won the crib tournament on the ferry. Here are the results for the skiing:

Lorraine Rozzano – Novice Slalom, F2 – 3<sup>rd</sup>  
Novice Giant Slalom, F2 – 3<sup>rd</sup>  
Novice Super-G, F2 – 2<sup>nd</sup>

Jason Kemp – Novice Slalom, M2 – 6<sup>th</sup>  
Novice Giant Slalom, M2 – 1<sup>st</sup>  
Novice Super-G, M2 – 4<sup>th</sup>

Orrin Jordan – Novice Slalom, M5 – 1<sup>st</sup>  
Novice Giant Slalom, M1 – 2<sup>nd</sup>  
Novice Super-G, M1 – 2<sup>nd</sup>

Ron Greenhorn – Intermediate Slalom, M1 – 6<sup>th</sup>  
Intermediate Giant Slalom, M1 – 5<sup>th</sup>  
Intermediate Super-G, M1 – 7<sup>th</sup>

Glen McCord – Intermediate Slalom, M1 – 5<sup>th</sup>  
Intermediate Giant Slalom, M1 – 6<sup>th</sup>  
Intermediate Super-G, M1 – 5<sup>th</sup>



Special Olympics - Canada is getting a new logo! Well actually, we are getting an old logo. Canada has decided to start using the Special Olympics International symbol as their official logo. The logo has five people who each have six arms. The down position represents the “downtrodden”, remembering a time when many people thought people with disabilities were not able to make good decisions or try new things. The straight arms mean “equal”, to remind people we are the same in many ways. The arms raised represent “joy” in realizing our goals. The five people represent the five continents that were involved in Special Olympics when the logo was designed. The people are placed in a circle to represent the world.



### Curling

We have a complement of 14 regular curlers this year. Most are returnees but there are two new ones - Orrin Jordan and Rick Meers. Welcome to both. Rick used to curl in Kamloops and has just come back into the sport after being away for several years. Orrin is doing really well for a first year curler. The season began way back in October with everyone showing up in mid-season form. Several practices later we hit the road to Parksville on December 17 for a bonspiel. A fun time was had by everyone. The team of Glen McCord, Paul McLinley, Jay Belinski and Doug King struggled to a tie against a strong Victoria team. They followed this up with 2 fine games against Parksville and Port Alberni to eventually capture 1st place overall. Two other teams participated with good success and represented Nanaimo well. The team of Emily Elgie, Brenda Ackerman, Dan Bateman and Chris Crocker did a fine job even though Emily was still recovering from her illness. Our other team consisted of Rick Meers, April Schneider, Doug Rolph and Orrin Jordan. Congratulations to all. Next weekend, Feb. 11, we are headed back to Parksville to participate in the regional bonspiel. We are anticipating a good time and all teams are well prepared thanks to the efforts of coaches Art Peck, Bill Crocker and Annina Cavezza.



### Thank You, Thank You, Thank You!!!!

Thanks you to the community who purchased Lifestyle coupon books from the CO-OP gas stations in 2005. The proceeds came back to BCSO-Nanaimo and we received a cheque that will help the athletes pay for their sports programs. This fundraiser was set up for us by Bill Duncan of the Knights of Columbus and approved by Stan Showmaker of the CO-OP. This year's books are out now so please help BCSO-Nanaimo by buying yours at the CO-Op gas stations.



## Floorhockey

On January 24<sup>th</sup>, there was an epic floor hockey struggle between the Nanaimo Clippers Junior A hockey team and the Nanaimo Special Olympics Tigers. The lead changed hands many times but in the last seconds of the game the Tigers won 11-10 with a diving, game-winning goal by Jason “the Rocket” Kemp. After the game, although tired and disappointed in the results, the Clippers stayed to sign autographs. Here’s an article by Crystal Thompson:

*ON TUESDAY JANUARY 24 THE FLOOR HOCKEY TEAM HAD A FRIENDLY GAME AGIANST THE NANAIMO CLIPPERS. IT WAS COOL THAT WE WON 11 TO 10. I WAS ON DEFENSE AND I DID LOTS OF GOOD PASSING AND I STEPPED ON THE CLIPPERS FEET. AFTER THE GAME WAS OVER I TOOK SOME PICTURES. I HOPE THAT WE CAN PLAY THEM AGAIN, IT WAS FUN!*

Watch for our March newsletter to have start up dates and times for our spring programs.

Please let Angela ([angelabehn@shaw.ca](mailto:angelabehn@shaw.ca) or 753-2340) know if you notice things missing or if you have anything you wish to see in future newsletters.



Happy Valentine's Day Everybody!!!!

