



BCSO-Nanaimo Newsletter May 2006



We're Having a Luau!

WHEN: Wednesday, June 21 2006 -- 6:00 pm-9:00 pm
WHERE: Nanaimo Yacht Club
COST: **REGISTERED** 2005-06 Athletes and Volunteers - FREE
GUESTS/CHAPARONES - \$10 at door
(Reservations required)

You MUST phone Shirley 753-9895 before May 31st 2006

Our food supplier asked for this amount of time, so if you're not counted, you missed out. Come in your tacky Hawaiian shirts and glad bag grass skirts and enjoy the food and dances. The music man is our very own Special O Man!



Snowshoeing

We are a bit behind in this news but we are proud of Ginger Meers who competed in the Snowshoeing Qualifying Meet at Mt. Washington. She placed **FIRST** in the 100m and 200m, **SECOND** in the 400m and **THIRD** for the region in 800m. Well done, Ginger!



WARNING

It has been very apparent that a lot of people are not aware of the many athletes and volunteers we have that suffer from allergies. We would ask you to be very conscious of the scents that are in every product we use. Do you put a fabric softener in your dryer? Are your soaps scented? What about your deodorants? Hairspray is a culprit, and of course the perfumes that we use liberally. Before you come out to any Special Olympic event, please think about how great you smell and how it affects the ones around you. Thanks.



THANK YOU

Thanks especially to Ken O'Keefe who brings in the very most grocery receipts from Food Country. We need them to offset the food costs for our socials. THANKS to everyone else who keeps them for us as well!!



BIG NEWS FLASH

Our club can once again pat our coaches on the back, training athletes to reach higher goals than ever expected! Leanne Hewitt has been named to Team BC's 5 pin bowling team going to Manitoba for the 2006 Canadian National Special Olympics Games in July. She is joining Ray Lappalainen (athletics) and Kristeen Cooper (swimming), who have been training hard for the past few months. Also, Crystal Thompson has been named to Team BC's figure skating team going to the 2007 Canada Games in Whitehorse. Keep up the great training!



Golf

Our newest program is off to a good start, with 11 athletes taking lessons from Bob Jordan and Dave Forrester. They practice at Dufferin Crescent School on Wednesdays from 6:00 to 7:00pm. They have already played a round of golf at Beban Park. I heard that it was GREAT. Great job, guys!



Come Out, Come Out, Wherever You Are!

We need some more athletes to join softball so we can have a full team to travel with. The practice is at Dufferin Crescent School on Wednesdays from 7:00-8:30pm. Remember it never rains on us that evening, BUT if it did, the practice is in the gym for skills and fun times.

We also need more soccer players! They practice at Dufferin Crescent on Tuesday evenings, 5:45-6:45pm, Come on out and take out your day's stresses on a soccer ball!



Rhythmic Gymnastics

Our BCSO-Nanaimo Rhythmic Gymnastics team recently traveled to Richmond for a gymnastics meet. This was the first competition for several of these athletes and they all did fantastic jobs representing our local. Here are the results:

Charla Joiner – 1st Level 1 Ball

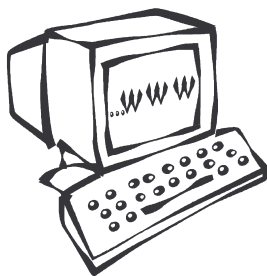
Jayleen Brash – 3rd Level 1 Ball, 2nd Free Routine

Melissa Lohr also performed extremely well in Level 1 Ball and Free routines and Joanna Steel did a wonderful job at her level 3 Hoop, Ball, Ribbon and Rope routines. Thanx coaches Sylvia, Stephanie and Kim for a great season!



VERY Important Bowling Info

When 5 Pin bowling starts up in September we only have enough scorekeepers for 12 lanes. This means that teams slated for lanes 13 and 14 or 15 and 16 WILL NOT be able to play. Not only that, we only have one spare scorekeeper. WE NEED YOUR HELP! If you want your athlete to bowl on these lanes when they are slated for them and no help is available they will just have to sit and watch the other bowlers play. NO HELP MEANS NO BOWLING! Please phone Leonard at 754-8730 and leave a message and he will get back to you, or you can email him at lorbett@shaw.ca. Kathleen Schloessinger will be taking over from Leonard in September so you can phone her at 754-6033 as well. Leonard has done such a great job of scorekeeping but he needs YOUR help!



Important Websites

For those of you who have computers, here are a few websites to look up...

www.bcsonanaimo.ca BCSO – Nanaimo Website

www.specialolympics.bc.ca BC Special Olympics Website

www.cso.on.ca Canadian Special Olympics Website

www.specialolympics.org Special Olympics International Website

If anybody has anything you would like to see on the BCSO-Nanaimo website, such as pictures or articles, please feel free to send them to Angela at angelabehn@shaw.ca and she will pass them onto Norm, our wonderful webmaster. Please also remember you can receive your newsletter by email if you wish. Just email Angela if you prefer email over snail mail. You can find copies of the newsletter on the BCSO-Nanaimo website.