

NEWSLETTER

February 2018

HAPPY NEW YEAR EQ!



Once again, Resident Club gamers rang in the New Year at the 3rd New Year's Eve Games/Casino Night. Members and guests had a grand time trying to increase their \$500 "funny money" into as much as they could for the final auction of 10 gift bags. Door prizes were handed out every 20 minutes during the evening so even some non-gamblers came away happy.

Lots of Thanks to the following people:

Patti and Warren Henry, Nicki Wilmore and Barb Davidson, who organized the food and kept the tables filled with delicious nibbles. **Marilynne Kennedy**, for once again creating a "Guess the number of balls and tees in the jar", won by **Justine O'Shaugnessy** with a pinpoint guess. **Marc Ethier and Andy Legault** for getting the game tables from Carp, and setting them up and returning them. **Gloria Cross, Nicki and Patti**, for ticket sales. **Evelyn Surrey** for being our ever-gracious hostess, organizing the decorations, purchasing and helping **Barb** wrap all the gifts. **Terry and Mary Lauzon** for the music, ticket sales and manning the tables along with **Andy, Marc, Warren, Patti, Gloria, Diane, Nicki, Mary, Terry, Rick Baker and myself**. We recruited a few members during the evening to man the tables and they apparently enjoyed themselves a lot. And finally, thanks to **Warren and Rick** for the photos.

A 4th NYE's event is up in the air as Andy and I will be in New Zealand to welcome in 2019 and some of the other committee members may also not be here. So, if anyone is interested in organizing a games/casino event I can pass on extensive planning notes. You can choose any other type of event to welcome in 2019 as well. If you want to be on the NYE committee, please let one of the special events committee members know. I hope you enjoyed yourselves and continue to build friendships and camaraderie through special events such as this.

Sue Legault

EQUINELLE PHOTO CLUB

Next Gathering Topic - "Travel Photography"



Wednesday, February 21st
@ 6:30pm
in the Craft Room of the
Equinelle Resident's Club

This informal gathering is open to all photographers, of all levels of experience. Come out and have fun, meet your neighbours...all the while learning 'travel photography' techniques and tips. You may bring your cameras and note pads, but nothing else is required of you.

murray_macleod@icloud.com

BOOK CLUB

By Elisa Lane

The Book Club meets on the third Thursday of every month, in the library, from 1:00 - 3:00pm. In February the book club meeting will be held on Thursday February 15th. The book we are reading is **Snow Falling on Cedars**, by David Guterson



If you would like to attend our discussions, or be included in the Book Club emails, please send a note to elisalane5@gmail.com

CREATE A CARD CLUB

"Carders" meet the third Thursday of every month from 1pm to 3:30 pm in the card room to create beautiful handmade greeting cards under the direction of a skilled instructor. Each session you will walk away having made two cards that would cost substantially more at a store AND you have your personal touch all over them! Cost is \$10 per session which includes all the supplies needed for the cards you make that week. You might join us every month or only some months, we solicit attendance month by month. If you are interested in being on the monthly distribution list please contact Joanne

Lincoln: joannemlincoln@outlook.com.

LIBRARY UPDATE

By Angela Kennedy

Our beautiful library continues to be well utilized by a steady readership and is a comfortable place for small meetings and reading by the fireplace - a wonderful luxury on these dull winter days.

There will be another book donation day in the spring, so save your purchased books and watch for details in upcoming newsletters. Genres include fiction, non-fiction, biographies, and a few current sports books. It's great to keep the library stocked with current bestsellers.

A note to new residents who may not be aware, we would appreciate you **not** leaving donated books in the library outside of our designated donation days. This allows us to do the semi-annual clean-up of books and keep the stock current. Thank you for your co-operation.

FITNESS STRATEGY - MOVING FORWARD TOGETHER

By Anna Best

As we approach our second year anniversary of offering instructor-led classes at eQuinelle, we continue to struggle to strike the right balance between type of class, time slot, cost and flexibility - like dropping in. Decisions made to-date regarding class selection, cost and scheduling are reviewed every 10-12 weeks and based on membership feedback.

With the expected launch of the Resident Club website in February, we encourage you to participate in the Fitness Forum. Your comments and suggestions will be of value to the Fitness Committee as we focus our efforts in developing an overall strategy in which to align each fitness related decision for members.

*

Social Events Committee Members:

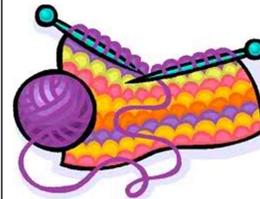
Coleen Swift - mamadeps@cogeco.ca
Justine Shaughnessy - jshaughnessy7@hotmail.com
and Leona Moreau - allan.488@hotmail.com .

WHAT'S HAPPENING IN THE CRAFT ROOM?



eQuinelle Art Group

The Art Group would like to remind everyone that they continue to meet on Thursday afternoons from 1 to 4 pm in the Craft Room. If anyone has not completed their painting from a workshop, do come and join us and we will be very happy to help you finish it.



Knitting and Crochet Group

Knitters and crocheters are back at it after the Christmas break so come on out on Wednesday afternoons at 2:00 and join us in the Craft Room. All newcomers are welcome - both experienced and those wanting to learn!



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FITNESS AT THE CLUBHOUSE ..Meet our certified fitness instructors...**Tricya Morrice****(613) 341-8113**trewolfshantihealing@gmail.com**MONDAY and FRIDAY: YOGA AT 10:00 A.M.**

Tricya Morrice is a mobile yoga teacher based in Kemptville who specializes in various types of yoga meant to decrease stress and promote resiliency.

Tricya first discovered the power of yoga over twenty years ago when she was looking for a way to stay in shape after a lengthy career as a dancer. In 2011 she became a 200-hour certified Akhanda teacher and got her certification in Yin yoga and the practice of Thai massage soon after. She is currently continuing her studies in "Integrative Yoga Therapeutics" under clinical psychologist Bo Forbes.

Her warm, open and accessible way of teaching allows her students to embrace the physical and emotional benefits of yoga and take it with them into their everyday lives.

**Catherine Swail (613) 327-5756** catherineptfitness@gmail.com**WEDNESDAY: STRENGTH AND TONING AT 8:45 A.M.**

Brought up in North Grenville, Catherine Swail has been working as a Fitness Instructor for the past 5 years and as a personal trainer.

She is certified as a Personal Training Specialist through CanFitPro and also has her TRX Suspension Training Certification. Currently Catherine is studying Nutrition with Precision Nutrition.

Catherine's strength and tone class is designed to work on coordination, flexibility, balance and strength using full body movements with a minimum of equipment.

Catherine tailors all her exercise classes to individual needs, levels and health concerns. Her programs are suitable for men and women and target flexibility, muscle tone, increased mobility, bone density, weight loss and cardiovascular health.

PICKLE BALL SOCIAL

Yvonne Latta

Our first pickle ball social was held on Sunday January 28th and was enjoyed by the 52 people who shared a lasagna buffet dinner, prepared by Catered Affairs. This was an opportunity for pickle ballers from both the A & B leagues to meet fellow players in a social setting and not just as opponents across the net.

Thank you to Kim & Courtney who were our TMSI hosts for the evening and made our dining experience go smoothly.



Jose and Penny



Michel, Sandy and Kelly



Diane, Marc and Linda

PICKLEBALL WINTER TOURNAMENT

The excitement is mounting as we look forward to the third annual Pickleball Winter Tournament on Sunday February 25th. This year we have two levels of play - Group B for those playing 'soft' pickleball and Group A for our more competitive players. Regardless of the level, the games will be exciting to watch and the titles for first, second and third place wins will be highly sought after.

As it is becoming an annual February event, James Paterson jokingly referred to it as the "Winter Classic".

A total of 18 people have signed up to play in the A league and 14 have signed up for the B league. So whether you are a participant or not, come out and cheer us on Sunday February 25th starting at 9am. The tournament should last until about 3pm.

Regardless of which group you've decided to play in, this is a 'fun' event to be followed by a dinner in the eQ Grill and the presentation of awards.

eQuinelle Resident Club Website Update

by Anna Best

On February 5th the eQuinelle Resident Club website will have a new look. Please bookmark the following URL: <https://www.equinelleresidentclub.com>

Members must have individual email addresses on file to take full advantage of what the website has to offer. For this reason, members are encouraged not to share an email address with another household member.

Here's what you can expect:

From a design perspective, whether you choose to access the site from your mobile device or from your desktop browser, the screen will automatically adjust. Email blasts are responsive, meaning that they will appear the same for different email clients and automatically adjust to fit smaller screens.

The revamped website provides EQ information of interest to the general public but also offers private members access to a repository of information and new online interactive services that have not been available in the past.

"How do I..." videos will be available to help residents navigate the new features of the website. Don't forget to check out the "How to Reset your Password".

You can express your views in Forums or you can let us know what you think by sending your comments to info@equinelleresidentclub.com

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Save the Date - Tuesday, May 29th
Spring Fashion Show
Time: 7:00 PM
Featuring Fashions from Oh La De Da
and Jac's Boutique
(Ticket sales date TBA)



EQ Resident Club

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During the winter weather please remove your winter shoes and boots and leave them in the cloak room by the main entrance. We do not want slush and mud tracked into the multi- purpose rooms.
Thank you!



Message from the Advisory Board Chair

Greetings from Florida! Like many of our members who become snowbirds in the winter months, my wife and I made the trek to slightly warmer weather in northern Florida. So far, we've had a few days when temperatures dipped below freezing overnight but we haven't had to shovel anything yet.

Currently four Board members are wintering in Florida. That provided somewhat of a technical challenge for the January Board meeting. Four of us were connected via a video conference link while Board members back in Kemptville were huddled around a cell phone on speaker. Needless to say, the meeting took a bit longer than usual as some of the discussions had to be repeated so everyone understood.

Despite geography, the Board has actually been quite busy.

Work is wrapping up on the new website. Anna Best and her team have been working diligently to finish loading content for the February 5th launch. I am sure that you will be as pleased with the product as I am. My hope is that the website will become the 'go to' location for members.

On the site, you will be able to check out the activity calendar by day, week or month. We are working very hard to ensure that the calendar reflects all known bookings in every room of the club. We are currently working with TMSI to improve the process so that our website will be the 'first to know' of new bookings.

The Board has finalized its funding request for 2018 and submitted it to EDI for consideration. Discussions with EDI and TMSI will begin in February. Our goal is to have a funding decision by the end of March.

This year, as part of the funding request, we included a section for improvements to the general facility that the Board felt was needed. We identified the need for more first aid kits, emergency telephones and fob-access to the building from the lower level near the current pro-shop. During a conference call with TMSI this past week, I was advised that two emergency phones will be installed, one near the gym on the lower level and one in the Library on the main level. The other two items are under review.

During that same call, I was given an update on the construction of the new pro-shop /sales office. The original thinking was that it would open in the summer but work appears to be ahead of schedule and there is the possibility that the pro-shop will move to its new location late spring. The current location for the pro-shop will continue to house the snack bar. The majority of the floor space remaining will be used for additional storage. Any plans for using that room as our billiard room/sports bar will remain on hold for at least another year.

Finally, the revisions to the Advisory Board Governance Manual that were required as a result of the elimination of the Lifestyle Director position are finished. I'm happy to report that Josh Kardish from EDI has advised me that the final revisions have been accepted. We will post the new Governance Manual on the website in the next few weeks.

Harold McKeown
Chair, Advisory Board

UPCOMNG EQ EVENTS

Thurs. Feb.1st - NGBB breakfast

- Private meeting in the library (all day) 7:30 am - 5 pm

Tues. Feb 6th - North Grenville 100 Men Who Care - evening event - Fireside Grill

Thurs. Feb. 8th - NGBB breakfast

- North Grenville 100 Women Who Care - evening event - Fireside Grill

Sun. Feb. 11th - Winter Valentines Carnival - all day -

Tues. Feb 13th - School Board Meetings - all day - Both Multi-Purpose rooms

Thurs. Feb.15th - NGBB breakfast

Fri. Feb. 16th - Private Party - Fireside Grill - evening only

Wed. Feb.21st - School Board Meeting - all day - Both Multi-Purpose rooms

Thurs. Feb.22nd - NGBB breakfast

Sun. Feb. 25th - Annual Pickleball Tournament - all day

Thurs. Mar. 1st - NGBB breakfast

Sat. Mar. 3rd - School Board Gala Dinner -



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See the FEBRUARY CALENDAR on our new website!