

CALABOGIE 55+ CLUB

Spring 2024

Current Executive

PRESIDENT

Sue Lomas 613 836-5229
susan_lomas@msn.com

PAST PRESIDENT/ *Bogie Lights*

Jean Libbey 752-0014
jeanlibbey@gmail.com

VICE-PRESIDENT

Gale McCrae (519) 410-2263
galeemcrae@gmail.com

SECRETARY/ *Newsletter*

Val Trotter (343) 369-7117
valtrotter@bell.net

TREASURER

Robert Lavallée 433-9170
retdlavallee@outlook.com

SOCIAL DIRECTOR

Debbie Murphy (519) 829-9365
dmcmillan1313@hotmail.com

DINING DIRECTOR

Lori Armour 613 513-8962
loriarmour292@gmail.com

MEMBERSHIP DIRECTOR

Denise Lavallée 433-9170
retdlavallee@outlook.com

Sub-Committees

WEBSITE

Rick Brown 613-401-1101
rsbrown182@gmail.com

SICK & VISITING

Jane Benoit 752-2557
janemarc@bell.net

Nine N Dine Golf

Sue Beaton 613 462-2203
suelarbea@gmail.com

SANTA CLAUS PARADE

Lorna Johnston 752-2134
ljohnston@sympatico.ca

BOWLING

Rick Copley/Debbie Murphy

SENIOR GAMES

Denise Lavallée/Val Trotter

SUMMER MIXED BRIDGE

Val Trotter/Lori Armour



Calabogie 55+ Club Connecting Friends



EASTER IS JUST AROUND THE CORNER. SPRING IS ALMOST HERE TOO, ALTHOUGH IT ARRIVED EARLY IN THE OTTAWA VALLEY.

I AM TOLD THAT SOME SENIORS WERE SKIING IN THE MORNING AND GOLFING IN THE AFTERNOON THIS PAST WEEK. WHAT A WAY TO BEGIN THE SPRING SEASON.

WE LOOK FORWARD TO SPENDING THIS YEAR WITH YOU AT OUR DINNER MEETINGS AND PLANNED EVENTS AND ACTIVITIES.

YOUR 2024 EXECUTIVE:

**SUE, JEAN, GALE, VAL, DEBBIE, LORI,
ROBERT & DENISE**



This year Easter will be observed on Sunday, March 31st. Why does the most important Christian holiday, Easter, change dates every year?

According to fascinating and interesting research I located on the web

CLUB ACTIVITIES

BOWLING

Calabogie Seniors Tuesday morning bowling group is still happening at the Opeongo Bowl every Tuesday morning. The group is having lots of fun. Our group of forty has seniors coming out from Calabogie, Arnprior, Petawawa and Renfrew. There are lots of strikes, gutter balls, socializing, cheering, dancing and lots of fun happening. Our season will come to an end the last part of April and we will regroup in September. If you think this might be something you are interested in joining please feel free to reach out to Debbie Murphy or Rick Copley.

Submitted by Debbie Murphy

NINE N DINE GOLF

With the warm days of spring, it will soon be time to start thinking of our monthly Nine N Dine outing. In general interested members play 9 holes of golf followed by a meal at the Calabogie Highlands Golf Course. You do not need to be an avid golfer to participate in this event.

Information will be sent out when our convenor, Sue Beaton has the activity confirmed.

MIXED AFTERNOON BRIDGE

Mixed Summer Bridge will also resume at Barnet Gardens in May 2024, from 1:00 – 4:30 It too will be held once a month on a Tuesday afternoon. Details are being worked on and a schedule will be sent next month.

During the winter months, **Valley Community Bridge**, organized by Dona Lamoureux and Lorna Johnston has and is currently taking place. This event is open to not only club members but to anyone wishing to get together on a Friday

Email: calabogieseniors1@gmail.com

Remember to check out our Website for up to date information.

WEBSITE

<https://calabogieseniors.weebly.com>



It is that time of year again when we lose an hour of sleep. Sunday, March 10th was the date we moved our clocks one hour ahead.

Daylight Saving time will now continue until Sunday, November 3rd, 2024.

In Britain and elsewhere in Europe, the clocks change on the last Sunday in March (3/31) and the last Sunday in October (10/27).

Longer, sunnier evenings are here to stay for the next several months. When it's lighter out after dinner, people are more likely to go out and do something. The idea was to move an hour of sunlight from the early morning to the evening, so that people can make more use of daylight.

According to an article published in **The New York Times**, Benjamin Franklin was often credited as the first to suggest it in the 18th century, after he realized he was wasting his Parisian mornings by staying in bed. He proposed that the French fire cannons at sunrise to wake people up and reduce candle consumption at night.

The article continues with "Over the next 100 years, the Industrial Revolution laid the groundwork for his idea to enter government policy. For much of the 1800's time was set according to the sun and the people running the clocks in every town and city, creating scores of conflicting, locally established "sun times". It could be noon in NY, 12:05 in Philadelphia and 12:15 in Boston.

This caused problems for railway companies trying to deliver passengers and freight on time, as nobody agreed whose time it was.

(www.almanac.com), While Christmas is fixed to a solar calendar (and near the winter solstice), Easter is based on the lunar cycles of the Jewish calendar. In the Christian religion, the Last Supper (the final meal Jesus shared with his apostles before his crucifixion) was a Passover feast. It's because Easter is based on a lunar month (which is 29.5 days) that the date of Easter can vary.

Note that the spring equinox date used by the Christian Church is always March 21 to simplify matters. In fact, the astronomical date of the equinox can shift by a day or so. In 2024, the astronomical date of the equinox is Tuesday, March 19. So, you'll often see this called the "ecclesiastical" equinox (i.e., the date used by the Church).

Generally, if the full Moon occurs on the same day as the spring equinox, Easter is observed on the subsequent Sunday. However, there is a caveat:

The Christian Church decided to simplify calculating Easter's date by always observing the spring equinox on March 21, despite the fact that the equinox date changes over time and is actually getting earlier.

This discrepancy between the astronomical equinox date and the Church's observed equinox date can sometimes cause confusion, as in 2019 when the full Moon and the astronomical equinox occurred on the same day—Wednesday, March 20.

Where Did the Word "Easter" Come From?

Easter, also called Pascha or Resurrection Sunday, is a festival and holiday commemorating the resurrection of Jesus from the dead.

So, where did the word "Easter" come from? The exact origin of the word "Easter" is unclear. It's not as simple as saying it has religious origins or pagan origins.

Some historians suggest that it came from the phrase *hebdomada alba*, Latin for "white week," used to describe the white garments new Christians wore when they were baptized during Holy Week. In Old German, the word became *esostarum* and, eventually, Easter.

afternoon to either play with friends or to learn bridge.

Due to a high number of players being out of the area on vacation, Dona has just announced that the March bridge that was planned for March 22nd has been cancelled as there is not enough players. The last date for this community bridge will be April 19th.

How would you respond to your partner with a **2 Clubs** opening bid?



RECENT CALABOGIE 55+ CLUB OUTINGS

Saturday, January 20th twenty-two members attended a Senators hockey game. The Sens were playing the Winnipeg Jets! It was a nail-biter...a close game says Susan Lomas but Winnipeg won in overtime. The group then went to PJ's Restaurant in Arnprior. A good time was had by all.



Submitted by Sue Lomas

In the 1840's, British railroads adopted standard times to reduce confusion. American counterparts soon followed in an effort to fend off federal intervention. In North America, a coalition of businessmen and scientists decided on time zones, and in 1883, U.S. and Canadian railroads adopted four (Eastern, Central, Mountain and Pacific) to streamline service. The shift was not universally well received, Evangelical Christians were among the strongest opponents, arguing that "time came from God and railroads were not to mess with it," said Carlene Stephens, a curator at the National Museum of American history. Once the time zone business was settled, it wasn't long until Franklin's idea for daylight saving was refashioned for the industrial world. In the 1900's, an English builder, William Willet, urged British lawmakers to shift the clocks to reap economic benefits. Parliament rejected the proposal in 1909, only to embrace it a few years later under the pressures of World War I. In 1916, Germany was the first European nation to enact the policy in an effort to cut energy costs, and over the next few years several Western nations followed suit.

Extracted from the New York Times, March 6th, 2024 written by Alan Yubas

So there you have it. The history of why we change our clocks two times per year. Are you in favour of the twice yearly time change? Does it make your life easier or more difficult? Does this ages old practice disrupt your body's natural clock? How easy is it for you to acclimatize to the sleep disruption?

The New York Times article also notes that in 2022, Mexico ended its daylight saving time for most of the country. My question--When will it be our turn in Canada? Personally, it can't come soon enough for me. You may recall, I provided information in the November 2023 edition when we turned our clocks back an hour.

What are your thoughts? Send us your opinion and if there is enough dialogue, we will publish responses in either the next newsletter edition or at an upcoming dinner meeting.

The Venerable Bede, a seventh-century Anglo-Saxon historian also known as Saint Bede, writes that the word *Easter* comes from the Anglo-Saxon dawn goddess of fertility *Eostre*, also the goddess of the dawn, who originated in what is now Scandinavia. Over time, early Christians started referring to the Feast of the Resurrection by the name of the month in which it was celebrated—*Eosturmonath* (what we now call April).

Alternatively, *Easter* may come from an old German word for "east," which in turn is derived from a Latin word for "dawn." In the past, the word *easter* could mean "to turn toward the east" or "rising" and didn't necessarily have any implied religious meaning. (Note: It was the Germans who invented the "Easter Bunny" who visited "good" children's homes, much like they invented Santa Claus.)

The bottom line is that no one truly knows the etymological origins of the word "Easter." It is one of the oldest Old English words.

In the end, it is unimportant whether Easter comes from the goddess of the dawn or the Latin word for dawn. In whatever language, Easter today is a Christian holiday to celebrate Christ's resurrection—and the reminder that death brings life.

Extracted from The Old Farmer's Almanac



We have not recently heard of anyone in our club who needs a special hug or mention in the newsletter. However, if you know of a member who is not well, please contact Jane Benoit or the club executive.



UPCOMING CALABOGIE 55+ CLUB OUTINGS

In the planning stages

BARNET GARDENS

Spring is just around the corner and it is almost time for the annual spring clean-up in our Butterfly garden. Joanne Levitsky and Gale McCrae will be organizing the garden maintenance this year.

Once we have about a week of temperatures above 10 degrees, it should be safe to remove last year's dead growth without destroying the overwintering pollinators.

If you are able to join us, we would really appreciate your help. We will meet at Barnet Park on Wed Apr 24, 9:30 am for an hour or two of easy gardening, and lots of socializing. If it is pouring rain, then we will meet on Fri Apr 26. Bring gardening gloves and any gardening tools, if you have them, if not then we will provide some.

Our tentative monthly dates will be May 14, June 11, July 9, and Aug 6.

For more information, or if you want to stay informed about our monthly days and times in the garden, please email me.

galeemcrae@gmail.com

Submitted by Gale McCrae

BOGIE LIGHTS

A small group met on Friday, March 8th to clean up the lights and dismantle the trees/poles. Thanks to Jean Libbey for her dedication and coordination of this annual event. We look forward to November when we will again light the area and have our traditional community event, sponsored by the Calabogie 55+ Club. Until then....

2024 SUMMER GAMES

The Prediction and Nordic Walking have returned to Calabogie!!

These and other games that our members have participated in past years include Golf, Indoor games (euchre, bridge, cribbage), PickleBall, Tennis, Shuffleboard, Bocce Ball, Cycling and Bowling. The games are played in various locations within the Ottawa Valley from Arnprior to Deep River.

Here are a few select dates so mark your calendars if you plan to participate in these games.

May 10	Prediction Walk	10 am	Calabogie CC
May 10	Nordic Walk	1:30 pm	Calabogie CC
May 11	ShuffleBoard	11 am	Petawawa
May 16	5 Pin Bowling(*)	9 am	Renfrew
May 29	Golf (**)	9 am	Whitetail G&CC

(*) includes additional \$15 cost
(**) includes additional \$50 cost

Additional information will be coming shortly (early April) as will the registration forms and payment information.

Denise and Val will coordinate the walking activities in Calabogie. Denise will also be the convener for the bowling activity held at Renfrew Bowling. Val has also agreed to convene the golf event at Whitetail as the previous convener is not able to be involved at this time.

We are excited that these games are coming soon and we hope that you are excited too. Information is still being planned at this point and we will share with you additional information once it is known. Until then, get your shoes ready for walking, bowling, and golfing as well as getting your arms in shape for shuffleboard and these other physical activities. With the nice weather outside, you should be getting in shape relatively easy.

PS We are looking for volunteers to help with the "walking" activities in Calabogie, i.e. timekeepers, spotters, medical personnel, etc. If you can help, please contact either Denise or Val.

DINNER MEETINGS

January

January 25th was our first dinner meeting attended by 33 members. Tacos were catered by the Redneck Restaurant. Some came out for a friendly game of cards before the meeting.

February

Our 2nd dinner meeting happened on February 29th at Canthooks Restaurant. It was a sit down meal and attended by 34 members. Members had a few options to select prior to the dinner. That day was also on a date that happens only one every four years. It will also be the last time that our club will hold a dinner meeting at the Canthooks Restaurant as Iris will be opening up a new restaurant in Renfrew, called "The Swiss Alps". Perhaps we can hold a dinner meeting at her new establishment in the near future. Canthooks Restaurant will be closed as of March 18th, 2024.

A reminder that unless we dine at a restaurant, the method of payment for catered dinners is "cash only" and must be paid to the Treasurer on the evening of the monthly dinner. If you order your dinner and cannot make the meeting, you are still responsible for paying for the dinner and can arrange to have your dinner either picked up or arrange to have someone bring it to you. Thank you for your understanding.

March

Our upcoming dinner for March will be held at the Community Center on March 28th. It will feature a catered dinner of pork schnitzel from Annette Charbonneau. Details on this meal have already been sent to members, so check your calendars and respond by the due date of March 21st.

April 25th meeting is being planned at the Highlands Golf Course with line dancing after the meeting. Stay and participate or simply stay and watch.

During our May meeting on May 30th, the long awaited performance of Power and Greed will be performed during the dinner meeting. This was originally planned to

ANNUAL CALABOGIE CHRISTMAS PARADE

No news yet on what the float committee will be planning for the 2024 Christmas Parade, but you can always count on a bunch of seniors having great ideas. If you have any ideas, please contact Lorna Johnson, our float coordinator.

UPCOMING COMMUNITY EVENTS

CARE Animal Rescue is holding bottle drive at the Renfrew Home Hardware store on Saturday, March 23rd in support of feral cats in the community. Drop off your empties between 10 am and 3 pm.

Calabogie Lions Club will be holding a Mother's Day Bingo on May 8th at the Community Centre starting at 7 pm.

On May 25th between 9 am and 1 pm, they will also be organizing the community



garage sale.

Calabogie United Church is gearing up to have their annual Spring dinner on April 20th from 4:30 to 6:30.

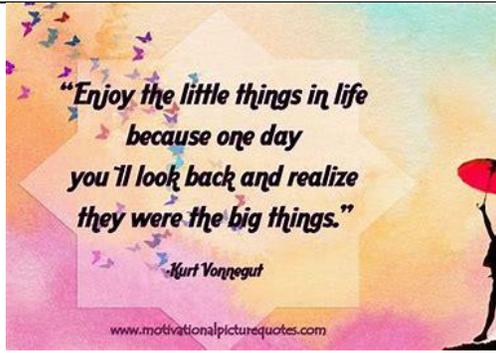
Their annual Spring Tea with a light lunch will also be taking place on May 25th from 11 am to 3 pm. It will be a freewill donation.

ONGOING COMMUNITY EVENTS

Euchre continues each Monday at 7:00 PM at the Calabogie Community Centre.

Archery continues each Thursday at 6:30 PM at the United Church Hall. It is open to all ages and is free of charge.

Walking at the United Church Hall started in November and continues from 9 to 11 am on Friday mornings. Chair Yoga then



INSPIRATIONAL QUOTES

“You can talk with someone for years, every day, and still, it won't mean as much as what you can have when you sit in front of someone, not saying a word, yet you feel that person with your heart, you feel like you have known the person for forever.... connections are made with the heart, not the tongue.”
— C. JoyBell C.

I have no special talents. I am only passionately curious.”
— Albert Einstein

“Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people.”

“Even if you cannot change all the people around you, you can change the people you choose to be around. Life is too short to waste your time on people who don't respect, appreciate, and value you. Spend your life with people who make you smile, laugh, and feel loved.”
— Roy T. Bennett, *The Light in the Heart*



Sent in from Marg Burleigh

take place at our October meeting, but several of the actors came down with seasonal virus's and as such we postponed its performance. The executive and friends are anxious to showcase their acting abilities. Pizza is on the agenda so if you love Italian food and want to be involved in a “who done it” comical performance, mark this date on your calendar.

MEMBERSHIP

150 members is now our official headcount. Recently joining us were Robert Desjardins, and John Buscomb.

Welcome to our club and a special thanks to those returning.

If you are aware of other people in the Calabogie area who are interested in joining our fun loving group, please refer them to Denise or to a member of the executive. We love seeing our numbers grow.

As we remind you in each newsletter and dinner meetings, please advise Denise Lavallée, Director, Membership of any changes to your email, mailing address, phone number etc. This information must be sent to the attention of Denise in writing at our club email address:
calabogieseniors1@gmail.com

**CALABOGIE 55+ CLUB
Annual Report**

Our Club's Annual Report for 2023 was recently issued to members. It is also posted on our website.



begins at 11 am. Both activities are free with complimentary coffee and tea.

BOOT CAMP has recently started and is organized by our Greater Madawaska Public Library. It is held on Saturdays in the School gym from 10 to 11.

Darts are also held on Thursdays at the Calabogie Community Centre Hall beginning at 6:40.

RECENT COMMUNITY EVENTS

Did you get your charcuterie box? **Calabogie Lions Club** held a St. Patrick's Day Kitchen Party at the Community Centre on March 16th featuring Peggy Williams and friends.

Calabogie United Church had movie afternoons during March break at the church hall. The first one was on March 12th at 6 pm and the 2nd one was at 1 pm on March 14th.



Sent in from Marg Burleigh

--	--	--

--	--	--