



SEMIAHMOO LADIES CLUB

NEWSLETTER

March 2010

Website: www.semiahmooladiesclub.com

President's letter from Antje

Sometimes I get off on a little non-Semiahmoo tangent. We all had lives before we lived here and most of us still do. I remember many years ago talking with a good friend about her son. My friend had an upper middle class family, one son and a husband who traveled a lot. Joyce, not her real name, was what I would call "frenetic". She was always rushing, talking fast, driving fast – and always exhausted. Her son was chauffeured from tennis matches to basketball practices to acting lessons, music lessons, to birthday parties – where expensive gifts were "de rigueur".

"Do you ever breathe?" I asked her. It's important to expose our children to many experiences I was told. It's a competitive world. I agree, it's a competitive world. But whose competition is it? I have a grandson now and a granddaughter on the way. It amazes me how my grandson enjoys looking at rocks on the beach. It's interesting to see what makes a particular rock more special to him than another. Taking a walk in the forest with him opens up my still latent 4 year old adventuress. Does he need to be exposed to other things that may interest him? Absolutely. Does he need to be shuttled from one experience to another so that he can be a fully rounded human being? Emphatically, I believe – NO. There is something magical about watching a child being just who they are. Watching them play, using their own imagination, slamming pots and pans and spoons around. Digging holes, getting muddy, building forts with blankets, playing tag with friends. Whatever happened to hop-scotch, double Dutch, leap-frog? Whatever happened to games? We coddle, manipulate, control, and enroll. We build "self-esteem" by not allowing anyone to lose.

Earlier this week I read George Will's article "Our self-esteem obsession is hurting our kids." Apparently there is a school in Massachusetts where children in a physical education class jump rope without the rope...because some might not be able to. Wake up people! Not all of us can do everything. Let's teach our children humility, how to lose with grace, how to win with class, how to share, how to help others, how to send thank you notes, how to look someone in the eye, how to give a great handshake, how to set an example, how to laugh, how to appreciate, how to be a great friend...and very importantly – how to pick themselves up when they fall down. We have to let them fall and scrape their knees so that they'll walk more carefully next time.

Joyce has moved many times since the "frenetic" stage. Her son has had many experiences – not all positive. He didn't end up marching to his parents' drums. He used drugs, learned from it, quit school, went back, acted – but best of all – he used what he learned to help others...most of them not "upper-middle-class". Joyce still tries to "fix" him – but thank goodness, he removed himself for awhile and learned how to tend to his own scraped knees. Sometimes our tendency to protect – hurts more than it helps. Give those kids a darned rope!

Antje

Monthly Social - Luncheon



Healthy Heart Luncheon

(I will have the menu tomorrow from Chef Andy)

Speaker: Misty Parris, ACSM, ES, RCEP

Title: Cardiovascular Rehabilitation Manager

Background:

Misty Parris manages the Cardiovascular Rehabilitation Program at St. Joseph's Hospital. She has a B.S. in Exercise Physiology, certification from the American College of Sports Medicine and is a registered clinical exercise physiologist.

Topic: Exercise for people who hate Exercise, Exercise for a Healthy Heart.

Date: Thursday, March 18th, 2010

Place: Pierside, Resort Semiahmoo

Time: 11:30 A.M.

R.S.V. P.

Jo Ann Howe, jbhowe@mac.com or Kathy Korelin, kathykorelin@gmail.com

By: 3/15

Menu

Citrus Salad - Roasted Coho Salmon, Spring Greens, Blueberries, Red Onions, Feta Cheese, and Orange Supremes with Fresh Lemon Vinaigrette on the side
Heart Healthy Dark Chocolate Cake with Almonds and Fresh Berries

If you have special menu requests, please let Jo Ann or Kathy know when you RSVP.

Interest groups

KNITTING CIRCLE (and crafts)

Gathers on the 2nd and 4th Monday afternoons each month, 12:30-3:00 PM. Novices or seasoned knitters or stitchers are welcome to drop in. The gathering place is the Semiahmoo Marina store unless noted. For more information and to be sure of location, please contact Audrey Schroeder via email: aschroed2@comcast.net. Ask to be put on an email list for notification and updates.

BOOK CLUB

The group meets on the last Monday of the month at the homes of various members. The book for March is "The Ginger Tree" by Oswald Wynd. They will be meeting at Suzanne Conrad's home, 5415 Salish Road, Birch Bay Village on March 29 @ 7 PM. For more information, contact: Janis Hollaway (371-8285) j.hollaway@comcast.net or Jenni Packwood (371-7592) jenni5@comcast.net



BRIDGE CLUB

The group meets every 2nd and 4th Thursday afternoon. Call Shirley Converse (371-5288) for location of play.



QUILTING CLUB

Meets twice monthly, 1st and 3rd Mondays from 12:30 PM - 5:00 PM. For location of the meetings or to be put on a list for e-mail notification of location, last minute changes, field trips or other news contact Sylvia Hayden (371-7145) mshayden2@comcast.net

Weekly event - Wednesday morning coffee @ Semiahmoo Resort

Meet on Wednesdays from 10:00 - 11:00 AM at the Coffee Shop at The Semiahmoo Resort and chat with your friends and acquaintances. Members of the community are invited to come to make new friends and find out more about the Semiahmoo Ladies Club. Get 10% off of your coffee/ beverage purchase.

Contact Hazel Chausse for more info:



(371-9039) or ghchausse@comcast.net

HOST AN ADVENTURE



So many of us are new to the area and have not ventured very far out in our surrounding community. Those of us who have been here for awhile should help our newest members explore the area. Why not host an adventure out into our community?

Did you know Joe's Garden does tours?

Show someone else your favorite spot.

Listen to a famous author give a free talk at Village Books.

Try a new golf course.

Maybe you want to share

a new movie then have coffee afterwards to discuss the acting...

.maybe an Academy Award pot luck in front of your big screen.

You come up with the idea and we will advertise it for you

in the newsletter and by bulk email. Decide on the activity, the date & time, how many people you want included, & whether it is co-ed or just women. We will publish your telephone number and/or your email for people to contact you.

Let's have fun with each other!

Newsletter deadlines are at the end of the month.

Emails can be sent anytime.

Call me, Marilyn, 393-4804 or mdsull1@yahoo.com

We had such warm weather in February I wondered about the rest of the country. We have members who spend part of their year somewhere else, the average daytime temperature here in Blaine was: 53· degrees F.

Some of the cities that they live in:

City	Average daytime temperature
Palm Desert, CA	73
Claremont, CA	65
Lakewood, CA	65
Laguna Niguel, CA	66
Martinez, GA	57
Scottsdale, AZ	69
Wickenburg, AZ	67
Tucson, AZ	65
Peoria, AZ	67
Santa Cruz, CA	61
La Jolla, CA	66
Mission Viejo, CA	66
Carbondale, CO	67
Oceanside, CA	67
Phoenix, AZ	69
Coral Gables, FL	73
Murphys, CA	61
Calgary, AB	30
Chandler, AZ	69
Vernon, BC	43
Yuma, AZ	67
Aurora, IL	32
Sahuarita, AZ	65

I am looking for some fun material to put in future newsletters. This is your opportunity to shine. Do you write poetry, stories, interesting information and/or photos about someplace that you've been? This is your chance to get "published".

We have a wonderful group of interesting women and this would be a great way to get to know you.

