

## **SFC NRT Article for Wednesday, February 21, 2024**

Young person meeting one of our seniors, says "So, have you lived in Deep River all your life?" Senior answers "Not yet."

Here are the reminders for activities coming up:

Wednesday Walk Feb. 21, meet at Valu-Mart parking lot (south side where there is more space) at 1:15 (note this is earlier than usual) so we can arrange car-pools to the Petawawa Research Forest ("The Forestry") which is a 15 minute drive from Deep River. We will know better at that time which routes we will take. Bring snowshoes if possible, although we may find some places packed enough for boots. At the Forestry we will park at the junction of Clouthier Road and R8 OR Meridian Road (opposite the road that goes directly to Chalk River over the now forbidden bridge) OR at the end of Clouthier Road just before the gate. Sorry to be a bit vague, but conditions may change by Wednesday. Please reply to [annserdula97@vianet.ca](mailto:annserdula97@vianet.ca) if you plan to attend. For last-minute additions or changes, text Ann at 613-732-6118.

Fitness with Kim: Two sessions remaining on Tuesdays Feb. 20 and Feb. 27 10:45-11:30 am in the DR Library program room.

Coffee & Conversation Thursday Feb. 22, 10 am, as usual in the Deep River Library program room.

### **Bowling and Dinner**

Thursday, Feb. 22, 3:30 followed by dinner at Santa Fe. There may still be room in this event. Contact [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) if you would like to join in the fun. Please specify if you want to join just the bowling or just the dinner or both. \$6 per person for bowling. Dinner at your own expense.

### **SFC Pottery Workshop with a Local History Connection**

Last month, the SFC sent out an expression of interest to determine if members were interested in pottery or creative dance classes. Pottery was the preferred choice by a narrow margin. Consequently, we have arranged with Eva Gallagher to offer the following workshop:

The Deep River Potters' Guild will lead a two-session workshop where participants will create a small pot inspired by the Indian Point pot, crafted by a local Indigenous woman 2,500 years ago.

Participants will make a similar but smaller pot, about the size of a large coffee cup, and will either flatten the bottom or add three short legs to make it stand upright. In the second session, participants will paint their pots with underglazes and apply a final glaze. The second session is scheduled a week after the first to allow the pots to dry and be fired in the kiln - a three-day process.

When: March 19 and March 26 at 10:00 a.m.

Where: Deep River Library Program Room.

Cost: \$10.00 (non-refundable), which includes instruction and materials.

Space is limited to 20 participants, so please secure your spot by emailing [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) and transferring \$10 to cover costs. Payment can also be deposited in the SFC drop box at the Town Hall.

Please ensure your payment is received by March 12.

For more information on the history of this local artifact, follow the link below to  
Eva Gallagher's 2008 NRT article on the Indian Point Pot  
<https://docs.google.com/document/d/1QdqddQ8ZvctUrc4f5bApWAvTZtLAOgjUksWNqDF83cM/edit?usp=sharing>

Short Mat Bowling (indoor lawn bowling)

Members of the SFC will be given a demonstration/coaching on:

- Tuesday, March 19, and
- Tuesday, March 26.

The demonstration/coaching will take place in the Deep River Library program room, from 2:30-3:30 followed by a social time.

There are 10 spots available for each of the above 2 sessions, allowing 20 members to participate, at a cost of \$5 per person.

Registration and (nonrefundable) payment must be in advance, no later than Friday, March 8th. Payment may be made by e-transfer to: [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com) or by using the SFC drop-off box at the Deep River Town Hall.

Canadian Tulip Festival Bus trip, May 13. Information on this has already been sent but in case you missed it, attached is the poster. (The SFC is very happy to be a part of this collaboration.)

Want to help the UOVsfc? Two directors of the Seniors Friendship Club have their terms of office expiring this June so we will be looking for replacements. One position is for Treasurer and the other for Activities Coordinator, both of which are vitally important. A summary of the duties of each position was given at the General Meeting and we are happy to hear that some members are interested in offering their services. If you are interested, there is time for the current directors to mentor you before they retire.

SFC Website - [seniorsfriendshipclub.ca](http://seniorsfriendshipclub.ca). The SFC is open to all adults living in the communities from Chalk River to Deux Rivieres.

Our email address: [23uovsfc55@gmail.com](mailto:23uovsfc55@gmail.com). Follow us on Facebook.

*Ann Serdula, Publicity, Upper Ottawa Valley Seniors Friendship Club*

Melanie Theil on behalf of the Seniors Friendship Club



Webpage: <https://seniorsfriendshipclub.ca/> FB page: Sfc Uov