

EVENT UPDATE

Upcoming Events

- Fridays in August - Toy Bus Program 10:00am-11:30am
- Aug 14 - April Verch & Cody Walters Show at the RCRC (check Off The Grid Production for details and tickets)
- Sept 7 - Regular Monthly Meeting 7:00pm

VOLUNTEERS NEEDED

It is time to take a serious look at what our community would look like with no Rankin Centre. We need many hands to help out, the present executive has been holding on for 2 years of lockdown and running the Centre the best they can, but they cannot do it alone. We have had basically no income for 2 years and the bills still have to be paid. It is time to start planning events. Without the RCRC there would be no ice for skating (which we might add, was heavily used during the past winters, by many at no cost to anyone), there will be no Halloween party for children, no winter carnival, no senior luncheons, no car shows, no other planned events, no place to hold an event for a special occasion or meeting. We need you. Just call any executive member or come out to the monthly meeting to learn more and ask questions.

BINGO WORKERS

We will need people to work the following bingo dates:

Sept. 4th: 3:30-5:30pm - 2 people

Sept. 18th: 3:30-5:30pm - 2 people

Please call Muriel (613-735-0224) as soon as possible if you can fill in one of these spots.



HELP

We are in need of more people to join our group of bingo workers. This is a great fundraiser for the Rankin Centre (and the only fundraising event we have at the time). We must supply workers when we are scheduled or we will lose our spot at Delta Bingo. This money is certainly important to us to help us to continue to run the Centre. We have lost volunteers due to COVID and we need to have people fill these spots, so the same people don't have to work all the time. It is very simple to help out, all you have to do is an online training course (which only takes about 15-20 minutes). The bingo sessions are only 2 hours at a time and are on Sunday afternoons 3:30-5:30pm. We are only doing the meet and greet sessions at this time. If you can possibly help give Muriel (613-735-0224) a call for details and the website to do the training.

THE BENEFITS OF VOLUNTEERING

A Harvard study published in June 2020 in the American Journal of Preventive Medicine, explores the association between volunteering and indicators of physical health, health behaviours and psychosocial well-being. Researchers found that volunteers who volunteered 100 hours or more per year had:

- A 44% lower mortality risk
- A 17% lower risk of physical functioning limitations
- A 12% increased engagement in physical activity
- A higher self-rated good health
- Better outcomes on some psychosocial well-being indicators - e.g., a positive outlook and purpose, a lower level of depressive symptoms and more contact with friends.

MEMBERSHIP

Call Cathy Grahl (613-735-3381) to get your 2022 membership, or mail a cheque to the Centre at 20 Rankin Rink Road, Pembroke, K8A 6W4. Family memberships are \$20 and single (18 & over is \$10). This is a small price to pay to keep receiving the newsletter and helps the Centre financially.

BOTTLE DRIVE

Santana Kuehl is still running the bottle drive. She is accepting alcoholic bottles and cans with the money going to the RCRC. Drop off at 38516 Highway 41. You can call her for more details (613-281-7696).

ANNUAL WINTER CARNIVAL

If we are to have our annual Winter Carnival we need people to step up and help out. We need someone to take on the job of running the event, and then we need workers. We have been making you aware of this for the last couple of months and to date we have had no offers. The present executive can give you a breakdown of what is involved. The Winter Carnival is the biggest fundraiser for the Centre and after two years of lockdown, and bills still coming in, we need people to come forward. Please consider helping.

APRIL VERCH AND CODY WALTERS SHOW

Off The Grid Productions and April and Cody have rescheduled the cancelled show from July 24th to August 14th at 7:00pm. Tickets are available by going to the Off the Grid Productions website www.offthegridproductions.ca or by emailing Lynne at eppsoofthegrid@gmail.com

STONE FENCE THEATRE PRODUCTION

Stone Fence Theatre is continuing to perform the musical production called "Tom Thomson & The Colours of Canada" at the Rankin Centre on the following dates: Aug. 17, 18, Sept. 16, 18, 23 and 25. This is certainly a wonderful production about love, gossip and murder in Algonquin Park and well worth seeing. For times, tickets and details check them out at www.stonefence.ca or call (613-401-1497).

TOY BUS CONTINUES

The Toy Bus Program will start again on August 12th in Rankin on Friday mornings from 10:00am to 11:30am. This program is for kids ages 0 to 6 and their caregivers. For more information call (613-757-3108) or visit: www.facebook.com/ToyBusPlayAndLearnGroups.

CONGRATULATIONS

Congratulations to Jennifer and Steve Mitchell on the birth of their second daughter Savannah Lynn Grace Mitchell who arrived on June 4, 2022, weighing 7 lbs. 7 oz.

MONTHLY MEETING

Our next monthly meeting will be held on Wednesday, Sept 7th, 2022, at 7:00pm. Hope to see you then.

SYMPATHY

We extend our deepest condolences to Mark Smith, Brady and Jessica on the death of Kelly, a loving wife and mother on July 13, 2022. May your memories be a comfort at this time and in the days to come.

Deepest sympathy is sent to the family of Arnold Melcher who passed away Aug. 4, 2022. Arnold was a pillar in the Community. He was an avid supporter of the Rankin Centre and was always available to help out, be it raising funds, building projects, entertaining, donating paintings and hand crafted articles for auction, supporting youth, even helping his wife with baking for the Centre and the list goes on. In fact Arnold was one of the founding fathers of the old Rankin Rink (now the Rankin Centre) in 1963. He served his Community with pride and dedication at all levels. He leaves to mourn his children Oral Melcher (Alice), Gail Schryer (Robert) and Neil Melcher (Susan), loving grandchildren Dwayne (Jennifer) Melcher Joshua Melcher, Hilary Melcher, Jonathan Melcher, Emily Travanut (Tony) and Stephané Schryer, as well as 5 great grandchildren. He also leaves his sisters, brother and sister-in-law, extended family, friends and neighbours. He has earned his rest. God bless you Arnold.

We extend our deepest sympathy to the Ryan and Beskau families on the sudden death of Carson Ryan. Beloved husband of Amanda Ryan (nee Beskau), loving son of Michael and Carol-Anne Ryan, son-in-law to Dave and Kathy Beskau, brother of Jason (Anita), and brother-in-law of Dave and Carissa McFarlane. Carson will be missed by nephews Jay and Will, and niece Kate.

HEARTFELT THANKS

Thank you for all the prayers and expressions of sympathy we received on the passing of our mother Margaret Derion who passed away on May 28, 2022. – Judy Sack, Joan Hartwig and their families