

Squamish Seniors Society

December 2023



President's Message

The 2024 Board Website

48th Annual Christmas Dinner

Meet the Board

"Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born." - Albert Einstein

Newsletter

President's Message

On November 8, at the Annual General Meeting, your new board was elected for a one-year term. It has been a busy month and a half orienting ourselves to our important roles as your advocates. Everyone is working hard to ensure that the Squamish Seniors' Society provides the programs you want in a warm and welcoming environment.

Currently, we are focused on building a new relationship with the District of Squamish, updating and improving our website, and communicating with our membership. There will be opportunities for you to provide feedback and offer ideas and suggestions that best meet your needs - we are eager to hear from you.

Now, as you prepare for Christmas with friends and family, take a moment to reflect on how very important you are. Yes, you are a V.I.P.! Be sure to take care of yourself and enjoy a wonderful holiday season.

Marlene Russell
President

Introducing the 2024 Board

President	Marlene Russell
Vice President	Ross Dickson
Treasurer	Judi Rhodes
Secretary	Eleanor Bowcock
Director - Membership	Francois Morel
Director - Programs	Nan Pellatt
Director - External Relations & Communications	Laura Liberty

Please scroll down for more information



Website Update

You may have noticed that our website is not operational. We anticipate it remaining unavailable for another few weeks during this first phase of making updates and improvements that will enhance your on-line experience.

We appreciate your patience.

48th Annual Christmas Dinner

The Squamish Seniors Society Social Committee led by Joy Boulter, organized the 48th annual Christmas dinner. The event was attended by 100 guests and was a great success.

John French, Councillor, did a holly-jolly job as MC and DJ. Mayor Armand Hurford, our special guest, helped distribute some wonderful and generous door prizes.

A traditional turkey dinner, with all the fixings was catered by Mara Williams and Sasha Nahanie from The Works Catering Co. We enjoyed live entertainment performed by artists from the Squamish Academy of Music singing Christmas carols, and dancing led by Sharon Slater and her Line Dancers & Cloggers.





Marlene Russell
President



Ross Dickson
Vice President



Judi Rhodes
Treasurer

2024 Board of Directors

I am truly honored to serve as the President of the Squamish Senior Centre Society. It is important to me that the seniors in our community feel valued, appreciated, and welcomed in a warm setting. Our goal is offer them a range of recreational, educational and social activities they can enjoy. Before retiring, I worked as an educator, and I now bring those leadership skills to this new role. My husband and I moved to Squamish 14 years ago and are passionate about traveling. We enjoy playing golf and bridge, and we volunteer at our daughter's horse ranch located on Squamish Valley Road.

I have a background in teaching and educational administration and am currently a member of my strata council, Squamish Rotary Club, volunteer host at the gondola and a member of the District Senior Citizens Recreation and Culture Advisory Committee. My wife and I moved to Squamish 4 years ago; and after 50 years in Kamloops, I have an understanding of the challenges newcomers experience in meeting people and becoming involved in a new community. I hope to bring those perspectives to the association as we plan to focus on reaching our members with fresh ideas to involve them and a wider representation of community members in our activities.

I have 20 years experience with the #48 Baden Powell Guild West Vancouver where I earned the moniker, "Penny Pincher". I am going into my third year as a board member of the Squamish Seniors Society. I began as the acting Secretary, but Treasurer is a more natural fit. I am fiercely protective of the society's finances and take pride in being entrusted to manage them. Our change to the QuickBooks accounting system will move us into the future, ensuring transparency and accountability. I am excited to work with the new board and our partners to make our programs and activities accessible to our seniors' community.



Eleanor Bowcock
Secretary



Francois Morel
Director -
Membership



Nan Pellatt
Director -
Programs



Laura Liberty
Director - External
Relations &
Communications

I have loved living in Squamish for 50+ years and am enjoying my senior years here as well. I enjoy hiking/walking the trails year-round and biking, weather permitting. I am an avid gardener and a long time and active member of the Howe Sound Curling Club. This is my second term as Secretary and I am looking forward to being part of a Society that offers programs that enrich the lives of seniors in this community.

I was born and raised in Montreal, and have always been an active volunteer in my community. After our retirement, my wife and I moved to Squamish in 2021 to be closer to our only son. Since joining the Society, I have found the members and the community very welcoming. I am excited to be working with the board and our membership in ensuring the needs of seniors are met through services and programs.

I have two fabulous daughters, two wonderful grandsons and two fun grandpuppies. Upon retirement I moved from Kelowna to Squamish in 2021 to be closer to family. My career was primarily in customer service-oriented roles, and spent the last 14 years as Executive and Constituency Assistant to elected Members of the Legislative Assembly. My strengths have been in problem solving, written and oral communication, and organization all with a people centric focus. Family, friends and community are pillars supporting my well-being. I love walking, reading, knitting and playing bridge. Helping build a community to support the well-being of seniors is a challenge that I am excited to pursue.

We moved from Vancouver to Squamish in 2010. I retired in 2021 after a career in senior leadership in Operations and Human Resources. I have volunteered at the Vancouver Crisis and Suicide line, First Aid Ski Patrolling at Grouse and Cypress mountains, and coached outdoor Bootcamp fitness classes. I am a BCRPA certified fitness instructor in group fitness, weight training, Tabata Bootcamp, and Schwinn Indoor Cycling. My husband and I are active and enjoy travelling, motorcycle touring, camping, mountain biking, hiking, running, skate skiing, back country skiing, and most recently squash. I am excited to play a role in shaping the new direction for the Society and making a difference in the community.