



Among Friends London - LNAC

London Newcomers' Alumnae Club

March 2026

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www.amongfriendslondon.ca

amongfriendslondon@gmail.com

226.884.9950

AMONG FRIENDS London Newcomers' Alumnae Club

Please join us for our March Lunch & Social at

The Pickle Barrel!

When: Thursday, March 12, 2026

Where: 387 Wellington Rd S, London
(north of Commissioners Rd E. on the west side)

Arrival Time: 12:00 pm

Menu: a large variety of à la carte options.

Cost: Pay the restaurant directly as per your choices

Parking: Free

MAKING OR CANCELLING YOUR RESERVATION

Members will be contacted by their caller by Monday, March 2, 2026, for our March lunch and social at Pickle Barrel.

If you have not been contacted or wish to cancel your reservation, please call me (Helen) directly at 519 659-8133.

WE HAVE A RESERVATION FOR 45 FOR OUR GROUP
As a courtesy to the restaurant, if you find you cannot attend, please call me (Helen) to cancel.

EVERYONE IS RESPONSIBLE FOR THE COST OF THEIR MEAL
Helen Mason, Reservation Chair 519 659-8133

PLUS ... SAVE THE DATE: April 9 for a
Buffet Dinner & Social at Boler Mountain

When: Thursday April 9, 2026

Where: Boler Mountain

Arrival Time: 5:00 pm. For Mix and Mingle

Buffet Dinner: 6 pm.

Speaker: 7:00 pm. (special guests from Salthaven Wildlife
Rehabilitation & Education Centre)

Cost: \$45 per person

Menu: Caesar Salad, Garden Salad with house vinaigrette*, warm rolls and butter, herb-roasted garlic chicken breast with spinach and parmesan sauce*, seasonal roasted vegetables*, mashed or roasted potatoes*, butternut squash ravioli with sage cream sauce, assorted cookies and squares, coffee and tea. * Gluten Free.

See page 2 for Reservation details. Reserve by March 30.

AMONG FRIENDS BOARD EXECUTIVE MESSAGE

As we welcome the longer days and the first signs of spring, the Board is excited to share a month full of ways to connect, laugh, and enjoy time together. March is shaping up to be a lively one! Here's what's coming up!

 **March Social Lunch at the Pickle Barrel**

Join us for good food and great company at our monthly lunch social on **March 12!** Whether you're a regular or new to the group, this is a warm and easy way to catch up with friends.

 **Euchre Tournament**

Brush up on your card-playing skills...it's time for our first-ever euchre tournament on **March 8!** All skill levels are welcome. Come for the cards, stay for the laughs. See page 3 for details and to sign up.

 **Road Trip to Manitoulin**


We're especially excited about our upcoming group trip to beautiful Manitoulin Island in late September. It's always a highlight of the year, and we hope you'll join us for the scenery, the camaraderie, and the memories we're sure to make together. See page 7 for details – reserve by **March 1**.


As always, thank you for being part of the Among Friends community.


In Friendship, **The LNAC Among Friends Board**


 **SAVE THE DATES**


March 8 –  Euchre Tournament (*see page 3*)

March 12 –  Lunch & Social at the Pickle Barrel

April 9 –  Dinner & Guest Speaker – Salthaven (with Owl Ambassador)

April 20 –  Zoom Speaker: Bob Bell on Birding & Resilience

May 5 –  Trifactor Tuesday at Top of the Fair

May 14 –  Lunch & Social at Tiger Jacks

June 11 –  Dinner & AGM at West Haven G&CC

September 24–26 –  Manitoulin Island Getaway (*see p 7*)



Charity Fun Draw

Next charity draw will be held

Thursday April 9, 2026

1 for \$5.00 or 3 for \$10.00

Must be present to win

SOCIAL and DINNER AT BOLER MOUNTAIN

Our April 9th event is approaching quickly, and we need to submit our attendance numbers by April 1. Dinner and speaker details are on the cover page of this March newsletter.

Please confirm with your caller if you will be attending. The cost is \$45.00 for a lovely buffet dinner, starting at 6:00 p.m.

The deadline for reservations or cancellations without penalty is **March 30th**. Thereafter, a reservation is considered paid. If cancelling after March 30, please call me as soon as possible and forward your cheque payable to LNAC to me, Helen Mason, at 104-1200 Commissioners Rd W, London N6K 0J7. Pre-written cheque payable to LNAC or e-transfer to: amongfriendslondon@gmail.com (security question can be anything, but the answer must be LNAC2022). Helen can be reached at 519-659-8133 if you have any questions.

Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th of the month prior!

MEMBERSHIP

Linda Cottell: 519.641.6039

We have 175 members presently. The new year brings the reduced rate for new members. If you know of anyone interested in joining, please let me know.

- Correction: Gail Wall phone number 226.448.9989

COLUMBIA WAREHOUSE ACCESS

We applied for affiliate access to the Columbia warehouse store off the 401, and they accepted our application. You, as members of LNAC Among Friends, can now shop there during certain periods. You need the invitation and proof of membership (this newsletter), or, if you have one, your name tag. Please see the draft membership card that can also be used (see below). We will receive these invitations a couple of times a year. The current access period ends on March 1. If you have any questions, please let us know (amongfriendslondon@gmail.com or 519-872-5631. Happy shopping!



LNAC ~ Among Friends London Membership Card ~
Membership Year 2025-2026

Name: _____

Address: _____

EUCHRE TOURNAMENT

Yvonne Bissoon: 519.868.9720

We are excited to announce the first-ever Among Friends LNAC Euchre Tournament, slated for Sunday, March 8th, from 12:30 -4 pm at the Byron Legion. Registration and attendance will be from 12:30 -12:55. Games will start at 1:00 pm sharp.

The cost will be \$15 per person, which includes snacks and desserts, soft drinks, door prizes and prizes for the most lone hand and the top 5 high scores. It will be fun for all Euchre Lovers.

Space is limited, so preregistration is necessary.

****This event is open to Among Friends members and guests.****

Please contact Yvonne at 519-868-9720 if you want to participate. We also need volunteers to help run the event.

London Newcomers' Alumnae Club

January 2026 Financial Statement

TREASURER'S REPORT

Helen Mason and Colleen Leitch

| | |
|---|--------------|
| Opening Balance | \$ 10,100.33 |
| Income: | |
| Total Income | \$ - |
| Balance | \$ 10,100.33 |
| Expenses: | |
| Newsletter (Jan & Feb) | \$ 52.64 |
| Program | \$ 150.00 |
| Total Expense | \$ 202.64 |
| Balance | \$ 9,897.69 |
| Reserve for Insurance Deductible | \$ 1,000.00 |
| Available Bank Balance | \$ 8,897.69 |
| Closing Bank Balance | \$ 9,897.69 |

Helen Mason Treasurer

LNAC Executive 2025-26

Co-Presidents: Margaret Townsend & Suzanne Brett Welsh

Secretary: Lois Gilmour

Treasurer: Helen Mason

Programs Coordinator: Margaret Townsend

Menus & Venues: Margaret Townsend

Convenors Coordinator: Penney McCain

Membership: Linda Cottell

Newsletter: Suzanne Brett Welsh

Door Prizes: Yvonne Bissoon-Meyer

Reservations: Helen Mason

Past President: Sandy York

Contact us at amongfriendslondon@gmail.com or
226.884.9950

Treasurer Assistant: Colleen Leitch

Menus & Venues Assistant: Lois Gilmour

Door Prizes Assistant: Sandra Hughes

Hardcopy Newsletter Distribution: Maureen Legue

Publicity Chair/Website: Suzanne Brett Welsh

Charity Fun Draw: Roni Brett

Club Cards: Janet Horvath

Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th of the month prior!

ACTIVITIES:

BOOK CLUB, AFTERNOON

Deb Owens: 519.474.2112

Annie May Cruckshank: 519.472.0926

We will meet at the home of Annie May Cruckshank, 914 Fontaine Road, London, at 1:30 pm on Wednesday, **March 11**. Please call Annie May at 519.472.0926 or email her at amc_914@icloud.com to advise her if you plan to attend. We will be discussing "Real Americans" by Rachael Khong. Beverly Shepherd will be our Discussion Leader. We look forward to seeing you there!



BOOK CLUB, MORNING

Sheryl Russell: 519.471.4346

Morning Book Club will meet on

Tuesday, **March 17** at 10 a.m. at

the home of Sandy York, 2 - 43 Capulet Lane. We will discuss the book "**Nosy Parker**" by Lesley Crewe. If you plan to attend, please phone Sandy (519-474-0833) to confirm your attendance.



BREAKFAST CLUB

Linda Stroud: 519.933.8262

The Breakfast Club will meet on Wednesday, **March 11**, at 9 am. This month we will be going to Wimpys, which is at Wonderland and Oxford. To make a reservation, please call Sandy York at 519-474-0833. Hope to see you there for a delicious breakfast.



COFFEE, MORNING

Judy St. Clair: 519.473.8568

Morning coffee will be held at the home of Maureen Legue, 8004-1325 Riverside Road, on **March 20th** at 10.15 am. Please call Maureen at 226-700-8765 if you plan to attend.



COFFEE, AFTERNOON

Gwen Spencer: 519.657.6576

Afternoon Coffee will be held on Wednesday

March 25 at the home of Gwen Spencer. Please rsvp to Gwen Spencer gaspencer@sympatico.ca or 519-657-6576.



DAY TRIPPING

Pauline Demir: 519.641.8994

Have you ever thought about researching your own Family History, but don't really know where to start? On **Thursday March 19th**, our members will have the unique opportunity to participate in a hands-on introductory learning session to help us get started on our own genealogical journey.

The presentation and workshop will be a joint event with the London & Middlesex branch of The Ontario Genealogical Society and the London FamilySearch Center. After our morning research session, we will have lunch at Cavatappi Ristorante & Cappuccino Bar, in the West 5 area. If you are interested in learning about your ancestors, please call Pauline at 519-641-8994 for more information. Space is limited; call to reserve your spot.



DOMINOES

Sue Strasser: 519.471.1666

The next meeting of the Dominoes group will be held on Thursday,

March 5 at 1 p.m. at the home of Marlene Dodds, 27 September Lane. If you would like to be a spare for this group, please contact Sue Strasser 519-471-1666 or strasser@rogers.com.



EARLY BIRDS

Pauline Demir: 519.641.8994

On Monday, **March 23rd**, we will head out to the Aylmer Wildlife Management Area, an annual favourite staging area for migrating Tundra Swans. At AWMA, the swans' first staging area on their 6,000-kilometre migration from Chesapeake Bay Area to Hudson Bay, Nunavut & Mackenzie Delta Areas, the swans are fed with corn. Aylmer Wildlife Area has been designated a Globally Important Bird Area & the ponds have been designated a Provincially Significant Wetland. We will stop for lunch at Pinecroft, then call in briefly at nearby Springwater Conservation Area to check on wintering birds at their Millpond Trail before returning to London. Please call Pauline for more information and to make your reservation.



Other dates of interest:

- Nature in the City March 3rd, 7–8.30 pm: Birds in the City | London Public Library. Located within the

Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th of the month prior!

Carolinian Zone, the Forest City (and surrounding area) is host to an impressive array of birds, with over 300 species recorded in the city alone. Join local nature photographer Brian Lasenby as he highlights this extraordinary diversity and the need for continued habitat protection.

- Seedy Saturday March 7th, 10 am-3 pm: Carling Heights Community Centre, London Middlesex Master Gardeners

FRIDAY AFTERNOON WALKERS

Penny Duchesne: 519.473.9037

Friday Afternoon Walkers will be taking a winter break. If you would like to join us in April, please call Penny Duchesne.



FRIENDLY VISIT

Penny Duchesne: 519.473.9037

Penny Duchesne and Maureen Legue would be delighted to bring an afternoon tea to any member who is recovering from an illness and is housebound and would like a friendly visit. No set calendar date, just let us know what works for you. If you could use a friendly visit, please call Penny Duchesne at 519-473-9037.



FUN LUNCH

Maureen Legue: 226.700.8765

March Fun Lunch hosted by: Judy St. Clair 519-473-8568, 119 Fitzwilliam Blvd. **March 26** at 12:30 pm. Please bring a sandwich cut into 4 and a piece of fruit or veggies to share. Call Judy (519-473-8568) to join the fun.



GARDENING

Connie Jasinkas: 519.748.3123

Thursday, February 26, 7 PM. This will again be a Zoom meeting, with the option to come to Connie's place in person, weather permitting. We will be sharing garden designs and planning activities into the spring. If you love plants and gardens, please contact Connie (519-748-3123, conniejaskas@mac.com) to receive meeting info and Zoom link.



MAH JONGG

Faye DeMelo: 905.872.5791

We play on the first and third Thursday of the month. In March, we will play on the **5th** and **19th** at



1:30 pm. If you're interested in joining us, please contact Faye at demelofaye@gmail.com.

NEW(ISH) MEMBER GET TOGETHER

Suzanne Brett Welsh: 519.872.5631

The next new(ish) member get together will be on Saturday **February 28 and March 28** @ 2 pm. Please let Suzanne know if you are interested in attending!



ON THE TOWN

Marion Gamble: 519.472.7926

We will meet for lunch (12:30) Friday

March 6. The restaurant choice is Traverna, 1331 Hyde Park Rd. Please consider joining us for good food and fun conversation. Let Marion know if you plan to attend before March 4.

OUT AND ABOUT

Suzanne Brett Welsh: 519.872.5631

Join us for some weekend outings.

March 21: McLachlan Maple Syrup Farm for a pancake breakfast. Carpooling arranged. Contact Suzanne.

April 18: Tillsonburg lunch, Courtland Bakery/ Coyles

May 2: Anna Mae's for lunch, Stratford for shopping

June 20: Pinecroft for lunch and shopping



PICKLE BALL

Ferne Upson: 519.474.1125

Pickleball remains popular among our players. We currently play from 2:00

pm to 3:30 pm at True North Courts, 3392 Wonderland Road South, in building #2, with plenty of parking in the front and rear of the strip mall.

The current session will end on Wednesday, April 29. If you have never played at True North Courts, you will be required to sign a waiver for your first session.

Our group of players loves to have fun. Our skill levels vary, but everyone has played for a year or two. Please bring your paddle and indoor court shoes. We are currently full, but you may be able to play as a spare. Please reach out if you would like to play on any Wednesday.

We look forward to seeing you on the courts in 2026!



POTLUCK LUNCH

Penny Duchesne: 519-473-9037

Our next Potluck Lunch will be at the

lovely home of Sandy Hughes at 923 Manchester Rd. on



Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th of the month prior!

Wednesday, **March 18th**, at 12:30. If you wish to attend, please call Sandy at 519-641-0267 and let her know what you would like to bring.

RANDOM THOUGHTS

Suzanne Brett Welsh: 519.872.5631

Random Thoughts is a listserv email option available to connect members with members. If you have an idea for a last-minute event or activity you would like to share with fellow members, just email randomthoughtsafl@googlegroups.com. Contact Suzanne to get added to the list!

SATURDAY WINE SOCIAL

Margaret / Maggie Youngblut:

margaret.youngblut@sympatico.ca

March wine social will be held on Saturday **March 28th** at 7:30 pm at the home of Sandy York, 2-43 Capulet Walk, London, 519-474-0833 sandyork1@yahoo.ca

Wine of the World is South America

Please bring a bottle of wine and an appetizer or dessert. Please email Sandy York at sandyork1@yahoo.ca if you plan to attend this event.



SUNDAY EUCHRE

Rosemary Brook: 519.433.3758

The March meeting of the monthly Euchre group will be on **March 22** at the home of Anne Magee.

Rosemary



TECH TIPS SHARING

Joanne Legros-Kelly: 519.686.4112;

joanne.legroskelly@gmail.com

Next Tech Tips Meeting on Zoom: **March 24th** at 1 PM. Tech Tips Sharing Group continues to meet on the 4th Tuesday of each month, for an hour to an hour and a half, depending on the discussion. New members are always welcome and must be familiar with Zoom Workplace. We are open to questions on all devices- computer, tablet, phone, Apple, and Android. It really is FUN, and everyone learns from each other. Thank you to Beverly for hosting while I was away. If you are interested in attending, please email me before March 20th.



THEATRE

Roni Brett: 519.645.8552

Suzanne Brett Welsh 519.872.5631

We are going to ITOPA (Ingersoll) for BINGO on **March 15**, including a matinee and lunch. Be sure to email by February 20 to RSVP (\$24.50 not including lunch), Suzanne at sbwelsh@robarts.ca, or call Roni at 519-645-8552. And save April 26 for Appin SMAK theatre (Side Effects; \$50 for lunch and show), and June 1 for Palace Theatre (Mamma Mia; \$25 for matinee).



WALK AND TALK

Mary Laird 519-474-1390

We get together to Walk and Talk in Springbank Park on Monday, Wednesday and Friday mornings. The meeting place is the parking lot by Storybook Gardens. (Enter the park at the Commissioners Rd entrance by North St, turn right at the stop sign onto Storybook Lane). The walk commences at 9:30 am. You can set your own pace and length of your walk. After the walk, we may go for a coffee at Angelo's Italian Bakery and Market at 755 Wonderland Rd N. You are welcome to meet us there! If the winter weather is too cold or icy for walking in the park, we can meet at Westmount Mall, by Tim Hortons, at 9:30 on Monday, Wednesday, and Friday. Come and join us for fresh air, fitness, fun and friendship!



WEEKDAY EUCHRE

Yvonne Bissoon-Meyer: 519.868.9720

On Thursday, **March 5th**, the Euchre group will meet at Colleen Leitch's home. Please let her know if you will be there: 416-720-5351 or call Yvonne at 519-868-9720



SPECIAL NOTICE: MARATHON BRIDGE GROUP

Marion Gamble: 519.472.7926

Note: This is a club-affiliated group.

Would you and your partner like to play in a marathon group? Our group consists mostly of Among Friends members. You would play once a month between September and May. You and your partner would host another team likely four times a year. If you are interested in this activity, please contact Marion, 519-472-7926 or vmgamble@me.com.

🍁 Celebrate Autumn on Manitoulin Island 🍁

📅 **September 24–26, 2026**

Dreaming of a refreshing fall escape? Come along on a guided group tour to **beautiful Manitoulin Island**, where breathtaking views, vibrant Indigenous culture, and cozy waterfront accommodations set the stage for a truly unforgettable autumn getaway 🍂 ✨

📋 Trip Details

- 📅 **Dates:** September 24–26, 2026
- 💰 **Cost:** \$1,325 per person double occupancy or \$1,575 per person single occupancy (taxes included)

✅ What's Included

- 🚌 Deluxe motorcoach transportation and ferry to/ from/ and on Manitoulin plus ferry transit to the island.
- 🏨 **Two nights' accommodation** at *The Manitoulin Hotel & Conference Centre*
- 🍽️ **Meals:** 2 breakfasts, 2 lunches, and 2 dinners
- 👁️ Guided sightseeing and cultural experiences

🌟 Itinerary Highlights

Day 1 – Heading North 🚗

Depart London and travel north to Manitoulin Island. Check into *The Manitoulin Hotel & Conference Centre*, featuring scenic walking trails, easy access to downtown Little Current, and views of the historic **Manitoulin Swing Bridge** 🌊 🏰

🍽️ **Lunch and dinner included.**

Day 2 – Culture, Art & Natural Beauty 🎨 🌿

Enjoy a meaningful cultural experience as a local guide shares the story of **Wiikwemkoong Unceded Territory**. Meet renowned Woodland-style artist **James Simon Mishibinijima**, whose work reflects First Nations artistic traditions from the Great Lakes region.

The afternoon includes stunning photo stops such as a **lighthouse** and **Bridal Veil Falls** 🏰 💧. The evening is yours to relax, explore, or take in the surroundings, with dinner on your own.

🍽️ **Breakfast and 🍴 lunch included.**

Day 3 – Ferry Journey Home 🚢

Travel home along **Nautical Highway 6** and experience the iconic **Chi-Cheeman Ferry**—one of Ontario's most scenic routes 🌊 🚢

🍽️ **Breakfast and 🍴 dinner included.**

(Lunch available for purchase onboard the ferry.)

📌 Reserve Your Seat! **Interested in joining us?**

- ✉️ **Email:** amongfriendslondon@gmail.com; 📞 **Call:** 226-884-9950

At the time of publication, **20 seats are available**, with **12 seats reserved for Among Friends until March 1** ⌚

*This tour is offered by **Fields Trips** (TICO #50021958).*

📄 A detailed flyer is available by contacting **Kelly Fields** at kfields@fieldstrips.ca or calling **519-894-8687**.

Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th of the month prior!

HAPPY BIRTHDAY



| | |
|-------------------------------|----|
| <i>Hilda Smeltzer</i> | 3 |
| <i>Suzanne Pennell</i> | 9 |
| <i>Lenora Taylor</i> | 15 |
| <i>Sheryl Russell</i> | 16 |
| <i>Janet Horvath</i> | 16 |
| <i>Marlene King</i> | 19 |
| <i>Pat Rivard</i> | 21 |
| <i>Sharon Deebrah</i> | 21 |
| <i>Cathy Vandenburg</i> | 21 |
| <i>Sylvia Lacon</i> | 22 |
| <i>Pat Hicks</i> | 24 |
| <i>Cathy Mahy</i> | 26 |
| <i>Donna Jean Innes</i> | 26 |
| <i>Connie Jasinskas</i> | 27 |
| <i>Mary Ballantine</i> | 27 |
| <i>Isabel Pandur</i> | 30 |

National Newcomers Summit

The National Newcomers Association is pleased to announce the **first annual National Newcomers Summit**. This inaugural event will be held at Honsberger Winery in the Niagara region **on Sunday, May 31**, from 11:30 am to 4 pm. Registration is \$70 pp and includes a three-course meal. Register by April 30. Carpooling will be arranged. Contact Suzanne for more information and to register: nnac.executive@gmail.com.



NATIONAL NEWCOMERS CANADA

March 2026

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------------|--|---|--|---|--|---|
| 1 | 2 Walk & Talk | 3 | 4 Walk & Talk Pickle Ball | 5 • Mah Jong • Dominoes • Weekday Euchre | 6 Walk & Talk On the Town | 7 |
| 8 Spring Forward | 9 Walk & Talk | 10 | 11 • Walk & Talk • Breakfast Club • Pickle Ball • Afternoon Book Club | 12 Lunch & Social @ Pickle Barrel | 13 Walk & Talk | 14 |
| 15 Theatre | 16 Walk & Talk Board Meeting | 17 Morning book club St Patrick's Day | 18 • Walk & Talk • Pickle Ball • Potluck Lunch | 19 Mah Jong Day Tripping | 20 Walk & Talk Morning Coffee First day of Spring | 21 Out and About |
| 22 Sunday Euchre | 23 Walk & Talk Early Birds | 24 Tech Tips | 25 Walk & Talk Pickle Ball | 26 Fun Lunch | 27 Walk & Talk | 28 Newish Member Get Together Wine Social |
| 29 | 30 Walk & Talk | 31 | NATIONAL NEWCOMERS' ASSOCIATION: http://nnac.ca/ AMONG FRIENDS LONDON ~ LNAC website: https://www.amongfriendslondon.ca | | | |