



# Among Friends London - LNAC

London Newcomers' Alumnae Club

June 2026

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www.amongfriendslondon.ca  
amongfriendslondon@gmail.com  
226.884.9950

Please join us for our June Dinner, AGM & Social  
Thursday, June 11, 2026

## West Haven Golf and Country Club

7038 Egremont Drive, London, N6H 5L2

**Arrival: 5 pm. for Mix and Mingle**

**Dinner: 6 pm. | AGM: 7 pm.**

**Menu Options (please let your caller know your menu choice):**

**Atlantic Salmon** topped with lemon parsley and beurre blanc, served with mini roasted potatoes & seasonal vegetables\*; or  
**Stuffed Chicken** Breast stuffed with roasted red pepper and herb cream cheese, roasted potatoes & seasonal vegetables\*; or  
**Vegan Strudel** Grilled veg strudel w/ roasted red pepper coulis  
**All meals include** Rolls & Butter; Spinach Salad with mandarin oranges, bacon, almonds & buttermilk dressing\*; Traditional Crème Brûlée\* for dessert; Coffee and Tea.

**\*Gluten Free.**

**Cost: \$45 for members and \$50 for guests**

**Please do not arrive before 5:00 pm**

### MAKING OR CANCELLING YOUR RESERVATION

Members will be contacted by their caller by Monday, June 1. If you have not been contacted, or wish to make or cancel your reservation, please call Helen at 519-659-8133. The deadline to make or cancel a reservation is 9 pm on Wednesday, June 3. Hereafter, a reservation is considered paid. Anyone cancelling a reservation after June 3, must contact Helen as soon as possible and forward a cheque payable to LNAC to her address: LNAC, c/o Helen Mason, 104-1200 Commissioners Rd. W., London, N6K 0J7. **Paying prior to the event is appreciated and can be done via e-transfer** to: amongfriendslondon@gmail.com. The system will ask a security question (anything you want), but the answer must be **LNAC2022**.

You can mail your cheque, payable to LNAC, to the above address; it must arrive before June 11th. The day of the event: pay via cheque payable to LNAC, or if paying in cash, please bring the exact amount.

**Helen Mason Reservation Chair & Treasurer 519 659-8133**

 **SAVE THE DATE!!**

**September 17 –  Dinner & Speaker at West Haven G&CC**

Please note that this is the 3<sup>rd</sup> Thursday instead of the 2<sup>nd</sup> Thursday!

**AMONG FRIENDS LONDON ~ LNAC BOARD MESSAGE**

Our very busy year is wrapping up shortly! We're looking forward to seeing you at our AGM dinner at West Haven GCC on June 11. The evening will focus on the AGM and will include an update on our bylaws. Please review the details below, and the attached document, for details on the proposed bylaw updates. In this newsletter, you'll also find the 2024–25 Financial Review on page 3 and the Minutes from the 2025 AGM on page 7. If you have any questions, please don't hesitate to reach out.

We are still seeking four volunteers to serve on the Board as President, Secretary, Program Coordinator and Member at Large. Please contact us if you'd like more information. Many hands make light work—and your involvement helps ensure the club remains strong, vibrant, and full of exciting events for the year ahead. 🌟 We hope to see you at the AGM on June 11! 😊

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

**Board Slate Nominations for 2026-27**

Your Among Friends London ~ London Newcomers Alumnae Club Directors face election every year at the June AGM. The slate for the 2026-27 year is as follows:

Colleen Leitch (Treasurer)  
Christine Dafoe (Menus & Venues)  
Penney McCain (Convenors Coordinator)  
Linda Cottell (Membership)  
Suzanne Brett Welsh (Newsletter)  
Yvonne Bissoon-Meyer (Prizes)  
Helen Mason (Reservations)

**4 slate positions are still VACANT**

Past Presidents: Suzanne Brett Welsh & Margaret Townsend

**After the election, board positions are appointed.** The remaining positions not spoken for are PRESIDENT, SECRETARY, PROGRAMS COORDINATOR and MEMBER AT LARGE.

Nominations are welcome prior to or at the AGM. Please contact [amongfriendslondon@gmail.com](mailto:amongfriendslondon@gmail.com) or speak with any board member to find out more. Sharing, shadowing or assistants are welcome for any position.

**MEMBERSHIP**

Linda Cottell: 519.641.6039

** Bylaw Revision Summary**

The Board has completed its annual review of the LNAC By-Laws. Below is a summary of the main updates. These changes aim to clarify governance processes, simplify operations, and ensure our bylaws reflect current club practices. Please see the attached track change document and summary sheet for details.

**Key Changes**

- **Proxy voting has been removed** from both quorum calculations and the bylaws.
- **Quorum for meetings (including the AGM)** now requires 25% of eligible voting members who are present (in-person or online).
- **The Nominating Committee's slate for the next Board** will now include a **minimum of 6 candidates** (previously 8).
- **The Newsletter will now run July/August through June**, adding an additional monthly issue.

**Other Improvements**

- Wording and formatting have been updated throughout to improve clarity.
- The roles of Directors and procedures for meetings and activity groups have been clarified with no major operational changes.

If you have questions, please contact the board before the June meeting: [amongfriendslondon@gmail.com](mailto:amongfriendslondon@gmail.com).

It's time to renew your membership for 2026-2027. Each person is required to fill out a renewal registration form (even if your info is the same, we need your name, the boxes checked, and your signature, please). The fee for the upcoming year is \$40 for the emailed newsletter and \$70 for the hard copy newsletter. Your fees can be paid at the June meeting with cash or cheque (post-dated July 1), or e-transferred after July 1. Please see the attached renewal form in the email or included with the mailed newsletters for additional information and payment instructions.

**Note: Dinner fees and membership fees must be paid separately (separate cheques or separate e-transfers).**

**Please welcome the following new members:**

- **Sheila Garner**; 703-1255 Commissioners Rd. W., London N6K 3N5, 705-220-6601 [sheilagarn@rogers.com](mailto:sheilagarn@rogers.com)
- **Peg Millson**, 33-800 Commissioners Rd. W., London N6K 1C2, 519-319-7623 [rpmillson@gmail.com](mailto:rpmillson@gmail.com)
- **Cindy Russell**, 2624-3030 Singleton Ave, London N6L 0B6, 519-204-3170, [cindyrussell@rogers.com](mailto:cindyrussell@rogers.com)
- **Gloria Wilson**, 5010-1961 Shore Rd., London N6K 0K5, 519-850-4304, [gwilson1938@icloud.com](mailto:gwilson1938@icloud.com)

Please send Newsletter updates to [amongfriendsnewsletter@gmail.com](mailto:amongfriendsnewsletter@gmail.com) by the 9<sup>th</sup> of the month prior!

**London Newcomers' Alumnae Club  
April 2026 Financial Statement**

**TREASURER'S REPORT**

Helen Mason and Colleen Leitch

<b>Opening Balance</b>	\$ 11,415.71
<b>Income:</b>	
Lunch / Dinner	\$ 2,490.00
Charity Draw	\$ 175.00
Memberships	\$ 200.00
Name Tags	\$ 100.00
<b>Total Income</b>	<u>\$ 2,965.00</u>
<b>Balance</b>	<u>\$ 14,380.71</u>
<b>Expenses:</b>	
Lunch / Dinners	\$ 4,387.92
Charity Draw	\$ 175.00
Program	\$ 350.00
Room Rental	\$ 279.90
<b>Total Expense</b>	<u>\$ 5,192.82</u>
<b>Balance</b>	\$ 9,187.89
<b>Reserve for Insurance Deductible</b>	<u>\$ 1,000.00</u>
<b>Available Bank Balance</b>	\$ 8,187.89
<b>Closing Bank Balance</b>	<u>\$ 9,187.89</u>

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

Treasurer Assistant: Helen Mason  
 Menus & Venues Assistant:  
 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

E: [amongfriendslondon@gmail.com](mailto:amongfriendslondon@gmail.com) or T: 226.884.9950

**London Newcomers Alumnae Club  
For Fiscal 2024-25**

Reviewed Financial Statement

<b>Opening Balance as of: Jul 1, 2024</b>	\$ 5,936.80
includes \$490 prepaid memberships (5 new & 4 renewals)	
<b>Income</b>	
Lunch / Dinners	\$ 14,104.75
Draw	\$ 363.75
Memberships	\$ 7,455.00
Name tags	\$ 570.00
Misc	\$ 90.00
<b>Total Income</b>	<u>\$ 22,583.50</u>
<b>Expenses</b>	
Lunch / Dinners	\$ 14,195.12
Draw	\$ 363.75
Refund of Memberships	\$ -
Newsletter	\$ 474.20
Roster	\$ 913.81
Past President's Meeting	\$ 65.22
Decorations & Prizes	\$ 516.99
Program	\$ 631.79
Name Tags	\$ 862.01
Insurance	\$ 787.32
Office Expenses	\$ 1,138.93
Volunteer Appreciation	\$ 989.46
Publicity and Marketing	\$ 1,134.21
National Newcomers Membership	\$ 85.00
Donations	\$ -
Room Rental	\$ 250.00
<b>Total Expenses</b>	<u>\$ 22,407.81</u>

Suzanne Brett Welsh, Treasurer

<b>Closing Balance CIBC</b>	\$ 6,112.49
Reserve for Insurance Deductible	\$ 1,000.00
<b>Available Cash Balance</b>	<u>\$ 5,112.49</u>
<b>Closing Bal. GL as of: Jun 30, 2025</b>	<u>\$ 6,112.49</u>

The General Ledger, Cash Flow Statements and Bank  
Reconciliations are in good standing.

*Audited July 25, 2025  
Beverly Shephard*

Please send Newsletter updates to [amongfriendsnewsletter@gmail.com](mailto:amongfriendsnewsletter@gmail.com) by the 9<sup>th</sup> of the month prior!

## **ACTIVITIES:**

### **BOOK CLUB, AFTERNOON**

Deb Owens: 519.474.2112

We will have our last Afternoon Book Club meeting of this year at the Seasons Restaurant, 1140 Southdale Road [the corner of Boler and Southdale Roads]. It is a relatively small parking lot, so you may want to carpool, if possible. We will be meeting at 1:00 pm (NOTE TIME CHANGE) on Wednesday, **June 10**, so we can enjoy lunch prior to discussing "Learned by Heart" by Emma Donohue. Pat Rivard will be our Discussion Leader. Please call Deb at 226.448.2722 or email her at [dowens@live.ca](mailto:dowens@live.ca) if you plan to attend. We hope to see you there!



### **BOOK CLUB, MORNING**

Sheryl Russell: 519.471.4346

Morning Book Club will meet on Tuesday, **June 16**, at the home of Dianne Isaac, 42 Trellis Cres. at 10 a.m. We will be discussing the book Lilac Girls by Martha Hall Kelly. If you would like to join us, please phone Dianne at 519-645-9071.



### **BREAKFAST CLUB**

Linda Stroud: 519.933.8262

Breakfast Club will meet on Wednesday, **June 10**, at 9 am. This month, we will meet at Morning Bites at Wonderland and Fanshawe. Please call Sheila Smirle at 519-473-0732 to make a reservation.



### **COFFEE, MORNING**

Judy St. Clair: 519.473.8568

Morning coffee will be held at the home of Darlene Bertrand, 6-800 Commissioners Road West, on **June 19th** at 10:00 am. Please call Darlene at 519 473 4981 if you plan to attend.



### **COFFEE, AFTERNOON**

Gwen Spencer: 519.657.6576

Afternoon Coffee will be on summer break from June through August. Have a good summer. I look forward to seeing you in September.



### **DAY TRIPPING**

Pauline Demir: 519.641.8994

Come out and join us on Thursday, **June 18**, when we'll have a day out in Bayfield, to



enjoy some of the lovely summer weather, and browse the many small stores there. Lunch will be at The Black Dog Village Pub & Bistro. PLEASE NOTE: Please contact Pauline BY EMAIL, [ps.demir@outlook.com](mailto:ps.demir@outlook.com), to book your spot. Space is limited.

### **DOMINOES**

Sue Strasser: 519.471.1666

The next meeting of the Dominoes group will be held on Thursday, **June 4**, at 1 p.m. at the home of Darlene Bertrand, 6-800 Commissioners Road West. If you would like to be a spare for this group, please contact Sue Strasser at 519-471-1666 or [strasser@rogers.com](mailto:strasser@rogers.com)



### **EARLY BIRDS**

Pauline Demir: 519.641.8994

On Wednesday, **June 24th** we will meet for a field trip and presentation "ALL ABOUT OSPREYS". Learn all about their annual migrations, where they nest and feed, brood size, and their slowly growing numbers within the city of London. We'll meet at 10 am at the soccer field at the SW corner of Windermere and Adelaide, where Sandy and Ric Symmes, the coordinators of Nature London's Osprey Monitoring Program, will be giving a presentation about these migratory birds of prey and showing us some of their nesting sites with young birds in them. You can look at the summary for last year's nest site monitoring, as well as report sightings by clicking the links below: <https://www.naturelondon.com/wp-content/uploads/2025/12/Osprey-final-2025.pdf>. <https://www.naturelondon.com/osprey-monitoring-input-form/>. After the workshop, we can call in to The Waltzing Weasel for lunch. PLEASE NOTE: IF YOU ARE INTERESTED IN JOINING US FOR THIS EVENT, PLEASE EMAIL PAULINE AT [ps.demir@outlook.com](mailto:ps.demir@outlook.com)



### **FRIDAY AFTERNOON WALKERS**

Penny Duchesne: 519.473.9037

On Friday, **June 12th**, we will walk through Wortley Village, enjoying the flowers and unique homes along the way. We will meet and park in Thames Park, on Rideau and Horton. Enter the park from Rideau St. near the Bridge. We meet at 1:30, and after our walk, we will go for coffee at Black Walnut. If you would like to



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walk with us call Penny Duchesne at 519-473-9037 or email at [jandpduchesne@gmail.com](mailto:jandpduchesne@gmail.com)

### FUN LUNCH

Maureen Legue: 226.700.8765

The June Fun Lunch will be hosted by Gail Wall (226-448-9989; 12-65 Fiddlers Green) on **June 25**, starting at 12:30 pm. Please bring a sandwich cut into 4 and a piece of fruit or some veggies to share. Call: Gail at 226-448-9989 to join the fun.



### GARDENING

Connie Jasinkas: 519.748.3123

Our group had an excellent tour of Westland Greenhouses in Grand Bend on April 28th. Our hostess, Anita, was very welcoming and informative! This greenhouse is the only one in Canada growing beautiful Anthurium plants for wholesale distribution. Westland has an excellent garden centre as well; many of us took advantage of the shopping opportunity! Yummy lunch at the Topsy Penguin in Grand Bend followed. We met via Zoom on April 30th to discuss tips for avoiding aches and pains while gardening. Plans for spring include visiting plant sales hosted by horticultural societies in the region; attending local garden tours; and inviting group members to exchange plants they may have available during their spring garden clean-up. We're deciding on more excursions as the weather warms. Contact Connie if you're interested in joining our group or being on our mailing list for excursions. You don't have to have a garden to join our group, just an interest in being around others who enjoy plants!



### GOLF

Penney McCain: 519.870.3372

The 2026 golf season is underway. Welcome to the many new members of the group. We play on Mondays at the Thames Valley Hickory Course, starting at 9:02. Due to more golfers than available spots on the draw, a lottery system will be used. If your name is selected but you are unable to play, please contact those on the waiting list in order, from top to bottom, by phone or text until you get a replacement. You can sign up on the clipboard to play up to 2 weeks in advance. The clipboard will be posted on the starter shack each Monday during



hours of play. You may also sign up by emailing [newcomersgolf2025@gmail.com](mailto:newcomersgolf2025@gmail.com). Enjoy the season ahead!

### MAH JONG

Faye DeMelo: 905.872.5791

This month we will play on Thursday, June 4 and Thursday, **June 18** at 1:30 pm. We will continue to play during the summer. If you're interested in joining us, please contact [demelofaye@gmail.com](mailto: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, **June 27** at 2 pm. Please let Suzanne know if you are interested in attending! A potential member get-together will be held **June 23** at Farm Boy on Wonderland and Beaverbrook. Contact Suzanne for more details.

### ON THE TOWN

Marion Gamble: 519.472.7926

On **June 5** at 6 pm, we will dine at the Cavatappi Italian restaurant in the West Five area. Please consider joining the group for an evening of good food and friendly conversation. To make your reservation, contact Marion, [vmgamble@me.com](mailto:vmgamble@me.com). This activity group will require a new convenor for the 2026-27 year. If you are interested in taking on this position, please contact Marion or the club executive.



### OUT AND ABOUT

Suzanne Brett Welsh: 519.872.5631

**June 6:** Pincroft for lunch and shopping. Please contact Suzanne regarding carpooling!



### PICKLE BALL

Ferne Upson: 519.474.1125

There will be another pickleball session in May and June. The location is True North Courts on Wonderland with the same time slot, Wednesdays, 2:00 pm to 3:30 pm. The price is determined by the number of players signed up. Please contact me either by phone or email if you have any questions.



### POTLUCK LUNCH

Penny Duchesne: 519-473-9037

We are going to have a Potluck Lunch in my gazebo, weather permitting, of course. Just bring finger



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food appetizers that do not need to be heated up. I will supply the dessert. It will be a true potluck, so bring one of your favourites. When you arrive, just go straight out to the back where the gazebo is. As you drive in the complex, you will see a sidewalk between a line of evergreen trees which leads to the gazebo. Bring a sweater in case it is a little cool. If it rains, then we will have it inside my home. The Potluck will be Wednesday, **June 17th** at 12:30, 800 Commissioners Rd. West, unit #5. If you would like to attend, call Penny at 519-473-9037.

### 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](mailto:randomthoughtsafl@googlegroups.com). Contact Suzanne to get added to the list!

### SATURDAY WINE SOCIAL

Margaret/Maggie Youngblut:  
416.802.9679

[margaret.youngblut@sympatico.ca](mailto:margaret.youngblut@sympatico.ca)

Our June wine social will be held at the home of Caroll Reicheld on Saturday, **June 27**. Her address is: 23195 Nairn Road, Komoka, ON N0L 1R0. Time: 7:30 PM. Email address: [nucomr@bell.net](mailto:nucomr@bell.net). Telephone: 519-666-3323. Wine of the World: Italy. If you plan to attend, please email Caroll at [nucomr@bell.net](mailto:nucomr@bell.net) or telephone 519-666-3323. Please bring either an appetizer or a dessert, and a bottle of wine from Italy



### SUNDAY EUCHRE

Rosemary Brook: 519.433.3758

The Sunday euchre will be going out for lunch on **June 28**. Anyone wishing to join as either a member or a spare, please contact [rosemary.brook@rogers.com](mailto:rosemary.brook@rogers.com) or call 519-433-3758.



### TECH TIPS SHARING

Joanne Legros-Kelly: 519.686.4112;

[joanne.legroskelly@gmail.com](mailto:joanne.legroskelly@gmail.com)

No Tech Tips meeting in June. Time to enjoy the outdoors. Have a great summer, everyone! See you in September!



### THEATRE

Roni Brett: 519.645.8552

Suzanne Brett Welsh 519.872.5631

Our theatre year has wrapped up for 2025-26 (and we had a lot of fun!), but plans are in the works for 2026-27! **SAVE the DATES:** High School Theatre Project at the Grand on Sunday, September 27 (\$48), followed by Appin SMAK Theatre on November 15 (\$55 including lunch). As a special treat, we are going to join Appin Tours for a theatre outing to the Hildebrand Theatre in St. Jacobs to see *The Truce* on December 11. Always looking for new theatre options, so please send your ideas to Suzanne at [sbwelsh@robarts.ca](mailto:sbwelsh@robarts.ca).



### 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 the 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 weather is not good 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

The Weekday Euchre group will hold a wrap-up event to celebrate a fun and successful season. A potluck lunch is being organized; date and location to be announced later. For details, contact Yvonne at 519-868-9720.



**Looking for reservation callers for 2026-27.**

**Can you help?**

**Call Helen Mason for details:  
519 659-8133**



**London Newcomers 51<sup>st</sup> Annual General Meeting**  
**Mocha Shrine | Thursday, June 12, 2025**

**Attendees:** Approximately 80 of 194 LNAC Members present met the quorum requirement.

Sandy York called the meeting to order at 8:22 p.m.

The 2024/2025 Annual General Meeting Minutes were presented.

- Two corrections were noted: 1) the date was corrected from Wednesday to **Thursday** and 49<sup>th</sup> AGM was corrected to the **50<sup>th</sup>**.

Motion: Accept the 2024 AGM Minutes with 2 corrections motioned by Linda Stroud.; Seconded: Caroll Reicheld; Vote: Passed:

The 2024/2025 Financials were presented by Helen Mason.

- One correction noted: Spelling of Appreciation corrected to **Appreciation**
- The \$97.90 figure by Misc was noted to be a refund for flowers.
- Helen requested a volunteer to be a "Treasurer's Assistant" with the new function to be developed.
- Helen asked for more volunteers to be "Callers" for the 2025/2026 year.

Motion: Accept the 2024/2025 Financial Report motioned by Pat Rivard; Seconded: Cathy Mahy; Vote: Passed

Call for Nominations for the 2025/2026 Board of Directors. Proposed Board Nominees are:

President:	VACANT
Programs/Venues & Menus:	Margaret Townsend
Convenor Officer:	Penney McCain
Treasurer:	Helen Mason
Membership:	Linda Cottell
Newsletter:	Suzanne Brett Welsh
Prizes:	Yvonne Bisson-Meyer. Sandra Hughes may consider assisting in this role.
Reservations:	Helen Mason
Past President:	Sandy York
Secretary:	Lois Gilmour

- Sandy called for Nominations from the floor and to join the Board three times. No one responded.

Motion: Approve the Slate for Board members motioned by Suzanne Brett Welsh. Seconded by Sheila Smirle. Vote: Passed.

- A member asked how the Board can proceed without a President, and Suzanne confirmed that the By-Laws allow other Board Members to rotate through the President Position throughout the year.
- It was noted that the President's role is not time-consuming (setting agendas, chairing meetings), and hopefully, someone will come forward.
- The role of Prizes was not filled when the rooster was presented. Subsequently, Yvonne Bissoon-Meyer volunteered, and Sandra Hughes may assist. Maureen has offered to assist if required.

The door prizes were won by: Yvonne Bissoon-Meyer; Shirley Lave; Willie Fry; Jan Hunt; Yvonne Bissoon-Meyer's guest

The 50/50 draw was won by Linda Cottell. Her charity of choice was Well Spring.

**Adjournment:** The meeting was adjourned at 8:22 p.m.

Submitted by Lois Gilmour



## Charity Fun Draw

NEXT DRAW:

**June 11**

, 2026

Must be present

## Your Leadership Can Shape Our Future! ✨

Ladies, we need *you*! Among Friends London ~ LNAC is looking for enthusiastic members to join our Executive Board. Our club thrives on the amazing talents within our membership, and now we're inviting you to help guide our next chapter. Whether you're creative, organized, a natural communicator, or someone who enjoys bringing people together, **your strengths can make a real impact.** This is a wonderful opportunity to: 🌈 Help plan and shape our events 💡 Bring fresh ideas to our club 🌟 Strengthen our community and support each other 🌸 Foster meaningful friendships. We believe every member has something valuable to offer — and we'd be thrilled to have you on board. **Open Board Positions include President, Secretary, Programs Coordinator\* and Member at Large.** \*The programs coordinator helps to plan 3-4 speakers or entertainment per year, plus some Zoom speakers. If you're ready to get involved, grow with us, and help lead our vibrant club forward, **we'd love to hear from you!** Email [amongfriendslondon@gmail.com](mailto:amongfriendslondon@gmail.com) or call Sandy at 519-474-0833.

Please send Newsletter updates to [amongfriendsnewsletter@gmail.com](mailto:amongfriendsnewsletter@gmail.com) by the 9<sup>th</sup> of the month prior!

# June 2026



Mary Lucas .....	2
Audrey Van Holst .....	3
Barb Kew .....	6
Diane Terpstra .....	7
Jeannine Crowther .....	11
Yvonne Bissoon-Meyer .....	16
Anita Pouliot .....	17
Nancy Ekdahl .....	18
Ila Bock .....	20
Sandy York .....	22
Colleen Leitch .....	23
Sheila Smirle .....	23
Judy MacEwen .....	25
Faye DeMelo .....	26
Mary Ann Wood .....	26
Dena Mayhew-Dahl .....	28
Maureen Legue .....	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walk & Talk Golf	2	3 Walk & Talk	4 Mah Jong Dominoes	5 Walk & Talk On the Town	6 Theatre Out & About
7	8 Walk & Talk Golf	9	10 • Walk & Talk • Breakfast Club • Pickle Ball • Afternoon Book Club	11 <b>Club AGM &amp; Dinner</b>	12 Walk & Talk Friday Afternoon Walkers	13
14	15 Walk & Talk Golf <b>Board Meeting</b>	16	17 Walk & Talk Pickle Ball Potluck Lunch	18 Mah Jong Day Tripping	19 Walk & Talk Morning Coffee	20
21 <b>First Day of Summer</b> <b>Father's Day</b>	22 Walk & Talk Golf	23 Morning Book Club Potential Member Meeting	24 Walk & Talk Pickle Ball Early Birds	25 Fun Lunch	26 Walk & Talk	27 Newish Member Get Together Wine Social
28 Sunday Euchre	29 Walk & Talk Golf	30	NATIONAL NEWCOMERS' ASSOCIATION: <a href="http://nnac.ca/">http://nnac.ca/</a> AMONG FRIENDS LONDON ~ LNAC website: <a href="https://www.amongfriendslondon.ca">https://www.amongfriendslondon.ca</a>			

The summer solstice marks the longest day of the year, when the Sun reaches its highest point in the sky. Ancient cultures noticed this thousands of years ago and built monuments to mark it, such as Stonehenge in England and temples in Egypt. In Mesoamerica, it shaped calendars and rituals. Greeks and Romans linked it to solar gods, while later European traditions added midsummer fires and festivals, blending science, spirituality, and seasonal celebration. Many of these customs are apart of world culture today. 🌻