



SSBC Logo

## Sunday Scene Breakfast Club

### Summer 2006 Newsletter

#### Welcome aboard!

What a summer this is proving to be! Apart from glorious weather we've all been having a great time sloping off to Babacombe for a fantastic weekend, visiting the theatre, enjoying a Wimbledon tea party, out and about trying new venues for Tuesday afternoon tea (especially Pam's), trips to the woods, visits to a particularly impressive airing cupboard, a wonderfully relaxing evening cruise on Chichester Canal, our regular Sunday morning breakfast gatherings and still to look forward to - the RNLI day in Selsey followed by tea at Jean's. And that's just the organised events because there have been many impromptu ones arranged between members as well and that's exactly what SSBC is all about.



All aboard the Richmond

#### **Weekday Scene (WS)**

As a result of the tremendous success of Sunday Scene, a new group has evolved ~ Weekday Scene. The intention is for the two groups, while run separately, to complement each other, and joint group meeting will be held regularly, enabling those from SSBC to join WS when they feel the time is right.

Weekday Scene is suited for those of us ready to rejoin the social scene and will include weekly meetings and outings e.g. coffee mornings, cream teas, cinema, pub meals, theatre, day trips and holidays.

Joining & Subscription fees will be the same as Sunday Scene with a concession for those transferring from the current SSBC group.

Enquiries to Ruth on 07967 692 282

#### ***A personal message from Ruth Hare***

I never imagined that first Sunday last November when I went to Manor Nurseries that Sunday Scene would be as successful or that Weekday Scene would evolve.

However, we are looking forward to forming the new group and having some fun times together, also to meeting up with S/S regularly.

Our thanks go to Jacquie for her achievements, without whom none of this would have been possible ~ so take good care of her, and see you soon. We might even pop in and join you an occasional Sunday morning!

#### ***A personal message from Jacquie***

Seeking a way forward that would enable me to offer the benefits of SSBC to more people whilst keeping the original group together, I was delighted when Ruth, who has already demonstrated her amazing talent for organising fun events, agreed to form Weekday Scene. My good wishes go with you all – and don't forget to let me know when I need to buy a big hat!

#### ***Sunday Scene Breakfast Club Recruitment***

Anyone interested in joining the new SSBC group commencing 1 August, will be invited to an introductory meeting at Swanfield Community Centre at 7.00pm Monday 31 July.

For further details contact Jacquie on 01243 542528 or e-mail [jacquieclarke@btinternet.com](mailto:jacquieclarke@btinternet.com)

#### ***SSBC Photograph Album***

I'm busy putting together a photographic record of the many happy occasions we've shared over the last nine months. If you have any spares or originals that I can copy I'd be delighted to receive them. It would also be great if you attached a few words associated with the photos—the occasion, any special associated memories, people in the photos etc. Nothing could be a better advertisement for SSBC than the many smiling faces captured on camera.

*Sitting quietly, doing nothing,  
Spring comes, and the grass  
grows by itself.*

Zenrin Poem

### ***Beauty Tips attributed to Audrey Hepburn***

For attractive lips - speak words of kindness.

For lovely eyes - seek out the good in people.

For a slim figure - share your food with the hungry.

For beautiful hair - let a child run his or her fingers through it once a day.

For poise - walk with the knowledge that you never walk alone.

People, more than things, have to be restored, renewed, revived, reclaimed and redeemed -never throw them away.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover you have two hands - one for helping yourself and the other for helping someone else.

### ***A letter from Penelope Keith***

Earlier in the summer Ruth organised a very successful trip to Chichester Festival Theatre to see Entertaining Angels, a story about skeletons in the cupboard in the aftermath of the death of a country vicar. Penelope Keith played the part of the widow, taking us through a whole range of emotions, one minute bringing us close to tears and the next creating great hilarity.

We so enjoyed the performance that a letter of thanks was sent to Penelope, the playwright, production team and cast. In due course a charming reply was received from the lady herself, saying how pleased they all were that we enjoyed the show and that they wished us all well.

### ***Book Hunt***

Has anyone come across a book called Song in the Night. A Personal Account of Widowhood in Zambia, written by Norah M Mumba?

Widowed women fare a whole lot differently in some parts of the world and for that reason, I'd really like to review this book for the SSBC website. It's been on order through Amazon for six weeks and I've now been advised that it could take a further six weeks or more to be dispatched.

### ***65th Birthday Surprise***

Many thanks to all of you who were in on the surprise tea party Ruth arranged in my honour and the one I nearly missed by falling asleep earlier! With Bick's Fizz, birthday cake, candles and the most amazing bowl of plants, it was a truly happy occasion, added greatly to my special day. And I knocked off nine years simply by reversing two candles!

### ***Music to Get You Going***

Music is very often closely associated with memories and emotions so not surprisingly, many of us have discovered that favourite recordings previously shared with our late partners are now altogether too painful to listen to. Perhaps for a while at least it's a good idea to put those CD's and tapes away and start building a new library of music.

If you've discovered a piece of music new to you, that really gives you a lift and helps you get through the day it would be great to share the information with others.

Personally I've re-discovered contemporary pop. Its upbeat tempo soon sets me tapping the rhythm on the steering wheel and even turning up the volume! I'll look forward to hearing about your new favourites and plan to develop a page on the website for others to add to.

### ***News of Members***

We're all delighted to hear that our dear Eric (of airing cupboard notoriety) is now out of hospital and recuperating with his family after a sudden and somewhat dramatic illness. We look forward to his return to us.

### ***Voluntary Work Opportunities***

The WRVS is always looking for volunteers to help with the coffee bars at St. Richard's Hospital. Shifts of two & a half hours to suit between 9.30am & 4.30 Mon to Friday working in teams of 2/3 people. Presenting a friendly face to hospital visitors is as important as other duties. Contact Carol Milford 02392 412321

Finally, I'd like to take this opportunity of thanking all of you who've helped make SSBC what it's become today. Those who are transferring to Weekday Scene do so with my blessing and in the knowledge that you've all come so far since we first came together in November last year. You are the movers and shakers amongst the widowed fraternity so just go on out there and show the rest of the world how to do it. George and Dee will be staying with SSBC for the time being and their presence will be invaluable in helping new members settle in.

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