November 2020 Article Special Olympics Sunshine Coast Mike Oswald

Hello again sports fans! I hope you had a fun All Hallows Eve!

From the SOBC Newsletter came this notice. “November 2020 marks 40 years of Special Olympics in B.C.…a time to celebrate SOBC's incredible people and the power of this life-changing movement in our province! Join us on November 24 for a virtual dance party and birthday festivities. Stay tuned to [SOBC's website and social media](https://specialolympicsbc.cmail20.com/t/r-l-juvire-uypdduko-dk/) for details!”

The newsletter also reminds athletes to stay fit and healthy at home in many different ways. There are online instructional videos available on their website including an “SOBC Yoga Club, giving athletes an opportunity to continue working on their flexibility, strength, and mental health.”

Also, there is a reminder from head office about Flu Vaccinations.

"Everyone in B.C. has a role to play in our COVID-19 response," says Provincial Health Officer Dr. Bonnie Henry. "Through simple steps, like washing our hands regularly and getting our **influenza vaccine**, we can all make a difference. Do your part today and help to protect our communities this fall and winter."

Dr. Henry recommends that everyone make it a part of their fall activities to get the flu vaccine before the end of November. To find a clinic and book your appointment, visit [**www.immunizebc.ca**](https://specialolympicsbc.cmail20.com/t/r-l-juvire-uypdduko-kr/).

By the time you read this, swimming will have begun finally! The small contingency of athletes was slated for an earlier start, but was unexpectedly delayed. However, by the beginning of November the Orcas will be back in their lane!

Many thanks to the kind and understanding staff of the Sechelt Aquatics Centre for working with Special Olympics and making sure that there will be a safe return for this pilot program.

Head Coach Cathy Verge is encouraging her athletes to stay fit and to keep an unofficial record of activities.

Not to be outshone, the cool, calm sport of bocce continues!

Both sports are of course, following COVID-19 protocols.

Amber Fenton, an avid bocce athlete, spoke of what bocce is doing to stay safe…

“We play outside, and all players have their own ball, which is sanitized before and after play and everyone is social distancing.”

“It’s fun and we all got in the swing of things fast”

In closing, it should be mentioned that even through the challenges of SOBC Sunshine Coast making their comeback, there remained angels in the background, who continued to offer support and have been generous with their donations of time, energy and financial assistance.

You know who you are. You are dear to us, and we say, “Thank you”.

Meantime, Stay Active, Be Kind, Be Safe!