

Seashell Echo

JUNE 2013

DON'T FORGET!



The Senior Activity Centre will be on Summer hours starting on June 24th. Hours for the front office will be from 10:00 am to 2:00 pm. The kitchen will not be operating from June 24th until reopening on September 9th to provide us with the wonderful meals that we are so appreciative of. Some activities will continue throughout the summer, however most will close. The Centre will be back to regular programs and hours on September 9th.

IT'S "DANCE TIME!"

Dance To The Music Of Jim Taylor

WHEN: Saturday, June 29, 2013

WHERE: Sechelt Activity Center
5604 Trail Avenue

Doors Open: 7:00 pm

TIME: 7:30 pm to 10:30 pm

TICKETS: \$10.00 for Members
\$15.00 for Non-members

Tickets can be purchased at the Activity Centre 9:00 am to 3:00 pm
Monday to Friday or at the door the night of the dance.

Centre Information

Executive

President	Barbara Lightfoot
Past President	Doug Smith
Vice President	Doug Whitworth
Treasurer	Brigitte Horn
Secretary	Sharon Wood
Maintenance	Ron Atkinson

Board Of Directors 2013 - 2014

Tess Apedaile	Dorothy Fraser
Phil Green	Maureen Heaven
Charles Ranchie	Joanne Rykers

All directors may be reached by e-mail at ssacsecretary@eastlink.ca. Please indicate to which Director you would like the mail sent.

Janitor	Jim Coffin
Cook	Emily McPherson
Rental Co-Ordinator	Kassie Ranchie

BUS TRIPS

- Tue. June 9 – Gas Town—China Town Tour
 Leave at 9:10
 Return 3:50 ferry
- Wed. June 12 - River Rock Casino
 Leave at 7:10 am
 Return 3:50 Ferry
- Wed. June 19 - Stanley Park / Granville Island
 Leave 9:10 am
 Return 3:50 pm ferry
- Tue. June 25 - Hastings Casino
 Leave 7:10 am
 Return 3:50 pm ferry



Miscellaneous Phone Numbers

St. Mary's Hospital 604-885-2224
 Sunshine Coast Community Services 604-885-5881
 Senior's One-stop Information Line 604-741-0726
 Sunshine Coast Transit 604-885-3234 (Transit buses and Handi-Dart)

Sechelt Activity Centre

Office Hours - 9:00 am to 3:00 pm

5604 Trail Avenue,

Sechelt, BC V0N 3A0

604-885-3513: - Reception / Information Desk

604-885-8910: - Office

Website www.secheltseniors.com

E-Mail ssac@dccnet.com

The Seashell Echo is published by LeRoy Pattison and can be found on the Sechelt Activity Center website www.secheltseniors.com

This issue of the Seashell Echo has been compiled using Microsoft Office Word 2010 and Microsoft Office Publisher 2010.



PLEASE RECYCLE!

The Sechelt Seniors Activity Centre now has a recycling program in place. If you have something recyclable, please put it in the proper receptacle. If you don't see the receptacle, ask someone on the front desk or in the office. Materials for recycling include plastics, glass, metal, paper and cardboard.

Presidents Message

June 2013

Greetings,

This year is flying by and we are almost at our summer break. Our last day of full operation will be Friday, 21st June. After this date the kitchen will be closed for lunches until 9th September. However, many activities will continue during the summer (for a list of these please check at the front desk) and the office will be open from 10:00 am to 2:00 pm Mondays to Fridays.

On Monday, 24th June ALL Volunteers are invited to the Annual Volunteer lunch. The sign up sheet is at the front desk. Emily would appreciate knowing the number she is catering for by Friday, 14th June so please get your name down ASAP! Volunteers are the lifelines of the Sechelt Seniors' Activity Centre and this is one small way the Centre can say "Thank You" for the many hours that are so generously given. The menu will be available by June 10th and there will be door prizes!

There has been some confusion regarding the bus fares and minimum number of passengers per trip. For your information, at the May Board meeting it was decided that the bus fare for most bus trips would increase to \$25.00 per trip, with a Gold Card, starting in June. A request by the bus committee to have a minimum of 15 passengers was not ratified by the board. The minimum number of passengers per trip remains at 12. Should you have any further questions regarding this please contact Rene Betts, the Bus Committee Chair.

Major work is planned to renovate the kitchen cupboards over the summer. The kitchen will be out of commission during this refit.

Emily will be making up frozen meals ahead of our summer break for our members and also for the 'Meals on Wheels' program - \$12.00 for the Entrée and \$4.00 for Soup. These portions are sufficient for two or more meals and will be available from the 17th to the 21st June. Payment is required at the time of purchase and will be offered on a first come/ first served basis. Menu items can be found on page 7.

We are still looking for gardening (weeding) help. Half an hour every now and again should keep the area around the building looking as good as it did at the beginning of May. Any time you can spare for this is much appreciated.

It is my express hope that everyone gets to relax with some quality time over the summer months doing something that they really want to do. Be it veg'ing out with a trashy novel, climbing a mountain, spending time with the grandchildren, writing a book or whatever. Gardening, camping and reading on the deck is what I am aiming for. Summer arriving a little earlier than it did last year would be nice, too.

Have a great summer, everyone. See you back in September.

Best regards,

Barbara

Grocery Receipts

The Sechelt Activity Centre can use your grocery receipt tapes. Clayton's Grocery as well as Wilson Creek IGA Marketplace will give the Centre a credit that can be used to help offset some of the cost of providing the delicious lunches to the members every day. Tapes can be dropped off at the entrance of the Centre in a box .

Did You Know?

As a retired or ex-nurse, you can still put your skills to use. We have an opening for someone with your skills to help with blood pressure checks on the third Thursday or Friday of the month. Who knows, you may even help save someone's life! Please contact one of the directors at 604 885 8910 if you are interested



VOLUNTEER OPPORTUNITY!

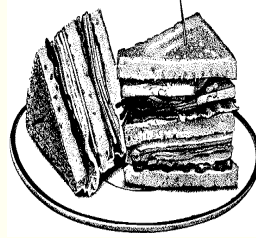
Do you like to meet people? Are you proud of the Sunshine

Coast? Do you have a few hours each week to spare? Perhaps you'd like to be a Travel Ambassador. A Travel Ambassador, with a smile on the face, meets the traveling public on BC Ferries and answers questions from the visitors to our area. After a short orientation period, you'll be assigned a shift, usually 2 round trips, between Langdale and Horseshoe Bay. If this sounds like something you'd be interested in doing, or for more information, contact Dorothy Fraser at 604 885-7637



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JUNE LUNCH MENU

11:30 am to 1:00 pm

Everything Is Made From Scratch!

Mon. June 3	Dahl Lentil Rice Bowl
Tue. June 4	Chicken Pot Pie
Wed. June 5	Roast Beef
Thur. June 6	Philippino Chicken Adobo
Fri. June 7	Fish & Chips
Mon. June 10	Fisherman's Pie
Tues. June 11	Sweet & Sour Meatballs
Wed. June 12	Chicken Cordon Bleu
Thur. June 13	BBQ Ribs
Fri. June 14	Fish & Chips
Mon. June 17	Chicken Quesadillas
Tue. June 18	Meatloaf with Macaroni & Cheese
Wed. June 19	Roast Pork
Thur. June 20	Baked Salmon
Fri. June 21	Fish & Chips

The kitchen will be closed until September.

We also serve soup, sandwiches and salads every day. Desserts will vary. Everything is home made including the bread that is baked every morning for sandwiches as well as the Succulent Soups, Delectable Desserts and Exquisite Entrees. For a reasonable price, we can provide container(s) if you're planning to take food home.

A WARM THANK YOU!

The Centre would like to thank **Maggie Sinclair** for her donation of the beautifully done lunch table center pieces. Your generosity has brought about a bright, cheery and a welcomed change.



Sunshine Coast
CREDIT UNION

~ 604-885-3255 ~



Fantastic Vacations Intimate group sizes with more inclusions

 Ring of Fire Mt. Rainier, Hood, St Helen's August 19 - 23	 Glacier Nat. Park & Waterton Lakes August 18 - 25	 Desert Canyons Grand, Bryce, Zion, Arches September 5 - 15
 New York, New York Experience the "Big Apple" Sept. 26 - Oct. 1	 New England Boston, Cape Cod ... October 8 - 16	 Rhythms of the South N. Orleans, Memphis October 20 - 29

If you want to be on our mailing list to receive our bi-annual tour brochure, call us toll free.

mandatetours.com
For more information or to register, call:
1.877.277.5577

#260 1959 152nd Street, South Surrey, BC V4A 9E3

Summer is almost here and the group travel business doesn't get any hotter than this. In keeping with a new trend we are offering a more intimate group size, more inclusions and a more leisurely paced tour. So if you are looking for something new this summer, consider our **Haida Gwaii** tour which departs August 10 or our new **Ring of Fire** tour which features Mt. Rainier, Mt. St. Helens, Mt. Hood and the Oregon Coast, departing August 19. Planning for fall, we have some terrific "bucket list" tours lined up: A **Desert Canyon** tour featuring Zion, Bryce, Arches and Grand Canyon Parks as well as Monument Valley, Lake Powell, Sedona and Scottsdale. We are also offering one of the most comprehensive tours of **New York** departing September 26, our hotel is near Times Square, it includes two Broadway shows and much more. Other fall tours include: **Rhythms & History** of the South featuring three nights in New Orleans, Memphis and Nashville. This tour departs October 20. Our featured tour with limited space is our new **Autumn Colours in New England**. All these tours as well as some short getaways are in our 2013 Ageless Adventure brochure or visit us on line at www.mandatetours.com. Speaking of "bucket lists" we are offering a once in a lifetime tour to **Churchill to view the Polar Bears** in their natural habitat, our deadline for this tour is May 29 but we hope to add one or more rooms beyond the deadline. To discuss these tours and receive our 2013 brochure please call us toll free at 1-877-277-5577.

#1 escorted Tour Company in the lower mainland! We are BC owned and operated with 25 years experience specializing in escorted tours of Canada and the U.S. Our tours offer diverse sightseeing, comfortable accommodations, quality meals, smaller group sizes & more inclusions. All tours include home pick-up and drop-off service.

Volunteer Appreciation Lunch.

There will be an appreciation lunch for the volunteers who so willingly give of their time to help provide the activities so many of us enjoy. It will be held on Monday, June 24th starting at 12:00 noon. A buffet lunch will be served at 12:30. We ask all volunteers planning to attend to please register with your membership number at the reception desk by Monday June 14th to ensure we prepare enough food. The menu will be available by June 10. There will be door prizes as well. See you at the Luncheon.



LIVE WELL WITH

PHARMASAVE

~ 604-885-9614 ~

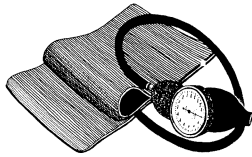
BUTTON MEMORIES by *Kassie Ranchie*

While collecting buttons from those of you who generously donated, I found out that these buttons are capable of bringing back memories. Here is one such memory ...



"Looking at my button box, it brought back memories of garments I've made and some I wanted to make but didn't. There is a story about these three buttons. At the time they were a perfect match for a wool dress I was making to hide my first pregnancy. I was married at 21 and still working in the drapery workroom at The Bay. I was trying to hide my baby because in those days you couldn't work while pregnant, it was a "no-no".

The dress and buttons were a soft turquoise but have faded with the years. I bought the buttons at Smith Button Works at Seymour and Georgia in 1945. They were one dollar each and cost three times more than the material. I was so extravagant as I only earned \$12.50 a week. The Bay paid very well and Woodward's only paid \$6.00 at the time. I saved these buttons all these years. I thought you would enjoy this story about old times. *Sunny Jones.*"



BLOOD PRESSURE CHECK

Thursday, June 6th Ann Fitzau
Friday, June 14th Dorothy Fraser
Friday, June 21st Maxine Holmes
Friday, June 28th Alison Spiers

FRANK SINATRA ENTERTAINS THE CENTRE ON JUNE 13th

The Songs of, and in the style of FRANK SINATRA will be performed by George Francis Ellenton at the Sechelt Seniors Activity Centre on Thursday, June 13th.

Enjoy lunch from 12:00 to 1:00pm while you listen to your favorite Sinatra songs performed as old "Blue-eyes" would have liked them to be performed. This is a solo show, accompanied by professionally recorded "tracks".

This one hour show will take you back to the wonderful era of music and laughter - reminiscent of the Las Vegas shows of the 60's at the Sands Hotel. George brings to each "Frankly Yours Show" the passion, commitment, and professionalism gained from his many years as a performer.



IN MEMORY OF

Lee Redman

Please inform us of members that have passed on. We will then be able to let others know.



COMING UP
**SCOOTER SAFETY
RODEO**
SAT. JUNE 8 2013
1-4pm
Sechelt Seniors
Activity Centre

Diala Delivery
Same day service **Sechelt**

Did you know....we can pick up your lunch & your prescription or ??? and have it to your door within the hour. Call us, amazingly low rates. Ask about Tuesday grocery deliveries.

604-989-9914

Frozen Entrees For Summer



Frozen Entrees will be available for sale from June 17th to June 21. These generous portions will serve two to four people and will cost \$12.00. Selections include

Lasagna, Beef Stroganoff, Chicken Pot Pie, Shepherd's Pie (gluten free), and Chicken Raja (gluten free)

Assorted soups will also be available. Quantities are limited so make your purchase as early as possible. Entrees will be \$12.00 and soups will be \$4.00. Payment is required when you make your order

And Now You Know!

Why is a select roast of beef called a "sirloin"?

Legend has it that in 1617, during dinner and after a few goblets of wine, King James 1 of England suddenly stood and drew his sword and, laying it across the entrée, declared "Gentlemen, as fond as I am of all of you, yet I have a still greater favorite—the loin of a good beef. Therefore, good beef roast, I knight thee Sir Loin and proclaim that a double loin be known as a baron"

Why are Levi denims called "jeans"?

In the 1850's, when Levi Strauss ran out of tent canvas for the pants he was selling to California gold miners, he imported a tough material from Nimes in France called serge de Nim. Americanized, "de Nim" became "denim". The word *jeans* is from the French word for Genoa, where the tough cloth was invented. Jeans became popular with teenagers after James Dean wore them in the movie *Rebel Without A Cause*.

Why does breaking a wishbone determine good luck?

Twenty four hundred years ago, because roosters heralded the sunrise and hens squawked before laying an egg, the Etruscans thought they were soothsayers. Because the sacred fowl's collarbone resembled a human groin, it was believed to have special powers and was called a wishbone. The Romans introduced the custom of two people pulling on a wishbone to see whom luck favored. The winner was said to have gotten "a lucky break".

How did the drink Gatorade get its name?

In 1963 Dr. Robert Cade was studying the effects of heat exhaustion on football players at the University of Florida. After analyzing the body liquids lost during sweating, Cade quickly came up with a formula for a drink to replace them. Within two years, Gatorade was a \$50 million business. The doctor named his new health drink after the football team he used in his study, the Florida Gators.

Why are men's buttons on the right and women's on the left?

Decorative buttons first appeared around 2000 BC, but they weren't commonly used as fasteners until the sixteenth century. Because most men are right-handed and generally dress themselves, they found it easier to fasten their buttons from right to left. However, wealthy women were dressed by servants, who found it easier to fasten their mistress's clothes if the buttons were on her left. It became convention and has never changed.

SENIORS COMPUTE!

June 2013 Mini Computer Classes (\$5.00) and Computer Skills (\$3.00)

Sign up for classes and skills sessions on the sign-up boards.

Computer Skills: One-to-one help & questions answered. Helping you learn how to use your computer & computer programs, the internet and trouble-shooting your computer problems. Sign up please.	Wed, June 5	1—2 pm
Creative Photo Editing: A basic course in photo editing—apply artistic touches to your pictures with Windows Live Photo Gallery—collages, taking the perfect group photo, giving a painterly look to your photos and edit multiple photos	Wed, June 12	10 - 11 am
Sharing Photos (PC): How to send other people your photos by e-mail and store pictures to share with others using Windows Live Mail and Sky Drive.	Wed, June 12	11 - 12 am
Computer Skills: One-to-one help & questions answered. Helping you learn how to use your computer & computer programs, the internet and trouble-shooting your computer problems. Sign up please.	Wed, June 12	1 - 2 pm
Making Movies (PC): Create slide shows and videos with Windows Live Movie Maker. Learn how to turn your photos into slideshows with animations, captions and music.	Wed, June 19	10 - 11 am
PC Security: Protect your information with the safety of a Windows-based PC Make sure your computer is safe, learn basic protection & learn basic protection and repair steps—It's easier than you think!	Wed, June 19	11 - 12 am
Computer Skills: One-to-one help & questions answered. Helping you learn how to use your computer & computer programs, the internet and trouble-shooting your computer problems. Sign up please.	Wed. June 19	1 - 2 pm

Mini-Computer Classes are 1 hour sessions where the class goes through course materials together & you get a handout to take home. Make sure you have the necessary computer programs installed/set-up prior to attending the course (you can get help with this during Computer Skills sessions. We also have computers at the centre you can use if you have a desk top computer at home. * This does not apply to the iPad course.

Computer Skills sessions – come with questions about your computer to these sessions. If you have a laptop or tablet, please bring them to the sessions. You can ask us about problems or get help using your computer, the Internet, email or various programs.

If you have any computer questions or suggestions for computer classes, please contact Janice at 604 885 5953 or janice.l.rafael@gmail.com

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