



Seashell Echo



January 2015

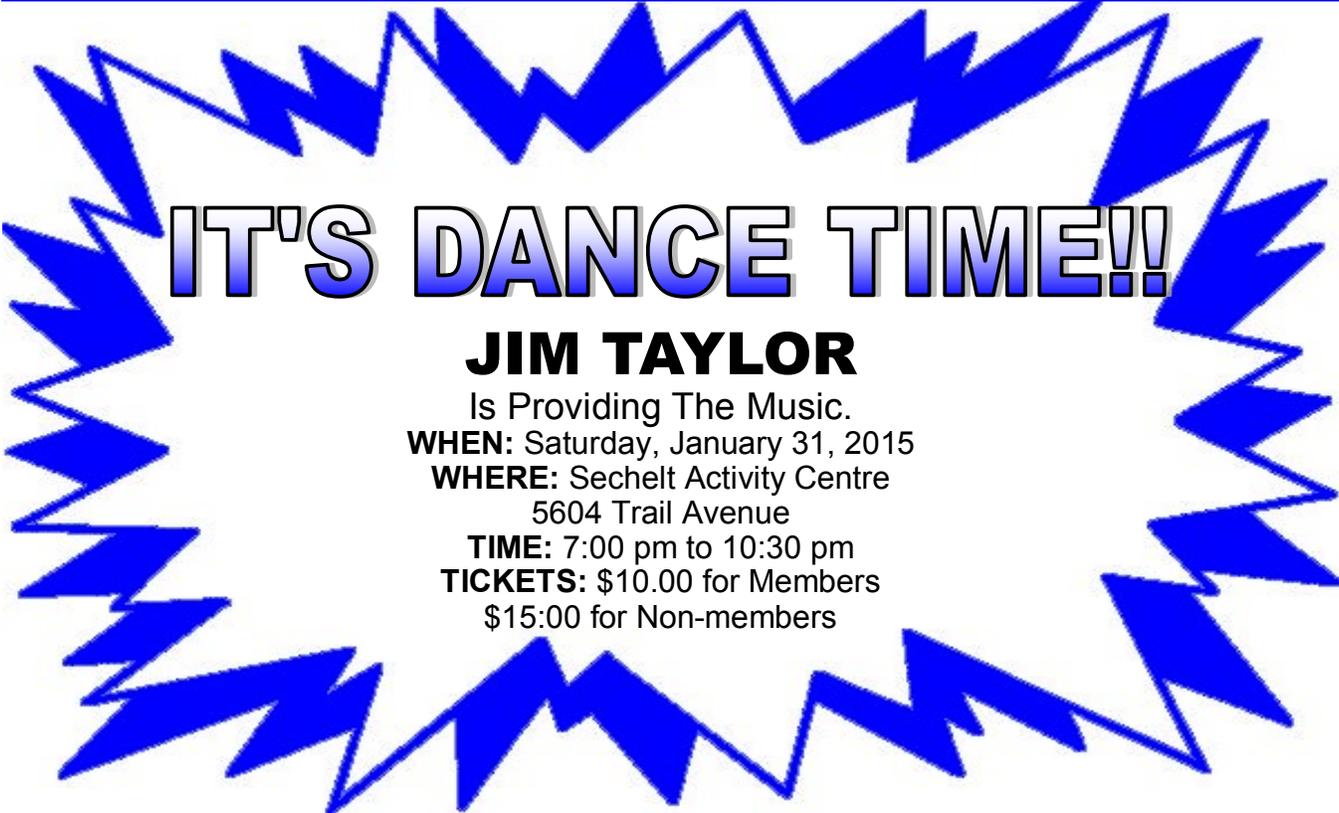
Sechelt Seniors Activity Centre

New Year's Re-Opening

The Sechelt Seniors Activity Centre will re-open Monday, January 5th, 2015.



*The Directors, Executive and
Staff Of The Sechelt
Seniors' Activity Centre
Wish Everyone A Joyous,
Healthy And Prosperous
New Year*



IT'S DANCE TIME!!

JIM TAYLOR

Is Providing The Music.

WHEN: Saturday, January 31, 2015

WHERE: Sechelt Activity Centre
5604 Trail Avenue

TIME: 7:00 pm to 10:30 pm

TICKETS: \$10.00 for Members
\$15:00 for Non-members

Centre Information

Executive

President	Barbara Lightfoot
Past President	Doug Smith
Vice President	Joanne Rykers
Treasurer	Brigitte Horn
Secretary	Linda Stroud
Maintenance	Ron Atkinson

Board Of Directors 2014 - 2015

Kit Artus	Dorothy Fraser
Phil Green	Maureen Heaven
David Marsh	Doug Whitworth

All directors may be reached by e-mail at directorsdesk1993@gmail.com. Please indicate to which Director you would like the mail sent.

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

BUS TRIPS

Thur. Jan 8 - Tea & Trumpets

Leave - 9:15 am

Return - 5:30 pm ferry

Thur. Jan. 22 - Park Royal & Capilano Malls

Leave - 9:15 am

Return - 3:30 pm. ferry

Wed. Jan 28 - Grand Villa Casino

Leave - 7:15 am

Return - 3:30 pm ferry



Notice To All Activity Chairs!

We have a file for messages left for activity heads. It is kept in the file box at the reception desk . Please check from time to time.

Miscellaneous Phone Numbers

St. Mary's Hospital 604-885-2224

Community Information and Help Line 211

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.

P.O. Box 564, V0N 3A0

604-885-3513: - Reception / Information Desk

604-885-8910: - Office

Website www.secheltactivitycentre.com

E-Mail ssac@dccnet.com

The Seashell Echo is published by LeRoy Pattison and can be found on the Sechelt Activity Centre website www.secheltactivitycentre.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 for the Centre. Please put paper products in the marked blue bins, available in most rooms. Newspapers are recycled in their own blue box at the reception desk.

Presidents Message

January 2015

A Happy New Year to Everyone!

Here we are, once again at the beginning of another New Year. How time does fly! The years do seem to be progressing at a frightening speed. I feel like Alice – I am running fast yet only managing to keep up.

The attendees of the Christmas luncheon were well rewarded with a delicious turkey feast with all the trimmings. Emily outdid her normal excellent cuisine and had a large group of willing helpers in the kitchen with her. Thank you everyone who helped make this a rewarding experience for the rest of us. It is at the Christmas Lunch that the life members are traditionally recognized for their long service and dedication. Two new life members were announced this year, elected by their peers; Jean Griffiths and Dorothy Fraser. Congratulations to you both, your selection for this honour is well deserved.

Lynne and Reg Dickson provided entertainment during the meal. This well known couple played easy listening Christmas melodies suitable to the occasion. Lynne and Reg were also at the Robbie Robson Tea on the 20 December where their music was again appropriately selected.

The celebration of Robbie Robson's 100th Birthday was a great success. Robbie was in fine form and arrived in the Centre's bus along with his daughter Karen and several other residents of Christensen Village, where he now lives. Sechelt Mayor, Bruce Milne and MLA Nicholas Simons were also in attendance and gave congratulations on behalf of the Sechelt District and the Province respectively. Bonnie Hewitt and Joanne Rykers delved into the archives to research the part Robbie played in the planning and construction of the Sechelt Seniors' Activity Centre. Quite an amazing feat when you consider that he was well into his eighties during this time. Thanks to Kit Artus who spent many hours organizing this tea.

The AGM is next month. Activity Chairs are reminded to hand in their reports as early as possible. Election of a new Board of Directors for 2015 will take place. Anyone who feels able to serve on this Board should give it some serious consideration. Any of the current Directors can let interested candidates know the time commitment and duties that are performed by your hard working Board.

I look forward to greeting you all in the New Year!

I wish you all a Happy, Prosperous and Healthy New Year,

Barbara Lightfoot

President, SSAC



**FANTASTIC
INDEPENDENT FILMS
AT THE SENIOR
CENTRE THIS WINTER**

Mark your calendars and come view the winter selection by

The Sunshine Coast Film Society.

Sunday January 18 - A Separation
(Iran / 2011)

Sunday, Feb - 15 Finding Vivian Maier
(USA / 2013)

Doors open at 1:30. Film begins at 2 pm
Refreshments available.

Pick up a brochure in the lobby or go to
the website www.scfs.ca



SERVING THE COAST FOR OVER 40 YEARS

~ 604-885-2468 ~

From Church Bulletins

- The Fasting & Prayer Conference includes meals.
- Don't let worry kill you off - let the Church help
- Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

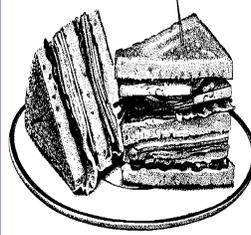
SSAC CREDIT CARD PAYMENT

The SSAC is now using the Square reader to accept credit card payments for some items such as memberships, event tickets and bus trips. Please ask at the front desk for details.



**Sunshine Coast
CREDIT UNION**

~ 604-885-3255 ~



JANUARY LUNCH MENU

11:30 am to 1:00 pm

*Everything Is Made
From Scratch!*

Mon. Jan. 5	Beef Stroganoff
Tue. Jan. 6	Chicken Pot Pie
Wed. Jan 7	Roast Ham
Thur. Jan 8	Quesadillas
Fri. Jan 9	Fish & Chips
Mon. Jan. 12	Quiche & Salad
Tues Jan. 13	Turkey Dinner
Wed. Jan. 14	Chicken Cordon Bleu
Thur. Jan. 15	Shepherd's Pie
Fri. Jan. 16	Fish & Chips
Mon. Jan 19	Dahl Lentil Rice Bowl
Tue. Jan 20	Lasagne
Wed. Jan 21	Roast Pork
Thur. Jan 22	Baked Chicken
Fri. Jan 23	Fish & Chips
Mon. Jan. 26	Sweet & Sour Meatballs
Tue. Jan 27	Bangers & Mash
Wed. Jan. 28	Roast Beef
Thur. Jan 29	Salmon
Fri. Jan 30	Fish & Chips

We also serve soup, sandwiches and salads every day. Desserts will vary. Everything is home made: Delectable Desserts, Succulent Soups, Exquisite Entrees and the bread is baked fresh every morning for the sandwiches. Please bring your own container(s) if you're planning to take food home.



**We Have A
Monthly Friendship
Tea!**

It's on the first Tuesday of the month. from
2:00 pm to 3:00 pm. Everyone is welcome!

The next one will be on January 6th.

IMPORTANT – TO ALL ACTIVITY CHAIRS

Please submit your written Annual Report to either the President or to the Secretary before the end of January. Getting the Annual Report constructed is a huge task each year, and not having to chase Activity Reports helps tremendously. Thank you, in advance, for getting yours to us in plenty of time!

SSAC FLEA MARKET

WHEN: Saturday, March 14th

TIME: 10:00am to 2:00pm

WHERE: In the Auditorium

SET UP TIME: 9:00am

Tables can be rented for \$15.00 each or 2 for \$25.00.

To book a table, see anyone on the Reception Desk or call 604-885-8910 for information.

Sechelt Seniors' Activity Centre AGM

The Annual General Meeting of the Sechelt Seniors' Centre will be held on Thursday, February 19th at 1:30 pm. Please attend, your presence at the meeting is needed and will be most appreciated. Refreshments will be available following the meeting.

Expectant Father

An expectant father rang the hospital to see how his wife was getting on. By mistake he was connected to the local cricket ground.

"This is Percy Wilson, how's it going?" he asked.

"Fine," came the answer, "We've got three out and hope to have the rest out before lunch. The last one was a duck."



Happy New Year!

We would like to thank everyone for the support you have given us in 2014. Usually we would be listing our December and Spring tours in this yearend bulletin but thanks to you we are all SOLD OUT!

Spring tours have been especially popular as only one tour has space remaining.

- ♦ **Palm Springs & Scottsdale**, March 24 - April 2 - a few seats left.
- ♦ **Tropical Costa Rica**, January 30 - February 11 SOLD OUT
- ♦ **Discover Maui & Kauai**, February 18 - 27 - SOLD OUT
- ♦ **Mississippi Paddlewheeler**, March 26 - April 4 SOLD OUT

If you were looking forward to one the above mentioned tours call to be added to the waitlist as we do get the occasional cancellation.

New for 2015:

- ♦ **Woman's Spa Getaway** at the Kingfisher Resort and Spa, Mid May
- ♦ All new **Okanagan Getaway**, Mid May
- ♦ Enchanting **Olympic Peninsula Getaway**, Mid June
- ♦ **National Park Lodges of the Pacific Northwest**, August 21 - 27
- ♦ **Newfoundland & Labrador**, August 15 - 30
- ♦ **Chicago, Arts & Architecture**, September 17 - 22
- ♦ **Desert Canyons of Arizona & Utah**, October 4 - 13

***Our feature tour for 2015 is the Birth of America (Pennsylvania, West Virginia, Virginia, Washington, DC) October 15 - 24**

These new tours as well as our yearly favorites will be available to book in the first week of January but if want to put your name on a wait list call toll free 1 877 277-5577.

Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life.

KITCHEN VOLUNTEER REMINDER!

Please sign up on the new 2015 calendar. We require more general help from 10:00 am to 1:00 pm.

Our cook and the members would greatly appreciate your help in any area that you feel comfortable doing. Perhaps you might wish to help prep vegetables, make sandwiches, or be a server.

Once a month? Once a week? You decide.

We can't do it all without YOU!. If you can assist in any way, please contact Doug at 604-885-8910 for further information.

**DID YOU KNOW?**

As a retired or ex-Registered 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 or fourth 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.

**Robbie Robson Centennial Birthday Celebration**

Robbie Robson, after whom the Auditorium is named, was 100 years old on 22 December. The Centre held a Birthday Party for him, organized by Kit Artus, on the 20 December that was a well-attended event.

Robbie began to take an active part in the Sechelt Senior Citizens Society when he became a Board Director in 1990. He continued as a Board member and was one of the Founding Board members of Branch 69 of the Senior Citizens Society of BC in 1992. It was during this time that negotiations were underway to build the new and larger facility now known as the Sechelt Seniors Centre; moving from a smaller building on Mermaid Street to the Trail Avenue site. Robbie played a key role in managing the financial aspects of this endeavour as well as taking an active part in the planning and construction of the building as it progressed.

The opening ceremony for the new building was on 17 April 1993.

Robbie became 1st Vice President of Branch 69 in 1994 after which he stepped down for a year, taking up a Directorship again in 1996 and again in 1998. He was part of a group, which undertook to purchase a bus for the Centre and another group that produced an All Men's table of baked goods! Is that something that can be resurrected?

The Sechelt Seniors Activity Centre Society was incorporated in 1999. Robbie was not only a Founding Member, but served on the Board on many internal and external committees until 1996. He represented the Centre on the Aquatic Centre Committee in its successful bid for an Aquatic Centre in Sechelt and was also on the Ferry Advisory Committee. Robbie never became President, which, from the present President's point of view, showed great judgment.

During all this Robbie found the time to participate in many of the Centre's activities. He sang in the 69ers quartet, carpet bowled, 5-pin bowled, exercised with the exercise group and organized a swim session at the Gibson's pool. He was also noted for his courtesy to the ladies; a trait that is apparently still active - taking a turn round the dance floor with Jean Griffiths!

Robbie remains an active volunteer at Christensen Village, where he is now resident.

The Victoria / Chemainus Bus Trip



The trip to Victoria and Chemainus went off without a hitch, thanks to Rick, our driver. The weather was extremely windy with BC Ferries cancelling the morning sailings from Horseshoe Bay to Nanaimo. Our driver Rick took us instead to Tsawwassen where we were able to catch the 1:00 pm sailing to Schwartz Bay.

We arrived in Victoria at about 3:00 pm and were settled in at the the Best Western (amazing rooms) by 3:30. Some of us then went for a walk around the area before supper. We had reservations for 6:00 pm at the Spaghetti Factory where we enjoyed great food at a reasonable price.

The next morning was spent shopping and Rick went back three times to please all the different shoppers. We left for Chemainus around 2:00 pm, arriving there a couple of hours later. We had a couple of hours free and then we were off to the buffet dinner and show. Our seats were the best in the house.

In the morning we left around 9:30 to see the murals for which Chemainus is so famous and then left for Nanaimo and the 12:30 ferry to catch our 3:30 ferry home.

The thing that really sticks out in all our minds was our wonderful bus driver "Rick". A lot of thanks also goes to Mary Clark (the travel agent) who helped coordinate this trip. Also many thanks to Rene for all her hard work.

Rene has been approached by some of the members wanting to go back to other shows so she is looking into that. She has had good feedback and most would like to go again, so maybe a trip in the late spring can be arranged. Also she was very pleased with the trip and gives Rick a lot of credit. He is so patient and kind to the people.

VOLUNTEER NEEDED

The Centre is in need of a Volunteer who can take the Centre's recyclables to the depot and to change the Centre's road sign each Monday. If this Volunteer is you, please contact the office at 604-885-8910.

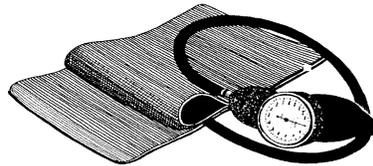
A huge thank you goes to Don James who has tirelessly looked after these duties for several years.

We truly appreciate it, Don!

LIVE WELL WITH

PHARMASAVE[®]

~ 604-885-9614 ~



**BLOOD
PRESSURE
CHECK**

Friday, Jan. 9 - Dorothy Fraser
We would appreciate the help of anyone able to check blood pressure. You pick the day!



~ 604-885-3281 ~

Why Worry?

In life there are two things to worry about: either you are well or you are sick. If you are well then there is nothing to worry about, but if you are sick there are only two things to worry about: either you get well or you die.

If you get well then there is nothing to worry about. But if you die there are only two things to worry about: either you will go to heaven or to hell.

If you go to heaven then there is nothing to worry about. But if you go to hell, you'll be so damn busy shaking hands with friends you won't have time to worry.

January 2015 Mini-Computer Classes (\$5.00) and Computer Skills (\$3.00)

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

Computer Skills: One-to-one help and questions answered. Helping you learn how to use your computer and programs, the Internet and trouble-shooting computer problems. Sign up please	Wed. Jan 7, 14 21, 28	12:30 - 2:00 pm
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Mini-Computer Courses are normally 1 hour sessions where the class goes through course materials together and you get a handout to take home. Make sure you have the necessary computer programs installed and set-up prior to attending the course (you can get help with this during Computer Skills sessions). We also have a computer 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 / I-Pad sessions: Come with questions about your computer to these sessions. If you have a laptop or tablet, please bring it to the sessions. You can ask us about problems & get help on how to use your computer, the Internet, email or programs/apps.

If you have any computer course questions, contact Janice at 604 885 5953 or by email at janice.l.rafael@gmail.com

If you have any computer 1 on 1 session questions, contact Phil at 604 885 2759.

We are looking for computer course ideas so if you have a computer topic for PCs that you're interested in attending, please complete the questionnaire at the front desk and we will try to run some special sessions.

Pasta and Bean Soup (Pasta e Fagiole)

This traditional Italian soup recipe combines pasta and beans (Pasta e Fagiole) to produce a richly flavored and very inexpensive meal. This version has a preparation trick by pureeing some of the beans to thicken the broth. Like many soups from the Mediterranean area, it's hearty enough to make a good winter soup and yet light enough to enjoy on a summer evening. This recipe serves two.

1/4 lb. short pasta (macaroni, penne, fusilli...)	
1/2 qt. chicken broth or home-made stock	
1/4 lb. Italian sausage (1 link); cut into 1/4" rounds	
1 8 oz. can diced tomatoes	1/2 15 oz. can cannelloni beans
1/4 lg. yellow onion; chopped	1 lg. garlic clove; coarsely chopped
1 tbsp. olive oil	1/2 tsp. salt
1/4 tsp. dried basil	1/4 tsp. dried sage
Pinch of red pepper flakes	1 tsp. anchovy paste

Preparation

1. Bring the chicken stock to a boil, add pasta, and cook for 8 - 9 minutes. (The pasta should be slightly underdone.)
2. Heat the olive oil in a medium skillet over medium heat.
3. Meanwhile, add sausage and brown on both sides (8 to 10 minutes) then drain on a paper towel.
3. Add the onion to the skillet and cook until beginning to brown (4 -5 minutes), add garlic, and cook a minute longer. Scoop onto plate with sausage.
4. Drain and completely rinse beans. Process half to a puree in a food processor
6. Reduce heat to a simmer. Add all ingredients to pot and simmer for 10 minutes. Taste, adjust seasonings, and serve topped with shredded parmesan.