

# Seashell Echo

September 2017



**The Volunteer Appreciation Lunch** on June 23rd was a huge success with wonderful food, friendship, prizes and, of course dancing. Fall is upon us and we return to Emily's wonderful lunches starting September 5th, the monthly Friendship Tea resumes on September 5th and a full activity schedule begins again. Thank you to all who work so hard to make the SSAC the amazing Centre that it is.



## Life Member Nominations

Life membership is an award of merit for Members in good standing who have made an outstanding contribution to the Centre for at least 5 years.

Members can nominate prospective candidates by completing a nomination form (available at the Front Desk) and handing it in to the Director on duty by October 14th.

## Current Life Members

Theresa Allen, Ron Atkinson, Anne Clitheroe, Maurice Farn, Joan Fleetham, Dorothy Fraser, Joan Frembd, Pat Gibson, Jean Griffiths, Christa Haas, Pat Hegan, Kathleen Hermiston, Bonnie Hewitt, Don James, Irene Jankovits, Betty Jeffries, Joyce Kolibas, Barbara Lightfoot, Wilma Lorimer, Alice and Vern Matthaus, Fay and Mike McCarthy, Rick McGowan, Douglas Smith, Doug Third, Valerie Thorsteinson, Eva Wall, Nikki Weber, and Ed White.

## Volunteers Needed

We are up and running on September 5th. Please stop by and sign up for your favourite volunteer position.

**We need you!**

## Center Information

### Executive

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Charlie Jensen
Treasurer	Donna Marsh
Secretary	Gwen Austen
Maintenance	Tony Stroud

### Board Of Directors 2017 - 2018

Margaret Boyd	Dorothy Fraser
Kit Moffat	Ron Atkinson
Linda Stroud	

All directors may be reached by e-mail at [ssac@dccnet.com](mailto:ssac@dccnet.com). Please indicate to which Director you would like the mail sent.

Janitor Jim Coffin  
Cook Emily McPherson  
Rental Co-ordinator - Gillian Smith



## BUS TRIPS

**Wednesday Sept 13**

**Powell River/Heritage Townsite**

Leave at 9:15

Return 3:50 ferry

More bus trips being planned, check the bulletin board and website for updates.

Sign-up sheets are at the front desk.

If there are bus trips you'd like to suggest, please leave your suggestion at the front desk, to the attention of Rick McGowan.

## Miscellaneous Phone Numbers

Sechelt Hospital 604-885-2224  
Sunshine Coast Community Services 604-885-5881  
Senior's Advocate: 877-952-3181 or [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)  
Community Information and Help Line 211 Healthlink BC 811  
Community Resource Centre 604-885-4088  
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

PO Box 564, V0N 3A0

604-885-3513: - Reception / Information Desk 604-885-8910: Office

Website [www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

E-Mail [ssac@dccnet.com](mailto:ssac@dccnet.com)

The Seashell Echo is published by Laurel Ennis and Gillian Smith and can be found on the Sechelt Activity Centre website [www.secheltactivitycentre.com](http://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.



# President's Message

As we begin another busy Fall at the SSAC, one question is being asked: "What happened with the auditorium floor?" Yes, the floor replacement project hit a major snag. A team of volunteers worked hard to install a new plywood subfloor, but it proved inadequate for the job. When the flooring was laid over top, the 1/4" pine plywood buckled, causing ripples all up & down the new floor! Many heads conferred over the problem, the sales person, supplier & manufacturer were called in, & the consensus was that a thicker, better quality subfloor was needed, i.e. 3/8" fir plywood. Well, it was the best of times & the worst of times, because those businessmen showed us how generous & community spirited good companies can be. They agreed to supply us with the better plywood at no cost. Hats off to Murray Wilson, Gibsons Building Supply, Ed Wood, AFA Forest Products, & Doug Rogers, CANUSA Forest Products, whose generosity went a long way towards making this situation right again.

Now began the backbreaking work of tearing up the inadequate floor. This took Tony Stroud & his team of volunteers, many of whom had installed it in the first place, 5 more days of hard work. Thank you to Ron Atkinson, David Marsh, Serge Planidin, Peter Kosof, Charlie Jensen, Bert Carswell, Leroy Pattison, & all the others who pitched in! Special thanks to Tony Stroud, who coordinated the effort, & to Linda Stroud, who made sure all were well fed. By Friday af-

ternoon they were done, the new plywood had arrived, & the flooring company started work on Sunday.

Bravo Floors also stepped up to the plate, working long hours to ensure we're ready to reopen as soon as possible. I can testify that walking on the cushioned sports floor is divine – pickleballers, dancers, carpet bowlers, exercisers, yoga goers & all users will have an enhanced experience, & I hope you will all agree it was worth the effort in the end!

Apologies to those members who lost out on activities, especially to Sandra Sharkey, who had to scramble to find another venue for your very special event. Thank you for being so gracious about it all, & Congratulations to the Newlyweds!

SSAC has many exciting events this fall, including the fundraisers, Mystery Dinner Theatre – Sept. 23<sup>rd</sup> & "Coats of Paint" Nov. 4<sup>th</sup>, & of course, the annual Open House on Oct. 7<sup>st</sup>.

The Planning Committee is also hard at work again with the Expansion Project, now that the Parking Variance has been approved by the District. I would like to welcome David Lightfoot to our team as Project Manager. David is a structural engineer with extensive experience managing large building project in many parts of the world. We will be presenting more detailed plans at the General Membership Meeting on October 19<sup>th</sup>, so plan to be there!





# Canada → Day

## Canada Day Bus

SSAC participated in the Canada Day Parade with great gusto. Our bus (driven by Rick McGowan dressed up as a bus driver), was decorated by our intrepid decorating team with a "Canada 150" theme, because you can play (almost) 150 activities at the Centre! Charlie Jensen as a Father of Confederation, and Joanne Rykers, as an RCMP officer, led the bus, while Anne of Green Gables (Sharon Snyder) distributed souvenirs.





## Refugee Sponsorship Update

Our fundraising for the project is in very good shape, as we have raised almost \$22,000 to date. The delay in the family's arrival is discouraging, and is being experienced by all the sponsorship groups across Canada. We are in regular contact with the family, to help keep up their spirits.

There are some exciting and innovative fundraisers coming this fall:

September 23 – **Set Sail for Disaster – Murder Mystery Dinner Theatre** – a mystery play with gourmet dinner, all for only \$75. Tickets at SSAC, Strait Coffee, SWISH.

November 4 – **Coats of Paint**, a Fashion Show and Auction of wearable art. Tickets are \$20.00 at the SSAC

**Garden Bench Raffle** - \$1.00 for one ticket, \$2.00 for three and \$5.00 for ten tickets available at the SSAC. Draw is on September 23<sup>rd</sup>. See the bench in the Centre entry way.

**Stepping Stones** – This beautifully illustrated book tells the story of a refugee family's flight from Syria. Makes a lovely gift, for adults or children. Cost is \$20.00, at the Centre, with 50% going to the project.

**Quilt Raffle** – The Quilter's Guild has generously donated a spectacular quilt, to be raffled in October. Check for details at the Open House, October 7<sup>st</sup>.

**Treasure Chest** – A portion of each month's proceeds go to the refugee project, so remember to play your Toonie every week! Details at the Front Desk.

Thank you for your continued support.



***We Have A Monthly  
Friendship Tea!***



Drop in and enjoy a cup of tea and a good chat on Sept 5 from 2 pm-3pm.  
Everyone is welcome!

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## September Lunch Menu

11:30 a.m. to 12:45 p.m.

Everything is made from scratch!

We also serve soup, sandwiches & salads every day. Desserts will vary.

Mon Sep 4 CLOSED  
Tue Sep 5 Butter Chicken  
Wed Sep 6 Roast Beef  
Thur Sep 7 Baked Salmon  
Fri Sep 8 Fish & Chips

Mon Sep 11 Shepherd's Pie  
Tue Sep 12 Chicken Pot Pie  
Wed Sep 13 Roasted Ham  
Thur Sep 14 Meatloaf, Mac & Cheese  
Fri Sep 15 Fish & Chips

Mon Sep 18 Quiche & Salad  
Tue Sep 19 Lasagne  
Wed Sep 20 Chicken Cordon Bleu  
Thur Sep 21 Bangers & Mash  
Fri Sep 22 Fish & Chips

Mon Sep 25 Seafood Linguini  
Tue Sep 26 Cabbage Rolls  
Wed Sep 27 Roast Pork  
Thur Sep 28 Sweet & Sour Meatballs  
Fri Sep 29 Fish & Chips



### Save Those Grocery Receipts

Don't forget to save your grocery receipts from IGA and Claytons. These two locally owned stores generously give us a \$20 credit note for every \$5000 that our members spend. This helps reduce the cost of food that we purchase for our wonderful lunches.

Just deposit the sales receipts in the box next to the front door.



**Frozen Entrees  
From Our Chef \$5  
Pay at the kitchen cashier.  
Starting Sept 12th.**



<b>ACTIVITY</b>	<b>TIME</b>	<b>ROOM</b>	<b>CHAIR</b>	<b>\$</b>	<b>Date</b>
<b>Monday</b>					
Let's Dance	9:30-11 am	Auditor.	Sandra Cordero	\$3	Sep 11
Qigong Shibashi	10-11 am	Craft	Barry Pruden	\$3	Sep 11
Bridge Upgrade	12:15-3:30	Craft & Farish	Peggy Malcolm & Charlie Jensen	\$3	ongoing
Carpet Bowling	1-3 pm	Auditor.	Jean Bowden	\$3	ongoing
Pickleball	3-9 pm	Auditor.	Gill Smith & Bert Carswell	\$3	ongoing
Bridge – duplicate	6:30-10:30pm	Craft	Mike McCarthy	\$3	ongoing
<b>Tuesday</b>					
Emergency Radio	9-10 am	Farish	Barbara Lightfoot	\$3	ongoing
Fitness	10-11:10 am	Auditor.	Ivana & Susan	\$4	Sep 5
Quilting	1-4 pm	Craft	Shirley McCaughtrie	\$3	ongoing
Friendship Tea 1 <sup>st</sup> Tues	2-3 pm	Auditor.	Dorothy Fraser	<b>free</b>	Sep 5
Pickleball	3-7 pm	Auditor.	Gill Smith & Bert Carswell	\$3	ongoing
Table Tennis	7-10 pm	Auditor.	Marilyn Heinrich	\$3	Sep 5
<b>Wednesday</b>					
Yoga	10-11:15 am	Auditor.	André Casaubon	\$5	ongoing
Computer 1 1st-2 <sup>nd</sup> Wed	10:30 -12	Farish	David Marsh	\$3	Sep 6
Pickleball	1:30-7:30	Auditor.	Gill & Bert	\$3	ongoing
Genealogy Search 1 <sup>st</sup>	1-3 pm	Heritage	Valerie Grant	\$3	Sep 6
Genealogy – 3 <sup>rd</sup> Wed	1-3 pm	Heritage	Arlene Hamilton	\$3	Sep 20
<b>Thursday</b>					
Crafts	9:30-11:30	Craft	Chris O'Brennan	\$3	Sep 7
Fitness	10-11:10	Auditor.	Ivana & Susan	\$4	Sep 7
Painting	12:30-3	Craft	Valerie Grant	\$3	Sep 7
Mahjong	1-3	Heritage	Alison Speirs	\$3	ongoing
Carpet Bowling	1-3	Auditor.	Jean Bowden	\$3	ongoing
Pickleball	3-9 pm	Auditor.	Gill & Bert	\$3	ongoing
Crib	7-9 pm	Heritage	Dave Grafton	\$3	Sep 7
<b>Friday</b>					
Pickleball - Social	7:50-9:50am	Auditor.	Gill & Bert	\$3	ongoing
Qigong Shibashi	10-11 am	Craft	Barry Pruden	\$3	Sep 8
Play & Poetry Reading	10am-12 pm	Heritage	Viveca Ohm	\$3	Sep 8
Poker	11am-3 pm	Farish	Doug Whitworth	\$3	ongoing
Pickleball	1:30-7 pm	Auditor.	Gill & Bert	\$3	ongoing
<b>Saturday</b>					
Duplicate Bridge	12-4 pm	Craft	Mike McCarthy	\$3	ongoing
Social Bridge	12-3 pm	Crft/ Farish	Peggy & Charlie	\$3	Sep 9
Scrabble	12:30-3:30	Heritage	Jim Wakeford	\$3	Sep 9
<b>Sunday</b>					
Pickleball	1:30-7pm	Auditor.	Gill & Bert	\$3	ongoing



## Treasure Chest 50/50 Fundraiser Summer Winners

Janice Lavric

Mike Smith

David Thompson

Barbara Lightfoot

Dosie Bryant

Helen Christian

Thomas Kern

Pauline Weber



## TREASURE CHEST WEEKLY 50/50 DRAW

**VOLUNTEERS NEEDED**

**Can you help?**

Contact Mike at 740-8868 or  
michaellane@dccnet.com

## Poker Players Wanted

Nickel and dime games. All games are dealer's choice (No Texas Hold'em). We break for lunch from 12-12:30 at the Centre for their great lunches. Come in and try your luck and have some fun and meet new people.

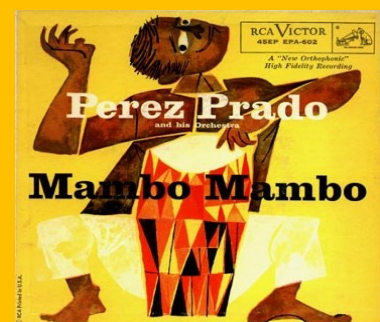
**Call Bob at 604-741-7844.**



**Let's Dance  
Latin Mambo!**

Let's Dance starts on Monday Sept 11th at 9:30-11 a.m. in the Auditorium. Sandra will be teaching Mambo from the very basics.

Everyone is welcome.





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Beginning Classes start  
Saturday September 9, 10:00am-12:00pm

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## Sechelt Seniors Activity Centre

### 4 BRIDGE LESSONS

MONDAYS 12:30 - 3:00

Sept. 11, 18, 25, and Oct. 2, 2017

**\$35.00**

*Come join us and learn bridge basics in a friendly encouraging environment.*



When you have completed this block of lessons, you will be able to participate in a friendly, social game of bridge. You will be conversant in the language of bridge. You will join the ranks of bridge players worldwide. Bridge is a universally played game that ranges from: a relaxed romp at the kitchen table to competitive Olympic-class tournaments. Like most sports, bridge is a pastime that provides pleasure at any skill level.. **Register by September 6, 2017**

To register, call or email: **Peggy Malcolm:**  
604-885-8855 or [azureblue@telus.net](mailto:azureblue@telus.net)



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November 19 - 26

All meals incl. dbl: \$2,965.<sup>00</sup>

#### Wickaninnish - Stormwatch



Stay n' Play

Stormwatching at Long Beach,  
Tofino, Pacific Rim National Park

November 6 - 9

7 incl. meals dbl from: \$1,609.<sup>00</sup>

#### Discover Magical Maui



Stay n' Play

Kaanapali Beach, 2<sup>nd</sup> Whale Watch,  
Lahaina Town, Royal Lahaina Resort

February 18 - 25

15 incl. meals dbl: \$5,312.<sup>00</sup>

#### England, Ireland & Wales



Tower of London, Westr. Abbey,  
Buckingham Palace, Stonehenge

June 6 - 24

30 incl. meals dbl: \$8,679.<sup>00</sup>

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**Christmas in Victoria** Hotel Grand Pacific

Stay n' Play Nov. 28 - 30 4 meals \$844.<sup>00</sup>

Stay n' Play Nov. 29 - 30 2 meals \$519.<sup>00</sup>

Stay n' Play Dec. 12 - 17 9 meals \$4,549.<sup>00</sup>

Stay n' Play Dec. 24 - 27 7 meals \$1,875.<sup>00</sup>

Stay n' Play Dec. 24 - 27 6 meals \$1,575.<sup>00</sup>

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## IN MEMORIAM

### Finley (Fin) Anthony

September 1, 1929 - July 16, 2017



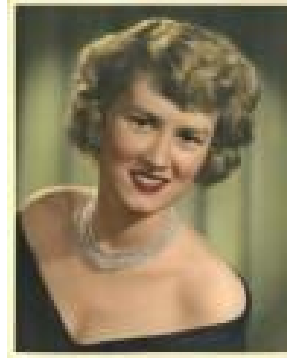
Finlay, "Fin" Anthony passed away in July in the local hospital. Predeceased

by his wife Audrey, and survived by two sons, one daughter and 5 grandchildren. He was 87. Fin spent many years in radio and was a prominent publicist. He was well-known for his Woodward's Department Store and Food Floor ads and Premier Bill Bennett was amongst his many clients.

He was very active fisherman, creating the world's first and largest Salmon Derby in 1958, hosting a tv show "Fishing with Fin" and was President of Save Our Salmon Society, Save the Fish Foundation, and the Pacific Salmon Society, striving to protect the oceans and streams. A Celebration of Life will take place this fall when the salmon have returned to our rivers and cutthroats are back at our beaches.

He was very active in Bridge and Poker groups at the Centre. Fin was an enthusiastic watch dog on the Sechelt Council. He was an excellent political satirist and created many smiles with his frequent emails. He is missed!

### Maureen Heaven



Maureen "Mo" Heaven passed away on May 29<sup>th</sup> in Vernon, leaving behind her husband of 59 years Al, four children and 11 grandchildren.

Maureen was awarded a S.S.A.C. Life Membership for her contribution of countless volunteer hours at the Centre over the years serving as Treasurer, Board Member, Bus Liaison and Day Director. A Fond Farewell was held at the Centre in October 2016 when Maureen and Al left the Coast to move to Vernon.

Maureen lived a full life of faith, family, friends, travel and shopping. She will be forever missed!

*In Loving  
Memory*



# IN MEMORIAM

## Joseph “Joe” Clitheroe



Joe was a Corporal in the British Forces and worked intelligence during the Cold War.

Joe joined the S.S.A.C. in 1993 and loved to volunteer at the Centre. Joe enjoyed playing pool for a number of years and served on the Board for 2 years. Joe played a big part selling 50/50 tickets for many years -- not many people got away from him without buying a ticket. Joe was awarded a Life Membership for his service to the Centre. Joe passed away on June 18<sup>th</sup> leaving behind another SSAC Life Member – his wife Anne – and many family and friends.



## Louchlan “Lockie” Brock



Lockie passed away peacefully on July 1<sup>st</sup> from complications following a routine surgery. Lockie is survived by his wife and best friend of 56 years Cynthia, Brothers, 4 children and 6 grandchildren and a host of extended family and caring friends.

Lockie was a great guy who loved picking mushrooms, walking on the Sea Wall in the now Davis Bay Parkway and playing Bridge regularly at the Centre.

## John “Jack” Hayes



Jack passed away peacefully in Sechelt on July 21<sup>st</sup>, surrounded by family and loved ones after a brief battle with cancer. He was

pre-deceased by his wife of 55 years, and is survived by his loving partner, three children and four grandchildren.

He was actively involved in community sports on the North Shore, and turned his working life skills as a steel-fabricator into an artistic hobby of creating beautiful metal structures for gardens and friends. Jack was a world traveler, great story teller and humourist.



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## How's your blood pressure?

We have trained volunteers who come in each week to help you keep track of your blood pressure.

Make your doctor happy and stop by for a quick blood pressure check on one of these Fridays in September:

Sept 8, 15, 29th

Dorothy Fraser

Sept 22nd

Barbara Lightfoot



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*Fashion Show will be November 4th 7pm at Sechelt Seniors Centre  
All profits will be donated to the Sechelt Senior Centre Syrian Refugee Program*





**Dance Time!**

**Sechelt Activity Centre**

**Tickets \$10 (Non-Members \$15)**  
**Finger snacks**  
**50/50 draw**  
**Door prizes**

**Doors Open 7 pm**

**Sat. Sept 30th**

**With Jim Taylor**

Tickets Available at the Centre between 10-2 or at the door the night of the dance



**SSAC Annual Open House**

**Saturday October 7**  
**1 pm to 4 pm**

Refreshments  
 Door Prizes  
 Memberships

*Find out about activities you can join and ways you can volunteer*

**Come and Join Us**  
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#### Reservation and Contact

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