

Seashell Echo

MARCH 2015

Community Volunteer INCOME TAX Program

This is a FREE service for individuals or families who qualify and will run every Wednesday, March 4th to Wednesday, April 29th, from 10:00am to 3:00 pm. To qualify, your annual taxable income cannot exceed \$30,000 for individual or \$40,000 for family and you must provide all of your T-slips. This service IS NOT for those who have business returns, rental returns or complicated investments. For this tax service you must make an appointment. Please leave your name and phone number with the receptionist at the information desk.

! SSAC GARAGE SALE !

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.

IT'S DANCE TIME!!

JIM TAYLOR

is Providing the Music

WHEN: Saturday, March 28, 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	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Wilma Lorimer
Treasurer	Brigitte Horn
Secretary	Gillian Smith
Maintenance	Ron Atkinson

Board Of Directors 2015 - 2016

Margaret Boyd	Dorothy Fraser
Maureen Heaven	David Marsh
Barry Pruden	Linda Stroud

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. Mar. 12 - Tea & Trumpets

Leave - 9:15 am

Return - 5:30 pm ferry

Tue. Mar. 17 - Powell River, Lunch at the Shingle Mill

Leave - 9:15 am

Return - 3:25 pm. ferry

Thur. Mar. 26 - Grand Villa Casino

Leave - 7:15 am

Return - 3:30 pm. ferry

Tue. Mar. 31 - Capilano Mall (Lunch at West Van. Senior Centre)

Leave - 9:15 am.

Return - 3:30 pm. ferry



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

Senior's Advocate: 877-952-3181 or www.seniorsadvocatebc.ca

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

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.

President's Message

March 2015

Dear Fellow SSAC Members

This is my first message as President for 2015. I would like to begin by thanking all of you who attended the AGM on February 19, and to all who have expressed congratulations and support. I promise to work diligently to continue to earn that support, and to further the aims and interests of the SSAC. What will make this job a lot easier is that I have the good fortune to work with a Board that is very experienced and competent in helping to achieve these goals.

Let me introduce the twelve 2015 Board Members: The "Executive" are five members as well as myself: Barbara Lightfoot, as Past President, had been my mentor for the past two years, and I will continue to rely on her wise counsel. The Board is enriched by having Wilma Lorimer, former president, rejoin us as Vice-President. Her experience will be a valuable asset. I am also blessed that Brigitte Horn has agreed to continue as our very able Treasurer. Ron Atkinson, as Maintenance Director, is the real power that keeps the Centre functioning, as we all know and appreciate. Lastly, welcome to our new Secretary, Gillian Smith. Gill stepped into the breach in October, and has shown herself to be adept at translating the hub-bub of our meetings into understandable and accurate minutes. For this alone, she is worth her weight in gold.

There are six "Directors at Large" on the SSAC Board, and their role is to manage the day-to-day working of the Centre, which is a big job! Returning to this challenging and satisfying role, are Dorothy Fraser, Maureen Heaven, and David Marsh. (Well, I hope they are returning because they find the work challenging and satisfying!) Linda Stroud, previously the Board Secretary, moves to a new role as Director at Large. Two newcomers are Margaret Boyd, whom many of you know from her work on the front desk on Fridays, and Barry Pruden, who teaches Chi-Quong.

One of our most experienced and hard working Board members; Dorothy Fraser is recuperating from cardiac surgery. We all wish her a speedy recovery – the Centre isn't the same without you, Dorothy!

Please take a moment to welcome the new and returning Board members when you meet them in the office, or in the lunch room. Your interest and support is what makes this job worthwhile. We welcome questions and feedback too!

The Annual General Meeting on February 19 was well attended and organized. Reports were presented by Barbara Lightfoot, President, Brigitte Horn, Treasurer, and Ron Atkinson, Maintenance Director. There were opportunities for questions from the floor. The election of the new Board was conducted, followed by a social time. Copies of the "Annual Report," a detailed description of the activities of the SSAC during 2014 are available from the office. The next meeting of the General Membership will be in October. All members are welcome to attend Board meetings, which are held on the second Tuesday of each month, September – June.

I'm happy to be part of this vibrant community, and look forward to working with you all to continue our success.

Joanne Rykers
President, SSAC

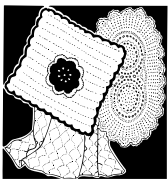
Grocery Receipts

The Sechelt Activity Centre can use your grocery receipt tapes. Clayton's Grocery as well as 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 .



ITEMS ARE NEEDED

The Craft Group is collecting items for the SSAC Flea Market which will happen on Saturday, March 14th. If you would like to donate clean, useable articles, please bring them to the Centre and speak to the Day Director in the office. All proceeds go to benefit the Centre. MANY THANKS!



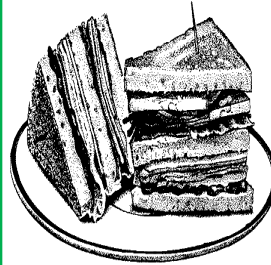
HELP, PLEASE HELP!!

Cheri Kingsland, Volunteer and Member at the Centre, is looking for white or ecru doilies for a project she is planning. If you can help her out please leave the doilies at the office anytime between 9 and 3 weekdays.



BLOOD PRESSURE CHECK

Thursday, March 5th - Ann Fitzau
Friday, March 13th - Dorothy Fraser
Thurs. March 19th - Ann Fitzau
Friday March 27th - Dorothy Fraser



MARCH LUNCH MENU

11:30 am to 1:00 pm

Everything Is Made From Scratch!

Mon. Mar. 2	Turkey & Yam Shepherd's Pie
Tue. Mar. 3	Baked Chicken
Wed. Mar. 4	Roast Beef
Thur. Mar. 5	Chicken Stir Fry
Fri. Mar. 6	Fish & Chips
Mon. Mar. 9	Bangers & Mash
Tues Mar. 10	Butter Chicken
Wed. Mar. 11	Roast Ham
Thur. Mar. 12	Baked Salmon
Fri. Mar. 13	Fish & Chips
Mon. Mar. 16	Chicken Quesadillas
Tue. Mar. 17	Corned Beef
Wed. Mar. 18	Roast Pork
Thur. Mar. 19	Quiche Salad
Fri. Mar. 20	Fish & Chips
Mon. Mar. 23	Beef Stroganoff
Tues. Mar. 24	Meatloaf, Mac n' Cheese
Wed. Mar. 25	Chicken Cordon Bleu
Thur. Mar. 26	Lasagna
Fri. Mar. 27	Fish & Chips
Mon. Mar 30	Dahl Lentil Rice Bowl
Tue. Mar 31	Chicken Pot Pie

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.



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 March 3rd.



simplifying your space

DOWNSIZING
 MOVE ORGANIZATION
 DECLUTTERING
 HOUSE SALE PREPARATION
 CONTENTS SALES
 ESTATE LIQUIDATION

Serving The Sunshine Coast

www.rightsizingsolutions.com

TRICIA COFFEY
tricia@rightsizingsolutions.ca

604-741-9839
604-741-4424

Bees fly about 20 kilometers an hour

Book Faire

Saturday
March 14th
10am - 3pm



Sechelt Public Library
Featuring a great assortment of
fiction and non-fiction books

REMINDER - LOCK AFTER LEAVING



Recently the doors to the Centre have been discovered locked but still open. This means that the door mechanism was locked but the door itself was not closed completely and therefore, the latch did not catch. And also, the door has been found totally unlocked.

Please make sure that if you or someone from your activity locks the door (front or back), turn around after you're out of the building and give the door a tug to make sure it's actually locked.

Kassie Ranchie,
 Rental & Activity Coordinator

Old Milwaukee beer is brewed in Detroit



LEARN TO BE A HAM RADIO OPERATOR!

Why be a ham radio operator?

Never be out of 'cell tower' range.
 You have an opportunity to become part of the local emergency services and help people in distress or during disasters.
 Mentor others using the radio for communication.

Provide communications for road race events and other community events
 Or surf the air waves of the world and make new friends around the world.

Lessons are to be given by a licensed ham radio operator.

Dates and times to be arranged.
 (Morse code is no longer a requirement)
 If interested contact: **Barbara Lightfoot**
ssac@dccnet.com
 or call 604-741-0777

No wonder they smell so good: Laid out flat, a human's nasal membranes would be the size of a quarter. A dog's would be the size of a paper towel.

AGELESS ADVENTURE TOURS
A Division of Mandate Tours & Transportation Inc.

MARCH 6
Tour Presentation w/
Melinda Burns
1:00 - 2:30 pm

Intimate Group Sizes,
More Inclusions

 Chemainus Theatre Project Johnny Cash March 11 - 12 dbl \$449.	 Jasper Park Idg. Seniors Spring Fling April 12 - 17 dbl \$1,738.	 Women's Spa Getaway-Kingfisher Resort May 4 - 7 dbl fm \$1,314.
 Okanagan Getaway Watermark Beach Resort May 26 - 29 dbl \$1,279.	 Gardens of Victoria Butchart, Abakhazi, Hatley June 2 - 4 dbl \$929.	 Olympic Peninsula Humcane Ridge, Quinault June 9 - 12 dbl \$1,189.

If you would like to be on our mailing list to receive our annual and semi-annual tour brochures, call us toll free.

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

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

Hello again.

Hello everyone, here we are in March, the "In Like a Lion, Out Like a Lamb" month.

Just a reminder that Melinda Burns will be at the Seniors Activity Centre on March 6, from 1:00 – 2:30 PM. Melinda will be introducing our 2015 Travel Tours using a State of the Art visual, Keynote program.

Light refreshments will be served and numerous door prizes will be given away, as well as attendance tour discounts offered.

Doing it right!

SOUTH COAST 

~ 604-885-3281 ~

 **Sunshine Coast**
CREDIT UNION

~ 604-885-3255 ~

YOU'VE WRITTEN A WILL...
But are ALL your ducks in a row?

BC has the second highest PROBATE fees in the country. Learn what probate is and how it will effect your executor and estate.

Thieves are targeting the identity of the deceased. Prevention begins now...and is easy to implement.

Cremations and Burials not preplanned lead to OVERSPENDING and stress. Learn how preplanning makes things easier for loved ones.

Most Canadians do not have a proper Living Will! Ensure your family is protected from the anxiety of forced medical decisions.

An Unprepared Estate Can Devastate Your Family

Join us for **FREE** at the
"Living Well And Leaving Well"
Workshop.

WHEN: Tuesday, March 3, 2015
WHERE: Sechelt Seniors Activity Centre
Craft Room
WHEN: 10:00 am to 11:30 am

Pickleball Fun And Friendship At The Seniors Activity Centre

In the past few months SSAC members have been to Powell River three times to play Pickleball. To reciprocate the hospitality, on Saturday, Feb. 21, the Centre hosted a day of fun and friendship for pickleball players from Powell River.

To break the ice the day started with fun matches by teaming up players from both sides. Delicious snacks and a wonderful lunch were provided by contributions from members and many volunteers helped ensure the day was a great success.

The day ended with new friendships having been forged and many happy but tired smiles. Many thanks to the Centre for allowing us to host this event and special thanks to the many volunteers who provided food for the day and helped with set-up and clean-up.

Submitted by the Pickleball Working Group

STUFFED PEPPERS FOR TWO

Ingredients

Recipe makes 2 servings.

1 cup water
 1/2 cup uncooked rice
 2 green bell peppers, halved from top to bottom and seeded
 1 tablespoon olive oil
 2 green onions, thinly sliced
 1 teaspoon dried basil
 1 teaspoon Italian seasoning
 Salt and pepper to taste
 1 tomato, diced
 1/2 cup crumbled feta cheese

Directions

1 - Preheat oven to 400 degrees F. Lightly grease a baking sheet.
 2 - In a medium saucepan, bring water to a boil. Stir in the rice. Reduce heat, cover, and simmer for 20 minutes. Remove from heat, and set aside.
 3 - Place the peppers cut-side down on the prepared baking sheet. Roast 25 to 30 minutes in the preheated oven, or until tender and skin starts to brown.
 4 - While the peppers are roasting, heat oil in a medium skillet over medium-high heat. Cook the onions, basil, Italian seasoning, salt, and pepper in oil for 2 to 3 minutes. Stir in the tomato, and cook for 5 minutes. Spoon in the cooked rice, and stir until heated through. Remove from heat, mix in the feta cheese, and spoon the mixture into the pepper halves.
 5 - Return to the oven for 5 minutes. Serve immediately. Enjoy!

In 2006, the Hell's Angels sued Disney for using their logo in the movie Wild Hogs.

LIVE WELL WITH

PHARMASAVE[®]

~ 604-885-9614 ~

IN MEMORY OF

Bert Wickham



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

KITCHEN VOLUNTEER REMINDER!

Please sign up on the new 2014 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.

URGENT—HELP NEEDED

The Centre is looking for a Volunteer to do the recycling run. The Centre's recycling is already sorted and needs to be dropped off at the Recycling Depot (at Salish Soils at 5646 Black Bear Road) once a week. The Volunteer will receive one free lunch a week as compensation. Thank you for helping in this important position.

Please see the Day Director or Kassie to apply.



SENIORS COMPUTE!

But they won't be computing at the Senior's Centre this March or April as the Community Volunteer INCOME TAX Program is taking place when and where the Computer Classes are normally scheduled. Regular computer classes will resume again in May.

CRAFT PROJECT - MINI LEPRECHAUN HATS



You'll never guess what these mini leprechaun hats are made of - Styrofoam cups! This St. Patrick's Day craft is the perfect way to get into the Irish spirit.

MATERIALS

Styrofoam cups	acrylic paint in green and black
gold chenille stems	scissors
hot glue gun	shamrock buttons (see note 7)
magnets (optional)	

INSTRUCTIONS

- 1** - Preheat oven to 250 degrees F. Note: The temperature and instructions in this craft are based off of a dark coated cookie sheet at 250 degrees F in an electric oven. You may want to experiment with different temps until you receive satisfactory results. I recommend baking one or two cups at the recommended temperature and time first. If they seem to melt too quickly or the ends curl up and under, try reducing the temperature and trying again.
- 2** - Place Styrofoam cups upside down (open end of cup down) on a dark coated cookie sheet, placing them about 1-2" apart. Note: we experimented with both dark coated and silver cookie sheets, the cups did not melt properly on the silver sheets.
- 3** - Bake in the oven for approximately 3 minutes, don't walk away! It will take about one minute before you see any changes to the cups, then the heat will begin to melt and shrink them rather rapidly after that. It's lots of fun for the kids to watch, so be sure to turn the oven light on.
- 4** - Remove the cookie sheet from the oven and set aside to cool completely. DO NOT try to remove the cups from the cookie sheet until they are completely cooled. As they cool, the Styrofoam that is stuck to the sheet will relax and release its grip from the sheet, allowing you to remove them easily. Most cups will melt rather well, though you may end up with one or two that look rather distorted or disfigured.
- 5** - Paint the "hats" with green paint, one coat is usually enough, and allow them to dry completely. Once they are dry paint a black rim around the hat and allow to dry again.
- 6** - Mean while, take a gold chenille stem and bend it into a square or rectangle for the hat's buckle, trim end off with scissors. When paint is dry, hot glue the buckle to the front of the hat on the black rim. Hot glue a shamrock shaped button to the top portion of the front of the hat.
- 7** - Note: Instead of the buttons, you can either paint a shamrock on by dipping the eraser of a new pencil into dark green paint and dotting it onto the hat three times, or cut your own out of felt or craft foam.
- 8** - If you like, you can hot glue a small round magnet to the bottom of the hat at the brim and hang on the refrigerator.

INTERESTED IN LEARNING UKULELE?

This is an expression of interest for a beginner Uke class. Come out and have some fun singing songs and learning to play.

COST: \$40.00 for Eight, One Hour Classes. **WHERE:** at the Sechelt Activity Seniors Centre

WHEN: to Be Announced

BRING: Uke, Pencil & Humour

A minimum of eight participants are needed for these classes to take place. If interested, please sign up on the sheet posted on the bulletin board as you come in the door.