

Seashell Echo

APRIL 2015

Community Volunteer INCOME TAX Program

This is a FREE service for individuals or families who qualify and will run every Wednesday, until Wednesday, April 29th, from 10:00am to 2:30pm. 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 WILL BE CLOSED!

The SSAC will be closed on April 3rd, 2015 for Good Friday and April 6th, 2015 for Easter Monday.

ORIENTATION FOR NEW VOLUNTEERS

Tuesday, March 31, 2 – 3 pm, in the Heritage Room or

Tuesday, April 28, 2 – 3 pm, in the Heritage Room

If you are interested in being an SSAC volunteer, or if you have recently begun to volunteer, you are invited to attend a welcome and introduction to the Centre, meet some of the current volunteers, and have an opportunity to tell us how we can improve your experience. Refreshments will be served.

IT'S "DANCE TIME!"

***Dance to the Music of Reg & Lynne
with One Nite Stand***

WHEN: Saturday, April 25th, 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

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	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

Thursday, Apr 16 - Boulevard Casino
Leave at 7:15
Return 3:30 pm. ferry

Wed. Apr. 22 - Park Royal & Capilano Malls
Leave 9:15 am
Return 3:30 pm. ferry.

Wednesday, Apr 29 - Maritime Museum
Leave at 9:15 am
Return 3:30 pm. ferry

No matter where you go, there you are!



Miscellaneous Phone Numbers

Community Information and Help Line 211
Sechelt / St. Mary's Hospital 604-885-2224
Senior's One-stop Information Line 604-741-0726
Sunshine Coast Community Services 604-885-5881
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.

Presidents Message

April 2015

March has been a busy and lively month at the Centre. All the activities are well attended. The Flea Market was successful, as was DJ Dance Time. Income Tax Preparation is in full swing, and four volunteers are busy every Wednesday during March and April helping those in need of this assistance. Sue Jackel is conducting several sessions on Housing Issues for Seniors, and these popular events will continue in April.

Special appreciation is due to the hardworking kitchen staff. With the record breaking demand for lunches and take-home entrees, and a shortage of volunteers, existing workers have risen to the occasion, often working two and three shifts a week. We have new recruits in the pipe-line, so hopefully the work overload will ease in the next short while.

Your new Board is also hard at work. The Centre's work is supported through the efforts of several committees, consisting of Board members and other volunteers. These committees manage activities such as the bus trips, pickleball, bridge, crafts and poker to name only a few, coordinate membership and volunteer recruitment, oversee the kitchen, maintenance, and technical services, and much more. These various committees will describe their work in future Echo editions. Perhaps you will be inspired to volunteer on a committee.

Another new event planned is a monthly Orientation Session for new volunteers. The aim is to be more efficient at contacting those who want to volunteer, help them feel connected to the Centre, and give them an opportunity to give us feedback. I'm thinking regular sessions like this for existing volunteers may also be a good idea. I would like to hear your feedback about this idea.

Finally, a huge vote of thanks is due to LeRoy Pattison, for his work in publishing the ECHO for the past several years. Kassie Ranchie will now take over this function, with the oversight of the Board. LeRoy will continue to volunteer in the kitchen and on the Membership Committee, and he has graciously agreed to provide backup services for the Echo when Kassie is away.

I will continue making the rounds of all our activities, introducing myself and asking for your feedback. I appreciate the warm welcome I have been receiving.

Thank you all for your support.

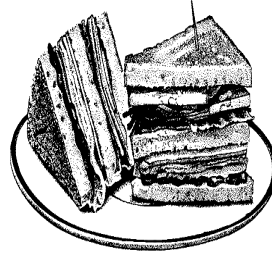
Joanne Rykers.
President, SSAC

MEMORIAL SERVICE for BARB LAIRD**DATE:** Tuesday, April 7th**WHERE:** St. John's United Church**TIME:** 1:00pmReception to follow at the Sunshine
Coast Golf & Country Club**For Lexophiles (Lovers of words)**

1. A bicycle can't stand alone because it is two-tired.
2. What's the definition of a will? (It's a dead giveaway).
3. Time flies like an arrow. Fruit flies like a banana.
4. A backward poet writes inverse.
5. In democracy it's your vote that counts; In feudalism it's your count that votes.
6. She had a boyfriend with a wooden leg, but she broke it off.
7. A chicken crossing the road is poultry in motion.
8. If you don't pay your exorcist you get repossessed.
9. With her marriage she got a new name and a dress.
10. Show me a piano falling down a mine shaft and I'll show you A-flat minor.
11. When a clock is hungry it goes back four seconds.
12. The man who fell into an upholstery machine is fully recovered.
13. You feel stuck with your debt if you can't budge it.

**BLOOD PRESSURE-CHECK**

Thursday, April 2nd - Ann Fitzau
 Friday, April 10th - Dorothy Fraser
 Friday, April 24th - Dorothy Fraser

**APRIL LUNCH MENU**

11:30 am to 1:00 pm

*Everything Is Made
From Scratch!*

Wed. Apr. 01	Roast Beef
Thur. Apr. 02	Chicken Raja
Fri. Apr. 03	Closed - Good Friday
Mon. Apr. 06	Closed - Easter Monday
Tues Apr. 07	Soup & Sandwich
Wed. Apr. 08	Roast Ham
Thur. Apr. 09	Meatballs in Mushroom Gravy
Fri. Apr. 10	Fish & Chips
Mon. Apr. 13	Bangers & Mash
Tue. Apr. 14	Cabbage Rolls
Wed. Apr. 15	Chicken Cordon Bleu
Thur. Apr. 16	Baked Salmon
Fri. Apr. 17	Fish & Chips
Mon. Apr. 20	Turkey & Yam Shepherd's Pie
Tues. Apr. 21	Home Made Perogies
Wed. Apr. 22	Roast Beef
Thur. Apr. 23	Quiche & Salad
Fri. Apr. 24	Fish & Chips
Mon. Apr. 27	Chicken Quesadillas
Tue. Apr. 28	Seafood Linguini
Wed. Apr. 29	Roast Pork
Thur. Apr. 30	Dahl Lentil Rice Bowl
Fri. May 1	Fish & Chips

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 is 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.

**Sunshine Coast
CREDIT UNION**


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IN MEMORY OF

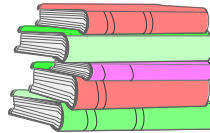
Barbara Laird



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

Book Faire

April 18th – 10am-3pm
Sechelt Public Library



A great assortment of fiction and non-fiction books at very reasonable prices.



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 April 7th.

LIVE WELL WITH

PHARMASAVE

~ 604-885-9614 ~



Sechelt Seniors Activity Centre
Proudly supports the



Fourth Annual Hike for Hospice

Sunday May 3, 2015 Porpoise Bay Provincial Park

This year the SSAC will be entering a team in the "Annual Hike for Hospice" event.

Please join us:

In Person, by registering to join for the Hike; or as a **"Virtual Hiker"** by donating to support our team.

Funds raised through Hike for Hospice Palliative Care stay in the community, allowing for a direct impact to local service. The Hike will continue – rain or shine.

To register for the SSAC Team, or to make a donation in support of the team:

Google: Sunshine Coast Hospice

Click : Register online

Click: Join an Existing Team

Enter "Sechelt Activity Centre" in the Team Name Box

Click: green "Join" Box.

Select "Team Member" to register for the Hike.

Or Select "Virtual Hiker" to make a donation to the Team.

Our Team Captain is Linda Stroud, one of the Directors of the SSAC. Linda is in the office each Thursday from 9 to 3 pm. If you have any questions, please stop by and speak with Linda or call 604 885 8910.

Thank you for your support of Hospice care on the Sunshine Coast.

POSSIBLE NEW ACTIVITY



Would you like to see a Chess activity started here at the Centre? If so, please sign up at the reception desk. Also, if you have a Chess set that you can donate to the Centre, it would be greatly appreciated. Thank you.



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

A HUGE THANK YOU!

Kisses to Tony Stroud and the people responsible for making and installing the corkboard in the showcase. GREAT JOB! It is so much easier to display items for sale.

Kisses also to the very helpful men who helped us at the garage sale and we must send a special 'Thank You' to Ron Atkinson for his tireless assistance!!

From *The Craft Group*

THE FUNTASTICS

Open Auditions for the next production.

BROADWAY

A collection of songs, skits, comedy and dances selected from the best of Broadway over the past 50 years. Anyone who is considering being a part of this Production is asked to attend


NOTE:-

Auditions for anyone interested will be held

BETWEEN 3PM AND 7PM WED APRIL 8TH in the Craft Room. Further auditions will be announced if required. If you are interested in auditioning for the Production as a Dancer, Singer, Actor, Musician, Comedian or for a Chorus part, please **contact Bernie G. at 604 886 6827** to book a time.

Volunteer Helpers; Major productions require lots of helpers. We are looking for extra help in the following areas: Make-Up, Assistant Stage Manager, Props, Lighting and Sound, Set Construction, Musicians, Curtain Control, Hall Decoration, Painting, Ticket Distribution and Ticket Takers, Table and Chair Set-Up and Take-Down, 50/50 persons and others. If you are interested, please sign up at the front desk of the Sechelt Seniors Activity Centre. If you wish to help, we'll find you a job you'll be comfortable with!







ALL THE PROCEEDS FROM FUNTASTICS PRODUCTIONS GO TO THE SEHELTA ACTIVITY CENTRE



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 Colorado Rocky RR 5 railroads in all June 22 - 30 dbl \$4,024.	 Wild West Coast of Vancouver Island Jun 28 - Jul 1 dbl \$1,089.	 B.C. Waterways & Rail Circle Tour July 2 - 8 dbl \$2,309.

2nd date: Aug 27 - Sep 2

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

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Hello Tourees.

The 2015 touring season is now in full swing. We have already completed five successful tours this season with just one departure remaining in April, the annual Jasper Park Spring Fling which is now Sold Out.

We are really hot in May our three day Women's Spa Getaway at Kingfisher Resort & Spa has a few spaces available. As the Okanagan Wine Getaway May 26 departure SOLD out very quickly we added a second departure date May 19. The new departure date has only a few spaces left, so if you are interested call us toll free 1.877.277.5577 ASAP.

Our June tours, including the new Gardens of Vancouver Island, Olympic Peninsula, Colorado Rocky Mountain Railroads and last year's favourite, The Wild West Coast of Vancouver Island are all selling well. If any of these interest you, call us toll free today.

Corduroy pillows: They're making headlines!



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Pecan Shortbread Bars

You'll love the simplicity of these five-ingredient wonders. For best results, be sure to use good, high-quality butter.

Ingredients

- 2 sticks (1 cup) unsalted butter, at room temperature
- 3/4 cup confectioners' sugar
- 1 teaspoon pure vanilla extract
- 2 cups all-purpose flour
- 1 cup toasted chopped pecans
- 1/2 teaspoon flaky salt (optional)

Directions

1. Line an 8 x 8-inch square pan with parchment paper, leaving extra overhang.
2. Using an electric mixer, cream the butter and sugar together until light and fluffy. Add the vanilla and mix again.
3. Gradually add the flour and mix until well combined. Fold in the toasted nuts. Press the dough into an even layer on the bottom of the prepared pan, making sure to fill the corners. Score the dough to make 24 bars (4 rows by 6 rows). Using a chopstick or fork, make dimples into the pieces. Refrigerate for at least 30 minutes.
4. Preheat the oven to 350 degrees F.
5. Remove the pan from the refrigerator. Sprinkle with salt, if desired. Bake in the oven until golden on the edges, 55 to 60 minutes.
6. Remove from the oven and let cool for 10 minutes. Remove the cookies from the pan by grasping the parchment paper. While still warm, cut the cookies along the scored lines. Let cool on a rack.

Tip: To toast nuts, spread them out in a single layer on a rimmed baking sheet and place in a 325 degrees F oven until they are light brown and smell toasted, 5 to 15 minutes. Watch them closely, as they can quickly burn.



SENIORS COMPUTE!

But they won't be computing at the Senior's Centre this 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.



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Campers: Nature's way of feeding mosquitoes.

KITCHEN VOLUNTEERS NEEDED!

Can you spare some time in lunch preparation? Great lunches begin with great people. Our cook and the members would greatly appreciate your help in any area that you feel comfortable doing. Perhaps you might wish to be a dishwasher.

Dishwashers are desperately needed.

Once a month? Once a week? You decide.

IF WE CANNOT GET THE REQUIRED HELP, THE KITCHEN WILL NOT BE ABLE TO PROVIDE HOT MEALS DURING THE WEEK.

If you can assist in any way contact Barry Pruden at 604-885-8910 for further information.

SENIORS HOUSING SESSIONS CONTINUE IN APRIL:

Wednesday, April 08,
and Wednesday, April 15,
9:30 – 11:30 am, in the Heritage Room,
Conducted by Sue Jackel

Grocery Receipts

The Sechelt Activity Centre can use your grocery receipt tapes. Clayton's Grocery as well as IGA Marketplace only 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 to the Centre in a box.

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