

Seashell Echo

JUNE 2015

DON'T FORGET!



The Senior Activity Centre will be on Summer hours starting on June 22nd. Hours for the front office will be from 10:00 am to 2:00 pm. The kitchen will not be operating from June 22nd until reopening on September 8th to provide us with the wonderful meals of which we are so appreciative. Some activities will continue throughout the summer, however most will close. The Centre will be back to regular programs and hours on September 8th.

IT'S "DANCE TIME!"

Dance To The Music Of
DJ's John and Krystyna

WHEN: Saturday, June 27, 2015

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	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Wilma Lorimer
Treasurer	Donna Marsh
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 - Cathrine Fuller	

BUS TRIPS

Thursday, June 4, - Hard Rock Casino

Leave at 7:15
Return 3:50 pm. ferry

Wed. June 11 - Tea & Trumpets

Leave 9:15 am
Return 5:50 pm. ferry.

Wed. June 17 - Whistler Squamish Gondola

Leave 7:15 am
Return 5:50 pm ferry

Wed. June 24 - Park Royal / Capilano Malls

Leave at 9:15 am
Return 3:50 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

Summertime - 10:00 am to 2:00 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

June 2015

Greetings,

It seems May has gone by in a whirlwind! The Centre celebrated Kassie's retirement with a reception on May 15. There were farewell hugs, a cake, and a farewell gift. We look forward to working with Kassie as a volunteer.

We welcome Cathrine Fuller as the new Rental Coordinator/Administrative Assistant. Cathrine has strong computer skills, and has worked in diverse business and volunteer settings. She is a member of the SSAC, is an enthusiastic participant in Yoga, and is very much a "people person." Please take an opportunity to introduce yourself if you come to the office. Her hours are 9:00 am – 1:00 pm., except Thursdays.

A new feature for members was approved at the May Board meeting. Members will now be able to purchase a strip of five guest tickets for \$25.00. To purchase a strip of guest tickets, please see the Director on duty. For each guest attending an activity with you, please put a ticket in the deposit bag with the activity fees. Please note that this is intended as a way to allow members to entertain guests and visiting family. It is not intended to replace membership fees.

Our annual Volunteer Appreciation Lunch is on Monday, June 22nd. This event allows the Centre to say "Thank You" to the many volunteers who keep our ship afloat. I encourage all of you to come and participate in an afternoon of good food, a few laughs and celebrating each other. Please sign up at the front desk soon!

By June 19th, the Centre will be on summer schedule. The kitchen will be closed, and office hours are reduced, but many activities will continue through the summer. A summer activity schedule is available at the front desk.

As you may know, the Centre runs a sponsored ad every week in the Coast Reporter. During the summer, space is usually available in this ad. It may be an opportunity for you to advertise your activity. Contact Cathrine in the office at 885-8910. Mondays are the weekly deadline.

Summertime is a time to enjoy the many activities here on the Coast, our beautiful gardens, and visits from family and friends. I wish you all a fun-filled and happy summer!

Best wishes,

Joanne Rykers

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 .



I understand the inventor of the bagpipes was inspired when he saw a man carrying an indignant, asthmatic pig under his arm. Unfortunately, the man-made sound never equaled the purity of the sound achieved by the pig. - *Alfred Hitchcock*

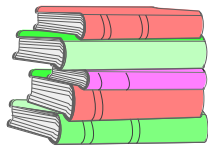


The Woes of Aging

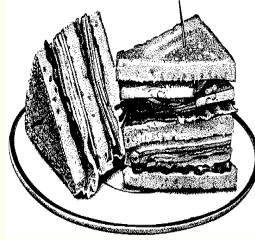
The day after visiting a fair, the wife was in agony. "You know you're past your prime," she said, "when you hurt all over and all you rode was the massage chair."

Book Faire

**Saturday
June 20th
10am-3pm**



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



JUNE LUNCH MENU

11:30 am to 1:00 pm

*Everything Is Made From
Scratch!*

Mon. June 1	Seafood Linguini
Tue. June 2	Quiche & Salad
Wed. June 3	Chicken Cordon Bleu
Thur. June 4	Dahl Lentil Rice Bowl
Fri. June 5	Fish & Chips
Mon. June 8	Chicken Wings
Tues. June 9	Sheherd's Pie
Wed. June 10	Roast Ham & Scalloped Potatos
Thur. June 11	Quiche & Salad
Fri. June 12	Fish & Chips
Mon. June 15	Baked Salmon
Tue. June 16	Chicken Pot Pie
Wed. June 17	Roast Beef
Thur. June 18	Butter Chicken
Fri. June 19	Fish & Chips
Last day the kitchen is open until September.	
Mon. June 22	Volunteer Appreciation Luncheon.

Please sign up - admittance by ticket only.

The kitchen will be closed until September 8.

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.



AGELESS ADVENTURE *tours*
A division of Mandate Tours & Transportation Inc.

These tours are really ...  Intimate Group Sizes, More Inclusions

 Olympic Peninsula Hurricane Ridge, Quinault June 9 - 12 dbl \$1,259	 B.C. Waterways & Rail Circle Tour July 2 - 8 dbl \$2,309 <small>2nd date: Aug 27 - Sep 2</small>	 San Juan Islands & Whale Watching Cruise July 19 - 21 dbl \$929
 Yukon & the NWT Inuvil & Tuktoyaktuk July 19 - 31 dbl \$6,399	 Chicago Arts & Architecture Sept. 17 - 22 dbl \$3,369	 Nat. Pk. Ldgs of Oregon Timberline, Crater Lake ... Aug. 21 - 28 dbl \$2,639

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

ACCREDITED BUSINESS 260 -1959 152nd Street, South Surrey, BC V4A 9E3 BC reg. # 2599 CONSUMER PROTECTION BC

Hello everyone, I can't believe that it's June already. This beautiful weather is really filling our summer tours. Six June & July tours are sold out and only 5 tours have spaces remaining, they are:

The Wild West Coast of Vancouver Island - June 28 - July 1, 4 spaces

B.C.'s Waterways & Rail Circle Tour - July 2 - 8, 6 spaces & August 27 - September 2, 8 spaces

Discovery Coast Passage July 9 - 13, 10 spaces

San Juan Island Getaway July 19 - 21, 12 spaces

Yukon NWT - July 19 - 31, 11 spaces

That's all that remains for tours through July 31. August tours are moving fast with only two being sold out. August tours with space are:

Desolation Sound (new date); Chemainus Theatre 'The British Invasion'; Newfoundland and Labrador; National Park Lodges of the Pacific Northwest; B.C.'s Waterways & Rail Circle tour; and the Fabulous Kootenays, September departure has just 6 spaces remaining.

Although at the writing of this post only two sold out August tours, we suggest calling early to ensure that you don't miss your desired tour.

There is no such thing as government money, there is only taxpayer money.

FALL PREVENTION

Falling can be a serious issue as we age. And as Canadians live longer, the number of hospitalizations due to falls, goes up. Find out more about Fall Prevention on Thursday, June 11th at 10:30 a.m. in the Farish Room.

BLOOD PRESSURE CHECK

Thursday, June 4th
Friday, June 12th

Ann Fitzau
Dorothy Fraser

Volunteers Are Love In Motion!

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 22nd starting at 12:00 noon. A buffet lunch will be served at 12:30. We ask all volunteers planning to attend to please register at the reception desk by Friday June 12th to ensure we prepare enough food. This will be a ticketed event - no ticket, no admittance. The menu will be available by June 10. . See you at the Luncheon.



LIVE WELL WITH
PHARMASAVE[®]
~ 604-885-9614 ~



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

Frozen Entrees From The Kitchen



Frozen Entrees are now available. These are single serving portions costing only \$5.00. Selections may include Butter Chicken, Broccoli &

Tuna Casserole, Chicken Pot Pie or Spaghetti with Meatballs. These may be ordered and paid for from the kitchen cashier and picked up then to be taken home. With the kitchen closing for the summer, you may wish to get in a supply for the summer. Then you can enjoy those wonderful meals from Emily even when the kitchen is closed..



FREE TO A GOOD HOME

The VHS tapes in the "library" are now free to a good home. Please help yourselves!

QUESTIONS TO ASK 2015 FEDERAL CANDIDATES

- ◆ How would you improve Canada's public health care and what would you include in a new Health Care Accord?
- ◆ Will the plan for health care include a national Pharmacare program with national standards? What would this look like?
- ◆ Do you support Federal Government participation in funding a wide range of transportation options - rail, buses, ferries, transportation for disabled people, seniors and others? What would this look like?
- ◆ What do you and your party propose as national services and standards to protect seniors against neglect and abuse and ensure that seniors receive timely help to address issues like fraud and replacing lost or stolen identification?
- ◆ Will you and your party support bringing back the Long Form census requirement?
- ◆ What do you and your party plan in order to protect the environment in the interests of the future of our planet and generations to come?
- ◆ How would you and your party support creating a more respectful joint planning process for support and services to Canada's veterans?
- ◆ How would you and your party support a Federal-Provincial initiative to:
 - A) build affordable housing?
 - B) sustain and extend co-op housing?
 - C) address homelessness?
- ◆ What are your plans for the future of the Canadian Broadcasting Corporation? Will you and your party engage in a public dialogue about the role of the CBC as the national broadcaster?
- ◆ What are your plans to work with aboriginal people? What kind of federal plan would you introduce to eliminate poverty and meet the needs of aboriginal people in Canada?



SSAC's Hike for Hospice Team, 2015.

On May 10th twenty members of the Activity Centre, spent a fun afternoon at Porpoise Bay Park. We all enjoyed hamburgers and wonderful music prior to setting out on our gentle walk through the beautiful trails. After the walk the Centre Team was very successful at winning several of the door prizes!

This is the first year the SSAC has participated in this fundraiser for the Sunshine Coast Hospice Society, and our fundraising goal was \$2,000. Thanks to our generous supports we were able to surpass this and over \$2,500 was raised by the Team. Thank you to all our supporters.

This was the 4th annual Hike for Hospice on the Coast. We are hoping to field an even bigger Team from SSAC next year and hope you will think about joining us.



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



Tea At Two

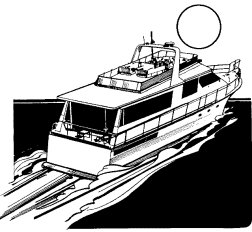
Starting on Tuesday, June 23rd at 2:00 pm and continuing every Tuesday throughout the summer, the Seniors Activity Centre will be hosting Tea At Two for the current members. Come at 2:00 pm and enjoy tea (or coffee) in bone china teacups, elegant sandwiches and tasty pastries. All this for only \$4.00! Plus good conversation and a pleasant gathering of friends, old and new.

A Sci-Fi Burlesque Adventure

Star Wars - A Nude Hope

WHEN: Saturday, July 4, 2015
WHERE: Sechelt Activity Centre
 5604 Trail Avenue

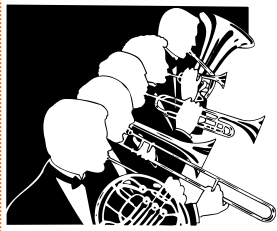
TIME: Doors Open - 7:00 pm. Show 8:00 to 10:30 pm
TICKETS: \$25.00 available at Strait Music



PRINCESS LOUISA INLET EXCURSION

There will be a day trip up Princess Louisa Inlet to Chatterbox Falls on Monday, July 20th. The boat will only hold 11 people so **get your name in by June 6, 2015**. If there is enough interest a second boat may be added. The cost will be \$150.00 per person and includes the return bus trip from the Sechelt Seniors Activity Centre. The bus will leave at 9:30 am and return to Sechelt around 4:30 pm. Lunch is not included.

At 8 years old....you put milk in your glass, at 18 years old....you put beer in your glass and at 80 years old.... you put your teeth in your glass



TEA AND TRUMPETS CONCERT SERIES TICKETS

There are six performances, Oct 29rd, Nov.26th, Jan 7th, 2015, Feb 4th, Mar 31st, May 5th in 2016.

The SSAC has series tickets available for sale at a cost of \$370 each, which includes the bus trip, and must be **paid in advance**. You may sign up at the front desk.

Please call Rene Betts at 604 885 8910 for more details.

RICE, BLACK BEAN AND AVOCADO SALAD

This side salad does double duty as a light meal and can be served warm or cold. Enjoy it right away or make ahead and refrigerate to give the flavors extra time to come together.

Active Time: 15 minutes

Total Time: 35 minutes

Ingredients

2 tablespoons olive oil	1 1/2 teaspoons garlic salt, divided
1 1/2 cups vegetable stock	Juice of 1 lime, or more to taste
1 cup white rice, rinsed well	3/4 teaspoon cumin, divided
1 cup diced onion (about 1 medium onion)	2 avocados, diced
2 cans (15 ounces each) seasoned black beans, well drained	
2 teaspoons chopped cilantro leaves, or to taste	

Directions

Add oil to heated pan and sauté onion for 4 to 5 minutes over medium heat. Add 1/4 teaspoon of the cumin and stir for another 30 seconds. Add rice, stock and garlic salt and bring to boil. Reduce to lowest heat, cover and cook for about 18 minutes, or until rice is just cooked. Fluff rice with fork and allow to cool slightly, or completely if you are serving the salad chilled.

In large bowl, combine drained beans with remaining 1/2 teaspoon cumin. Add cooled rice, cilantro and lime juice and toss together. Taste and adjust seasoning and lime to taste. Top with avocado just before serving and toss gently.

Variation: Substitute 1 can of corn for avocado if desired.

Tip: Time-saver: **Seasoned black beans** include salt and basic seasonings that infuse the beans with flavor that would otherwise take time to develop.

Visitors to the SSAC are reminded that there is a scent free policy for staff and visitors. Please be aware of your hair and body products as well as aftershave and perfumes.