

Seashell Echo

SEPTEMBER 2015



Pat Wilson celebrated her 91st birthday on June 17th by going on the Bus Tour to Squamish and Whistler.

This was just one of several great bus tours this summer.

LIFE MEMBER NOMINATIONS

Life membership is an award of merit where nominations are received from the General Membership. Prospective candidates must be Members in good standing and will have made an outstanding contribution to the Centre for at least 5 years.

Nomination forms, available at the front desk, must be completed and handed in to the Director on duty by 15 October 2015.


CURRENT LIFE MEMBERS

Theresa Allen, Ron Atkinson, Anne and Joe Clitheroe, Maurice Farn, Joan Fleetham, Dorothy Fraser, Joan Fremd, Pat Gibson, Jean Griffiths, Christa Haas, Maureen Heaven, Pat Hegan, Bonnie Hewitt, Don James, Betty Jeffries, Joyce Kolibas, Wilma Lorimer, Alice and Werner Matthaus, Fay and Mike McCarthy, Robbie Robson, Jack Rundle, Millie Sandahl, Douglas Smith, Gwenda Thain, Doug Third, Valerie Thorsteinson, Eva Wall, Nikki Weber.

Volunteers Needed

We are up and running on September 8th. Please come in and sign up for your favourite volunteer position.

We need you!

Centre Information		BUS TRIPS	
Executive		Thursday, Sept. 17 Edgewater Casino/ Granville Island	
President	Joanne Rykers	Leave at 7:15	
Past President	Barbara Lightfoot	Return 3:50 pm. ferry	
Vice President	Wilma Lorimer	Wed. Sept. 23 - Van Dusen Gardens	
Treasurer	Donna Marsh	Leave 9:15 am	
Secretary	Gillian Smith	Return 3:50 pm. ferry.	
Maintenance	Ron Atkinson	Wed. Sept. 30 - Park Royal/Capilano Mall	
Board Of Directors 2015 - 2016		Leave 9:15 am	
Margaret Boyd	Dorothy Fraser	Return 3:50 pm ferry	
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.		No matter where you go, there you are!	
Janitor	Jim Coffin		
Cook	Emily McPherson		
Rental Co-Ordinator	Cathrine Fuller		

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
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 Cathrine Fuller 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



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

Presidents Message September 2015



Welcome back everyone! After a long, hot and eventful summer we are all looking forward to our regular routines and activities at the

SSAC. Many of us have especially missed the kitchen and Emily's lunches and frozen entrees. The hugely popular "Tea at Two on Tuesdays," laid on by Dorothy Fraser and her assistants provided both physical and social nutrition, but it did not replace Emily's daily feasts.

You will be pleased to see the Centre looking bright and fresh, with new paint in the Auditorium, Heritage room and the office, new floors in the lounge and office, and a thorough cleaning and polishing throughout. Thanks are due to Ron Atkinson, the Maintenance group, and Jim Coffin for a great effort. I know several women are interested in talking to Jim about his formula for floor polishing or, better yet, about doing their floors!

Your Board has also been busy. We had a special meeting in July to review a proposed new set of By-laws. A committee has been working at this revision for several months, with the very able assistance of Bill MacIntosh, SSAC member and lawyer. Bill has assisted many non-profits with this type of project. The original By-laws and Constitution date from the Inception of the Society in 1999, and while it has served us well, it is time for a revision.

In the proposed revision, the fundamental clauses related to the nature and purpose of the Sechelt Seniors Activity Society remain the same. They are contained in the Constitution, and are unalterable.

The purpose of the By-laws is to provide direction to the Board and Members about how to operate the Society. More details about procedures were needed in sections related to membership, duties of the Board and elections. Some new sections were added, related to record keeping and financial management. The end product is intended to provide for better clarity, governance and continuity.

The proposed By-Laws revision must be approved by the membership and will be voted on at the General Meeting on October 15. In preparation, please take some time to study the proposal. After the Board Meeting on September 8, copies will be available in the lobby, and on the web site. Of course, all the Board members will welcome discussion and questions.

Preparations are also underway for our "Open House" on Saturday, October 3rd. Margaret Boyd and her Membership Committee plan to have the involvement of all the Centre Activities in providing a hearty welcome to the community. I hope to see many of you there – and bring a friend!

Joanne Rykers



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Scottsdale Christmas



2015 Christmas

Christmas in Chemainus
Nov 25 - 26 • 2 incl. meals

Holiday Express - Leavenworth
Dec 1 - 4 • 5 incl. meals a few seats left!

Scottsdale Christmas
Dec 22 - 27 • 10 incl. meals

Christmas at the Fairmont Empress
Dec 24 - 27 • 6 incl. meals

Christmas at the Oak Bay Beach Resort
Dec 24 - 27 • 6 incl. meals

Stay 'n' Play Kettle Valley Railway a few seats left!

Wine & Casino
Sep 27 - 29 • 6 incl. meals • dbl. \$789

Stay 'n' Play Thanksgiving 

Sidney-by-the-Sea, Vanc. Isl.
Oct 11 - 14 • 6 incl. meals • fm dbl. \$1,189

Stay 'n' Play Wikaninnish Experience SOLD OUT!

Stormwatching at Long Beach
Nov 23 - 26 • 7 incl. meals • fm dbl. \$1,399

Stay 'n' Play Scottsdale Christmas

Hyatt Regency Scottsdale
Dec 22 - 27 • 10 incl. meals • dbl. \$3,629

Birthplaces of America



New for 2016

Cuba . . . At Last! SOLD OUT!

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Maui & Kauai
Feb 17 - 26 • 17 incl. meals

Mississippi Paddle Wheeler
Mar 26 - Apr 4 • 21 incl. meals

* rate adjusted to reflect exchange rate change

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SEPTEMBER LUNCH MENU

11:30 am to 1:00 pm

Everything Is Made From Scratch!

Tues. Sept. 8	Seafood Linguini	Mon. Sept. 21	Shepherd's Pie
Wed. Sept. 9	Roast Ham & Scalloped Potatoes	Tues. Sept. 22	Cabbage Rolls
Thurs. Sept. 10	Quiche & Salad	Wed. Sept. 23	Chicken Cordon Bleu
Fri. Sept. 11	Fish & Chips	Thurs. Sept. 24	Bangers and Mash
Mon. Sept. 14	Dahl Lentil Rice	Fri. Sept. 25	Fish & Chips
Bowl		Mon. Sept. 28	Butter Chicken
Tues. Sept. 15	Chicken Pot Pie	Tues. Sept. 29	Lasagne
Wed. Sept. 16	Roast Beef	Wed. Sept. 30	Roast Pork
Thurs. Sept. 17	Chicken Quesadillas	Thurs. Oct. 1	Hot Reuben Sandw.
Fri. Sept. 18	Fish & Chips	Fri. Sept. 25	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 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.



For the fifth year the outrageous Funtastics are back with an ambitious 3 day production of glitz, high energy, its own brand of comedy and humour, lots of music and songs from Broadway. Dates Nov. 6, 7 & 8. Get your tickets early.

Funtastics on Broadway

This Production has everything: great music, glitzy costumes, solo, group and production numbers and some great dancing, with our usual smattering of Funtastics humour and comedy acts.

Mo Farn is back as Producer, Bob Hunt as Director, Janet Oxley is our new choreographer, Larry Baker is our Sound and Music whiz, with the usual backstage crew headed by Stage Manager Norma Pruden. Colleen Anderson has emerged as the glue that keeps everything together, as coordinator – trouble shooter.

And what a Production it will be. Moving away from its Vaudeville Roots the group will present **THE FUNTASTICS ON BROADWAY**. The production will travel through early Broadway and end up with current Broadway, featuring more than 20 favourite songs and dances from more than 20 musical hits.

Rehearsals begin in early September for this 2 hour show.

Plans are already progressing to change the Sechelt Activity Centre into a Broadway venue with a Fabulous Backdrop already in place, and extensive hall decorations underway. Only 160 tickets will be available for each show.

Posters and tickets are already printed ready for a Sept 21st launch of ticket sales.

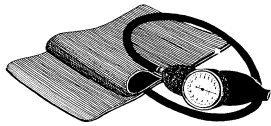
There is still an opportunity for more male and female dancers, and we are still recruiting help for backstage, ticket takers and other helpers. If interested in helping out please e-mail Mo Farn at mauricefarn@gmail.com



As most of you know, the Centre was closed up tight from August 10th to August 21st while our Maintenance Committee watched over the annual scouring, cleaning and upgrades. All our floors were refinished; the lounge had a great facelift with the carpet torn up and new vinyl planking installed. The office was painted and a new tile floor replaced the carpet in there as well.

The auditorium and Heritage Room were also painted.

Our thanks to the entire crew.



BLOOD PRESSURE CHECK

Friday, September 11th Dorothy Fraser
Thursday, October 1st Ann Fitzau

P.S. We're looking for people to take Blood Pressure.

Grocery Receipts

The Sechelt Activity Centre can use your grocery receipt tapes. Clayton's Grocery and 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. Tapes can be dropped off at the entrance of the

BASIC AMATEUR RADIO (AKA HAM RADIO COURSE)



Barry Yee, the current secretary of the Sunshine Coast Amateur Radio Club Society, is offering a course in Basic Amateur Radio. This course will prepare participants to take the Basic Radio Amateur Exam.

Tuesdays, starting September 22, 10 a.m. in the Dr. Farrish room

There is no fee for the classes, but membership in the SSAC is required. Course material is available on line.

For further information contact Barbara Lightfoot at 604-885-8910



Marsha Neill, SSAC volunteer and retired Royal Bank employee, poses with three happy Pickleball players, (from left)Gillian Smith, Marsha Neill, Sylvia Hockley, Serge Planidin, and their new ball machine.

The "Pickleball Tutor" was purchased with the help of a grant provided by Marsha through her RBC Retired Employees Grant program.

The ball machine will be valuable in assisting over 100 players at the Centre in improving their skills. The SSAC has been a four time recipient of this grant, and we are grateful to Marsha and the Royal Bank.



Dance Time!

with

Jim Taylor

Saturday, Sept. 26

Members \$10 Non-members \$15

Doors open at 7 p.m.

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.

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Annual Open House

Saturday Oct. 3rd
1 pm to 4 pm

Refreshments

Door Prizes

Memberships

Find out more about the variety of activities you can join.

**Come and Join Us
Bring your Friends Too**

Frozen Entrees From The Kitchen

Frozen Entrees are now available. Single serving portions cost only \$5.

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 taken home.



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IN MEMORIAM

Lydia Whyte

Lydia passed away in July 2015. She was Rental Coordinator for the SSAC for many years. Lydia was also a life member of the Seniors Centre.

Donald Robb

Donald Robb passed away on July 19, 2015. Don was a valued long term member of the SSAC where he also taught Tai Chi. He will be remembered for his dedication to humanitarian causes, and for his wit and lively lunch time conversations.

Please join Monica, family and friends for a Celebration of Life at the Arts Centre, on Saturday, September 12, at 5 pm.

Roger Stinchcombe

Roger, a respected and valued member of the Centre, passed away on Friday, August 21. A Memorial Service will be held at Seaview Cemetery in Roberts Creek, on Friday, August 28 at 1 pm.

Roger was a regular member of the group that enjoys Poker sessions here every Friday. He was well known for the beautiful flowers that he brought to adorn our front desk and he never missed an opportunity to flirt with the women in the office. He will be remembered as a kind and generous man.

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