

# Seashell Echo

February 2016



*Rehearsals for Blithe Spirit are going strong. (Above—left to right) Richard Austin as Charles Condomine, Louise Phillips as Madame Arcati, Susan Rule as Edith the Maid, Mardell Vestad as second wife Ruth Condomine, Sally Williams as first wife Elvira Condomine, Stephen Archibald as Dr Bradman and Wanda Nowicki as Mrs Bradman.*

*Blithe Spirit is being co-produced by Driftwood Players and the SSAC Chair Actors Group. Performances will take place April 15, 16 and 17. Watch for the announcement that tickets are on sale. They will sell out quickly.*

## **2016 Annual General Meeting**

**Thurs. Feb. 18 at 1:30 p.m.**

**Election of the Board of Directors**

**You must have a valid 2016 membership & be over 50 to vote.**

## 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 [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	- Cathrine Fuller



## BUS TRIPS

**Thurs. Feb. 25 - Vancouver Planetarium,  
with Lunch at West Van Seniors Centre**

Leave at 9:15  
Return 5:30 pm. Ferry

**Wed. Feb. 28 - Cloverdale Racetrack &  
Elements Casino**

Leave at 7:40  
Return 5:30 pm. Ferry

We are taking expressions of interest  
in a trip to: **Harrison Hot Springs**  
**April 19, 20 & 21.**

Sign-up sheet 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)  
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 Cathrine Fuller and can be found on the Sechelt Activity Centre website [www.secheltactivitycentre.com](http://www.secheltactivitycentre.com)

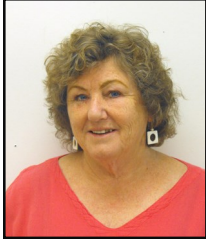
*This issue of the Seashell Echo has been compiled using Microsoft Office Word 2010 and Microsoft Office Publisher 2010.*



### 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

## Presidents Message January 2016



January has been an interesting month. After an eventful meeting, the proposal that the SSAC apply to Canada Citizenship and Immigration to sponsor a

refugee family from Syria was approved by the membership. Many people commented on the quality of the power point display, which was developed by Cathrine Fuller, and presented by Linda Stroud, Ed White, Dagmar Nunn and myself. Your contribution was much appreciated and effective.

Thank you also to Bert Carswell for taking on the task of moderator. Many people in the audience spoke eloquently about how this project will benefit the Centre and our community. Other people had legitimate concerns about the appropriateness of the SSAC engaging in this venture. I hope these concerns were addressed, and I invite anyone who has ongoing questions to contact any of us involved in the project. And, of course, anyone who would like to help in any way would be very welcome.

On a side note, the process of bringing this proposal before the SSAC Membership had some positive ripples. For the two weeks prior to the meeting, there was a high level of interest in the SSAC Constitution and By-laws. Members were requesting copies to study, they had questions about the reasons for some by-laws, and attendance at the meeting was double that of any regular AGM. I do hope that this interest in the governance

of our Centre continues, and we have these gratifying turn-outs at future meetings.

February promises to be a busy month as well. We have our AGM on Feb 18, and everyone on the Board, on various committees, and all the activity groups are busy with year end reports. Your timely attention to this paper work is much appreciated. The AGM will also see the election of a new Board. We currently have a good slate of candidates, but the key position of Vice-President is still open. If you think you may be interested in being a candidate, please contact the chair of the Nominating Committee, Barbara Lightfoot.

I wish you all a Happy February, and a Happy Valentine's Day!

*Joanne Rykers*



### BLOOD PRESSURE CHECK

**Thursday, Feb. 4**

Anne Fitzau

**Friday, Feb. 12**

Dorothy Fraser

**Thursday, Feb. 18**

Cheryl Casorso

**Friday, Feb. 26**

Barbara Lightfoot

LIVE WELL WITH

**PHARMASAVE®**

~ 604-885-9614 ~

# This

+



## Tax Time Again

Once again the taxman cometh and people are scrambling to put together their receipts. And once more, we are being graced by the presence of Louis Legal and his team of volunteers to help with income tax preparation.

This year the team will be here 2 days a week through March and April. Beginning March 1st, the Community Volunteer tax Preparation Program will set up shop in the Dr. Farish Room on Tuesdays and Wednesdays between 10:30 a.m. and 3:00 p.m.

Volunteers will complete tax returns, free of charge, for low-income Individuals earning less than \$30,000 and families earning less than \$40,000 in 2014. The program does not serve clients with self-employment income, rental property income or capital gains. Interest income must be less than \$1000.

Consultation is available by appointment. More information and sign-up is available at the Sechelt Activity Centre reception desk.

## IT'S "DANCE TIME"

Dance to the D.J, music of -----



**Saturday, February 27 at 7 p.m.**

**Members \$10 Non-members \$15**



# That

## New Activities

Valerie Grant is offering **Genealogy Search Services** on the first Wednesday of each month, for those who want some help exploring their ancestry. This takes place in the Heritage Room between 1 p.m. and 3 p.m. by appointment only. Sign-up sheets are on the Bus Trip & Computer bulletin board. Make sure you take a "Pedigree Chart" to fill out ahead of time.



There are some activities taking place at the Activity Centre that are not sponsored by the SSAC, but may be of interest to members;

**Taoist Tai Chi** - Sat. 9:30 a.m.—12:00 p.m.

**Private Dance** classes with Sandra Cordero in the Craft Room on Thursdays - 4 to 5 p.m.

**CCB Chapter meetings** ( Canadian Council for the Blind ) are being held in the Heritage Room on the 2nd Wednesday of each month in the Heritage Room—1 p.m. to 3 p.m.

### 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



We now have a box to collect used glasses. It is part of the Lions Recycle for Sight program. If you have a pair of used glasses sitting around at home, please bring them in and deposit them in the box shown. This box is located in the coat closet near the reception desk.



**Sunshine Coast  
CREDIT UNION**

~ 604-885-3255 ~

## Mary Clark

- 40 years experience in world travel
- 3 years organizing tours for the SSAC

*Please allow me the opportunity to help you with your travel needs.*

*I am a specialist in:*

River Cruises  
European Coach Tours  
All-Inclusive Sun Packages  
Ocean Cruises  
Customized Itineraries

604-885-6396

[www.cruiseshipcenters.ca/MaryClark](http://www.cruiseshipcenters.ca/MaryClark)

[poppyland@dccnet.com](mailto:poppyland@dccnet.com)



# SSAC To Apply for Sponsorship



*More than four million Syrians have registered or are awaiting registration with the UN High Commission of Refugees. According to UNICEF 51% of the refugees are children.*

There was an excellent turnout at the Special Membership Meeting on January 21<sup>st</sup> to discuss the proposal to sponsor a Syrian Refugee family. The meeting started with a PowerPoint presentation which provided information about the process and requirements for applying to be a sponsor.

In order to be approved as a sponsor, an organization must make a financial guarantee for the immigrants' settlement and living for the first year. The Board proposal was to sponsor a family of four, which required a guarantee of \$36,000. While the Activity Centre acts as a guarantor, President Joanne Rykers explained that fundraising will offset at least 50% of that obligation.

The committee that has been exploring the feasibility of sponsorship has already had an offer of free rent in a furnished home for the first year.

Barbara Cochrane, who has been part of the group sponsoring Tibetan refugees, spoke about that group's experience. They have offered their assistance to the SSAC in sorting through government forms, bureaucracy and just offering their experience to avoid problems which might arise.

After the presentation, various members took turns expressing their opinions both for and against the proposal.

The meeting concluded with a show-of-hands vote where over 75% of those in attendance were in favour of the proposal.

"I'm very happy with the results," stated Joanne Rykers. "Now the work begins. There's a lot to do to put together the application and prepare for approval." Anyone who would be interested in offering their assistance can contact Joanne at the Centre office Tuesday through Thursday.



Call for a **FREE**  
tour brochure



**Toll Free**  
**1.877.277.5577**

### Downton Abbey's Series Finale

at the Oak Bay Beach Hotel  
Mar 6 & 7 • 2 incl. meals • dbl. \$734.

### Stay 'n' Play Fairmont Jasper Park Ldg.

Seniors Spring Fling  
Apr 10 - 15 • 15 incl. meals • dbl. \$1,759.

### Stay 'n' Play Watermark Beach Resort

Okanagan Wine Getaway *a few seats left!*  
May 24 - 27 • 8 incl. meals • dbl. \$1,339.

### Stay 'n' Play Spectacular Gardens

of Victoria, Abkhazi, Hatley, Butchart, etc.  
Jun 20 - 22 • 6 incl. meals • dbl. \$969.



Stay 'n' Play

### Annual Women's Wellness

Tigh-Na-Mara Seaside Spa Resort  
May 9 - 12 • 8 incl. meals  
dbl. \$1,398.



Stay 'n' Play

### Okanagan

Summerland Waterfront Resort  
May 17 - 20 • 7 incl. meals  
dbl. \$1,459.

### Portland Rose Parade

Festival of Roses Parade, Columbia Gorge  
Jun 10 - 13 • 7 incl. meals • dbl. \$1,389.

### The Wild West Coast

of Vancouver Isl., Alberni Inlet Cruise  
Jun 12 - 15 • 6 incl. meals • dbl. \$1,199.



### 2016 Tour Presentation:

**W/ Melinda Burns**

March 4, 1:00 - 2:15 pm

Light refreshments and door prizes  
are provided.

Please R.S.V.P. 1.877.277.5577

#260 - 1959 152<sup>nd</sup> Street,  
Surrey, BC V4A 9E3



[www.agelessadventuretours.com](http://www.agelessadventuretours.com)



Prices include all  
taxes

## FEBUARY LUNCH MENU

11:30 am to 1:00 pm

*Everything Is Made From Scratch!*

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 frozen meals to take home.

Mon	Feb	1	Quiche & Salad	Mon	Feb	15	Butter Chicken
Tues	Feb	2	Shepherd's Pie	Tues	Feb	16	Cabbage Rolls
Wed	Feb	3	Chicken Cordon Bleu	Wed	Feb	17	Ham & Scalloped Potatoes
Thurs	Feb	4	Sole	Thurs	Feb	18	Meatballs in Mushrm Gravy
Fri	Feb	5	Fish and Chips	Fri	Feb	19	Fish and Chips
Mon	Feb	8	Closed- Family Day	Mon	Feb	22	Chicken Raja
Tues	Feb	9	Baked Chicken	Tues	Feb	23	Lasagne
Wed	Feb	10	Roast Beef	Wed	Feb	24	Roast Pork
Thurs	Feb	11	Turkey Pot Pie	Thurs	Feb	25	Bangers & Mash
Fri	Feb	12	Fish and Chips	Fri	Feb	26	Fish and Chips
				Mon	Feb	29	Meatloaf w/ Mac & Cheese





# Bus Travels With Rick

For February, the bus committee has two trips planned. The first trip will be on February 25<sup>th</sup> which will be going to the Vancouver Planetarium (H.R. MacMillan Space Centre). The bus will leave the Centre @ 9:15 A.M. to catch the 10:20 ferry. After arriving at Horse-shoe Bay, we will drive to the West Van Seniors' Centre for lunch.

Make sure you bring your Sechelt Centre's membership card as you can get a discount on the price of your lunch. After lunch we will proceed to the Planetarium for two shows. One show is in the main theatre and it takes you on a journey through our Solar System and beyond into the Universe. The other show is called the Colour of Fire and it deals with stars and what they are composed of. There are also displays to view in the Cosmic Courtyard.

On our way back to the 5:30 ferry, we will stop at Park Royal. There people can browse a couple of stores or have a coffee or tea. The cost of this trip is \$47.00 for seniors and \$53.00 for those under 65 years. This price includes the cost of admission into the Planetarium. If interested, please sign up early.

The second trip planned will be on Sunday, February 28<sup>th</sup> and it will be going to Cloverdale Racetrack (Fraser Downs) and the new Elements Casino. The bus will leave the Centre at 7:40 A.M. and will be returning on the 5:30 P.M. ferry. The cost per person is \$45.00.

Last year the cost was \$65.00 per person. However it did include the cost of a buffet lunch. This year we are not including the cost of the buffet lunch and people can choose where they would like to have lunch. There are a few dining options there.

One of these is the Diamond Buffet which offer seniors a 25% discount. Another buffet overlooks the racetrack but does not offer a discount. Come out and enjoy a day of live horse racing and try your luck in the casino.

The bus committee is planning a 2night/3day trip to Harrison Hot Springs tentatively scheduled for April 19 – 21, 2016. The price will be announced during the first week of February. An interest sign up sheet will be at the front desk.

Cheers,

*Rick McGowan* – Bus Trip Coordinator



## 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 1st, 2016.

## IN MEMORIUM

*Elsie Richardson*

passed in January , 2016

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