

# Seashell Echo

June 2016

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## We All Appreciate Our Volunteers

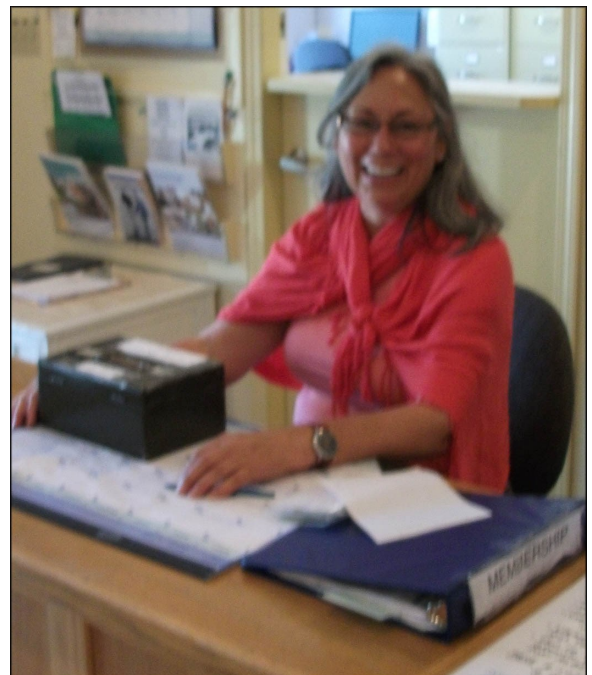


A tribute to all our wonderful volunteers - the Volunteer Appreciation Lunch is on Friday, June 24<sup>th</sup>. It is the commitment of volunteers that make our Centre the dynamic and welcoming place we enjoy.

The event includes:

- Tasty offerings from Emily and her kitchen “angels”
- Prize draws for items from local merchants
- Prize draws for special Centre give-aways
- Floral centerpiece lucky numbers
- Special dance entertainment
- Good company for a pleasant year end activity.

In order to attend, you must sign up at the front desk. Seating is limited, so sign up soon.



## Centre Information

### Executive

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Ron Atkinson
Treasurer	Donna Marsh
Secretary	Wilma Lorimer
Maintenance	Tony Stroud

### Board Of Directors 2016 - 2017

Margaret Boyd	Dorothy Fraser
Wayne Jenson	Maureen Heaven
Kassie Ranchie	Gillian Smith

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
Rentals	Cathrine Fuller



## BUS TRIPS

**Wed. June 22 & 29** - still some seats

**Billy Elliot at The Stanley**

Leave at 9:15

Return 5:50 pm. Ferry

**Tues. June 28 - River Rock Casino**

Leave at 7:15

Return 3:50 pm. Ferry

**Aug. 22 - 26—Vancouver Island Tour**

**This four day tour includes:**

- Wine Tasting Tour
- Day Trip to Saltspring Island
- Footloose—The Musical (Chemainus)
- Steam Train Ride
- Trip to Old Growth Forest

## 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**

**Summer Hours - 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](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

### June 2016



Another eventful and busy season is coming to a close, and the Centre will be on summer hours from June 24 till September 6.

We in the office are busy preparing to end the season with a bang, with our annual Volunteers Appreciation Lunch, on June 24<sup>th</sup>. Over 100 volunteers are expected. Emily will serve up one of her spectacular buffets, there will be lots of door prizes, a bar service (one free drink for all!), community guests, and entertainment. While doing the rounds in the community, inviting sponsors to contribute to our lunch, I have been touched by the warm response and friendly wishes extended to our volunteers. So, know that your friends and neighbors appreciate you, as we at the Centre do! Please remember to sign up for the lunch at the front desk, and pick up your ticket.

There are some changes in the Board of Directors. Kassie Ranchie, having just reappeared on the scene, this time as a Board Member, has decided, with husband Charles, to relocate to the Lower Mainland. We were not quite finished welcoming her back, and now it's time to say farewell again! There is time to say goodbye to Kassie, she will be filling in for Maureen Heaven as Day Director on Wednesdays. Maureen is recuperating after surgery, and we all wish her a speedy recovery. We miss her wisdom and expertise on the Day Director's desk. There will be a vacancy on

the Board, and if you are interested, please talk to Barbara Lightfoot or myself.

As you can see from the reports on the Refugee Sponsorship, and the Planning Committee, your Board members have been busy with challenging and interesting projects. Part of the challenge is the fundraising plans for these ventures. We are launching a Cruise Ship raffle to help funding for the Refugee Sponsorship project. The big prize, a 7 day Holland America cruise for 2, will be drawn at the Open House Oct.1<sup>st</sup>. Tickets are \$20, are available at the Centre, and will be at other community locations during the summer. If you would like to help with ticket sales, please contact me – your help would be appreciated!

The Board has had an interesting presentation from a representative of the Sunshine Coast Community Foundation on the concept of using an endowment as a fundraising strategy. We are very much in the early stages of exploring this concept, and are seeking input from many sources. Knowing about the length and breadth of the expertise of our members, I'm sure that some of you may be able to provide some consultation. If you have expertise in investment strategies, please come and talk to a Board Member.

I wish you a warm, happy summer. Board members will be in the office during the summer break, so drop in for a chat when you come to "Tea at Two on Tuesday," or for other activities.

~ Joanne Rykers





*Heather Conn, who presented the film "Salaam Neighbor," about life in a refugee camp, to Sechelt on April 15, is shown presenting a check for \$450.00 to SSAC Treasurer Donna Marsh (left) and President Joanne Rykers (right). Donations made by the audience were divided between SSAC and the Christian Life Assembly, who is also sponsoring a Syrian Refugee Family. Thank you Heather!*

## Refugee Sponsorship Update

Yes folks, it has finally happened! The working group has filed the application for the SSAC to sponsor a family from Syria. The family of five, parents and three boys, aged 8, 11, and 13, are currently living as refugees in Jordan. We had a contact, through one of our members, with a journalist working in Jordan. She put us in touch with the family, and with a translator who did the paperwork. We have met with them on Skype, and were very impressed by their warmth and friendliness. The parents are both professionals. Dad is a doctor, working in the medical clinic at the refugee camp, while Mom is a school teacher. As refugees, they have no status in Jordan, and cannot work, further their careers, or become citizens. Since they cannot go back to Syria, they are courageously willing to face the challenge of building a new life in Canada. Dad and the boys know some English. They have some information about Sechelt. The boys are interested in riding bikes, and in what types of animals we have. Dad wanted to know about the education system. I think they will make wonderful Canadians.

In May I received a call from the Immigration

Processing Centre, and they are reviewing our application. The worker explained that, once it gets proofed, it goes to an officer, and then overseas for processing. I will get a tracking number, so I can monitor the progress. My information at present is that we can expect this to take 9 months.

Fundraising to support this project is underway. Our donation account has reached \$1,000, with donations from kind individuals, and from the showing of the refugee Film, "Salaam Neighbor." I would personally like to thank a generous member who encouraged her friends to donate to the refugee fund rather than buy her Birthday gifts! Her friends were very generous also, and we received \$220 for the fund!

A cruise ship raffle is also underway. The big prize is a 7 day luxury cruise for two on Holland America Lines. Tickets are \$20 and the prize will be drawn at the SSAC Open House on Oct. 1<sup>st</sup>. All of the proceeds go to support the refugee sponsorship project, and your help in selling tickets would be welcome.

~ Joanne Rykers



# A Fruitful Season Ahead

Got fruit trees? Need fruit? Whether you have just a little or a lot of excess fruit that you need help picking, or you simply want fresh, local fruit to eat or preserve, the Sunshine Fruit Tree Project is here to help!

Fruit is an incredibly abundant local and organic food resource on the coast – so much so that there aren't nearly enough hands to pick and distribute what is grown. The Fruit Tree Project's central mission is to fill this need.

The Fruit Tree Project organizes and trains volunteer pickers to pick fruit in our community that would otherwise go to waste. The harvest is split between fruit tree owners, volunteer pickers, the Fruit Tree Project itself, and

donations. We harvest pesticide-free, organically grown fruit between the months of July and October from Gibsons to Pender Harbour.

How can you get involved this season?

1. Join the harvest! Let us know what you're interested in and we'll help connect you with people and fruit.

2. Register your fruit tree!

Contact us at [fruittreeproject@onestraw.ca](mailto:fruittreeproject@onestraw.ca)  
We will be selling a portion of our fruit at Jeans Organics this year to help support our project. We are also excited about collaborating with the Coast Community Canning Kitchen.



**Help make our community even more age friendly!**

The SC Seniors Planning Table and the District of Sechelt invites people of all ages to:

- Get information about community resources
- Celebrate what is already working well
- Provide input into a Community Plan for making the District of Sechelt more 'age friendly'

In an age-friendly community, people of all ages and abilities live in security, enjoy good health and participate fully in society



**DATE:** June 10, 2016

**TIME:** 1 – 3 pm

**PLACE:** SAC Craft Room

**WITH:** Sue Jackel & Alison Leaney

*For more information call 604 885 4088*

# New Activity

## Exciting New Club Opportunity

In September 2016, *Salt Seas Keepers of the Reef Club* will place a small coral reef aquarium in the Sechelt seniors Activity Centre. But only if there is enough interest.

If you have any questions, please see Emily-the-Cook.

There are many ways to get involved and many areas of interest.



This club may be for you if you like:

- Keeping tropical fish and corals
- Routine feeding and maintenance
- Marine biology and research
- Water chemistry and testing
- Discussing natural reefs, marine environments & conservations
- Photography
- Fundraising
- Relaxing in front of a beautiful slice of tropical ocean
- Trips to the Vancouver Aquarium
- Engineering

Sign up for the Club at the front desk if you're interested. No experience is necessary. Sign up today and make the *Salt Seas Keepers of the Reef Club* a reality in September.



**Join us every Tuesday  
this summer for  
sandwiches, cookies,  
tea, coffee and a chat.  
Only \$4**



**Sunshine Coast  
CREDIT UNION**

~ 604-885-3255 ~





*On Monday May 30th. join Lets Dance and learn to dance the easiest form of the Jive called Rock & Roll. From here we will continue with other styles of this dance. No experience required. We are especially inviting gentlemen since we need more leads. Mondays from 9:30 to 11:00 at the Auditorium.*

## IT'S "DANCE TIME"

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



**Saturday June 25 at 7 p.m.**

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

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~ 604-885-3281 ~

**JUNE LUNCH MENU****11:30 am to 12:45 pm**

Mon	May	30	Hot Reuben Sandwiches
Tues	May	31	Cabbage Rolls
Wed	June	1	Roast Beef
Thurs	June	2	Sole
Fri	June	3	Fish and Chips
Mon	June	6	Butter Chicken
Tues	June	7	Chicken Wings
Wed	June	8	Roast Pork
Thurs	June	9	Quiche & Salad
Fri	June	10	Fish and Chips

Mon	June	13	Baked Salmon
Tues	June	14	Lasagne
Wed	June	15	Roast Ham
Thurs	June	16	Chicken Quesidillias
Fri	June	17	Fish and Chips
Mon	June	20	Seafood Linguini
Tues	June	21	Chicken Souvlaki
Wed.	June	22	Roast Beef
Thurs	June	23	Chicken Raja

**JUNE 24****VOLUNTEER****APPRECIATION TEA**

Sign up early at the Front Desk.

Seats are limited

**Holland America**  
**7 Day Luxury**  
**CRUISE FOR TWO**

**PLUS \$500 CASH TO COVER PORT TAXES**

You choose your cruise and date

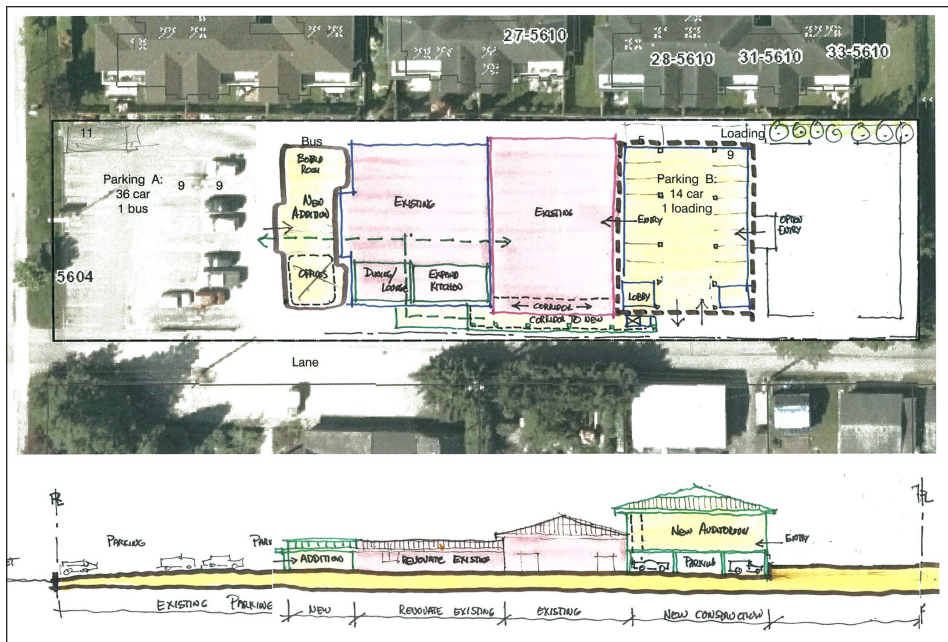
**Alaska, Caribbean, Mexico or Eastern Canada/New England****OUTSIDE CABIN****NO EXPIRY DATE**

Winning ticket will be drawn at the  
 Sechelt Seniors Centre Open House on October 1, 2016

**CHANCES OF WINNING - 1 IN 600    TICKETS ONLY \$20**



# Long Term Planning Begins



*Working with an Architectural Planning Consultant, the Long Term Planning Committee has decided that a 2 Phase approach to an expansion makes the most sense and will create the least disruption for members.*

Your Long Term Planning Committee has held 4 sessions to study the activities used in the Centre and the workload handled by the Kitchen. It has been determined that we are reaching maximum capacity in the current building. There has been an increased growth of 35 % in meals served over the last 4 years and although membership numbers are fairly constant, the number of days that individuals use the facilities has increased substantially.

This extra usage has placed a strain on the facilities in terms of scheduling existing activities, adding further activities and accommodating Rental events.

An Architectural Planning Consultant was hired to work with the Planning Committee to develop facility expansion options. One of three schemes was determined to be the most practical. A 2 Phase approach was considered to limit disruption of activities and to facilitate a longer time frame to seek alternate funding.

The preferred scheme includes an expansion to the front of the building (Phase #1) and an extension to the rear (Phase #2).

Phase #1 Extension would provide for an enlargement to the kitchen, a dining area, enlarged office area and repositioned lounge.

Phase #2 Extension would contain an additional auditorium / gymnasium over the existing back parking area. This addition would provide much-needed flexible space for all activities including rentals.

This brief report is intended to keep you informed of the Long Term Planning Committee's progress; updates will follow at regular intervals to keep you informed.

Drawings and some charts will be posted at the Centre. Please remember that we are in the preliminary process of reviewing and developing a plan for a possible facility expansion. Final decisions would NOT be undertaken without membership approval.

Any questions can be submitted to the Committee Members and a reply will be included in subsequent reports.

Long Term Planning Committee: Joanne Rykers, Ron Atkinson, Wilma Lorimer, Tony Stroud, Donna Marsh, Gillian Smith, Barry Pruden and Peter Treuheit of Mobius Architecture.



## BLOOD PRESSURE CHECK

Thursday, June 2	Anne Fitzau
Friday, June 10	Dorothy Fraser
Thursday, June 16	Cheryl Casorso
Thursday, June 23	Barbara Lightfoot



## Mary Clark

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

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[mclark@cruiseshipcenters.com](mailto:mclark@cruiseshipcenters.com)



## Sechelt and Salmon Inlet Tour

Would you like a unique opportunity to learn about the original mysterious pictographs found in our back yard?

The Sechelt Inlets Secrets will be viewed and discussed by a cruise for 30 lucky people.

Starting May 24 we will be offering 6 hour tours on luxury boats accompanied by a knowledgeable, well-known Elder who grew up in this area.

A minimum of 10 people are required for each cruise with a maximum capacity of 50. Snacks and drinks are available at a reasonable charge.

Cruise price is \$99 Couples discount of 10% (No children under 12)

A salmon barbeque is optional at \$35 pp

Come to an information meeting at the Sechelt Activity Centre on

**June 22 at 1 pm.**

Call W.L. Travel Consultants for more information: 604-885-3248







## Bus Travels With Rick

The three day bus trip in April to Harrison Hot Springs was very successful. All thirteen ladies, including our bus driver Kathleen Dufour, enjoyed themselves very much. The weather for the trip was fantastic with all three days being warm and sunny.

In June, The Centre has two bus trips to Vancouver to see *Billy Elliot - The Musical*. The show is extremely popular and many of the performances are sold out.

Renewals for Tea and Trumpets - 2016/2017 has been very successful, with 17 people signed up for the series of six concerts.

We're also taking "Expressions of Interest" for a four day tour of Vancouver Island in August. The tour will include:



- Wine Tasting Tour
- Day Trip to Salt Spring Island
- Footloose—The Musical (Chemainus)
- Steam Train Ride
- Trip to Old Growth Forest

Remember to sign up for bus trips early as it makes the job of planning much easier.

~ Cheers, Rick

**Call for a FREE  
tour brochure**



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 <p style="color: red; font-weight: bold; font-size: small;">a few seats left</p> <p style="color: blue; font-weight: bold;">Yukon, NWT</p> <p style="font-size: small;">Featuring: Inuvik &amp; Tuktoyaktuk July 12 - 24 • 26 incl. meals dbl. \$6,649.</p>	 <p style="color: blue; font-weight: bold;">BC's Waterways &amp; Rail</p> <p style="font-size: small;">Circle Tour .. Inside Passage, VIA Rail .. July 26 - Aug 1 &amp; Aug. 23 - 29 11 incl. meals • dbl. \$2,498.</p>	 <p style="color: blue; font-weight: bold;">Historic Nootka Sound</p> <p style="font-size: small;">Uchuck III • Alberni Steam Railway July 28 - 31 • 6 incl. meals dbl. \$1,189.</p>	 <p style="color: red; font-weight: bold; font-size: small;">LIMITED SPACE</p> <p style="color: blue; font-weight: bold;">Canadian Maritimes</p> <p style="font-size: small;">Nova Scotia, PEI, New Brunswick ... Aug. 2 - 13 • 23 incl. meals dbl. \$5,295.</p>
 <p style="color: red; font-weight: bold; font-size: small;">Footloose THE MUSICAL</p> <p style="color: blue; font-weight: bold;">Chemainus Theatre</p> <p style="font-size: small;">Featuring: Footloose, the Musical Aug. 3 - 4 • 2 incl. meals dbl. \$508.</p>	 <p style="color: blue; font-weight: bold;">Islands of the Salish Sea</p> <p style="font-size: small;">Anacortes; Friday Harbor; Sidney, BC . Aug. 7 - 11 • 7 incl. meals dbl. \$1,809.*</p>	 <p style="color: red; font-weight: bold; font-size: small;">a few seats left</p> <p style="color: blue; font-weight: bold;">Newfoundland &amp; Labrador</p> <p style="font-size: small;">N.S., Cape Breton Isl., Gros Morne Pk. Aug. 14 - 29 • 29 incl. meals dbl. \$6,309.</p>	<p style="font-size: small;">For more information on these or other tours check us out online or call us toll free:</p> <p style="text-align: center; font-weight: bold; font-size: large;">1.877.277.5577</p> <p style="font-size: x-small; color: gray;">* B.C. Seniors rate - Price incl. U.S. exchange</p>

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



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



**Prices include  
all taxes**



## IN MEMORIAM

### Gwenda Thain 1922 - 2015

Gwenda Thain passed away on Sept.9, 2015 in Fort Frances, Ontario, after a brave struggle with Parkinson's disease.



She had moved there in August 2012 to be close to her daughter Jennifer and family.

She was married Feb. 1948 to her first husband Bill Froude after saying yes to his proposal in front of Buckingham palace the day that Queen Elizabeth and Prince Philip were married. They immigrated to Canada in 1956. Her husband, passed away at the age of 50.

Gwenda moved into the Vancouver YWCA, got a job, started a bridge club, of course, and travelled on the ferry up to Alaska. It was on the journey back that she met Bill Thain. She started a new life as second in command on Bill's salmon fishing boat.

Gwenda and Bill retired and moved permanently to Sechelt where she spent more than 30 years. She helped start another bridge club at the Sechelt Seniors Activity Centre, an organization that she loved and promoted. Gwenda said that when she moved to Sechelt she felt like she had come home.

There will be a ceremony by "the rocks" in Sechelt BC on July 23, 2016 at approximately 11:30, followed by a lunch at the Sechelt Seniors Activity Centre.

### Bob Brown 1934 - 2016

Bob was born in Toronto, Ontario and lived most of his young life on a farm in Bowmanville, Ontario.

Bob turned most of life's struggles into successes with sheer determination. He never hesitated to help, be kind or give someone a hand up.



He and his late wife, Joyce, built and ran a successful business giving refuge to all who needed it.

He was a hockey coach and surrogate father to all who needed guidance and understanding. Ringette coach, Blue Lodge Mason and a wonderful father to Don, Jack and Lynne.

Bob came to Sechelt later in life with typical Bob style, engaging anyone who wanted to chat and making friends and connections that brought him tremendous joy.

His biggest success and proudest accomplishment were the staggering number of friends, young and old, that knew him as the "Wise Owl" and a kind spirit.

Many of us at the Centre will miss seeing his cheerful face each morning.

The family has asked that in lieu of flowers, donations be made to the Dementia/Alzheimer's Society.