

Seashell Echo

October 2016

A Fond Farewell to Maureen Heaven

So much can happen in the space of a year. This July, new Board Member Kassie Ranchie got swept up in the real estate surge and whisked off the Sunshine Coast. Kit Moffat stepped in to help with Directors' duties and replaced Kassie on the Board of Directors.

Now long time Board Member, Maureen Heaven, is also leaving the Coast. The Board of Directors hosted a farewell tea for her on September 27th and friends stopped by to wish her well.

Maureen is one of our Life Members and has contributed greatly to the Centre over the years.

She served on the Board of Directors for many years and was the Bus Liaison and



Treasurer, at various times, as well as a Day Director.

Maureen will be replaced on the Board by a familiar face - Kit Artus has agreed to return and take the vacant seat in October.

Meet the New Resident in Our Salt Aquarium

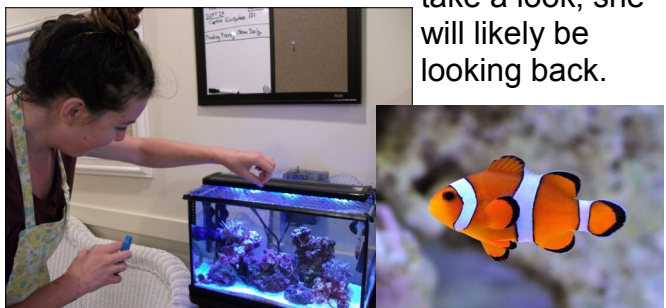
By popular demand at our cinnamon bun fund raiser in June, Amphiprion Ocellaris, our very own clownfish, was chosen as the first resident of the new salt water reef aquarium here at the Seniors Center.

In the wild these fish live with a host sea anemone. They are not affected by the anemone's stinging tentacles, and in fact they rub themselves against the anemone and take refuge from predators within their host.

Our clownfish has never seen the ocean. Clownfish are one of the most easily captive-bred marine ornamental fish, accordingly ours is a juvenile raised from the egg, entirely in tanks.

In captivity, clownfish can live between 25 and 30 years!

Our clownfish is very personable and if you take a look, she will likely be looking back.



Come to the Salt Seas Coral Reef Club meetings every Tuesday at 2pm, there's lots to learn!

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 2015 - 2016

Kit Artus	Margaret Boyd
Dorothy Fraser	Charlie Jensen
Kit Moffat	Gillian Smith

All directors may be reached by e-mail at 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

If there are bus trips you'd like to suggest, please leave your suggestion at the front desk, to the attention of Rick McGowan.

Tues. Oct. 18 - Edgewater Casino

Leave at 7:15

Return 3:45 pm. Ferry



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	
Community Information and Help Line	211
Healthlink BC	811
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 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 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 October 2016



October is rushing up to meet us, and fall is noticeably in the air. We are experiencing the change of pace from the summer, as activities switch into high gear.

Preparations are in full swing for our annual Open House on October 1st. Many groups, including Dancers, Yoga, Chi Gong and the Funtastics have been doing extra practice to prepare some delightful demonstrations for us. Margaret Boyd, the Membership Committee, and many other volunteers, are to be commended for their ongoing hard work and dedication to this very successful project.

I am looking forward to this years' production by the Funtastics. The Laugh-In show was an iconic part of 70's entertainment culture, and I remember it with a lot of nostalgia. Oh, to be 25 again – but one always adds, “and know what I know now!”

Many activities had their scheduled times altered, due to the need for rehearsal times, and I would like to express my appreciation at your understanding. The disruption will end after Nov. 6th!

This month we are saying good-bye to Maureen Heaven, who is moving to the Okanagan to be near family. Maureen has been a mainstay of the Centre for many years, has served on the Board of Directors as Treasurer, and Director at large, and has always been one of our financial “go to” experts. We will miss her experience and her expertise.

Betty Jeffries has had to call it quits, due to health reasons, after teaching her Chi Gong for 27 years! I think of the many participants that she has helped to live healthier lives, and I feel very grateful that our Centre has volunteers like Betty. Please stop in at the office to sign a Thank You card for her.

Cathrine Fuller is working to find a suitable replacement activity, and if you have any ideas, please let her know. We do offer other gentle movement activities, QiGong Shibashi on Monday and Friday mornings with Barry Pruden, and “Keep Moving” on Wednesday mornings with Lori Gregory.

October is the month of the General Membership Meeting, to be held at 1:30 on Thursday, October 20. The agenda will be posted 2 weeks prior, and if you have items to include, please submit them by that deadline. These meetings are the opportunity for the Board to report to the membership for their activities during the year, so please plan to attend!

Everyone at the Centre is very saddened by the sudden passing of Rose Ettinger. She touched the lives of many with her energy, grace, and her love of life. May you rest in peace.

~ Joanne Rykers



This & That

Busy Bee Craft Group



The Craft Group started up on Sept. 8th and are inviting new members to join their group. They meet every Thursday morning, 9:30 - 11:30 starting with tea and goodies and a little chin wag.

Then we do all kinds of crafts. These are sold at the Activity centre and all proceeds go directly to the Centre.

If you are unable to join us, perhaps you would like to make something at home - any and all crafts would be gratefully received. We do have some supplies.

Come and join us for tea and you can see what we do. Hope to see you in the Craft Room.

~ Chris O'Brennan



Sunshine Coast
CREDIT UNION

~ 604-885-3255 ~

The Kitchen is Open

Our kitchen reopened on the Sept. 6th with nearly a full house. The many smiling faces, showed how much members missed Emily's "from scratch" lunches and desserts.

In order to keep our prices as reasonable as possible we rely on volunteers to help in the preparation, serving, and cleanup. It is an on - going challenge to find enough hands to fill all the slots. Each day requires 5 volunteers to assist Emily, 1 prep person at 8am, 3 servers at 10 am, and a dish washer. We have a super group that bear the brunt of the this work load. However we need to find some more hands to share the work.

If you can spare 3 or 4 hrs. a week we will give you training and a free lunch. Please talk to any Day Director or fill out a volunteer form available at the front desk.

~ Charlie Jensen Kitchen Coordinator



with vocalist

Lynne Dickson

OCTOBER 29

7:30 TO 10:30

Members \$10

Non-members \$15

This & That

FRIENDSHIP TEA NEWS

After a very successful Tea @ Two on Tuesday season, the Friendship Tea is back on the first Tuesday of every month. This tradition goes back over at least 15 years. All Seniors are welcome to join us, members or not, free of charge.

Some bring contributions of home baking or other goodies. The tables are artfully set, tea and coffee are served by generous volunteers and we enjoy a pleasant hour chatting over the resulting feast.

We very much need some new, committed volunteers to join our happy crew. Some who have volunteered faithfully and cheerfully for years have moved on or need to do so, or are finding themselves tired or over-extended. Can you join us, setting up or clearing and enjoying our company? Please contact: Ann Stuart at the Centre.



Tea @ Two was a great success this summer. Above (left to right) organizers Dorothy Fraser, Nika Hansen and Val Marsh show of the Final Tea Cake.



How's your blood pressure?

We have trained volunteers who come in each week to help you keep track of your blood pressure.

Make your doctor happy and stop by for a quick Blood Pressure Check on one of these days in September:

Thursday, Oct. 6	Anne Fitzau
Friday, Oct. 14	Dorothy Fraser
Thursday, Oct. 20	Cheryl Casorso
Friday, Oct. 28	Barbara Lightfoot



Current Membership is required to participate in any activities at the Sechelt Seniors Activity Centre.

2017 Memberships will be available on October 1st.

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 October 15.



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 October 4, 2016. Drop in and enjoy a cup of tea and a good chat.

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Thanksgiving at
Cowichan Oceanfront Suites
October 10 - 13
7 incl. meals dbl: \$1,215.00



Wickaninnish Inn Experience
Stormwatching at Long Beach
November 21 - 24 (New departure)
7 incl. meals dbl from: \$1,415.00

Christmas tours

Chemainus Christmas Nov. 30 - Dec. 1	Presents: "A Christmas Story" 2 incl. meals	\$ 476.00 dbl.	
Leavenworth Christmas Dec. 5 - 7	Bronn Journey, Amtrak Train Ride 4 incl. meals	\$ 769.00 dbl.	SOLD OUT
Nov. 29 - Dec. 1	4 incl. meals	\$ 783.00 dbl.	New departure
Victoria, Grand Pacific Dec. 24 - 27	Tea at the Empress, Butchart Gardens 6 incl. meals	\$1,389.00 dbl.	
Oak Bay Resort Dec. 24 - 27	Tea at the Empress, Butchart Gardens 6 incl. meals	\$1,709.00 dbl.	

Jan 16 departure **SOLD OUT**

Cuba Revisited Jan. 23 - Feb. 6, 2017 **New departure.**
Cayo Santa Maria, Trinidad, Cienfuegos, Havana, Bay of Pigs, Valley of Vinales, Tropicana Show, Varadero, Dupont Mansion
36 incl. meals from \$5,199.00 dbl.

ON SALE NOW

Big Island & Maui Feb. 23 - Mar. 4, 2017
Kona, Hawaii Volcanoes National Pk., Rainbow Falls National Pk., Akaka Falls, Maui, Upcountry Maui, Drums of the Pacific Luau
18 incl. meals from \$5,959.00 dbl.

Jun 16 departure **SOLD OUT**

Incredible Iceland July 21 - 30, 2017 **New departure**
Reykjavik, Krysuvik & Gunnhver Geyser, Blue Lagoon, Vestmannaeyjar Islands, Gullfoss, Seljalandsfoss & Skogarfoss Waterfalls, etc.
17 incl. meals \$7,839.00 dbl.

For more information on these or other tours check us out online or call us toll free

#260 - 1959 152nd Street,
Surrey, BC V4A 9E3



www.agelessadventuretours.com



Prices include
all taxes

OCTOBER LUNCH MENU

11:30 am to 12:45 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	Oct	3	Shepherd's Pie	Mon	Oct	17	Dahl Lentil Rice Bowl
Tues	Oct	4	Baked Chicken	Tues	Oct	18	Chicken Pot Pie
Wed	Oct	5	Roast Beef	Wed	Oct	19	Ham Roast
Thurs	Oct	6	Sole	Thurs	Oct	20	Chicken Raja
Fri	Oct	7	Fish and Chips	Fri	Oct	21	Fish and Chips
Mon	Oct	10	Closed for Thanksgiving	Mon	Oct	24	Quiche & Salad
Tues	Oct	11	Butter Chicken	Tues	Oct	25	Baked Salmon
Wed	Oct	12	Traditional Turkey Dinner	Wed.	Oct	28	Chicken Cordon Bleu
Thurs	Oct	13	Hot Reuben Sandwiches	Thurs	Oct	29	Meatballs & Mushroom Gravy
Fri	Oct	14	Fish and Chips	Fri	Oct	30	Fish and Chips



Annual Open House

**Saturday October 1
1 to 4 pm**

Refreshments Memberships Door Prizes

DEMONSTRATIONS

Chair Yoga Dance Shibashi Qigong
A preview of this year's FUNTASTICS

This will be your last chance to buy a raffle ticket and

**HELP US FUND THE
SYRIAN REFUGEE PROJECT**

The raffle draw will be held for a
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7 DAY LUXURY CRUISE FOR 2**

Outside Cabin No Expiry Date
Chances of winning - 1 in 600

GENERAL MEMBERSHIP MEETING

**Thursday, Oct. 20
at 1:30 p.m.**

If you have items to
include, please submit
them by Oct. 6.



IN MEMORIAM

Rosemarie Ettinger

February 12, 1945 - September 15, 2016

Our Rose has left us.

In years past Rosie made many boat and furniture owners happy with her skills as an upholsterer. When she retired she became an absolute fashion queen.

Rosie won her fight with breast cancer in 2013. You may recall that after that she was a pinup girl in the lounge for our exercise group.

During the Sea Cavalcade this year while dancing "One" (from a Broadway show) with her group she became breathless. Shortly after, she began to lose her voice. She went for tests and on the morning of Monday August 1, she received a diagnosis that she had liver and lung cancer.

Her last few days were at Shorncliffe, where she had volunteered and had spent many hours with her mother.

If you have been involved with yoga, exercise or dance activities of the Centre you will remember Rose with a smile. She gave time to the groups, helped with organization, did chores and put mountains of energy into everything.

Her final days were spent letting us know that she wanted happiness for all.

Given the time, Rosie would have written this:

Celebrate with me

I filled my life with joy

I danced and played with glee

I knew my breasts were just a ploy

To ensure I'd fill my days with love and energy

I succeeded!

~ Submitted by a friend who loved her



Valerie Swanson

March 15, 1947 -
September 17, 2016

Valerie is survived by sister and brother-in-law Gail and Darryl Lewis, stepson Doug McCourt and granddaughter Brittney. A celebration of her life will be held at a later date.

In lieu of flowers, please make a donation to the Sechelt Public Library Archives or Arrowhead Centre.