

Seashell Echo

January 2017

Members welcome 2017



President Joanne Rykers and Board Member Charlie Jensen welcomed members and guests to the Annual New Year's Eve Lunch. It was a great turnout this year and the festivities took on an elegant touch, with the ceiling and walls decorated for a wedding later that day.

2016 Life Memberships Awarded

Former President Barbara Lightfoot presented the Annual Life membership Awards at the 2016 Christmas Luncheon.

Irene Jankovitch

Irene is known by everyone as the “go to” person for the Front Desk. She provides training, support, and guidance for volunteer receptionists, liaises with the Directors, and ensures the reception desk information is up to date and accurate. She is also a regular kitchen volunteer, and a valued member of the Kitchen Committee. Irene can often also be seen on the Pickleball court, where she is a player to be reckoned with! She has earned the “Life Member” designation with gold stars!



Rick McGowan

Rick is also a gold star volunteer who needs no introduction to the many bus trip participants he has served over the years.

Rick regularly surveys members about their travel preferences; he organizes all the trips, coordinates the volunteer drivers and takes pains to ensure that all his passengers are well taken care of.

He gladly gives up his free time to take the multi-day trips and is meticulous in his record keeping. The SSAC is very fortunate to have Rick as the Bus Coordinator.

Life members are chosen every year, in October, by the L. M. Committee, based on recommendations from the membership. Life members have shown exemplary volunteer service to the Centre for several years.

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

Thurs. Jan. 26 - River Rock Casino

Leave at 7:15
Return 3:45 pm. Ferry

Tues Jan. 31 - Park Royal/Cap Mall

Leave at 9:15
Return 3:45 pm. Ferry

Sign-up sheets are 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
 Community Information and Help Line 211 Healthlink BC 811
 Community Resource Centre 604-885-4088
 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

December 2016



As I write this, another year comes to a close, and 2017 looms at the doorstep. The past year has been a busy and fruitful year at the SSAC.

I am thankful to be working with my Board of Directors, who are overworked, definitely underpaid and sometimes unappreciated. I am also grateful for the dedication of hundreds of volunteers, for the hard work performed by our three contractors, and for the support of the membership.

The New Year will bring its own challenges, as we move forward to implement projects that have been in the planning stage. Pending Board approval, in February at the AGM, you will be asked to vote on a resolution that gives the Board permission to move ahead on the building renovation plan.

It is crucial that you all attend, as this vote will require approval from 2/3 of the membership present. The resolution will ask that you approve the expenditure of funds to begin the process of building renovation. The Planning Committee came to this proposal after much study, and I commend the members on their year of hard work.

The status quo is not an option. We are the victim of our own success and more space is necessary if we are to continue to serve the needs of the membership.

An information booklet will be distributed in January, outlining the renovation plan, and the proposed funding sources.

The plan calls for a modest expansion to the front of the building, which will result in improved kitchen and dining capability, increased access to the auditorium for activities, and some much needed office space.

Please familiarize yourselves with the proposal, and plan to attend the AGM, Thursday, February 16, at 1:30 pm.

On Thursday, January 19, at 11:00 – 1:00 pm, our MP, Pam Goldsmith-Jones will be touring the Centre. She will be viewing activities, meeting people, having lunch and meeting with the Planning Committee to discuss federal funding for the building renovation.

An exciting new fundraising project is also planned. Please read about “The Treasure Chest” in this edition. This project has been wildly successful in two Maritime communities. As always, we need volunteers to help, and, if you like counting money, this is the job for you!

Once again, it is Annual Report time. The Society is obligated to present a yearly report of its activities to the membership at the AGM in February, and then to file this report with the B.C. Registry of Societies. If you are the chair of a committee, or an activity, you will be asked to contribute a short summary of your work to the Board Secretary.

In closing, I wish you all a Happy New Year! I hope that 2017 brings good news to you and yours, and perhaps to the world at large.

~ Joanne Rykers

This & That



The Annual Christmas Lunch once again sold out within days of the tickets going on sale. Members gathered to share the holiday spirit and music.

Dance Time

with

Jim Taylor



Saturday

January 28th

7 pm

MEMBERS \$10
NON-MEMBERS \$15

Mary Clark

40 years experience in world travel

Cuba

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mclark@cruiseshipcenters.com

www.cruiseshipcenters.ca/MaryClark



This & That

Sechelt Seniors Treasure Chest

The Treasure Chest is a novel fundraising project that we hope will be an exciting way to raise funds for our proposed building renovation. It allows all participants to contribute to the improvement of our Centre.

It is a weekly 50/50 draw, where the “bet” is a toonie!!

Participants complete a short registration form and get a “lifelong” registration number they write on the toonie, and place in the Treasure Chest. Participants can bet several toonies each week.

Each week a draw is made and the winner gets 50% of the proceeds.

The Treasure Chest will be located in the lobby of the Seniors Activity Center. This is a pilot project which, if successful, will be expanded to other locations in Sechelt.

The Treasure Chest is expected to start in late January, pending B.C. Gaming Commission approval. Please look for the announcement at the Centre.



Our first Treasure Chest—watch for it in the front lobby of the Seniors Activity Centre.

The project will be labour intensive so we invite volunteers to assist for the weekly “count”. Hopefully this will become a popular social event. Please contact Mike Lane at michaellane@dccnet.com



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 December:

Thursday, Jan. 5	Anne Fitzau
Friday Jan. 13	Dorothy Fraser
Thursday, Jan. 19	Cheryl Casorso
Friday, Jan 27	Barbara Lightfoot

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

2017 Memberships are available at the Reception Desk.



Sahra Hailey, kitchen volunteer is shown presenting a check for \$500 to Donna Marsh, Treasurer, with Emily McPherson, our chef, looking on.

Sahra applied for a Royal Bank Retired Employee Grant, which she donated to the Kitchen for new equipment.

Thank you to Sahra and the Royal Bank!

Doing it right!

SOUTH COAST Ford

~ 604-885-3281 ~

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 February 7th, 2017. Drop in and enjoy a cup of tea and a good chat.

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Are you on our mailing list? Our 2017 Tour Brochure will be in the mail the week of January 9. If you would like to receive a copy call us toll free at 1.877.277.5577 or email us your name, address, & phone number to info@mandatetours.com subject "Free Brochure"

Spring Valley Winery - Walla Walla Tour

On Friday March 10 Melinda Burns is presenting our 2017 tours at Sechelt Seniors Activity Centre.

1:00 - 2:00 pm
light refreshments -
door prizes

Please R.S.V.P. at the Front Desk

ON SALE NOW

<p>Big Island & Maui Feb. 23 - Mar. 4, 2017</p> <p>Kona, Hawaii Volcanoes National Pk., Rainbow Falls National Pk., Akaka Falls, Maui, Upcountry Maui, Drums of the Pacific Luau</p> <p>18 incl. meals from \$5,959.⁰⁰ dbl.</p>	<p>Incredible Iceland July 21 - 30, 2017</p> <p>Reykjavik, Krysuvik & Gunnhver Geyser, Blue Lagoon, Vestmanneyjar Island, Gullfoss, Seljalandsfoss & Skogarfoss Waterfalls, etc.</p> <p>17 incl. meals \$7,839.⁰⁰ dbl.</p>
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JANUARY 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.

Tues	Jan	3	Turkey Pot Pie	Mon	Jan	16	Butter Chicken
Wed	Jan	4	Roasted Ham	Tues	Jan	17	Cabbage Rolls
Thurs	Jan	5	Chicken Quesadilla	Wed	Jan	18	Roast Beef
Fri	Jan	6	Fish and Chips	Thurs	Jan	19	Baked Salmon
				Fri	Jan	20	Fish and Chips
Mon	Jan	9	Shepherds Pie				
Tues	Jan	10	Seafood Linguini	Mon	Jan	23	Meatballs in Mushroom Gravy
Wed	Jan	11	Chicken Cordon Bleu	Tues	Jan	24	Chicken Linguini
Thurs	Jan	12	Meatloaf w/ Mac & Cheese	Wed	Jan	25	Roast Pork
Fri	Jan	13	Fish and Chips	Thurs	Jan	26	Dahl Lentil Rice Bowl
				Fri	Jan	27	Fish and Chips
				Mon	Jan	30	Chicken Raja
				Tues	Jan	31	Lasagna

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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Country Stars Fold After 45 Years

The Sunshine Coast Country Stars square and round dancers held their final gathering Dec. 7, 2016 after 45 years at the Sechelt Seniors Activity Centre.

The Country Stars have a huge history on the Coast and particularly with the Seniors Activity Centre. In 1971 the Sechelt Promenaders and the Gibsons Squarenaders amalgamated to form the Sunshine Coast Country Stars Square & Round Dance Club.

The Country Stars danced at various locations around the coast up to the time of the move to the hall on Mermaid St. in 1985. In 1992 with the opening of the "Big Hall" on Trail Ave. where we have danced every Wednesday night for the last 24 years.

A special arrangement was agreed upon by the Senior's Branch #69 (now Sechelt Seniors Activity Centre) and was included in SSAC's Constitution allowing the Country Stars to function as a Club within the SSAC Society thus increasing the membership of SSAC substantially. This increase in membership assisted the SSAC to qualify for the necessary funding to go ahead with the building of the "New Hall".

During the time of the building of the "new hall", many of the Square Dancers volunteered working , painting, laying the floor and landscaping etc.

We have had many special dances, including visiting clubs over the years filling the hall with joyful sounds. Unfortunately, as time progressed, the numbers reduced to a point that it was difficult to have a full square of dancers.



A sad, but necessary decision was made by the remaining members to discontinue the square and round dancing activity. It is with so many fond memories of our "Friendship Set to Music" that we say "Happy Trails" and keep in touch.

*~ Ron & Diane Atkinson
Activity coordinators.*

IN MEMORIAM

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

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