

# Seashell Echo

March 2017

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## AGM Results and 2017 Board of Directors



(Left to Right) Donna Marsh, Gwen Austen, Tony Stroud, Kit Moffat, Barbara Lightfoot, Dorothy Fraser, Charlie Jensen, Joanne Rykers, Ron Atkinson

The AGM for February 2017 had an impressive turnout of 104 members, indicating that the Special Resolution on the proposed renovations project was important to many. A very informative presentation by Peter Treuheit, consultant, was well received, and provoked a good discussion with many questions and positive suggestions.

The resolution passed easily, with 94 votes in favor, and 5 against. This allows the process of detailed planning to begin.

Our next step is to apply to the District of Sechelt for a Variance on parking requirements. If all goes well, construction can begin in early 2018, but there will be lots of opportunity for ongoing input and discussion.

The AGM continued with Executive Reports, and the message to the membership was that the SSAC is very healthy, both financially and in membership activity and involvement.

The election of new officers for 2017 proceeded smoothly. The new Board includes Joanne Rykers, President, Barbara Lightfoot, Past-President, Charlie Jensen, Vice-President, Donna Marsh, Treasurer, Gwen Austen, Secretary, Tony Stroud, Maintenance Director, and 4 Directors-at-Large; Ron Atkinson, Margaret Boyd, Dorothy Fraser, Kit Moffat.

There were two vacancies for the Board, at the close of the elections.

## Centre Information

### Executive

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Charlie Jensen
Treasurer	Donna Marsh
Secretary	Gwen Austen
Maintenance	Tony Stroud

### Board Of Directors 2017 - 2018

Margaret Boyd	Dorothy Fraser
Kit Moffat	Ron Atkinson

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

### Sunday Feb. 26

#### Cloverdale Racetrack & Casino

Leave at 8:15

Return 5:50 pm. Ferry

### Tuesday March 21

#### Powell River

Leave at 9:00

Return 3:50 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 <a href="http://www.seniorsadvocatebc.ca">www.seniorsadvocatebc.ca</a>
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](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

### March 2017



Welcome to March, and, hopefully, to the beginning of Spring. The winter has held its own personal challenge for me this year. Our house fire, early in January, put an early stop to

New Year celebrations, and opened up a whole new set of experiences, both positive and negative. On the good side, I learned how truly caring and generous neighbors, friends, and even strangers can be. People offered their homes, brought food, took care of our dogs, and gave lots of support and empathy. On the not so good side, I got a hint of what it must feel like to be homeless, and how important is the sense of security and belonging that comes from having one.

The SSAC rose to the occasion as well. Mo Farn and the Funtastics are selflessly giving their own time and talent to come out of a (very short) retirement for a special production. The funds raised will enable the Board to set up an ongoing fund to assist members who experience hardship due to a personal tragedy or emergency. I feel I was twice blessed – once by the generosity of spirit shown by my fellow SSAC members, and then by knowing that there is a silver lining in the cloud of my misfortune – it will result in help for others in the future.

The snowfall was an interesting experience as well. My family in the Maritimes take dumps of 40 cm. in their stride, going about their daily business with minimal disruption. After being snowbound for a day and a half,

the prospect of being able to drive into town late Saturday afternoon for an hour felt like we were getting out of jail on day parole! But, again, that silver lining showed itself in the cloud of snow. A small group of SSAC Directors sat in the office that Sunday, wondering how to get the parking lot cleared after Tony Stroud's electric snow shovel decided it wasn't up to the job. Magically - the way things seem to happen in Sechelt - we received a very generous offer to plow the Centre parking lots, on an on-going basis. Thank you to Cavin Crawford, our snow angel!

Luckily the snow cleared in time for the AGM on February 16, and we enjoyed a healthy turnout for the successful vote on the proposed Centre Expansion plan. Many of you had suggestions, both in discussions leading up to the meeting, and during the presentation. What stood out for me was that all had a genuine interest what is best for the Centre.

Now, post-election, we move forward with a new Board of Directors, including many familiar faces and a few new ones. Two of those standing for election dropped out due to illness. Fortunately, Linda Stroud has volunteered to step in as Director-at-large, and will be sworn in at the next Board Meeting. Thank you Linda! This leaves one vacancy for a Director-at-Large position, and I encourage interested people to talk to any Board Member.

I look forward to working with all of you, and to another busy and productive year.

*~ Joanne Rykers*

# This + That

## Preparing to Welcome Syrian Refugees to Our Community

Keith Maxwell and Jack Pope have firsthand experience of the Middle East and are presenters at Elder University on the Sunshine Coast.

On April 22<sup>nd</sup> they will be featured speakers at “*Open a Door to Syria*” – an educational fundraiser.

The information provided and PowerPoint

presentation will help us in welcoming the Syrian refugee family that the Activity Centre is sponsoring.

Tickets are \$10 and include a sampling of Middle Eastern refreshments. They are available at the Front Desk.



**Treasure Chest  
50/50 Fundraiser  
FEBRUARY WINNERS**

Date	Winner	Amount
Jan. 31 <sup>st</sup>	Margaret McCaughey	\$198
Feb. 7 <sup>th</sup>	Bev Gidora	\$123
Feb. 14 <sup>th</sup>	Kit Moffat	\$115
Feb. 21 <sup>st</sup>	Anna Cavalier	\$168
Feb. 28 <sup>th</sup>		



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

**Non-members are allowed to try out a class once, but if they want to continue they have to become members.**



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# This + That

## Keep Moving has Been Cancelled

While this group, led by Lori Gregory, was a positive and helpful experience for many, the numbers were just not consistently high enough to continue.

For those with mobility issues, wanting a fall-prevention fitness activity and gentle workout, Lori is offering a similar class at the Sechelt Aquatic Centre beginning Monday, March 6 at 11:30. The cost is \$63 for 7 sessions.



**SALE at the SSAC**  
**Saturday, April 1st**  
**10 a.m. to 2 p.m.**

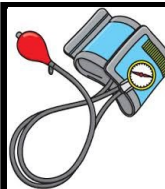
**Tables \$15 each or 2 for \$25**

**Spaces go quickly so reserve  
at the reception desk soon.**

## Friendly volunteers needed

We are still looking for volunteers to come forward to help at our once-a-month Friendship Tea. We need five people to replace our wonderful crew that have done the job for the past many years.

Please contact Dorothy Fraser for information and job descriptions. It's fun, not physically difficult and wonderfully rewarding.



## 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 March:

**Thursday Mar 2**

Anne Fitzau

**Friday Mar 10**

Dorothy Fraser

**Thursday Mar 16**

Cheryl Casorso

**Friday Mar 24**

Barbara Lightfoot

# Dance Time

with

# Jim Taylor



**Saturday**  
**March 25**  
**7 pm**

**MEMBERS \$10**  
**NON-MEMBERS \$15**

REWIND  
**THE FUNTASTICS**  
With a Blast From The Past

**FRIDAY MARCH 17 at 7 pm**  
**SATURDAY MARCH 18 at 3 pm**

Your favourite skits, songs  
& dances: Mama Mia,  
Hey Big Spender, Irish Medleys  
and more...  
Over 20 of your favourite  
performers.

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All proceeds to the  
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**Annual Women's**  
Wellness Getaway ■ Tigh-Na-Mara  
Seaside Spa Resort

May 15 - 18  
8 incl. meals dbl: \$1,493.<sup>00</sup>



**Whistler, Tyax, Quaoot**  
Resorts - Sea-to-Sky, Chilcotin &  
High Country Regions

May 28 - June 2  
12 incl. meals dbl: \$2,159.<sup>00</sup>



**Portland Rose Parade**  
Columbia River Gorge, Maryhill  
Museum, Multnomah Falls, Yakima

June 9 - 12  
7 incl. meals dbl: \$1,486.<sup>00</sup>

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

1:00 - 2:15 pm  
- light refreshments  
- door prizes

Please R.S.V.P. by  
calling toll free:

**1.877.277-5577**



**Okanagan Wine**  
Summerland Waterfront  
Resort

May 9 - 12  
9 incl. meals dbl: \$1,597.<sup>00</sup>



**Watermark Beach**  
Resort & Wine Getaway ■  
five different wineries

May 23 - 26  
8 incl. meals dbl: \$1,389.<sup>00</sup>



**Wild West Coast**  
of Vancouver Isl.; Alberni Inlet  
Cruise, Tofino, Long Beach

June 11 - 14  
6 incl. meals dbl: \$1,495.<sup>00</sup>

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

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



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



Prices include  
all taxes

## MARCH 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, and the Succulent Soups, Delectable Desserts and Exquisite Entrees.

For a reasonable price, we can provide frozen meals to take home.

Wed	March	1	Roast Beef	Mon	March	20	Butter Chicken
Thurs	March	2	Chicken Raja	Tues	March	21	Cabbage Rolls
Fri	March	3	Fish and Chips	Wed	March	22	Chicken Cordon Bleu
Mon	March	6	Meatloaf + mac& Cheese	Thurs	March	23	Bangers & Mash
Tues	March	7	Chicken Pot Pie	Fri	March	24	Fish and Chips
Wed	March	8	Ham & Scalloped Potatoes	Mon	March	27	Shepherd's Pie
Thurs	March	9	Salmon	Tues	March	28	Sole
Fri	March	10	Fish and Chips	Wed	March	29	Roast Beef
Mon	March	13	Soup & Sandwich Only	Thurs	March	30	Quiche & Salad
Tues	March	14	Baked Chicken	Fri	March	31	Fish and Chips
Wed	March	15	Roast Pork				
Thurs	March	16	Meatballs & Mushroom Gravy				
Fri	March	17	Fish and Chips				

### **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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## Bus Travels With Rick

Greetings. Just a few notes regarding the proposed trip to Harrison Hot Springs Resort and Spa. (April 24 – 26) The cost per person is \$525 for a single room and \$425 for a double sharing room.

Included in the price is the round-trip bus and ferry transportation, two nights at the Hotel and four meals. ( Afternoon Tea on the day of arrival, two breakfasts and one 3-course dinner in the Copper Room )

In the Copper Room there is dining and dancing every night. The hotel has 5 hot springs pools plus spa facilities.

There is a cutoff date of March 9<sup>th</sup>, 2017 to sign up for the trip. The Centre needs a minimum of 14 people to sign up by this date to guarantee the trip will go and to ensure the hotel reservations.

Sign up early and don't be disappointed. A sign-up sheet is at the Front Desk.

Another proposed trip is to see "Stars on Ice" at the Rogers Arena in Vancouver on Thursday, May 18<sup>th</sup> . This would be an overnight trip, as the performance is in the evening.

Ticket prices for Stars on Ice range from \$25 to \$85 plus service charges. Hotel accommodation would be around \$120 for the night.

More details will be posted on the Bulletin Board. An interest sign-up sheet will be at the Front Desk.

~ Cheers! Rick



### IN MEMORIAM

Nov. 27, 1939 - February 18, 2017

### Patricia James

Patricia passed away suddenly on Saturday, Feb. 18<sup>th</sup> at Sechelt Hospital. She is survived by her Loving Husband, 4 children, 2 step children and her brother.

She will also be missed by her 13 grandchildren and 5 great grandchildren as well as her Painting Groups.

A memorial service was held at Calvary Chapel in Davis Bay on Saturday, February 25<sup>th</sup>.

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



- Downsizing
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**Tricia Coffey 604.741.4424**

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