

Seashell Echo

May 2017

Opening the Door to Syria

Over 100 people attended this information packed session on Saturday, April 22.

We were treated to some fabulous pictures from the Middle East by Jack Pope, who combines his love of travel with an avid interest in history.

Keith Maxwell's talk on the history and complex relationships in the area reached from 4500 BC to the present, and could have filled a college course. He very kindly offered to make his slides available to those present who needed more time to study them.

During the break, the audience was treated to delectable array of snacks, prepared by the committee.



Jack Pope (left) and Keith Maxwell (right) provided a fascinating talk on Syria, its history and current situation.

The event was one more in a series of innovative fundraisers organized by the Refugee Steering Committee.

The next fundraising event will be a benefit dinner, catered and hosted by Strait Coffee, on Friday, May 5.

Tickets are available for \$100.00, from the Centre, and only a few are left.

Proceeds from the Big Creek Band Dance, Saturday, April 29 also go to the Syrian Refugee Project. Look for a Dinner Theatre event in September, and "Coats of Paint," an art auction, in November.

Joanne Rykers said "We are on track for expecting the family's arrival this summer, and so our fundraising has moved into high gear. The response from SSAC members and the community has been very gratifying.

"Kudos to the Steering committee members who organize these events, and manage to have fun while working hard!"



(Left to Right) Sue Hayes, Dagmar Nunn and Bobbi Williams kept the Middle Eastern treats flying out of the kitchen.

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
Linda Stroud	

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	- Gillian Smith



BUS TRIPS

Wednesday May 17

West Coast Garden Centre

Art Knapps \$35

Leave at 7:15

Return 5:50 pm ferry

Tuesday May 30

Hard Rock Casino \$32

Leave at 7:15

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 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

Website www.secheltactivitycentre.com

E-Mail ssac@dccnet.com

The Seashell Echo is published by Gillian Smith 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.



604-885-8910: - Office



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 desk.



President's Message

May 2017

Welcome to May, and to all the exciting activities and events happening at the SSAC.

The planned expansion of the Centre is one small step closer to becoming a reality. The Advisory Planning Committee of the City of Sechelt approved our parking variance application. We still need approval from the Planning department and the Council before we can proceed with the required permits, so we are at the "cautiously optimistic" stage.

There are indications that the community supports our venture, and understands the need for it. The Downtown Business Association has given their support.

The SSAC planning committee undertook a neighborhood survey, invited adjoining residents to an Information Session, and everyone we spoke to was in agreement with the expansion project.

We have received some good news on the Refugee Sponsorship front as well. The family's application is being processed, and although it will still be one or two months before they have their interview and medical examinations, it looks as if we are on track for a summer arrival in Sechelt. The steering committee will be actively looking for suitable accommodation for a family of 5. If you are aware of a 3 bedroom house or suite in the downtown Sechelt area becoming available in the summer, please contact me.

Our fundraising continues to produce results not only in the monetary way, but also in the way of community involvement and support. I was very fortunate to be asked to speak to

the St. Johns Church women recently. Not only did they give us a generous donation, but I was able to meet a very interesting, involved and inspiring group of women. Then my husband, Mike, cast the net further when he went to Craig's List to find bicycles. A couple from Vancouver Island were happy to give us two lovely boys' bikes, and they are waiting to be picked up. If you happen to be making a trip to Comox soon and are able to bring back the bikes, please call Mike at 604-740-8868.

In May we will be saying farewell to Cathrine Fuller, our Rentals and Activity Coordinator. Cathrine has decided that she wants to savor the joys of retirement more fully. For two years she has juggled the challenging job of scheduling Centre activities while finding space to accommodate renters, and has done so while treating everyone with respect and consideration. Cathrine is responsible for the transformation of the Echo Newsletter into an exciting and readable document, and we will miss her competent assistance in the office. We are fortunate to have a very able replacement in Gillian Smith. Gill has been a Board Director and Secretary, and is co-chair of Pickleball, so has a thorough background in the operation of the Centre, as well as the required technical skills.

Please take the opportunity to say "Goodbye" to Cathrine, and "Welcome" to Gill when you pass by the office.

Joanne Rykers

Come Play in the Kitchen



Our "Rogues Gallery" (Left to Right) Bev Cormack, Val Marsh, Judie Hamilton and Pat Underwood.

You have valuable skills to share

Do you have skills you would like to put to work? There is a role at the Centre for you.

We have steering committees for a variety of Centre Operations. In particular, 3 members are needed for the new Emergency Relief Fund committee, which is set up to assist members when unexpected crises occur. If you are interested, please, come talk to Kit Moffat or Charlie Jensen.

The Maintenance Committee is always looking for people who have some interest and/or experience in keeping the structure and the grounds up. If that appeals to you, contact Tony Stroud.

Do you enjoy coming for lunch at the Centre?

Do you appreciate the Kitchen Volunteers that keep our lunch program going?

Can you spend a few hours a week to help out?

Our kitchen Volunteers have lots of fun and receive free lunch.

Will you consider joining them?

Please talk to Margaret Boyd if you're interested. .



Treasure Chest 50/50 Fundraiser

APRIL WINNERS

Date	Winner	Amount
APRIL 4	Jill Bellisomo	\$180
APRIL 11	Christine Stardom	\$130
APRIL 18	Ann Buhlmann	\$143
APRIL 25	Jodie Schrier	\$134

Non-members are allowed to try out a class once by paying the activity fee, but if they want to continue with the activity, then they buy a membership.



New Activities and Rental Coordinator

You'll be seeing familiar face in a new position at the Centre in May. **Gillian Smith** (right) will be assuming the role of Activities and Rental Coordinator.

Cathrine Fuller, who has held that position for 2 years, will be retiring, which will allow her to enjoy the activities that she has helped coordinate.

Gillian has been a member of the Seniors Activity Centre since 2011. She served on the Board of Directors for 2 terms and has been an organizer for Pickleball for the last year.

She looks forward to working with the Activity Chairs and Board of Directors in this new capacity.

"We're very lucky to have Gillian taking over this work," says Cathrine Fuller. "She knows the workings of the Centre so well that I expect the transition will be very smooth."



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Portland Rose Parade



Rose Parade, Columbia River Gorge, Multnomah Falls
 June 9 - 12
 7 incl. meals dbl: \$1,486.⁰⁰

West Coast of Vanc. Isl.



Pacific Rim Nat. Park, Alberni Inlet Cruise, Long Beach, Tofino
 June 11 - 14
 6 incl. meals dbl: \$1,495.⁰⁰

Glacier & Waterton Lks.



Banff, Lake Louise, Waterton Lk. Cruise, Kananaskis Country
 June 19 - 26
 14 incl. meals dbl: \$2,597.⁰⁰

Oregon Coast



Lincoln City, Cannon Beach, Seaside, Newport
 June 25 - 29
 6 incl. meals dbl: \$1,987.⁰⁰

Sparkling Hill Resort/ Spa



Sparkling Hill Resort & Spa, Okanagan Lake, Vernon
 June 26 - 29
 8 incl. meals dbl: \$1,799.⁰⁰

More Fantastic Summer Tours

Incredible Iceland	2 departures SOLD OUT	10 days	June & July	\$7,839. ⁰⁰
Haida Gwaii	3 departures SOLD OUT	7 days	June & July	\$3,519. ⁰⁰
Canadian Maritimes	23 meals	12 days	July 6 - 17	\$5,714. ⁰⁰
Historic Barkerville	7 meals	4 days	July 9 - 12	\$966. ⁰⁰

More Fantastic Summer Tours

Yukon N.W.T.	SOLD OUT	26 meals	13 days	July 8 - 20	\$6,589. ⁰⁰
Sooke, Pt. Renfrew, & Sit. Spr. Isl.		8 meals	4 days	July 17 - 20	\$1,304. ⁰⁰
Cowichan Valley Wine Tour		6 meals	4 days	Jul 31 - Aug 3	\$1,459. ⁰⁰
Grizzly Bears of Knight Inlet		9 meals	5 days	August 4 - 8	\$1,998. ⁰⁰

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



Treasure Chest Can now be played at Gibsons Building Supply and Big Mac's. Just drop your numbered Toonie in the Chest at these locations.



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 May 2, 2017. Drop in and enjoy a cup of tea and a good chat.

Doing it right!

SOUTH COAST

~ 604-885-3281 ~

DANCE TIME!

JIM WITH TAYLOR

SATURDAY MAY 27

DOORS OPEN AT 7:00

SECHLT ACTIVITY CENTRE

TICKETS \$10 (NON-MEMBERS \$15)

FINGER SNACKS

50/50 DRAW

DOOR PRIZES

May Lunch Menu

11:30 a.m. to 12:45 p.m.

Everything is made from scratch!

We also serve soup, sandwiches & salads every day. Desserts will vary.

Mon	May	1	Meatloaf and Mac & Cheese
Tues	May	2	Salmon
Wed	May	3	Roast Pork
Thurs	May	4	Baked Chicken
Fri	May	5	Fish & Chips

Mon	May	22	CLOSED VICTORIA DAY
Tues	May	23	Shepherd's Pie
Wed	May	24	Chicken Cordon Bleu
Thurs	May	25	Bangers & Mash
Fri	May	26	Fish & Chips

Mon	May	8	Hot Reuben Sand.
Tues	May	9	Quiche & Salad
Wed	May	10	Roast Beef
Thurs	May	11	Chicken Raja
Fri	May	12	Fish & Chips

Mon	May	29	Seafood Linguini
Tues	May	30	Lasagna
Wed	May	31	Roast Beef

Mon	May	15	Meatballs & Mushroom
Tues	May	16	Cabbage Rolls
Wed	May	17	Ham & Scalloped
Thurs	May	18	Chicken Pot Pie
Fri	May	19	Fish & Chips



Frozen Entrees From Our Chef

Frozen entrees are now available. Single serving portions cost \$5. Selections may include Butter Chicken, Broccoli & Tuna Casserole, Chicken Pot Pie or Spaghetti & Meatballs. Order and pay for these at the kitchen cashier.

In Memoriam

Joyce FitzPatrick September 10, 1925 - April 7, 2017



Peacefully at 91, **Joyce FitzPatrick** passed away surrounded by family at Shorncliffe Intermediate Care Facility in Sechelt, British Columbia, on April 7, 2017.

Born Joyce Patricia Rogers on September 10, 1925, she dedicated her life to passionately helping others. Joyce received a Bachelor of Arts (1946) and Master of Social Work (1948) from McMaster University. She worked with vulnerable youth in Canada and the U.S. before moving to Vancouver to teach social work at the University of British Columbia.

She then worked with Association of Neighbourhood Houses, first at Gordon House then at headquarters where she was Associate Director.

In 1985, Joyce retired to Sechelt where she became an active member in a number of groups and associations including the University Women's Club and the local NDP, and adopted several feline pals. Funny and outspoken, she was a loyal friend and special presence in the lives of others. Special thanks to Dr. Karen Forgie and caring staff at Shorncliffe and Sechelt Hospital.

Memorial details to follow. In lieu of flowers, mourners are encouraged to make a donation to their local women's shelter, food bank, or to the Stephen Lewis Foundation.

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 May:

Thursday May 4	Anne Fitzau
Thursday May 11	Cheryl Casorso
Friday May 19	Dorothy Fraser
Friday May 26	Barbara Lightfoot



- Downsizing
- Decluttering
- House Sale Preparation
- Move Services
- Home Contents Sales
- Estate Dispersal

Tricia Coffey 604.741.4424

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