

Seashell Echo

February 2018



February is all about love. That's what binds us together at the Centre. It's a wonderful environment providing a place for activities, socialization, maintaining good health, both physical and mental, encouraging positive self-esteem through displaying our gifts or learning new ones, entertainment, and of course enjoying the delicious meals prepared at the Centre.

We come together eager for friendship and belonging, and we stay together bonded by shared interests.

Many people enjoy a portion of our generous lunches and spread that bounty into dinner-time at home, spreading the warmth throughout their day.

We who volunteer at the Centre feel the love and community around us and it fuels us to do the work of running the Centre which we think is so important.

We rely on our members who volunteer lending a hand to make it all work. Like an old-fashioned barn raising, many hands make light work.

The love spreads wide to envelop refugees struggling toward a better life. The experience of our joined hands has created this wonderful environment of love, acceptance, tolerance, and joy and for that we thank you, our members, for being our Valentines.



Centre Information

Executive 2017-2018

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

Board Of Directors 2017 - 2018

Margaret Boyd	Dorothy Fraser
Kit Moffat	Ron Atkinson
Linda Stroud	Tess Apedaile

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

Tues Feb 27

Hard Rock Casino

Leaves 7:15 a.m.

Returns 4:20 ferry

\$38 (\$32 for 65+)



Useful 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 604-885-6899

HandyDART 604-885-6897

Sechelt Activity Centre

Office Hours - 9:00 am to 3:00 pm

5604 Trail Avenue, Sechelt, BC

PO Box 564, V0N 3A0

Reception / Information Desk: 604-885-3513 // Office: 604-885-8910

Website www.secheltactivitycentre.com

E-Mail ssac@dccnet.com

The Seashell Echo is published by Laurel Ennis and Gillian Smith and can be found on the Sechelt Activity Centre website www.secheltactivitycentre.com



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.



President's Message

Thank you to all of you who were so prompt in renewing memberships, and to you hard working reception desk volunteers who processed over 400 applications in January alone! Our membership complement for 2018 is almost 900. Welcome to two new activities. Judi and Bob Wilson are again offering duplicate bridge lessons, and Penny Lightbourne is testing out "Arm Chair" Travel sessions. Volunteer activity chairs are often unsung heroes, and it is important to acknowledge the work they do in preparing, conducting, and completing the paperwork for their activity. As well, they all bring their expertise to that activity, from which all participants benefit. Recently, I heard a heart warming story about one of our activity chairs. Dave Grafton has been leading the Cribbage group on Thursday nights for twenty years, which shows a grand degree of dedication in itself. But, for that all that time, he has also been driving members of that group to and from the sessions!

The Board has postponed the Annual General Meeting, due to the timeline associated with the Expansion project. The new date is **Thursday, March 8, 1:30**. Please plan to attend, a vote on the project will be presented. The preliminary engineering drawings have been completed, and a construction cost estimate is being prepared. This estimate should be ready by mid-February, which will give the Board time to discuss important parameters, such as financing and closure times, and to determine what decision to recommend to the membership. We will schedule some Information sessions the week before the AGM, to give members more op-

portunity to discuss the project, and to reach an informed decision. The times for these sessions will be posted in the March Echo, and at the Centre. The decision about proceeding with this project is not just a financial one, although that is important. The disruption in SSAC activities and the effect on members' lives, and how we can mitigate this, is just as important.

Another important topic at the AGM will be the new wording for the SSAC Constitution. A new *BC Societies Act* came into effect on November 28, 2016. Member societies have until November 28, 2018 to come into compliance with the new Act. There are new regulations about the format and content of the Constitution and By-Laws. The Board will be presenting a new wording for the Constitution, which conforms to the new Act. The wording is contained on page 14 of the Echo, and will be posted at various locations in the Centre. The new format is meant to give flexibility to non-profits. According to the new Act, the Constitution may contain only the Society name, and purpose. Everything else is to be in the By-Laws.

A new Board will be elected at the AGM. I appeal to the huge pool of talent among our members to consider serving on our Board. You will provide a necessary service to your community, but you will also learn and challenge yourself, and you will keep those little grey cells working!

Joanne Rykers



Treasure Chest 50/50 Fundraiser Recent Winners

How it Works:

Sign up at the desk to get a number. When you enter, take a sticky dot and write your number on it and drop it in the Treasure Chest. If your number is drawn you win half of the contents of the Treasure Chest! The other half goes to support the Seniors Centre and its projects. You can find our Treasure Chest at the reception desk at the Centre. Draws happen Tuesdays at 1:00 p.m. Good luck!



Winners!

Jan 2 No draw
Jan 9 Becky Wayte \$114
Jan 16 Robin Schultes \$107
Jan 23 Frank Nichol \$107
Jan 30 Freda Mellenthin \$88

Congratulations!



The Annual General Meeting!

Thursday March 8th at 1:30 pm in the SSAC Auditorium

Did You Know?



Everyone knows the Centre has a lending library for books, but did you know non-fiction books are in the lounge & we also lend DVDs & VHS tapes?



Many grateful thanks to Magdelanye for being our Library Lady. She stocks the shelves and keeps things organized.



Friends of the Sechelt Library

Book Faire Dates – 2018

Fri - 12 to 5
Sat - 10 to 5 & Sun - 10 to 3
Feb 9 – 11
March 9 – 11
April 6 – 8
May 11 – 13
June 8 – 10 & June 22 – 24
July 6 – 8 & July 20 – 22
Aug 3 – 5 & Aug 17 – 19
Sept 7 – 9
Oct 12 – 14

At the Sechelt Library- Community Room
 For more information – secheltfol@gmail.com

Dull Knives?

Everyone has knives, but you don't have to have dull ones any longer. The SSAC now provides a knife sharpening service for our members. From a 3 inch paring knife to a 14 inch slicing knife, your knives will be brought to like new condition. Sorry, no serrated blades. Cost—only \$3/knife.



**That's 1-3 pm on
the third Monday
of the month —
February 19th.**

Human Flow

a film by Ai Weiwei



Saturday February 3, 2018, 1:30 pm

Sechelt Senior Activity Centre, 5604 Trail Avenue

Artist, activist and director Ai Weiwei captures the global refugee crisis – the greatest human displacement since World War II.

Doors open at 1:00 pm
 Tickets **\$10**, available at the Seniors Centre
 Syrian refreshments included.



Organized by The Syrian Refugee
 Sponsorship Program



When there is nowhere to go, nowhere is home

Argentine Tango Lessons

Come join us at the Seniors Activity Centre.

Experience this beautiful, intimate dance from South America.

Beginner to Intermediate classes taught by Alan Barnes and Patricia Smit.

Learn the fundamentals and then discover the connection between partners.

Where two become one!

Friday evenings 7:30 to 9 p.m. \$3 per person. Centre membership required.

Contact Alan Barnes ricohawkchef2953@gmail.com

604-885-8837

News From Salt Seas Aquarium



First, we would like to thank everyone who helped over the Christmas Holidays by removing and replacing the cover. Your assistance was appreciated very much. All the fish were happy and healthy because of it.

Secondly, after the sad loss of Charlie, who jumped out of the tank and to his demise, we do have some good news. Members, Dave and Christi Blackman, who share in the hobby of keeping marine tropical fish and corals, generously

donated the new pair of Black Onyx Clownfish (*Amphiprion percula*) to us at the Seniors Activity Centre. These fish are bred in captivity, and the same way dogs can be bred for specific characteristics that make them a Schnauzer or a Great Dane, these fish are thoroughbreds, selected for the genes that give them their striking Onyx colouration. They are a mated pair, so you may observe some very friendly behavior between them. The smaller fish is the male, and the larger fish is the dominant female. Again, we are interested in submissions to name our new fishy friends. And a heartfelt "thank you" to Christi and Dave!

Lastly, we will be hosting a cinnamon bun fundraiser on Friday February 16th to cover the ongoing cost of the aquarium maintenance and fish food. Please join us in the foyer to show you support!





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It's Membership Time!

Renew your membership for 2018— still only \$25. With activities for everyone, wonderful, affordable lunches and a place to come hang out, it's no wonder we have an average of 1,200 members.

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Tricia Coffey 604.741.4424

tricia@rightsizingsolutions.ca
www.rightsizingsolutions.com

February 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.

Thur Feb 1 Chicken Raja

Fri Feb 2 Fish & Chips

Mon Feb 5 Seafood Linguini

Tue Feb 6 Quiche & Salad

Wed Feb 7 Roast Beef

Thu Feb 8 Sweet & Sour Chicken
Stir Fry

Fri Feb 9 Fish & Chips



**Frozen Entrees
From Our Chef \$5
Pay at the kitchen
cashier**

**A shout out to Clayton's
and IGA for sponsoring
the receipts in exchange
for food.**

Mon Feb 12 CLOSED FOR FAMILY
DAY

Tue Feb 13 Salmon

Wed Feb 14 Chicken Cordon Bleu

Thu Feb 15 Cabbage Rolls

Fri Feb 16 Fish & Chips

Mon Feb 19 Shepherd's Pie

Tue Feb 20 Chicken Pot Pie

Wed Feb 21 Roast Ham

Thu Feb 22 Filipino Chicken Adobo

Fri Feb 23 Fish & Chips

Mon Feb 26 Butter Chicken

Tue Feb 27 Fish Cakes

Wed Feb 28 Roast Pork

Save those grocery receipts!

Don't forget to save your grocery receipts from Wilson Creek IGA & Claytons. These two locally owned stores generously give us a \$20 credit for every \$5000 that our members spend & brings in an average of \$80/month in credits. This helps reduce the cost of food that we purchase for our wonderful Teas & Special Events. Deposit the sales receipts in the box next to the front door.

**Kudos to Dorothy Fraser who tallies the re-
ceipts every month. You're a peach!**

Your Centre Needs You

If you have an accounting background or bookkeeping experience, and can spare eight hours a week, the Centre could sure use you. Our present Treasurer is retiring after three years, and we need to fill the position. The Treasurer is responsible for keeping the accounts of the Centre and ensuring the bills get paid. The Centre uses Simply Accounting computer program to manage the books.



We are also looking for someone to fill the Vice President position on the Board of Directors. If you have experience in management or public service administration, those skills are an asset. The position involves attending meetings and being in the Centre for several hours per week. The Vice President also acts for the President in the President's absence.

If you feel you can fill either of these positions, or know someone who would, or if you would like more information please contact Barbara Lightfoot our Nominations Chairperson. ssac@dccnet.com

In Memoriam

If you know of any member who has passed on please let us know so we can remember them in the Echo.



Join or Renew Your Membership

\$25





Armchair Travel Club

2nd & 4th Wednesdays 2-4

Craft Room

Activity fee \$3

Feb 14th Love Makes the World Go Round

2-mini talks

Paris & The Taj Mahal

Feb 28-Travel Conversation Cafe



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 Fridays.

Volunteers needed email:
ssac@dccnet.com

Check the Website!

You can find the monthly activity listing and also the pickleball schedule on our website. Sometimes things happen, so when you are heading in to an event, activity, talk etc. please check the website first to make sure there haven't been any last minute changes.

The website info will be the most up-to-date.

<http://www.secheltactivitycentre.com>

Did You Know?

The SSAC has a **Drop-In Painter's Group** that meets on Thursdays 12:30-3:00 in the Craft Room.

Members who enjoy painting are welcome. There is no instructor, but members are supportive of each other's work.



Acrylic, watercolours and pastels are used— but no oils are allowed because the Centre is scent-free.

Contact: valeriegrant@dccnet.com for more details.



The Chair Actors Company

Audition Call for “The Wild Flower Book”

The Chair Actors Company is a resident theatre group at the Sechelt Seniors Activity Centre. We are currently preparing for a late-May 2018 production of *The Wild Flower Book*, a new stage play written and directed by SSAC member Louise Phillips.

Based on a series of true events in 1860s Upper Canada, *The Wild Flower Book* is the story of a young widow left penniless with six children, a madcap idea...and a paintbrush.

The roles available are for:

- one man, to play 55+. Ability to sound English or Irish an asset
- one woman, to play 60+. Ability to sound English an asset
- one woman to play 18-25. Ability to sound Irish an asset
- one man to play 25-35. Ability to sound French-Canadian an asset
- one woman to play 35-40 (lead role)
- three young ladies to play 10, 13 and 16
- one young man 14-18

We are also looking for willing volunteers to help build/paint/decorate sets, source props and sew costumes during April and May. During the performances we will need people to help backstage or for front-of-house duties.

Auditions for actors will be held 7-9 pm on Wed. Feb. 7 in the Heritage Room and 2-5 pm on Sat. Feb. 10 in the Farish Room at the Sechelt Seniors Activity Centre. Audition pages will be available in advance.

Rehearsals begin Mar. 14 and run weekly Wed. and Fri. 6-9 pm and Sun. 2-5 pm. Production dates are May 25-27 and June 1-3.

Please call Louise at 604-885-0706 or email her at movietottie@gmail.com for an audition time, or to express your interest in being part of the production in any capacity.

We Have A Monthly Friendship Tea!



Drop in and enjoy a cup of tea and a good chat on **Feb 6th from 2 pm-3pm**.
Everyone is welcome!

We can use a couple of volunteers!



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 <p>MS Zaandam, Seattle City tour, & Amtrak Cascades May 6 - 8 4 incl. meals dbl: fm \$1,079.⁰⁰</p>	 <p>Stay'n' Play Waterfront Resort, Naramata, four Winery tastings May 8 - 11 9 incl. meals dbl: \$1,659.⁰⁰</p>	 <p>Stay'n' Play Kingfisher Oceanfront Resort & Spa May 14 - 17 8 incl. meals dbl: fm \$1,654.⁰⁰</p>	 <p>Tower of London, Westr. Abbey, Buckingham Palace, Stonehenge June 6 - 24 30 incl. meals dbl: \$8,679.⁰⁰</p>



Mark **February 7th** on your calendar. **Melinda Burns** is hosting a presentation of our 2018 tours.
Where: Sechelt Seniors Activity Centre
When: 1:00 - 2:30 pm
Of course, *Light refreshments & door prizes*

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



www.agelessadventuretours.com



Prices include
all taxes

NOTICE: THE ANNUAL GENERAL MEETING WILL BE HELD ON THURSDAY MARCH 8TH AT 1:30pm IN THE SSAC AUDITORIUM.

In addition to important updates regarding the building improvements and expansion, we will amend our Constitution to bring it in line with current BC Legislation. This does not require a motion, but it is important that the membership know about the changes.

The revised Constitution will read as follows:

**SECHELT SENIORS ACTIVITY CENTRE SOCIETY
CONSTITUTION**

Name

1 The name of the Society is the Sechelt Seniors Activity Centre Society.

Purposes

2 The purposes of the Society are:

- (1) to stimulate the continuing public interest in the welfare of the Society; and
- (2) to protect the rights and interests of all members.

Rationale: The *BC Societies Act* has been overhauled and Section 10 of that Act now requires that the Constitution be limited to the Name and Purpose of the Society.

We must, therefore remove sections 3, 4 and 5 from our current Constitution.

Our current Constitution reads as follows:

**SECHELT SENIORS ACTIVITY CENTRE SOCIETY
CONSTITUTION**

Name

1 The name of the Society is the Sechelt Seniors Activity Centre Society.

Purposes

2 The purposes of the Society are:

- (1) to stimulate the continuing public interest in the welfare of the Society; and
- (2) to protect the rights and interests of all members.

Unalterable provisions

- 3 That the Society shall be governed by the principles of democracy and shall be nonpartisan, non-racial and non-denominational.
- 4 In the event of the dissolution of this Society, all the assets of this Society shall be disbursed to registered Seniors Organizations within the District of Sechelt.
- 5 The Society shall insure that its purpose is not for monetary gain of its Members and that any profits or accumulations thereof will be used for promoting its objectives.

In anticipation of the revisions to the *BC Societies Act*, at the SSAC General Meeting on October 15, 2015, the membership approved new By-laws. These new By-laws were designed to contain sections 3, 4 and 5 of the Constitution.

Specifically:

“3 That the Society shall be governed by the principles of democracy and shall be nonpartisan, non-racial and non-denominational” is now reflected in Part 2 of the By-laws –

PURPOSES AND OBJECTIVES

Specifically, By-law 5.2 states:

5(2) To achieve its objectives, the Society will operate in a manner that:

Is democratic; and

(b) recognizes the equality of individuals without regard to race, colour, ancestry, place of origin, political belief, religion, marital status, family status, physical or mental disability, sex, or sexual orientation.

“4 In the event of the dissolution of this Society, all the assets of this Society shall be disbursed to registered Seniors Organizations within the District of Sechelt.” is now reflected in Part 10 of the By-Laws–

DISSOLUTION

Specifically, By-law 95 states:

95 In the event of the dissolution of the Society, all the assets of the Society shall be disbursed to one or more seniors organizations within the District of Sechelt that are a registered charity under the Income Tax Act.

“5 The Society shall insure that its purpose is not for monetary gain of its Members and that any profits or accumulations thereof will be used for promoting its objectives.” – is now reflected in Part 2 of the By-laws –

PURPOSES AND OBJECTIVES

Specifically By-law 5(1) states

5(1) The objectives of the Society are to: ...

(c) operate without financial gain for its members;

(d) use any profits or accumulations for promoting the Society’s objectives...

A copy of the SSAC Constitution, By-Laws and other governance documents can be found on our web-site

at <http://www.secheltactivitycentre.com/general-info/constitution-and-bylaws/>

The B.C. Societies Act can be found on-line at

http://www.bclaws.ca/civix/document/id/complete/statreg/15018_01#section10



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February 24, 2018

Sechelt Activity Centre

5604 Trail Ave.

Doors open at 7:00 p.m.

Dance from 7:30 to 10:30 p.m.

Tickets \$5 for members

\$10 for non-members