

Nov. 2019

Seashell Echo



Solar Power Initiative

At the SSAC General Meeting in October, a proposal for a Solar Panel Array on the roof of the Sechelt Seniors Activity Centre was gratefully approved by the members.

The SC Community Solar Association is having their AGM here at the Centre on November 9th, everyone is welcome

In the meantime, read more about this exciting proposal on page 7.



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Centre Information

Executive 2019-2020

President	Joanne Rykers
Past Past-President	Wilma Lorimer
Vice President	Chris Kane
Treasurer	Sylvia Graber
Secretary	Mary Bittroff
Maintenance	

Directors at Large 2019-2020

Margaret Boyd	Kit Artus
Chris O'Brennan	Kathy Turner
Norma Pruden	Tony 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 & Activity Co-ordinator	Gillian Smith



BUS TRIPS

Grand Villa Casino—Wed Nov 6th
Park Royal/Cap Mall—Wed. Nov 20th

If you have ideas for possible bus trips, leave a message for Rick McGowan in the office.

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 - Weekdays, except holidays

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 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. Newspapers are recycled in their own blue box at the reception desk.

Vice President's Message

October has been a very spooky month. The Day Director's desk has been moved 3 times as we continue to reorganize our office space. The Maintenance Office has been reduced to a side table with an outdated boat anchor of a computer with no internet connection. On the bright side, the Maintenance volunteer shares the windowed environment of the executive office. And, our Activity Coordinator Gill has finally landed in an optimal location where she can maximize her sunny disposition.

As this is the first fall for the newly renovated Centre, we are still trying to balance the air in the building, so we can achieve a comfortable level. We continue to struggle with multiple variations, mostly caused by manual interventions that counterbalance our intentions. Windows and doors that are left propped open create issues for heating and air conditioning. The results are apparent in the utility bills.

This subject now leads me into our discussion about solar energy and the presentation by the Sunshine Coast Solar Energy Association. During the Fall Membership Meeting held on Wednesday October 16th, the membership voted in favour of our partnership with the solar energy group. Their story is included in this issue.

Elections Canada rented the auditorium for the federal vote on October 21st. Over 600 electors visited the Centre in a well organized and orderly fashion. For many, this was their first time in the Centre. And boy, were they impressed with what they saw. The BC Ferries raffle tickets were available and sales, brisk. Besides that, things are pretty much ticketty-boo for most members.

Remember that our organization is run by the hard work of volunteers and that we all need to share our space and resources with kindness and understanding. We come from many backgrounds and experiences that can enrich our lives as we join in the activities here. So, let us all welcome new people into our groups and share our wonderful resources.

In this way, our many volunteers' time can be spent in positive actions that enhance everyone's lives. After all, at our ages, we cannot afford to waste our time and our volunteers' time being negative, argumentative and/or critical.

Thank you for your support.

Chris Kane
Vice President

Important Notices

- The Centre will be *closed* Remembrance Day.—some activities will continue—check with your activity chair
- Memberships for 2020 are now available for \$30 and will be valid until the **end** of 2020.
- SSAC Craft Fair is going to be November 23rd from 10-3
- Tickets for the Christmas Lunch will go on sale December 2nd.

SSAC Christmas Craft Fair

Saturday November 23rd

10am to 3pm

Live Music

**Crafts—Beautiful Creations hand
made by our own Craft Group**

and others in the Community

Reserve your table now



SSAC Fundraisers



WINTER QUILT RAFFLE

1ST PRIZE—BEAUTIFUL QUILT

2ND PRIZE—"BRIT-BOX"

TICKETS \$2 each or 3 for \$5

**Draw will take place at the
SSAC Christmas Craft Fair on
Saturday November 23rd**

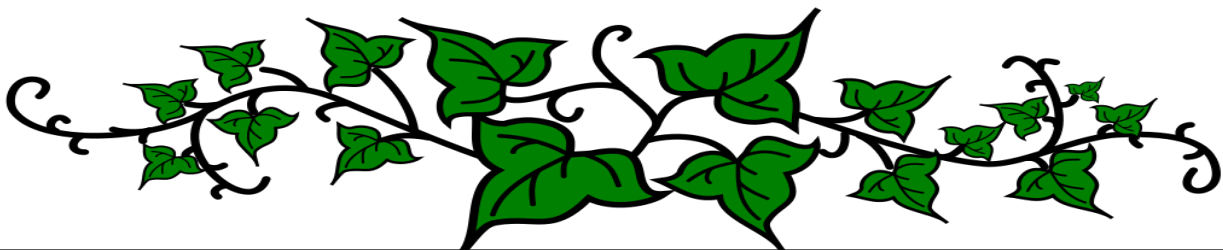


WANTED

Holly, Cedar, Fir, Ivy

***To use for Christmas flower arrangements at the
Craft Fair.***

***If you can supply.... Please leave in the Craft Room
beginning asap early November***



Win A

Class B-Raffle License-Regular Ticket, Licence #120290



**Draw
December 20th
At SSAC
Christmas
Luncheon**

**\$5.00
Per ticket**



Solar Panel Initiative

The Sunshine Coast Community Solar Association (SCCSA) is pleased to announce that the Dr. James Pawley Legacy fund will go toward a solar panel array on the Sechelt Senior Activity Centre roof. The Pawley family has close and ongoing ties to the Sunshine Coast and in recognition of Jim's wish for a community solar array in Sechelt, both groups see this as a chance for those dreams to be realized in our community.

The Sechelt Seniors Activity Centre Society is grateful to the Pawley family for this gift honouring the late Dr. Pawley and are happy that this beautiful community space in the middle of Sechelt can help promote solar energy. With an initial installation of 16 solar panels on the centre's roof and a monitoring screen in the lobby, the public will be able to see how the solar panels function in real time – a great educational tool. This is a legacy that will keep on giving year after year in reducing the Activity Centre's substantial hydro bills. They hope this will also provide a great incentive for Sechelt residents to consider installing solar panels in their homes. Our two non-profit groups will be working together to make this legacy a reality and welcome further donations to grow the solar array. The ideal location on their roof can accommodate up to 28 panels.

You can contribute online at <https://suncoastcommsolar.weebly.com> and click on the James Pawley Legacy button or donate through the Sunshine Coast Credit Union (the Sunshine Coast Community Solar Association James Pawley Legacy Account #67117). You may also mail a cheque to SCCSA Treasurer, 1523 Smith Rd. Gibsons V0N 1V4. For more information, contact the Solar Association at suncoastcsa@gmail.com



About James Pawley

Jim was an integral part of the SCCSA board, and worked tirelessly to get the word out that the world needs to get off fossil fuels, which not only emit dangerous toxins, but CO2 created from their burning is leading to the gradual heating of the planet. We are already experiencing more frequent and intense weather events, and rising sea levels. Even the younger generation realizes that the climate crisis is a growing threat to not just humans but all life on earth.

The SC Community Solar Association grew out of these concerns and was incorporated as a non-profit society in 2015. Since then, the association has worked to educate the public about sustainable energy, organized two successful 'bulk buys' of solar panels and has investigated developing a community solar array. Due to a lack of incentives at the provincial and federal level, this has not become a reality, but with this legacy, it will be!

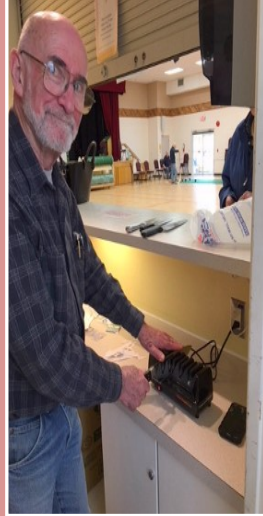
We hope a lot of residents would like to be part of this.

Sunshine Coast Community Solar Association and Sechelt Seniors Activity Centre

Knife Sharpening

Bring in your
dull knives and
let Leroy
sharpen them
for you.

Monday
November 18
1pm to 2:30pm
Cost is \$3 per
knife.



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receipts!



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grocery receipts from **IGA**
and **Claytons**.



Frozen Entrees

From Our Chef \$6

November Lunch Menu

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

Everything is made from scratch!

We also serve soup, sandwiches and salads.

Desserts will vary.

Fri	Nov	1	Fish & Chips
Mon	Nov	4	Butter Chicken
Tues	Nov	5	Meatloaf
Wed	Nov	6	Roast Beef
Thur	Nov	7	Baked Chicken
Fri	Nov	8	Fish & Chips
Mon	Nov	11	CLOSED FOR REMEMBRANCE DAY
Tues	Nov	12	Shepherd's Pie
Wed	Nov	13	Roast Ham
Thur	Nov	14	Quiche & Salad
Fri	Nov	15	Fish & Chips
Mon	Nov	18	Bangers & Mash
Tues	Nov	19	Lasagna
Wed	Nov	20	Chicken Cordon Bleu
Thur	Nov	21	Sweet & Sour Meatballs
Fri	Nov	22	Fish & Chips
Mon	Nov	25	Salmon
Tues	Nov	26	Cabbage Rolls
Wed	Nov	27	Roast Pork
Thur	Nov	28	Chicken Quesadillas
Fri	Nov	29	Fish & Chips

Thanks Jim & Jean

All the best!



Jim and Jean Bowden are avid Carpet Bowlers.

Jean has been organizing Carpet Bowling at the Centre for years with Shirley Allan.

Jim and Jean are moving off Coast, so their fellow bowlers made sure they had a lovely farewell.

You'll be missed!!



Did you know that carpet bowling is a fun game that almost everyone can play? At the Centre, the players aren't too competitive and don't make fun of anyone when they miss a throw. It's a fun way to get a little gentle exercise.

Carpet bowling is like a combination of lawn bowling, curling, bowling and a little of the French game Pétanque or Boules.

Carpet Bowling at the SSAC is between 1 –3 p.m. in the Auditorium on Mondays and Thursdays with a fee of \$3

Argentine Tango & More!!

Friday evenings
at 7:30pm.



Painting by Elena Bakst



It's line dancing time

Line Dancing

Beginners Line
Dancing

Thursdays

5:30-7 pm

Auditorium



Activity Schedule – November 2019

Open to Adults of All Ages – Check the website for changes
The Centre is Closed November 11th, but some activities will continue.

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Qigong Shibashi	10-11am	Craft	Meryem Durnie	\$3
Yoga with John	9:30-10:30am	Auditorium	John McDougall-Goulet	\$5
Plan 24 Tai Chi	11am-noon	Craft & Farish	Bill Cron	\$3
Keep Fit with Lori	11am-noon	Auditorium	Lori Gregory	\$5
Social Bridge	12:15-3:30pm	Craft	Chris Kane & John Bebbington	\$3
Carpet Bowling	1-3pm	Auditorium	Shirley Allan	\$3
Pickleball	3-9pm	Auditorium	Gill Smith & Bert Carswell	\$3
Singalong – Ukulele ++	5:30-7pm	Lunch Room	Ron Skene	\$3
Duplicate Bridge	6:30-10pm	Craft	Mike McCarthy	\$3
TUESDAY				
Pickleball	7:30-9:30am	Auditorium	Gill & Bert	\$3
Fitness	10-11:10am	Auditorium	Jacquie Allen	\$4
Memory Café	10:30am-12:30pm	Craft/Aud.	Brian Smith	\$3
Quilting	1-4pm	Craft	Shirley McCaughtrie	\$3
Friendship Tea – 2 nd T	2-3pm	Lunch Room	Sharon Blanchette	Free
Pickleball	1:00-7:00pm	Auditorium	Gill & Bert	\$3
Table Tennis	7:00-9:00pm	Auditorium	Marilyn Heinrich	\$3
WEDNESDAY				
Pickleball	7:30 to 9:30am	Auditorium	Gill & Bert	\$3
Yoga	10-11:15am	Auditorium	André Casaubon	\$5
Pickleball	12-6pm	Auditorium	Gill & Bert	\$3
Genealogy – 3 rd W	1-3pm	Heritage	Arlene Harmon	\$3#

New—Monday at 9:30am—Yoga with John (except Remembrance Day)

Memory Café—** Caregivers must also attend Memory Café – the cost is \$3 each person.

There are many pickleball sessions—check the website, or pick up a schedule to see what times are available for Social Play and Level Play. Each person is entitled to play 2 times a week at their level.

Any questions, email ssacpickleball@gmail.com.

THURSDAY				
Pickleball	7:30 to 9:30am	Auditorium	Gill & Bert	\$3
Crafts/Knitting Group	9:30-11:30am	Craft	Chris O'Brennan	N/C *
Duplicate Bridge Lessons	9:30am-noon	Farish	Judi Wilson	\$3
Fitness	10-11:10am	Auditorium	Jacquie Allan	\$4
Yoga with John	11:30am-12:30pm	Auditorium	John McDougall-Goulet	\$5
Painting Social	12:30-3pm	Craft	Valerie Grant	\$3
Painting	12:30-3pm	Farish	Isobel Gibson	\$3
Mahjong	1-3pm	Lunch Room	Alison Speirs	\$3
Carpet Bowling	1-3pm	Auditorium	Shirley Allan	\$3
Just Stitching	1:30-5pm	Lunch Room	Sheila MacDonald	\$3
Pickleball	3-5pm	Auditorium	Gill & Bert	\$3
Line Dancing	5:30-7pm	Auditorium	Jay Alexov	\$3
FRIDAY				
Pickleball	7:30-9:30am	Auditorium	Gill & Bert	\$3
Qigong Shibashi	10-11am	Craft	Susan Fletcher	\$3
Chair Yoga	10-11am	Auditorium	André Casaubon	\$3
Beginners Ukulele	10:30-11:10am	Farish	Ron Skene	\$3
Ukulele	11:10-12:15	Craft	Ron Skene	\$3
Poker	11am-3pm	Farish	Bob Hodgson	\$3
Pickleball	11:30am-7pm	Auditorium	Gill & Bert	\$3
Plan 24 Tai Chi	1-2pm	Craft	Bill Cron	\$3
Argentine Tango & More	7:30-9pm	Auditorium	Alan Barnes	\$3
SATURDAY				
Quilting – November 9 th	9am-3pm	Lunchroom	Judi Wilson	\$3/\$6
Duplicate Bridge	12:30-4pm	Craft	Mike McCarthy	\$3
Scrabble	12:30-3:30pm	Farish/Lunch	Jim Wakeford	\$3
SUNDAY				
Pickleball	1:30-7pm	Auditorium	Gill & Bert	\$3

**

There is no cost for Craft Group as the members make projects to raise funds for the Centre (see craft display in the entrance, cards by the book shelves, and attend the Christmas Craft Sale on November 23rd).

New—There is a second Plan 24 Tai Chi now on Fridays

SEW MUCH FUN!



The SSAC Quilters celebrated members' birthdays with delicious treats and good wishes. The group has been meeting for many, many years on Tuesday afternoons in the Craft Room.



SSAC has an Official Facebook Page!

To find us, go on Facebook and search for Sechelt Seniors Activity Centre. Our page has "Official" in the title. We post fun things, events, activities, those funny signs. Please come and "like" and "follow" us!

Life Member Nominations Due

According to our By-laws, we admit two new Lifetime Members each year. They'll be announced at the Christmas Lunch in December. This is your chance to nominate a person whose volunteer work puts them miles above and beyond the ordinary. The Life Membership Committee will meet in late November to make the selection.

Eligible members:

Should be nominated by at least TWO other SSAC members

Must have served at LEAST five years as outstanding SSAC volunteers.

Nomination forms may be picked up from the office. Completed forms are to be put in the Life Member mail box in the office by — November 22.

Questions? Ask Wilma Lorimer or Joanne Rykers or e-mail ssac@dccnet.com



Long-time Friendship Tea Organizers—Margaret and Tony Dawkins—are joined by new organizer Sharon Blanchette.

The Friendship Tea is a great way for people to gather once a month to socialize and enjoy some delicious treats.

Everyone is welcome on the 2nd Tuesday of the month from 2 to 3pm.

The Friendship Tea is free because special volunteers like Margaret, Tony and Sharon make it possible.

Friendship Tea



Drop in and enjoy a cup of tea, treats, and a good chat.

November 12th
2-3 p.m.

Everyone is welcome!

For Rent

1 bedroom apartment for rent in secure, well-maintained building close to the Seniors Centre, downtown shops and services.

Accessible, spacious 800 sf. Pets allowed; no smoking. Rental term negotiable. \$1350 month.

Available November 1st. Call Sue at 604-885-2348



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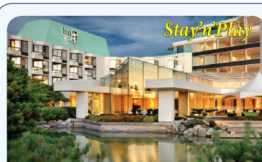


Leavenworth Xmas

Amtrak Train Ride -
Leavenworth

December 2 - 4

4 incl. meals • \$1,149.⁰⁰



Deluxe Victoria Xmas

Inn at Laurel Point Victoria,
Traditional Xmas dinner, High tea

December 24 - 27

6 incl. meals • \$1,860.⁰⁰



a Few Spaces Remaining

Puerto Vallarta

Grand Marival Emotions
Resort & Suites

January 15 - 22

All meals incl. • dbl: from \$2,845.⁰⁰



Palm Springs Getaway

Palm Desert, Indian Wells,
Joshua Tree N.P.

March 22 - 28

9 incl. meals dbl: \$3,566.⁰⁰ CAD

New, Exciting & Revisited tours to 2020

Seniors 'Spring Fling' Jasper Nat. Pk. - Apr 6 - 10
Victoria Play, 'Catch Me If You Can' - May 1 - 3
Incredible Iceland - Jun 18 - 27
Yellowstone National Park - Jun 23 - Jul 3
Stewart & Hyder, Ak. - Aug 12 - 20

Crater Lake, Nat. Park Dr. -
Olympic Peninsula -
St. Lawrence Seaway -
Rocky Mountains Circle Tour -
Grizzly Bears of Toba Inlet -

Aug
Aug
Jul 26 - Aug 4
Sep 2 - 11
Sep 25 - 28

Also:
Princess Louisa Inlet - Jul
Across Canada by Rail - May
Australia - Nov
Polar Bears - Nov
... & more

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Surrey, BC V4A 9E3



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Rest In Peace

Muriel G. Field



Muriel passed away in Sechelt Hospital in her 89th year. She was born in Vancouver, B.C. to Muriel Isabelle Pink and Frederick George Francis Cannon. She was predeceased by her husband Sid.

Muriel and Sid moved to Sechelt in 1994 from Burnaby, B.C. They loved to travel to England and Maui, Hawaii. They loved retirement on the Sunshine Coast, and they knew when they got there that it was home.

Muriel worked at Weldwood of Canada Ltd. in Vancouver as Cash Control Manager for 31 years. She loved teddy bears and made several special bears. She mastered the art of paper tolling and enjoyed quilting.

She volunteered at the Sechelt Senior Centre serving lunches, and she belonged to the group "Friends of the Library" who hold book sales. She looked forward to attending the monthly tea with the Elder Women Group at the Library. Bethel Baptist Church was a large part of Muriel's daily life, where she made many cherished friends. We will miss Muriel's wit and

sense of humour and she will always be in our hearts.

A memorial service will be held on Saturday, November 2, 2019, 1pm at Bethel Baptist Church, 5717 Mermaid St. Sechelt, B.C

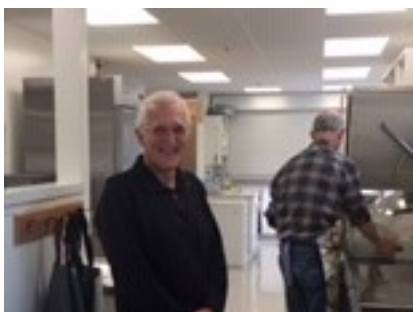


If you know of any other members who have passed away, please let us know so we can honour them in the Echo..

Volunteer Appreciation Corner

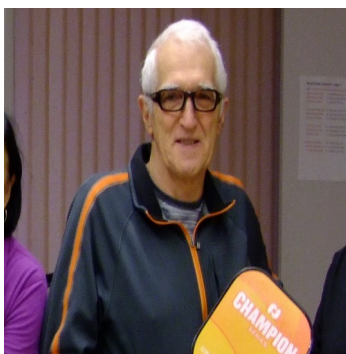
It takes a dedicated team of volunteers to keep our Seniors Centre running smoothly. So this month it's hats off to:

Bert Carswell



Bert has been a regular dishwasher for some time and is now training new dishwashers. Hardworking Bill Rawson can be seen here too.

Bert is also the volunteer co-chair of Pickleball and helps keep things running smoothly. Bert regularly organizes our fun tournaments..



Thank you Bert!

*And all the other dishwashers
and Activity chairs*

Theresa Toms



Theresa is a long-time volunteer who can be seen regularly at the front desk, and in the dining room taking lunch orders. Many don't know that Theresa has also been the resident Plant Lady for many years.

Thank you Theresa!

*And all the other Office and
Lunch Volunteers!*

**Thank you to all our
volunteers—new and
experienced for keeping the
Centre running so well!! We
couldn't do it without you!!**