

SEASHELL ECHO

SEPTEMBER 2020

SECHLT SENIORS ACTIVITY CENTRE NEWSLETTER

In this Issue

- 1 Paying it Forward with Solar Power
- 4 Emily's Frozen Entrées
- 5 ElderDog Canada
- 6 Communication: A Top Priority at SSAC
- 8 September Activity Schedule

Paying it Forward with Solar Power

BY BRIAN COXFORD

It was delayed by the pandemic, but finally seniors can celebrate an initiative that is certain to bring about positive change. That was the theme at a dedication ceremony held August 21, where a small group of social distancing, environmentally conscious community members gathered at the SSAC in Sechelt. They came together to honour a former Sechelt resident for his significant contribution to the climate change movement on the coast. On the roof above them, 28 solar panels at the centre were hard at work, saving the Senior Centre over \$100 a month in Hydro bills. The goal will be increased savings as more panels go up. Members were told they will be able to go on the new SSAC website to monitor the positive results for themselves on a daily basis.

The honoured guest unfortunately was not present. Dr. James Pawley passed away suddenly in March of 2019, however his family's generous \$10,000 donation in his name funded 16 of the solar panels. There was also a grant from the Sunshine Coast Credit Union and other personal donations, which helped pay for the other 12 panels. This community support was received with the SSAC's deepest gratitude.

CONTINUED ON PAGE 2



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Reception: 604.885.3513
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Covid Office Hours:
11am to 2pm, M-F



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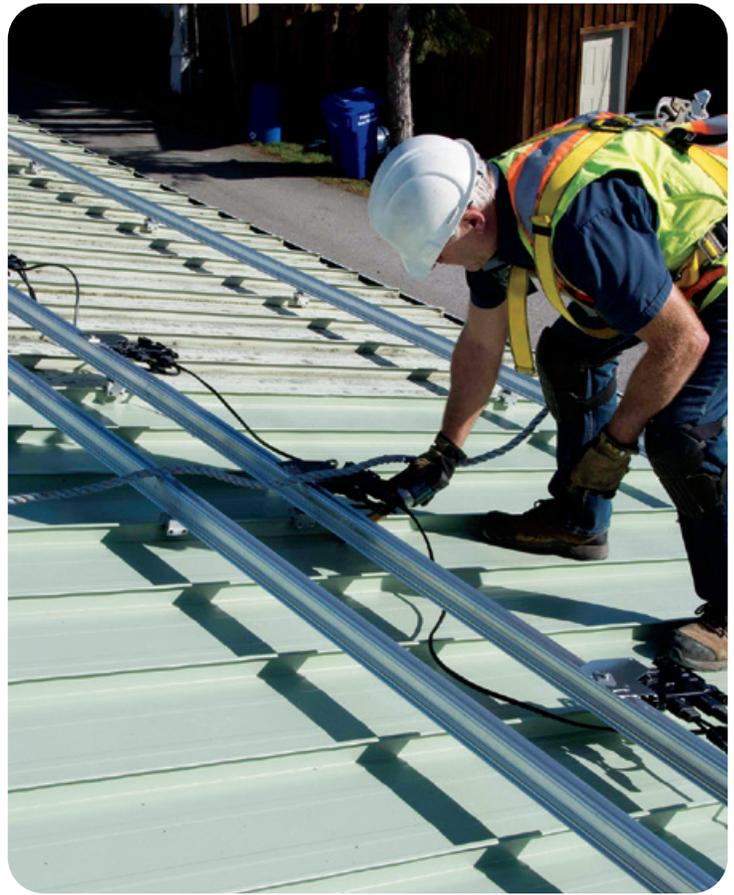
Solar Power

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Dr. Pawley, a former electrical engineer with a PhD in biophysics, became a passionate campaigner for climate change in his senior years. This important issue for him grew as he taught at the University of Wisconsin and UBC during his celebrated career as an educator. Dr. Pawley, his wife Christine and their three children always loved the Sunshine Coast and he and his wife retired here. Thankfully for all of us, the good doctor never stopped campaigning for climate change. He organized a march for change in Vancouver and Washington, DC. He was active in the Clean Air Society and the Sunshine Coast Community Solar Association. It was his wish that his legacy contribution would see a community solar array installed in Sechelt and the SSAC is the benefactor of his generosity.

Sechelt's Dennis Olson, president of Olson Electric/Alternative Power Systems was in attendance at the celebration to honour Dr. Pawley. Dennis is a leader within the solar energy industry in BC, and shares Pawley's passion. He installed the solar panels at the center at cost, and is ready to add more when the SSAC has more funds available. His contribution is greatly appreciated.

Olson told the gathering, "Pawley's enthusiasm for renewables was infectious." Gayle Neilson, past president of the Sunshine Coast Community Solar Association said the panels "are a fitting legacy that would make Jim proud." Ken White speaking for the SSAC's Board as its VP, added, "Dr. Pawley's gift keeps on giving, helping more people understand the benefits of solar power."



Installation of solar panels by Olson Electric/Alternative Power Solutions, made possible by the James Pawley Legacy, Sunshine Coast Community Solar Association, Sunshine Coast Credit Union, and personal donors.



Gordon Bishop (SSCSA) with Dennis Olson. Olson Electric/Alternative Power Solutions was "charged" with installing the array.

An additional 120 panels on the roof will reduce the SSAC's hydro bottom line to net zero, which means that electricity would be free. Members and philanthropic residents can make this happen. Contributions to the centre for more panels or other needs are tax deductible. Hopefully Dr. Pawley's dream will make us all recognize that climate change is real and more solar panels will make the Sechelt Seniors Activity Centre self sufficient in hydro energy.



The plaque commemorating Dr. James Pawley and his efforts to improve awareness of the climate crisis, the need to increase solar energy usage and the legacy contribution made on his behalf by his family.

It was James Pawley's wish that his legacy contribution would see a community solar array installed in Sechelt and the SSAC is the benefactor of his generosity.



Tony Stroud, SSACS director, worked with Dr. Pawley's daughter to manage streaming the event through Zoom.



Dr. James Pawley was represented at the unveiling ceremony by his widow Christine, shown here with son John; the plaque which will be displayed in the centre foyer commemorating the installation.

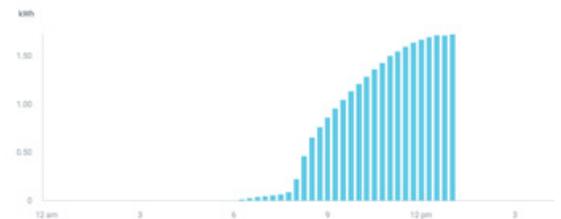


Individually plated snacks for the attendees, surrounded by the hard-working event organizing committee members (L-R) Mary Bittroff, Marni Mulloy, Kit Artus, and Pam Fouts.

Data collected from August 1-28, 2020



A Morning's Snapshot August 8, 2020



26.4^{kWh} = **\$3.3** = **22 nights** (100w bulb)

For current information, please visit our website at secheltactivitycentre.com.

Emily's Frozen Entrées

One of the most beloved of programs offered at SSAC has had nothing to do with exercise, or learning, or even socialization.

It has to do with food!

Emily has been preparing the best frozen entrées for our members for years, and this is just a brief list of some of the overall favorites (in alphabetical, not preferential, order):

- Beef Pot Pie
- Beef Stroganoff
- Broccoli Tuna Casserole
- Butter Chicken
- Cabbage Rolls
- Chicken Pot Pie
- Chili and Cornbread
- Lasagna
- Mac and Cheese
- Meatballs in Mushroom Gravy
- Pork Pot Pie
- Seafood Linguini
- Shepherd's Pie
- Turkey and Yam Shepherd's Pie
- Vegetarian Lasagna

If you're not sure which is best, come by the centre on Tuesday or Thursday between 11am and 2pm, pick up a few and test them yourself. Then, tell us your favourite! Send us an e-mail at communications@secheltactivitycentre.com.

We'll publish a "top 10" list in the October Echo, and if your submission is randomly selected, you could win 6 FREE Emily's Frozen Entrées!

Even Frozen, They're Hot Stuff!



The above are serving suggestions, entrées are not exactly as pictured.

ElderDog Canada

Preserving the human/animal bond through care, companionship, education and research

Have you heard about ElderDog Canada? It is a nationwide, community based, non-profit, and is registered as a charitable organization. It was founded in 2009 in Nova Scotia, and now has branches in eight provinces including BC.

With over 25 branches called “Pawds” this volunteer based program assists older adults in the care of their canine companions. The services provided include: dog walking, light grooming, obtaining food and feeding dogs, and transportation to and from the vet.

ElderDog Canada also supports elderly dogs by fostering/re-homing dogs when their owners move to a short or long- term care home that does not allow dogs, or when owners require hospitalization.

Recruiting Volunteers on the Sunshine Coast

The local Pawd, ElderDog Sunshine Coast is celebrating their first anniversary of operating on the Coast. The volunteer base continues to develop in order to support the growing needs of our community. If you are interested in volunteering please email Kira Sufalko at elderdogsunshinecoastldr@gmail.com.



You can also access the volunteer form as well as more information about ElderDog Canada by visiting www.elderdog.ca (go to the volunteer tab at the top of the Elderdog website).

Let's help to support seniors and senior dogs, and help to keep humans and their canine companions together.

BEV COXFORD

All for Pets
Your Sunshine Coast Pet Headquarters

A local family business since 1989
Committed to support our neighbourhood
All for Pets is a proud sponsor of ElderDog Sunshine Coast



  @AllforPetsSechelt
#allforpets

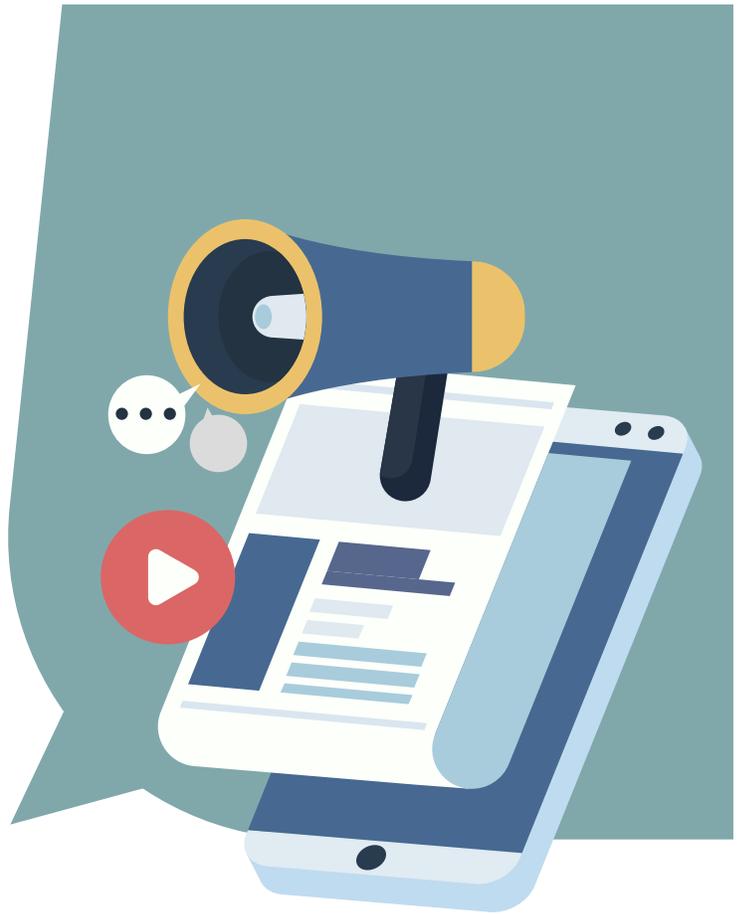
Better Nutrition for Healthy, Happier Pets! | 101-5641 Cowrie Street, Sechelt | 604.885.8843 | www.allforpets.ca

Communication: A Top Priority at SSAC

The unforeseen Covid-19 pandemic caught most of us by surprise. Through its devastating consequences there have been many lessons learned. Amongst them, communication has proven a vital tool in informing the world about all aspects of this deadly virus. The world looked to leaders such as Dr. Bonnie Henry to inform us, unite us and calm us down.

As businesses, communities and citizens slowly make their way back to establishing the 'new norm', communication remains a top priority. The SSAC recognizes the importance of communication and over the past several months we have been working on a plan to be able to streamline important information. Our goal is to be able to provide members with easy access to our communication platform which includes a newly revamped website, our Seashell Echo newsletter and social media. Members can expect to have timely, consistent, current information about activities with schedules updated as we open up our centre to more programs. Our new website will have a Covid page that will provide important information, as well as stories about events at the centre.

We will also have a section on our website where members can ask questions and look to the Q&A for answers to most commonly asked questions. We are hoping you will help us determine what is important to add to our website and other communication vehicles.



Our goal is to be able to provide members with easy access to our communication platform which includes a newly revamped website, our Seashell Echo newsletter and social media.



We encourage all members to access the website and we are here to assist if you need help. If the website isn't your thing, you can be assured you will be provided the same information through our revamped Seashell Echo newsletter or on social media—so everyone will have easy access to information.

Looking forward to seeing you back at the centre soon. Thank you for your patience over the past few months.

BEV COXFORD

USEFUL PHONE NUMBERS



Emergency	911
Sechelt Hospital	604.885.2224
Sunshine Coast Community Services	604.885.5881
Senior's Advocate (www.seniorsadvocatebc.ca)	877.952.3181
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

CENTRE INFORMATION



Executive 2020-2021

President	Chris Kane
Vice President	Ken White
Treasurer	Sylvia Graber
Secretary	Mary Bittroff

Directors at Large 2020-2021

Margaret Boyd	Kit Artus
Chris O'Brennan	Tony Stoud
Marni Mulloy	Bev Coxford

All directors may be reached by email at communications@secheltactivitycentre.com. Please indicate to which director you would like the email sent.

Custodian	Jim Coffin
Cook	Emily McPherson
Rental & Activity Coordinator	Gillian Smith

Thank You TO OUR SPONSORS



**Sunshine Coast
CREDIT UNION**

Together, we enrich lives.



PHARMASAVE



SECHELT
INSURANCE AGENCY

General Meeting OCTOBER 2020

Check our new website at www.secheltactivitycentre.com for evolving details about the October General Meeting.



*Perhaps the secret of living well is not having all the answers
but in pursuing unanswerable questions in good company.*

SSAC ACTIVITY SCHEDULE SEPTEMBER 2020



MON	TUE	WED	THU	FRI	SAT	SUN
	PICKLEBALL SPAL 7:30–9:30am	PICKLEBALL SPAL 7:30–9:30am	PICKLEBALL SPAL 7:30–9:30am	PICKLEBALL SPIA 7:30–9:30am		
LINE DANCING 11:30am–12:45pm		PICKLEBALL SPAL 11:00am–12:45pm		CHAIR YOGA 10:00–11:00am		
PICKLEBALL SPAL 1:00–2:45pm	PICKLEBALL 2 & 2.5 1:00–3:00pm	PICKLEBALL 3 1:00–2:45pm	PICKLEBALL 2 & 2.5 1:00–2:45pm			PICKLEBALL 3.25 1:30–3:00pm
PICKLEBALL 3.25 3:00–4:45pm		PICKLEBALL 2 & 2.5 3:00–4:45pm	PICKLEBALL 3.5 3:00–4:45pm	PICKLEBALL 2 & 2.5 3:00–4:45pm		PICKLEBALL SPBI 3:00–4:45pm
PICKLEBALL 3 5:00–6:45pm	PICKLEBALL 3.5 5:00–7:00pm	PICKLEBALL 3.25 5:00–7:00pm		PICKLEBALL SPAL 5:00–7:00pm		PICKLEBALL SPAL 5:00–7:00pm
PICKLEBALL Advanced 7:00–9:00pm				ARGENTINE TANGO 7:30–9:00pm		

All activities are in the auditorium—there is no access to the front of the building, so make sure you bring your own water and follow the **Covid Safety Protocols** for your session. Hand sanitizer and sign-in sheets are in the entrance at the back of the building. Please enter one person at a time. Your phone number is required on the sign-in sheet for contact tracing purposes.

PICKLEBALL

Pickleball at the SSAC is inclusive, fair, fun and competitive, with an emphasis on FUN! Safety protocols are in place.

SPAL - Social Play All Levels

SPBI - SP Beginner to Intermediate (1 to 2.5/3-ish)

SPIA - SP Intermediate to Advanced (3-ish and above)

LINE DANCING

Social distancing is possible with Line Dancing with Jay and Sheryl. Feel free to wear a mask if you wish.

ARGENTINE TANGO

This activity is limited to couples who will only dance with each other. No changing of partners allowed.

CHAIR YOGA

Practice Chair Yoga with Andre. Numbers are limited, social distancing is required and chairs will be “quarantined” between sessions.