

SEASHELL ECHO

OCTOBER 2020

SECHELT SENIORS ACTIVITY CENTRE NEWS

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Juggling: A New Skillset For Your Board of Directors

BY KEN WHITE

Closing the Centre for more than 4 months due to Covid-19 has severely impacted SSAC's bottom line. Through this summer, it became clear that action had to be taken to resolve our worsening financial status.

In late August, while slowly and carefully re-opening, your president was approached by BC Elections (BCE), the non-partisan agency charged with running provincial elections, who were interested in using the Centre for their local operations, anticipating a fall election call (an eventuality realized on the 21st of September).

At our September Board of Directors meeting, a wide-ranging discussion reflected on the goals of the Society, obligations of the Board, needs of members, likelihood of continued (or even increased) Covid-19 restrictions, our financial situation, and the immediate need for revenue.

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Office closed for
October



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Juggling . . .

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As a result, your board unanimously authorized your Vice-President (Ken White) and President (Chris Kane) to negotiate with BCE under specific parameters for revenue, exceptions and limitations.

Ken and Chris were able to achieve those objectives, exceeding the minimum revenue required, receiving exclusions to meet existing obligations to members and renters, while maintaining a skeleton offering of activities on weekends. We signed a memorandum of understanding (MOU) on September 11. That MOU immediately obligated Elections BC to pay the Centre, regardless of whether or not an election would be held. Only if and when an election was called would it become necessary for them to occupy the Centre.

This unfolded exactly when smoke from wild-fires in the USA made air quality extremely poor. An emergency decision was made to close the auditorium to activities until air quality improved. In making this decision, we considered recommendations of Vancouver Coastal Health to keep doors and windows closed and for vulnerable people (including seniors) to stay indoors as much as possible; then contrasted that with earlier edicts to keep doors and windows open to mitigate Covid-19 risk. The air cleared on the 19th, and we reopened the auditorium on the 20th.

The next morning, September 21, the election was called and EBC advised us that they would be taking up occupancy.

A contract with BCE has now been executed for September 14 - October 31, with day-to-day options into November. It appears, with



the election being called for October 24, BCE will vacate by November 1, or shortly thereafter. Compensating for this period of inconvenience and the set-back to re-starting activities that results, we will recover much of the financial loss experienced this spring and summer. By November, we will be in a far better position to sustain ourselves through an extended post-pandemic recovery.

These two “events” were underway as we were negotiating with The LDS Church, who were gearing up to re-start their Sunday morning congregation in the auditorium.

Juggling these, at times conflicting, negotiations simultaneously while maintaining our commitment to members to provide services on which they rely has proven to be something of a circus act.

We hope you agree with the Board that this financial win for the Centre reduces the likelihood of a permanent closure and of significant increases in membership and participation fees, and is the best decision possible in a challenging circumstance.

We understand that the need to close because of air quality and our decision to accept the BCE contract extends the time we will have reduced programs for our members. We hope you agree with the Board that this financial win for the Centre reduces the likelihood of a permanent closure and of significant increases in membership and participation fees, and is the best decision possible in a challenging circumstance. Guiding the Centre through this very difficult period of time has been a unique experience, one that has forced us to learn things we never anticipated – including juggling!

For ongoing information on SSAC operations, please refer to the [SSAC website](#), [Facebook page](#) and your activity co-ordinators via email.

Solar Power Data

September 2020



Energy Produced (kWh)



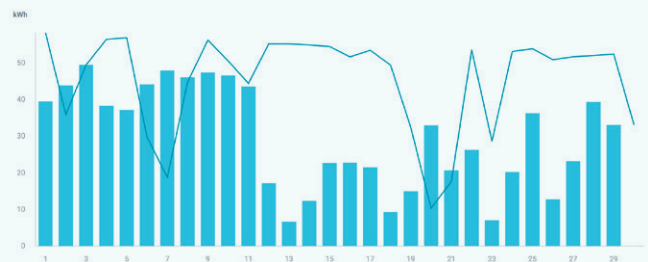
Currency Equivalent



Trees Saved

Comparative Performance

August vs. September



Line Graph: August 2020

1.4^{MWh} = \$176 = 26 trees

Bar Graph: September 2020

873^{kWh} = \$109 = 16 trees

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

Staying Fit During A Pandemic

Everyone wants to be fit and healthy, but not everyone can go to the gym especially due to government lockdowns during the Covid-19 pandemic. The good news is, staying fit can be done from the comfort of your own home.

Not only does this save time and effort, it's also extremely budget friendly. Recent events have also meant that many of us have no other option, with countless gyms around the world closed due to the Covid-19 pandemic. Here we'll cover four ways you can get in to shape from home, helping you to stay healthy all year round.

Workout With No Equipment

This is an option that many people don't consider. The fact is, you can do incredibly challenging and efficient workouts using zero equipment. Exercises like squats, push-ups, dips and crunches are great for building muscle, and can be done using your body weight alone. If you're finding things a little easy, try increasing the number of reps and minimizing your rest time between sets.

Try Online HIIT Classes

For a dose of cardio, try a session of high intensity interval training (HIIT). This involves alternating between periods of intense cardiovascular exercise and shorter periods of rest. A common structure is 20 seconds of exercise, followed by 10 seconds of recovery time.

These workouts usually last between 20-30 minutes and do a great job of raising your heart rate. Lots of classes online are available for free, providing you with some structure and encouragement as you follow along.



Get Yourself Outdoors

If you're a beginner to working out, it's best to keep things simple. For this, running is an ideal place to start. Put your trainers on, your headphones in, and head out for a jog. Do this just once or twice a week and you'll reap the benefits. Running helps to build up your cardiovascular fitness, along with building stronger bones and muscles in your legs.

Being in the great outdoors will also provide you with fresh air and a dose of vitamin D, vital for people who spend long periods indoors. If your joints aren't up to the stress of a run, take yourself for a long walk and build things up slowly.

Walking can help you to maintain a healthy weight, so is a good starting point if you've not been exercising for a while. It's also a valuable exercise to pursue if you're recovering from a recent injury, as it will help you to regain balance and coordination.

Build Flexibility With Yoga

For those of you who work at a desk, yoga can provide much needed relief for stiff joints and muscles. The only equipment you need is a yoga towel or mat, but even this isn't essential.

As mentioned above, there are many resources available online for all levels, from beginner up to professional yogi. There is also evidence to show that yoga can help people with high blood pressure, depression and stress.

These are just a few of the ways you can maintain high fitness levels from home. Everyone's different, so make sure you try a few things and see what works for you. Have fun and stay healthy!

OCTOBER GENERAL MEETING

The October General Meeting is postponed indefinitely due to the ongoing Covid-19 pandemic. Members will be notified by email and on our website if plans change.

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
Chef	Emily McPherson
Rental & Activity Coordinator	Gillian Smith

THANKS TO OUR SPONSORS



What's Up

Communicating: Not Just Talking About It

BY KEN WHITE

Over the past 7-plus months, we have faced challenges aplenty. We've struggled to maintain life patterns that keep us healthy. We've adjusted to a view through foggy glasses over too tight masks. We've dealt with issues that we never dreamt would need to be considered. Risk assessments are the "new normal". There's tape on every floor we stand on (even the sidewalks) to tell us where to stand. And don't even get me started on getting an appointment with a dental hygienist—when is that going to happen again?

But Emily's entrées remain! (We have to look for the positive.)

Along the way, some important, and even critical aspects of life at the centre have fallen to the wayside. Many activities have been unable to re-start—Covid protocols are just too difficult to overcome, or co-ordinators are immune compromised and cannot come to the centre at all.

One thing we had thought was "automatic" was our regular communication channels would remain in operation. The e-mail list for your receipt of Echo was thought to be continuing to keep you informed of all the developments in a timely and efficient manner.

Unfortunately, we now learn that this is not the case. Many of you have only begun to receive communications from us in the latter part of September. For this, we apologize.

Your board has attempted to maintain a regular outpouring of information in the hope that would alleviate your concerns, raise your understanding, and provide you with comfort to know that all is not lost—your board, activity coordinators and others are all working hard to bring the centre through this difficult period. Unfortunately, many of these messages never reached their intended target—you!

If you received the September Echo either by email or by dropping in during the limited times we have been open, you will know that Jim Coffin completed many upgrades to the physical building during the early months of the pandemic. You will also be up-to-date with Emily's offerings and how much they are valued by all of us. You may have recognized the upgrade to the Echo format as well as the improved website. It was through the introduction of these latter improvements that we learned of the shortfalls occurring in communication.

We have since taken measures to improve the situation. Please bear with us as we try to deal with the myriad of challenges this period has provided.

For the month of October, the centre will be largely unavailable to us through the week. Your board has decided to accept a contract for occupancy by BC Elections, the revenue from which will allow the centre increased financial flexibility in the coming months. Weekend access to the auditorium for limited activity scheduling is in place, and come November, a more vigorous and complete schedule of operations will be introduced. You can look to the re-start of old activities such as Carpet Bowling, Ukelele, Tai Chi and wider options for Pickleball play. The board will also hold its interim general meeting as soon as we can.

Thank you for your understanding and continued support. We all look forward to a future that includes a vigorous and healthy Sechelt Seniors Activity Centre.

Direct to Smelter

Precious Metals Roadshow

Returns to Sechelt

Ursa Major Gold, Silver & Coin returns to Sechelt October 5th and 6th. You can bring your gold, silver, coins and Canadian paper money to the Sechelt Seniors Activity Centre between 10am and 5pm on Monday or 10am and 4pm on Tuesday. No appointment is required. Barry Dick is a precious metals buyer and President of Ursa Major Gold, Silver & Coin. All relevant BC Health and Safety protocols will be met or exceeded at this event. Come to your Center with confidence.

Ursa Major analyzes your gold, silver, coins and paper money while you watch, with the process explained to you in detail. Coins with numismatic value are graded and set aside from those with a 'melt' value. Silver items such as jewellery and flatware are analyzed for hallmark identification. Items thought to contain gold will also be analyzed for hallmarks, and then confirmed using precise testing that is done while you watch. Then a cash offer is made and you decide to sell or not.

"If you decide to sell after hearing the quote, great, but it is also about information" says Dick. "A lot of times people just need to know a ballpark of what things are worth; we don't pressure anyone into selling." Energy costs are about \$500 to mine a new ounce of gold where recycled gold is about \$10 per ounce. That prevents a lot of diesel from being burned." Gold and silver purchased at the show and later melted goes back into the market without incurring that environmental cost.

Out-of-fashion jewelry, single earrings, broken chains, unloved jewelry, charm bracelets, dental gold, nuggets and fine gold are all accepted. People are encouraged to bring in any and all coins for assessment. They have extensive experience working with estates, executors, widows and widowers in a respectful and caring manner. No appointment necessary.

2 Days Only!

Cash in your old & broken

GOLD, SILVER & COINS



Executors,
Estate Sales
and
Coin Collections
Welcome!

NO obligation
NO pressure
FREE analysis & quote

We purchase

- Canadian Paper Money
- Platinum
- Earrings
- Bracelets
- Rings
- Gold Charms
- Dental Gold
- Broken Chains
- Gold Nuggets
- Sterling Silver
- Sterling Flatware
- **COINS COINS COINS**

Come see us in...

SECHELT

at the
Sechelt Senior's Activity Centre

5604 Trail Avenue
**Monday October 5th
10am – 5pm**
**Tuesday October 6th
10am – 4pm**
(open through lunch)

Valid Government Photo ID required

B.C. Health & Safety guidelines will be met or exceeded at this event.



Home Consultations available, email UrsaMajorGSC@shaw.ca



neighbours helping neighbours.



shop local

support small businesses on the sunshine coast

Lunch at the Centre

Lunch at the Centre is currently limited to take-away only. Frozen entrées, soup and sandwiches on Tuesday and Thursday, Fish & Chips (made to order) on Fridays. Hours are 11am–2pm on all three days.

Here's a brief list of frozen entrées that our chef Emily has been preparing for our members for years:

- 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



Our contest has been extended! Submit your favourite frozen entrée by e-mail at communications@seheltactivitycentre.com.

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

SSAC ACTIVITY SCHEDULE

Activities at the SSAC are only held on weekends at this time, and schedules can only be posted prior to each weekend. Please refer to our [website](#) for updates or contact your activity co-ordinators directly by [email](#). Thank you for your understanding as we all navigate these unusual and challenging times!



Elections BC

Elections BC, a non-partisan Office of the Legislature is hiring for many jobs. To learn more, please go to elections.bc.ca. You must sign up online, **not** at the SSAC for all job postings. To request a **Vote-by-Mail** package, please also go to their website.

Hours for Electoral Office in-office voting:
Monday–Friday, 9am–5pm

Advance Voting Days: October 15–21, 8am–8pm
The Seniors Centre will be open for advance voting on October 16, 17, 18, and 19.

General Voting Day: October 24, 8am–8pm