

# SEASHELL ECHO

MARCH 2022

SECHLT SENIORS ACTIVITY CENTRE NEWS

## *In this Issue*

- 1 Happy March 2022!
- 2 2022 Board of Directors
- 4 Lunch at the SSAC  
Habitat for Humanity  
SC Hospice Society
- 5 March Menu
- 6 March Activity Schedule



## Happy March 2022!

BY GILLIAN SMITH

**W**e have been through some interesting and trying times, but hopefully we are springing towards a healthy, welcoming Centre full of great meals, activities, and friendly interactions.

On February 16<sup>th</sup>, we held our AGM in a unique two-session format to ensure we were following Covid safety protocols of 50% capacity in the auditorium. Thank you to Linda and Tony Stroud for chairing the meeting and to everyone who came out to support the Centre.

Another thank you to our interim board members who stepped up in December to ensure the continuation of the Centre until the new board could be sworn in at the AGM. These members are Linda Stroud, Roy Wren, Tony Stroud, Kit Artus, Marni Mulloy, Doug Smith, Christine O'Brennan, Wilma Lorimer, and Sylvia Graber. Thank you to all who have offered to be a resource for the new board.

Disappointingly, Centre Manager Lori Stemmler, resigned her position effective immediately via email on Family Day.

Without a Centre Manager, or any notice period to assist the new board to navigate the systems in place, there will be a challenging adjustment period as the board learns about the day to day running of the Centre and possibly recruiting a new manager. Your board will be meeting regularly to successfully navigate these changes and are committed to keeping the Centre running well and communicating regularly with the membership.

CONTINUED ON PAGE 2



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# Happy March 2022!

Before introducing your new board members, I'd like to take this opportunity to personally thank everyone who has been so supportive during the past few months. It is truly appreciated.

Thank you to ALL of the Centre volunteers who have stepped up to keep the Centre running!

Here is a bit of information about your new board:



## SIX DIRECTORS AT LARGE

### Fred Baines

Fred is a professional engineer involved primarily in project management. By virtue of his training and experience, Fred is organized and methodical and a problem solver. Possessing strong interpersonal skills, management of time and costs and understand the importance of developing a strong team environment and providing open communication.

### Mark Garland

Mark started visiting Sechelt when he was 11 years old and moved here permanently in 2018. Mark worked in the computer division of B.C. Hydro for 35 years.

A former board member of St. Michael's Centre (seniors care home) in Burnaby and an executive on the Board of the Royal City Power and Sail Squadron and the Royal City Yacht Club.

Mark joined the SSAC with his wife within a month of moving back to the Coast and were involved with Memory Café and Minds in Motion until Lyn passed away in June 2020 from complications with Alzheimer's. Mark has recently taken up Pickleball and enjoys the comradery of the game.

### Sylvia Hockley

Sylvia was employed as manager of RCMP Victim Services for over 25 years, first in North Vancouver and then on the Sunshine Coast. Providing crisis intervention services to victims of crime and other traumatic events, Sylvia felt privileged to help members of the community through what was often the worst time of their lives.

A SSAC member for over 10 years, Sylvia played pickleball most of that time and volunteered as a pickleball coordinator with two other members for several years as well as assisting in the office with counting activities fees weekly. As well, Sylvia took on a new challenge—ukulele, and loves it.

### Viktor Kiss

Viktor is a Ryerson Graduate in Electrical Engineering Technology. Viktor has worked for Canadian Press, Alcatel (train control division-skytrain), University of Waterloo, MDS Labs, Secure Computing, MKS, Cisco, SAP. Viktor enjoys collaboration and has strong organizational, computer and communication skills. Viktor designed the "SSACSign" sign in program for Pickleball during Covid to help the activity run safely and generate income for the Centre.



The 2022 SSAC Board of Directors - (standing, left to right) Viktor Kiss, Tony Stroud, Roy Wren, Fred Baines, Jim Quirk, Ken Legge, Mark Garland; (seated, left to right): Alison Kowalewski, Sylvia Hockley, Maureen Parker, Gill Smith. (not in picture: Val Galat)

### **Maureen Parker**

Maureen was employed in various hospitals for over 30 years and has been a Lions' member for many years. As well as volunteering in the office, Maureen is also involved in different activities such as carpet bowling and is interested in possible new activities such as badminton.

### **James Quirk**

Jim is a retired high school teacher. Jim and family have lived on and off the Coast since 1984. Jim is a long-time volunteer at the Centre, especially in the kitchen including the much needed dishwasher position.



## **EXECUTIVE**

### **President - Gillian Smith**

Gill has been Board President of many Coast organizations including Sunshine Coast Community Services, SC - Canadian Federation of University Women, SC-CFUW Bursary Society, SC Branch SPCA and Friends of the Sechelt Public Library. Gill has also served on the Board of the Sechelt Library and the SSAC.

Gill was an Intellectual Property Lawyer in Toronto and Vancouver and has the ability to solve problems, think critically and negotiate solutions when necessary.

Gill has extensive knowledge about the Centre due to her time as a Day Director, as the Rental and Activity Coordinator and as an Activity Co-chair.

### **Vice-President - Roy Wren**

Roy is a retired adult educator at BCIT. Roy was a board member of the Gibsons Curling Club, member of the ElderCollege Program Committee and board member of the SSAC who enjoyed Bridge and helping in the office.

### **Past-President - Antony Stroud**

Antony has served on the SSAC board as Interim President, "Treasurer" and Director at Large and was Maintenance Director during the renovation of the auditorium several years ago. In addition, Tony has been responsible for AV and IT management. Tony has technical, mechanical and safety standards management experience.

### **Treasurer - Alison Kowalewski**

Alison has lived on the Coast for nearly 39 years and has been involved in many organized groups. Alison has volunteered for the food bank, Planned Parenthood, and was on the executive of the Gibsons Business and Professional Women's Association. Alison still volunteers at the loan cupboard with the hospital auxiliary. After moving to Sechelt with her husband six years ago, Alison joined the SSAC and has enjoyed many activities and has volunteered in the dining room.

Alison's working career was in dentistry, a dental assistant, receptionist, office management and then practice management. Alison did the books, payroll and year-end reports to hand over to the accountant.

### **Secretary - Val Galat**

Val joined SSAC over five years ago and has been an active member, both as a participant in activities and as a volunteer. Val worked at the Treasure Chest Toonie Draw, on the fundraising committee for the renovation and chaired the Donor Wall committee. Val enthusiastically plays pickleball and has helped coach beginner groups.

Val has a background in business and includes organizational skills, minute taking, plus computer and financial experience. Val is approachable and a problem solver and brings her unique skill set to the SSAC to enhance its goals.

### **Maintenance Director - Ken Legge**

President of Cycling BC and on the Board of Directors of Cycling Canada for 14 years. Ken has two degrees from UBC and ran his own business building custom bicycles for 25 years. While working, Ken also built four homes and the first covered Velodrome in North America. Ken was responsible for fundraising all the money for the Velodrome and acted as the General Contractor for the Velodrome. Ken has been a member of SSAC for over ten years.



You'll be seeing your new board members around the Centre and we hope to be holding regular information sessions or town halls, hopefully starting in April. We are committed to working hard to ensure the continued success of this amazing organization with lots of opportunities for communicating with us, lots of opportunities to share your experience and expertise on Committees and volunteer roles and of course, opportunities to enjoy the Centre as we open up even more (touch wood).



*We need you!*

# Lunch at the SSAC

**H**ello members. For those of you who don't know me, my name is Sally Watson and I coordinate the volunteers in the kitchen and lunchroom. I love my job and I love the dedicated people who make it happen—the volunteers.

Did you know it takes 25 volunteers a week to serve Emily's delicious fare? We have about 40 diners daily. In pre-pandemic days this number was much more. Her Wednesday roasts and fish and chips Fridays are legendary and will attract many more members as restrictions ease.

Anyway, back to the volunteers. We have preppers, who slice, dice, and chop vegetables for lunches and frozen foods. Servers make salads, sandwiches, and then serve the public. And dishwashers do just that—wash dishes. They are trained by long time member Bert Carswell and then put out to work on Emily's pot and pans.

Everyone knows their job. There is an incredible camaraderie in the kitchen, with lots of chatting and laughing. Don't get me wrong, it is hard work but so rewarding. We are all there to help make "luncheon" a wonderful experience for all. How about joining us in this altruistic adventure. Three hours of your time is not much to donate to the Center. Plus you will make lots of friends and have a good time. The kitchen is a huge money maker for the Center and it is mostly due to these volunteers, and Emily, of course. A hot, delicious lunch is on us that day. I urge you please to think about it. We are stretched very thin and many volunteers are doing two or three shifts.

Talk to Reception. Do it now, please!



## Volunteers Needed for Sechelt Refundables Team

Be part of a fundraising effort which brings \$70,000 to Habitat each year. Only two hours per week! Have fun. Meet new people.

Interested? Visit [habitatsc.ca](http://habitatsc.ca) for more information and send a quick message to [volunteer@habitatsc.ca](mailto:volunteer@habitatsc.ca).



## Being Prepared for the Unexpected: Developing an Advance Care Plan

The one thing we know about life is that, at some point, we are all going to die.

Advance care planning helps you have a say in the health care you would like to receive if you get very sick and cannot speak for yourself.

Together we will explore the steps involved in making an Advance Care Plan and we will introduce the new Green Sleeve Initiative on the coast. These will be interactive sessions with the goal of providing opportunities for participants to develop their own ACPs.

**Instructors/Presenters:** Joan Hibbard and Jackie Scott

Pre-registration is required as each session is capped at 25. Please reach out to the Centre to have your name added to the list for one of the dates. Seminars will be on April 6 or April 22, from 10:00 am to 12:00 pm. Attend only one.

# MARCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup 28 Sandwich Dessert	Lasagna 1	Roast Beef 2	Soup 3 Sandwich Dessert	Chicken Quesadillas 4
Soup 7 Sandwich Dessert	Seafood Linguini 8	Chicken Cordon Bleu 9	Soup 10 Sandwich Dessert	Fish & Chips 11
Soup 14 Sandwich Dessert	Chicken Pancit (Filipino Noodles) 15	Ham & Scalloped Potatoes 16	Soup 17 Sandwich Dessert	Baked Salmon 18
Soup 21 Sandwich Dessert	Quiche & Salad 22	Roast Pork 23	Soup 24 Sandwich Dessert	Fish & Chips 25
Soup 28 Sandwich Dessert	Chicken Pot Pie 29	Roast Beef 30	Soup 31 Sandwich Dessert	Crispy Sole 1

## CENTRE INFORMATION

### 2022 Board Members

President	Gillian Smith
Past President	Antony Stroud
Vice President	Roy Wren
Secretary	Valerie Galat
Treasurer	Alison Kowaleswski
Maintenance Director	Ken Legge

### 2022 Directors at Large

Fred Baines  
Mark Garland  
Sylvia Hockley  
Viktor Kiss  
Maureen Parker  
Jim Quirk

All directors may be reached by email at [communications@secheltactivitycentre.com](mailto:communications@secheltactivitycentre.com). Please indicate to which director you would like the email sent.

Custodian	Jim Coffin
Chef	Emily McPherson

## JOIN OUR ROSTER!

We are looking for volunteers. While they work hard, they have fun along the way. We have a need for dishwashers and you get a delicious hot meal and dessert for your efforts. Please reach out to the Centre, if you wish to contribute to a diverse, exciting team.

## USEFUL PHONE NUMBERS

Emergency	911
Sechelt Hospital	604.885.2224
Sunshine Coast Community Services	604.885.5881
Senior's Advocate ( <a href="http://www.seniorsadvocatebc.ca">www.seniorsadvocatebc.ca</a> )	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

# SSAC ACTIVITY SCHEDULE MARCH 2022

Open to adults of all ages | Check the website for changes



ACTIVITY	TIME		ROOM	CHAIR	COST
<b>MONDAY</b>					
Yoga with John	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$5
Yoga for Arthritis* pre-register	10:15–11:15	AM	Craft Room	Bobbie Seale-Cobiskey	\$5
Line Dancing	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Katie Cagle / Shirley Allan	\$4
Duplicate Bridge	12:00–4:00	PM	Craft Room	Mike McCarthy	\$4
Pickleball	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>TUESDAY</b>					
Fitness with Jacquie	9:15–10:15	AM	Auditorium	Jacquie Allan	\$5
Memory Café	10:30–12:30	AM	Craft / Auditorium	Brian Smith / Rosella Leslie	\$5
Chair Yoga	12:00–1:00	AM	Auditorium	Bobbie Seale-Cobiskey	\$5
Quilting	1:00–4:00	PM	Craft Room	Carol Maynard	\$4
Pickleball	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>WEDNESDAY</b>					
Yoga with John	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$5
Line Dancing	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
Active Flow Yoga (back door entrance)	4:30–5:30	PM	Auditorium	John McDougall-Goulet	\$5
<b>THURSDAY</b>					
Pickleball	7:30–9:30	AM	Auditorium	ssacpickleball@gmail.com	\$4
Chinese Majhong (experienced)	9:15–11:45	AM	Farish Room	May Jim	\$4
Tai Chi*	10:00–11:30	AM	Auditorium	David Carson	\$5
Fitness with Ivana	10:00–11:00	AM	Craft Room	Ivana Cappelletto	\$5
Painting Pals	12:30–3:00	PM	Craft Room	Isobel Gibson	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Shirley Allan	\$4
Majhong	1:00–3:00	PM	Farish Room	Katie Cagle	\$4
Pickleball	3:00–8:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>FRIDAY</b>					
Pickleball	7:30–9:30	AM	Auditorium	ssacpickleball@gmail.com	\$4
Yoga with John	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$5
Fitness with Johanna	11:30–12:30	AM-PM	Auditorium	Johanna Woods	\$5
Poker	12:00–3:00	PM	Farish Room	Bob Hodgson	\$4
Ukulele <b>ON HOLD</b>	2:00–4:00	PM	Dining Hall	Mark Trevis	\$4
Pickleball	1:00–5:30	PM	Auditorium	ssacpickleball@gmail.com	\$4
<b>SATURDAY</b>					
Half Moon Crazies	9:00–4:00	AM-PM	Dining Hall	2 <sup>nd</sup> Saturday of each month	\$4
Tai Chi*	10:00–11:30	AM	Auditorium	David Carson	\$5
Pickleball	12:00–7:00	PM	Auditorium	ssacpickleball@gmail.com	\$4
Duplicate Bridge	12:00–4:00	PM	Craft Room	Mike McCarthy	\$4
<b>SUNDAY</b>					
Pickleball	1:00–7:00	PM	Auditorium	ssacpickleball@gmail.com	\$4

**SSAC PassCards are now available for \$5 activities.**

**PassCards are available at Reception and sold as a \$25 card or \$50 card. No expiry date, non-refundable.**

**Active Flow Yoga** with John is for those with at least a foundational understanding of yoga poses who are looking for a slightly more energetic practice. Those new to yoga or looking for a gentler class will benefit from John's morning classes.

**Yoga for Arthritis** is new and we ask that you pre-register so we can maintain class size to 10. It is an 8-week course.

\***Tai Chi** is a 'Community Program' and welcomes SSAC Members with current membership cards with green sticker. Protocols remain the same for all participants to be fully vaccinated. **Entry at the back door for this activity.**

*Don't see an activity which you would like to lead? Please contact Gill, SSAC President.*