

SEASHELL ECHO

JULY 2025

SECHLT SENIORS ACTIVITY CENTRE NEWS

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The Mission of the Sechelt Seniors Activity Centre Society is to support and enhance the lives of our members, by providing mental and physical stimulation and social experiences.



Managing to Move Forward

BY RICHARD WARD

Welcome to all our members new and old enjoying all that we have to offer. As I have previously recounted, we have grown tremendously in recent years both in number of members and complexity of operations. Treasurer Alison Kowalewski and I, as President, will be ending our terms after four and three years of service respectively, in March 2026. Going forward, it would be unreasonable to expect a volunteer board to have the expertise or ability to commit the time needed to orchestrate everyday operations and carry out strategic planning for such a large organization. The Board has voted unanimously to hire an Executive Director and plan to advertise the job posting in July with the aim of having the successful candidate in place by October. The successful candidate will need to be a person with a strong record of non-profit institution management but who also understand the needs and sensitivity of working with Seniors. The Board concluded that we are in a strong enough financial position to move forward with this hiring for an initial one-year period. Having an Executive Director will also facilitate effective fund-raising via grants, sponsorships and donation programs to help mitigate the cost of the position and to keep membership and activity fees as low as possible.

CONTINUED ON PAGE 2



5604 Trail Avenue, Sechelt, BC
PO Box 564, V0N 3A0

Office: 604.885.3513
Manager: 604.885.8910

Office Hours:
Mon–Fri, 9 am–2:45 pm
Except Holidays

info@myssac.com
www.myssac.com

CENTRE INFORMATION

2024-2025 Board Members

President: Richard Ward

Vice President:

Treasurer: Alison Kowalewski

Secretary: Valerie Galat

2024-2025 Directors at Large

Jay Alexov

Mark Patterson

Andre Casaubon

Gail Riddell

Mark Garland

Birgit Stefani

Karen Madsen

Manager of Operations & Engagement: Gillian Smith

Front Desk Administrator: Heather Doré

Chefs: Emily McPherson, Liz Mathews, Jackie Coombs

Custodian: Jim Coffin

USEFUL PHONE NUMBERS

Emergency	911
Sechelt Hospital	604.885.2224
SC Community Services	604.885.5881
Senior's Advocate (www.seniorsadvocatebc.ca)	877.952.3181
Seniors Crisis Line	604.872.1234
Seniors Abuse and Information Line	1.866.437.1940
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
VCH - Adult Mental Health	604.924.8370

Many thanks to the following sponsors
for contributing to our weekly ad in the
Coast Reporter. When out exercising your
consumer vote, it is always good to be aware of
those businesses that help our community to
remain strong and vibrant.



Managing to Move ...

CONTINUED FROM PAGE 1

The Global TV coverage of our Centre and the Affordable Meal program had an incredible impact on the June 50/50 Jackpot, elevating it to a total of \$14,075. If we can maintain or even increase this amount each month, we will be well placed to keep the prices low and service the demand for our frozen and in-house meals. With the increase in production of frozen meals we are running out of freezer space.

However, the Sunshine Coast Credit Union (SSCU) has come to the rescue with a \$5,000 Community grant to cover the cost of an industrial quality freezer. We applied on May 10th and were notified of the granting on June 23rd. We thank the SSCU for their tremendous commitment to the community.

The SSAC has the most important role of safeguarding the interests and serving the needs of our members. However, it is also important that we give attention to needs in the greater community. For instance, we have been able to assist Pender Harbour Better at Home this year by supplying a bi-weekly order of frozen meals. As well, in the last 3 weeks, we were able to supply the Sechelt Nation with frozen meals on an emergency basis until they can return to their usual food supply.



We had a wonderful Volunteer Appreciation lunch on Friday, June 27th. Emily, Jackie, Liz and their incredible volunteers produced an amazing buffet and were thanked by a well-deserved raucous round of applause at the end.



The Appreciation lunch is one of the most important dates in the calendar. The SSAC would not run without all our amazing volunteers. I particularly want to give a welcoming thank you to four members who have stepped up as much needed new dishwashers in response to the mid-month blast urgent appeal.

So many of our volunteers at the SSAC also volunteer their time at other organizations. In that vein, in addition to being our Manager of Operations and Engagement Gillian Smith is an avid community volunteer for Friends of the Sechelt Library, among other venues. So much so that she was one of this year's Frances Wasserlein Community Leadership Award winners. It is awarded to a community member on the Sunshine Coast who has made significant leadership contributions as a volunteer to arts and/or cultural events in our community. Congratulations to Gill from all of us for this very deserving award.



The 2025 Frances Wasserlein Memorial Award recipients Gillian Smith and Sandy Friedman - co-chairs of "Friends of the Library"

We have had to make a slight adjustment in Front Office hours. The office will open at 9am as usual but will be closing at 2:45pm each day. As July comes upon us, I foresee a bright future for the SSAC as we continue to provide affordable stimulating physical activities and more cerebral activities, nutritious meals, opportunities for socialization in a welcoming environment and satisfying volunteer opportunities. Stay safe and have a great summer. •

My Journey with the SSAC

BY HEATHER DORÉ

As some of you know, I started working as the Front Desk Administrator at the SSAC in January of 2025. What some of you may not know is that I have been involved with the Centre for a decade already.

It all began back in 2015, when a beautiful, vivacious, and elegant lady named Colleen Anderson came up to my counter, at my previous job. I was helping her, and she asked if I was a performer. When I answered “yes”, we got into a longer conversation about it. We hit it off instantly, and she convinced me that I needed to audition for an upcoming performance of a group called *The Funtastics*. I did audition, and became a member of the group, and each year, we put on a fundraiser for the Centre – usually putting on an evening show on a Friday, and matinees on both Saturday and Sunday.

These shows were very well-attended, and had different themes, ranging from Hollywood songs, 50s and 60s, Broadway showtunes, etc. There was singing, dancing, some comedy skits, and a lot of fun was had by all.

Colleen became a dear friend, and she introduced me to so many others whom I have become close to over the years, as well. We were a very tight-knit group, spending months rehearsing prior to our annual shows, and enjoying every moment of performing together for the appreciative audiences at the SSAC.

The years went by, members of our group came and went, our group got smaller, and the name changed a couple of times, as well. We were the *Yestertones* for two shows, then a couple of years ago, we once again reformed as a smaller version of the *Funtastics*, and performed shows at Shorncliffe and Totem Care Homes. In 2024, we became *The Fundamentals*, and did a



couple of shows in November. It was wonderful to have the old gang back together (after Covid threw a wrench in things for a couple of years) and it felt so good to be back on our most familiar stage.

Those that know me well know that there isn't anything I enjoy more than singing, with dancing being a very close second. I have performed on many stages over the past 25 years or so, but none have ever felt like "home" to me more than the stage at the SSAC. Maybe it's because I have done so many shows here over the years, or perhaps it's more about the amazing people I have met, and became dear friends with.

My friend Karen and I love to sing together, and both always wanted to work with seniors, in some capacity. We love the warm fuzzy feelings we get when we sing the "oldies", and see the smiles on audience members' faces.



She ended up getting a job at Silverstone last year, and after years of hoping a position would come up at the SSAC (as previously I had been told that there were only volunteer positions available), my husband saw one advertised in the Fall of 2024, so I applied immediately. The rest, as they say, is history.

So, it took me 10 years to get to this position, but along the way I have performed with so many incredible people, and have felt so supported and encouraged by all of them, whether they sang with us, or did backstage work for us. I feel so very fortunate to have met them, and made so many close friends because of the SSAC. Now, I have the added joy of working alongside many of them, and seeing former audience members, as well.

Sadly, we lost Colleen earlier this year, but I know that she is still watching over us, and would be so happy to know that I am back where it all started, thanks to her. My heart is full. •

SSAC AUDITORIUM

5604 Trail Ave, Sechelt

Saturday July 19th **7 – 10pm**
doors open 6:30pm
Everybody Welcome!

Presents

WITH... **GARTH BOWEN**
FIDDLE, MANDOLIN

Archie MacLean
Mike Evans
Warren Allan

WITH... **KEN GUSTAFSON**
PEDAL STEEL

BLUE WESTERN

UPBEAT COUNTRY MUSIC PLAYED GOOD!

\$15 in advance, \$20 at the door

Available at SSAC Front Desk
Beer, Wine & Cider Bar OR 

Friends of the Sechelt Library

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Huge selection of quality used books for sale.
Fiction • Non-Fiction • Kids' Books • CDs • DVDs

POCKETBOOKS \$1 each | 12 for \$10
BOOKS \$2.50 each | 5 for \$10
FILL A LIBRARY BAG for \$25!

June 20 - 22	August 29 - 31
July 4 - 6	September 19 - 21
July 25 - 27	October 17 - 19
August 15 - 17	November 21 - 23

Friday 12-5 • Saturday 10-4 • Sunday 12-3
Donations of gently read books accepted Friday and Saturday.

sechelt.bc.libraries.coop/library-information/friends-of-the-library/

Donation Update

Thank You for Your Generosity

We are continually grateful for the generosity of our members as evident from the amount of funds gifted to our donation programs.

As of June 27th, 2025, the totals for the three programs since September 1st, 2024, are as follows::

Affordable Lunch program	\$18,333
General Revenue	\$31,036
SSAC Endowment Fund	\$26,465

(+\$1000 donor contribution this year)

We are well on our way to our target for the Affordable Lunch Program of \$25,000. This does not include proceeds from the online 50/50 which are totally committed to support food service costs and production of affordable meals. We will continue to try to keep food prices at their current level in the coming year. The bigger we can build the monthly

Jackpot the more we can support and hopefully expand the affordable meals program.

The General Revenue program continues to be a vital source of funding to help us meet ongoing maintenance and replacement costs.

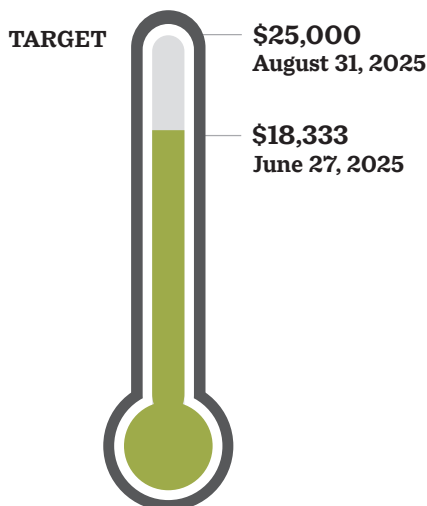
We hope to see the Endowment Fund with the Sunshine Coast Foundation continue to grow over the years with legacy and in memoriam donations.

The Endowment fund does deliver a constant flow of funds each year, with a grant being made to the SSAC based upon interest earned throughout the previous year. This year we received a grant of \$974 based upon the \$26,465.27 in the fund as of December 31st, 2024.

Thanks again to all our donors as we continue to make the Centre the best it can be for our members and ensure its long-term future. •

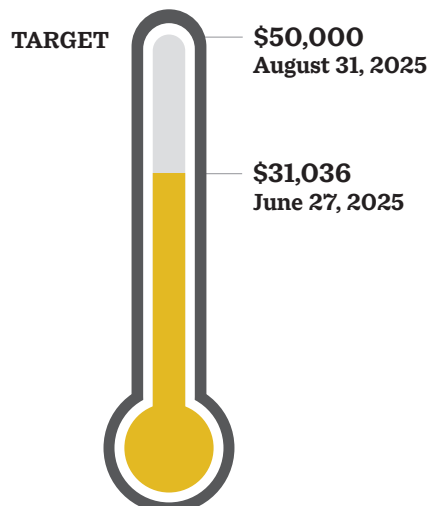
AFFORDABLE LUNCH PROGRAM

Since September 1, 2024



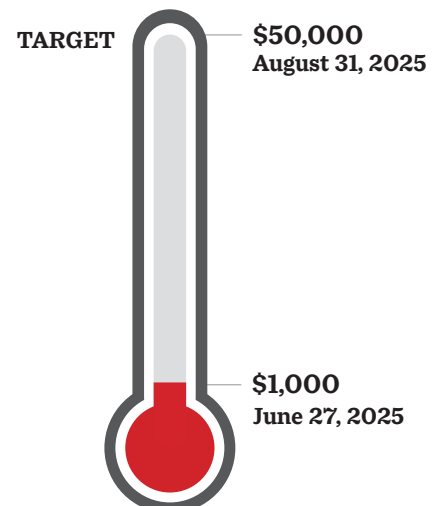
GENERAL REVENUE

Since September 1, 2024



SSAC ENDOWMENT FUND

Balance of fund as of December 31, 2024: \$26,467



Friendship Tea

July 17 - 2 pm

Join us for treats and good company. **Friendship Tea** is held every month on the third Thursday from 2 to 4 pm. It's free!



Starting July 2, 2025



The SSAC
Office will close
at 2:45 pm

who
CARES?

You're invited to a

Garden Party!

Join us in celebrating three years of
Who Cares? in our community.

July 17th, 2:30-5:30pm

Christenson Village (outdoor garden)

Mocktails! Games! Food! Prizes!

To learn more about this project visit:
www.whocaresproject.org



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50/50 Lottery

Global TV Story Ignites 50/50

Because there is no government financial support for the SSAC, we mainly rely on membership and activity fees as well as donations to support our programs. The online 50/50 lottery was initiated this January to help maintain our food services, geared towards seniors in the community. The problem with a province wide online 50/50 is stimulating sales with only a small promotion budget. We contacted Global TV news at 6 team with our story in February. Huge thanks to Brian Coxford (SSAC member and former Global TV journalist) for keeping in constant communication with them. On Thursday June 12th it happened! Aaron McArthur and his cameraman Sergio arrived to film the story. They took copious videos in the kitchen and around the Centre, and interviewed Chef Emily and President Richard. When the story aired on the News at 6 on Monday June 16th it had an immediate effect on the 50/50 sales as it resonated

with viewers around the province. One Burnaby viewer was so moved that she phoned in and made a direct donation of \$1,000 to the Affordable Lunch program.

The Jackpot in May was \$2,280, however in contrast, when the June draw was made the Jackpot was \$14,075, which benefitted greatly from the broadcast. The \$7,038 prize was won by Jay Biddle of Langley Township. It is heartwarming to witness how many ticket buyers from around all of BC were moved by our cause to participate. If we can sustain or build this jackpot even higher each month, we will be able to maintain the low prices, increase food production and make inroads towards food insecurity in our community. Thank you to all those who bought tickets especially those off the Coast who have connected with our cause. •

Food for Thought

Emeritus Lecture Series Returns!

We are excited to announce a great roster of (mostly) visiting Emeritus Professors discussing timely topics that often don't get addressed on the Coast.

During the Fall session, the following topics will be discussed, so note them in your calendar.

September 17: Dr. Paul Steinbok, (UBC), will present a travel talk - Morocco, a photographic journey.

October 8: Dr. Carol-Ann Courneya(UBC) The Beat Goes On. This talk will explore the workings of your heart as you age.

November 19: (Dr. Mike Healey (UBC) and Dr. Eric Salgen (U. of Highlands and Islands, Scotland) Biodiversity: What it is and why it is important to all of us.

December 10: Dr. Christine Pawley (U Wisconsin) Bombs or Bookmobiles: Sabotage, Censorship and Support for Reading in the Public Library.

All lectures are held on Wednesdays at 2:00 pm. No advance registration needed.



Ireland the Classic Tour

Departure City:
Vancouver
Departure Date:
Sept. 30, 2025

\$2,179*

FREE seat selection if booked by **July 6th**

 **9 days | 7 Nights**

 **Dublin, Galway, Tralee, Limerick**

 **1st Checked Bag Free**

- Round-trip flight to Dublin
- 7 nights of comfort accommodation, a combination of 3-star and 4-star hotels and traditional B&B's
- 7 breakfasts
- 7-day car rental per category selected
- Collision Damage Waiver, Theft Protection, Third Party Liability, location service charges, tax

***Terms & Conditions Apply**

Lisbon & Algarve Long Stay

Departure City:
Vancouver
Departure Date:
October. 31, 2025

\$3,309*

 **26 days | 24 Nights**

 **Lisbon, Albufeira**

 **1st Checked Bag Free**

- Round-trip flights to Lisbon
- Round-trip airport transfers in Lisbon
- 3 nights of accommodation in selected category Lisbon including breakfast
- 21 nights of accommodation in selected category in the Algarve, no meals, self catering
- Transfer from Lisbon hotel to train station
- Round-trip train first class tickets Lisbon, Algarve, Lisbon
- Round-trip transfers in the Algarve, train station - hotel - train station
- Full-day Historical Algarve tour
- Half-day Lisbon city tour


***Terms & Conditions Apply**


Morocco Grand Tour

Departure City:
Vancouver
Departure Date:
October. 15, 2025

\$5,959*

 **11 days | 9 Nights**

 **Casablanca, Rabat, Fes, Merzouga, Ouarzazate, Marrakech, Chefchaouen**

 **1st Checked Bag Free**

- Round-trip flight to Casablanca
- Round-trip transfers to/from airport
- 9 nights of accommodation (early check-in) with 3 meals per day
- Transportation by coach for entire program & four-wheel drive (4WD) transfer to the dunes
- Camel ride & entrance fees to monuments; Hassan II Mosque, Bou Inania Madrasa, Al Attarine Madrasa, Atlas Film Studio, Bahia Palace, Saadian Tombs, Majorelle Garden
- Service of English-speaking local guide

***Terms & Conditions Apply**

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**Travel
Masters** 

Muchas Gracias to the Julio Avila Cuban Band!

The band played to a very enthusiastic, sold out crowd on Saturday, June 21st. They played a selection of salsa, son, bachata, bolero, and cumbia which packed the dance floor. Good thing we have the best and biggest dance floor on the coast!

The door prizes of tickets to the next dance was won by Leslie Smith and Maria Simpkins. The 50/50 draw of \$135.00 was won by Mike McCade. Congratulations to the winners!

Also, gracias por su servicio to all the volunteers who make the dances possible - making and putting up posters, spreading the word to the community, all the set up, decorations, take down, cleaning of tablecloths, tending bar and putting out the snacks, greeting people at the door - everything they do is an important piece to making the dances a success.

As this band came from Vancouver we give extra thanks to the generous people who shared their homes with the band members overnight! They are Hart and Lynda Wright, Katie Caple, and Jay & Mike Alexov.

Coming up on July 19th from 7:00 pm to 10:00 pm is **Blue Western** with Mike Evans on guitar and vocals, Warren Allan on bass and vocals, Archie MacLean on drums and vocals and Ken Gustafson on pedal steel guitar and vocals. They will play a selection of country classics and some rock, pop, funk and dance genres.

Get your tickets at the front desk or *Little Brit of Heaven*. Tickets are \$15 in advance or \$20 at the door. Doors open at 6:30 pm and the beer, wine and cider bar will be open until 9:30 pm.

Bring a friend along and join us for a great evening!

Jay, Ann, and the Special Events committee





Volunteer of the Month

Kayde Shuler



Kayde, a dedicated volunteer dishwasher, has been nominated for special recognition by the "Friday Girls" - a lively group of women who have the pleasure of working with her every Friday. Known for her tireless work ethic, Kayde ensures every dish is spotless, the coffee pot and water jugs are full and when needed attends to folding and putting away laundry. For two years she has been donating her time while she holds a full-time job. Her other interests are reading, cooking and hiking.

The SSAC Board and Membership thank you and appreciate your contributions which have made a significant impact, turning routine meals into moments of comfort and community.

SSAC Kitchen Volunteers



Preppers · Servers · Dishwashers
Have Fun Supporting our Meal Service
 To volunteer, give your information at the front desk or email info@myssac.com

4th ANNUAL SERGE PLANIDIN MEMORIAL
DINKING TOURNAMENT

SSAC Auditorium

Saturday, July 12

2pm-5pm (doors open 1:30pm)

Levels 2.0-3.5+ 32-player Round Robin

Enter as an
individual

8 games
Random
Partners

Rally Scoring
to 7 points

Entry is first-come first-served through SPOND starts July 2nd
Entry fee \$10 paid from your wallet as you scan in



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**SUNSHINE COAST
SENIORS**
online 50/50

SENIORS WIN WITH YOU!

Helping seniors on the Sunshine Coast
WIN their battle against FOOD
INSECURITY and SOCIAL ISOLATION
by providing affordable nutritious meals
and accessible transportation.



Congratulations to Jay Biddle of Langley
Township for winning \$7,038 in our June draw!

**JULY
DRAW**



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amazing local businesses,
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settle in with ease

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Connections On The
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VOLUNTEER OPPORTUNITY!

- ☒ Do you like to meet people?
- ☒ Passionate about the Sunshine Coast?
- ☒ Have a few hours each week to spare?

BECOME A TRAVEL AMBASSADOR!!

As a Travel Ambassador, you'll welcome and assist travellers, share local knowledge and answer questions, complete a short training session, and take two round trips per week onboard BC Ferries Langdale-Horseshoe Bay

If this sounds like something you'd enjoy,

PLEASE CONTACT:

Diane at 604.740.0452
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Creative Class

Unleash your creativity! Join our **Creative Class** and tap into your creative soul. Monday afternoons from 2-4 pm in the Lunch Room.

July 7 Nina Crazy Cards

July 14 Ruth Quilling

July 21 Zentangle

July 28 Nicol Cardboard Creations

Please sign up at Front Desk.



SSAC Survey Results

Physical Activities Wanted by Members

To no one's surprise, our collated survey forms reveal that participants love fitness, strength training, yoga, pickleball, Tai Chi, and want even more, especially general fitness classes with aerobics components. We will soon provide more details on the choices, and thank you all for participating! An end note – you are also aware of our space and fitness leader limitations, so we will carry out your wishes when it becomes possible!

SUMMER ART WORKSHOP

Art for the Artless

Shauna Butterwick, retired UBC Professor of Adult Education Saturday, leads this workshop on August 16th, from 10am to 12pm.

In this NATR (No Artistic Talent Required) workshop we'll make an accordion notebook (with some pockets) into which images/colours and text can be added to make a story. These are great as original gift cards. We'll get the creative juices flowing, perhaps experiment with a haiku poem, and generally have fun with art supplies, all of which are provided for a \$10 materials charge.

Shauna has been playing around with creative activities for years, making cards, paper earrings, collages, and more. She loves to share her love of assembling materials and making art!

Register at the SSAC desk!



GOOD AS CASH!

A reminder to all our members to continue to drop off Claytons grocery receipts. Don't throw those receipts away! They are as good as cash for SSAC.

FIRESMART TALK

**Tuesday, July 29
2:00 pm**



FireSmart is a program focused on reducing the risk of wildfire damage to homes, communities, and forests through various strategies, to make areas more resilient to wildfires



Remember to check into the kiosk when entering the Centre, when volunteering, dining, or joining activities.

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**July 11 & 25
9:30 am to 12:00 pm**



Come and see Vivian and get those glasses all spruced up. Adjustments, new nose pads, hinges tightened!

FREE LEGAL AID CLINIC

**Every Thursday
at noon**



Lawyer Robert Hart provides FREE weekly 30-min. legal aid consultations (not criminal or ICBC matters). Book your appointment at the front desk.




This is Audrey's Ginger enjoying her Dial-A-Dog duties. She goes for scenic drives with a senior. Best lapdog ever!

dialadog.ca 778 549-8664

FREE HEARING AID CLEANING

**Friday, July 18
12:30 am to 2:00pm**



Anchor Hearing provides hearing aid cleaning at the lounge

In Memoriam

Shirley Avis Allan

1931 - 2025

It is with love, and sadness, that we announce the passing of our beloved mother, grandmother, great-grandmother, and friend, Shirley Avis Allan, who left this world peacefully at the age of 94 in Sechelt, BC. on June 10, 2025

Shirley lived a full life surrounded by family, friends, gardens, and the comforting hum of her sewing machine. An avid quilter, knitter, and gardener, her creations warmed countless homes, and her garden was always in bloom—just like her sharp wit, strong opinions, and loving heart. She hated her middle name—“Avis”—and wasn’t shy about letting us know it. We suspect she’s already having words about it with whoever’s in charge on the other side.

Shirley was predeceased by her husband, Gordon Allan, and her son-in-law, Hugh Fraser. She is survived by her daughter Randy Fraser, and her son Greg Allan (Danielle).

Her legacy continues through her grandchildren Corrie Lindroos (Brant) and Kevin Fraser (Shannon), and her four great-grandchildren: Chase Fraser (Emma), Bradley Fraser, Rhyen Lindroos, and Harper Lindroos. And of course, she leaves behind her beloved, slightly spoiled dog, Candy, who will no doubt continue running the household in her absence.

We will miss her stories, her stubborn streak, her quick laugh, and the kind of strength that can only come from 94 years of doing things exactly her way. The garden may be quieter now, but her love will bloom forever in all of us.

As per her wishes, there will be a small private family gathering to celebrate her life. In lieu of flowers, please plant something beautiful.

Rest easy, Shirley. You did it your way.



Eric John Zasburg

December 19, 1935 - June 22, 2025

In his 90th year, Eric finally ran out of his “9 lives” and died peacefully at home, enveloped by love with his devoted wife, Eleanor, by his side.

Born to Ebba Westergaard and John C Zasburg on December 19, 1935, in Calgary. Eric travelled in his cradle in a boxcar of possessions to a bush farm in Northern Alberta in spring ’36. His idyllic childhood there was shattered when his father went to war in September ’42, and his mother died of TB in March ’43.

Cared for by two maternal aunts for 2 1/2 years, Eric, at age 10, came alone by train to the West Coast in June ’46, where his father, then returned from war, first arranged for Eric to live with a foster family in Hilliers, Vancouver Island; then with him and his newly arrived war bride first in Cedar by the Sea, after in North Wellington. These early experiences of upheaval and abandonment made Eric a homebody, where he kept the fires burning with his finesse at cutting, chopping, and piling wood.

Eric graduated from Nanaimo Secondary School, and there began what became his life’s work - working in land survey, first for BC Hwys Dept., then for private surveyors. He married Carol McIntyre in June ’60 and made a home with her in Yellow Point, relocating to Vancouver to study at UBC for an Arts Degree. Eric first worked on the Sunshine Coast in summer ’64 and later divorced, and separated from a second relationship moved to Sechelt permanently in 1972.

In retirement, Eric, a man of quiet presence, became a 25-year volunteer for The Hospice Society, appreciated for his steady warmth. He was always a ready and willing helper, and to all his friends. This man of few words developed into a writer of memoir and short stories that were vivid, moving, and accomplished.



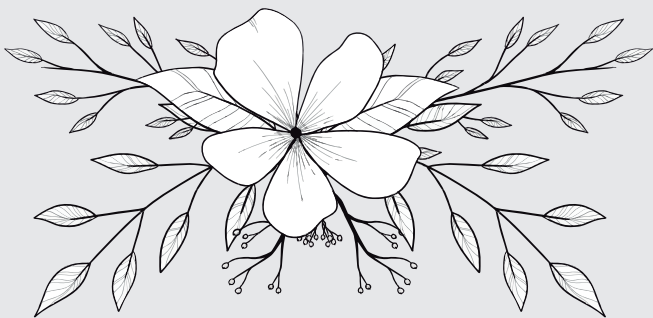
Eric met his enduring Love, Eleanor Mae (nee Thomsen), in mid-life, and they shared 47 years, marrying on April 21, 2008, to celebrate 30 years together. They travelled in their Volkswagen Camper and later their car, making many trips across the Prairies to Manitoba to see family, and around BC and Alberta. They became active in the community, volunteering for the Sunshine Coast Arts Council. There were many good times and celebrations with friends.

Eric will be forever missed by his soulmate, his loving wife, Eleanor. He also leaves to mourn half-sister Pam Bartram (Bob), nephew Wade, and Eleanor's large and extended family, in particular, sister-in-law Carol Brown (Dale) and their family. Dear friends too, who loved and respected Eric will miss him.

He was a good man, playfully called "Uncle Eric" by some. He will be remembered and treasured by Eleanor with much love and held in the hearts of all who knew him. A Memorial will be held at a later date.

"To live in the hearts of those we love is not to die."

Love All Ways, Love Always



If you know of anyone who has passed, please let us know.



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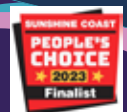
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JULY LUNCH MENU

Lunch Service is available weekdays from 11:30 am to 1:00 pm.
Everything is made from scratch! We also serve soup, sandwiches and salads.
Desserts vary. Members are welcome to bring guests to dine for a surcharge.
Only items on the menu are available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Frozen entrées are available on weekdays from 9am to 2:45pm and vary in price \$6 or \$8.	¹ CLOSED FOR CANADA DAY	² Ham & Scalloped Potatoes	³ Chicken Quesadillas	⁴ Fish & Chips
	⁸ Chinese BBQ Pork	⁹ Roast Beef	¹⁰ Chicken Alfredo Lasagna	¹¹ Fish & Chips
	¹⁵ Baked Salmon	¹⁶ Roast Chicken & Stuffing	¹⁷ Beef Dip	¹⁸ Fish & Chips
	²² Fish Tacos	²³ Roast Pork	²⁴ Cabbage Rolls	²⁵ Fish & Chips
⁷ Shepherd's Pie	¹⁴ Butter Chicken	²¹ Quiche & Salad	²⁸ Peanut Chicken Noodle Bowl	
	²⁹ Seafood Linguine	³⁰ Chicken Parmesan	³¹ Hot Reuben Sandwich	

JULY 2025 | SSAC PICKLEBALL SCHEDULE

Beginners and New-To-Us players wanting to join - contact ssacpickleball@gmail.com

MON	TUE	WED	THU	FRI	SAT	SUN
		7:30-9:30 3.25-3.5+ Drills	7:30-9:30 Social Play	7:30-9:30 3.0-3.5+	July 12 Serge Planidin Dinking Tournament	
	1:30-3:00 2.0-3.0		1:00-2:30 2.5-3.0	2:30-4:00 2.5-3.0 w/ Coach		11:30-1:00 1.0-2.5
3:00-4:30 3.25-3.5		3:00-4:30 1.0-2.0 w/ Coach		4:00-5:30 3.0-3.25		1:00-3:00 3.5-3.5+
4:30-6:00 2.0-3.0	4:30-6:00 3.25-3.5	4:30-6:00 2.5-3.0	4:30-6:00 3.0-3.25			3:00-5:00 2.5-3.25
6:00-8:00 3.5+	6:00-8:00 3.0-3.5+	6:00-8:00 3.0-3.5+	6:00-8:00 3.25-3.5+	5:30-7:30 Social Play		5:00-7:00 3.0-3.5+

Watch for extra coaching and assessment dates. For more information, please contact ssacpickleball@gmail.com

JULY 2025

SSAC ACTIVITY SCHEDULE

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Chair Yoga for Arthritis series	10:15–11:15	AM	Craft Room	Bobbie Seale-Cobiskey	\$48
Chair Yoga	11:45–12:45	AM/PM	Auditorium	Tenaya Kivlichan	\$6
Duplicate Bridge	12:00–3:30	PM	Craft Room	Karyn Burney/Andy Hopkinson	\$4
Social Bridge	1:00–3:30	PM	Farish Room	Isobel Gibson/Fran Engst	\$4
Carpet Bowling	1:00–3:00	PM	Auditorium	Katie Caple	\$4
Creative Class	2:00–4:00	PM	Lunch Room	Nicol/Nina/Ruth	\$4
TUESDAY					
Fitness with Jacqui or Lisa	9:15–10:15	AM	Auditorium	Jacqui Allan/Lisa Alexander	\$6
Memory Café Series	9:30–1:00	AM/PM	Craft Room	Maryanne Brabander	\$60 lunch extra
Line Dancing - Intermediate	10:30–11:30	AM	Auditorium	Jay Alexov	\$4
Chair Yoga	12:00–1:00	PM	Auditorium	Bobbie Seale-Cobiskey	\$6
Craft Group	1:00–3:00	PM	Craft Room	Carol Maynard	\$4
WEDNESDAY					
Emergency HAM Radio	9:15–9:45	AM	Farish Room	Larry Peterson	
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Line Dancing - Experienced	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
American Mahjong	1:30–3:30	PM	Craft Room	Nicol Mentis	\$4
Bluegrass Jam	4:00–5:30	PM	Craft Room	Jay Keevil & Kim Carmichael	\$4
THURSDAY					
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Line Dancing - Beginners	11:30–12:30	AM/PM	Craft Room	Louis Parker	\$4
Chair Yoga - no class July 10	11:45–12:45	AM/PM	Auditorium	Tenaya Kivlichan	\$6
Mahjong	1:00–3:00	PM	Farish Room	Katie Caple	\$4
Friendship Tea (3 rd Thursday)	2:00–4:00	PM	Lunch Room	Liz Hennessey	
Strength for Seniors	2:45–3:45	PM	Auditorium	Lisa Alexander	\$6
Carpet Bowling	3:00–4:30	PM	Auditorium	Margaret Parker/Norm Ross	\$4
Line Dancing	3:15–4:15	PM	Craft Room	Collene Sand	\$4
FRIDAY					
Hatha Flow Yoga or Yin Yoga	10:00–11:10	AM	Auditorium	John or Andre	\$6
Badminton	11:30–1:00	AM/PM	Auditorium	Val Galat	\$4
Ukulele Jam & Sing-along	11:15–1:00	AM/PM	Craft Room	Mark Trevis	\$4
Poker	12:00–3:00	PM	Farish Room	Paul Groves	\$4
SATURDAY					
Quilting	9:00–4:00	AM/PM	Craft Room	2 nd Saturday of each month	\$4/\$8

Non-members may attend an activity (except pickleball) one time without a SSAC membership (still pay the activity fee).

Memberships are for adults of all ages and may be purchased from the office over the phone or in person weekdays between 9am and 2:45pm.

You can fill your "wallet" at the front desk or by phone 604-885-3513. For Pickleball schedule, see page 15.