

# SEASHELL ECHO

AUGUST 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.**



# A Breath of Fresh Air

BY RICHARD WARD

**I** hope you have all enjoyed another full month of food and activities at the SSAC. I make a point in each of the monthly President's reports to acknowledge the contribution of our tremendous volunteers, without whom we would not be able to operate. However, this month I want to focus on our paid staff.

It is a breath of fresh air to have staff that without question will go the extra mile to provide the service and create the atmosphere that makes us so welcoming. I have seen so many examples of how our paid staff exceed expectations to best serve our members and am so grateful for the quality of people that we have.

In the spirit of being grateful Emily came to me and asked that I give heartfelt thanks from her to those who have donated fruits and vegetables from their gardens to the kitchen. Not only is it wonderful to receive this fresh produce but it is also as good as a cash donation to the Affordable Lunch Program.

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

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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.



# A Breath of Fresh Air

CONTINUED FROM PAGE 1

For those who have been in the Craft and Farish rooms for activities or meetings you will be aware that those rooms are particularly in need of a breath of fresh air, which is particularly evident when the activity requires exercise. These rooms have forced air heating but are the only activity spaces that do not have air-conditioning. We are currently waiting on a quote to put air-conditioning units in both rooms. Hopefully the expense will be covered by the unused portion of the funds put aside for the reception area renovation.

We are also looking to remove a lot of the extra chairs out of those rooms which are unnecessarily crowding the area.

It is an unfortunate situation, but the board has felt compelled to try to sell the bus. A combination of ferry costs and waits and sporadic attendance, along with an inability to get volunteer drivers at specific times, has led to an inability to mount consistent appealing, viable trips. In addition, we have considerable yearly expenses in insurance and maintenance costs. Hopefully, any proceeds from a potential sale can be used to fund other building renovations that are needed.

It really is an exciting time at the SSAC as we move onwards through the summer. We are here to serve your needs, so do not be afraid to let us know how we are doing by way of the suggestion box in the corridor. All the best for an enjoyable fun and safe summer. •



## Pickleball Event

# 4<sup>th</sup> Annual Serge Planidin Memorial Dinking Tournament

**O**n Saturday July 12<sup>th</sup> we held the **4<sup>th</sup> Annual Serge Planidin Dinking Tournament in our auditorium.** (Not to be confused with a drinking tournament). The Dink is a shot in Pickleball which essentially is a soft drop shot played from close to the net. A dinking game can be played by using only the 7-foot region either side of the net, referred to as the “Kitchen”. Our tournament involved a partial round robin of 26 players on two courts.

Serge Planidin was a mainstay of Pickleball at the SSAC. As an organiser and coach, he devoted many incredible years to the Centre, always having time to teach anyone who showed interest in the game. He was particularly insistent that the game should be a soft game with many dinks. Therefore, it is particularly appropriate that we named the dinking tournament in honour of his memory.

The tournament was open to all levels of SSAC pickleball players. The 26 players were divided into two groups playing partial round-robin games on each of the two courts. Each played 8 games with different partners who were randomly selected for each game.

At the end of 8 games the two players with the highest scores from each court played in a 4 player 2 game final to determine a champion. Our champion was Margaret Ellis, with co-finalists being Steve Clifford, Gail Raines and Doug Stewart. The tournament went off without a hitch and was organized and run by Richard Ward, with the assistance of Gill Poulton and Cheryl Linsley serving as court marshals. The tournament was a lot of fun for players and spectators alike. Thank you to all those players who participated in the tournament. We will be holding a similar tournament in early December. This will be called the SSAC Picklemas Dinkathon, with potluck food contributions by the attendees to properly celebrate the Picklemas festive season. •

**Serge Planidin Memorial Dinking Tournament Top 12 Placings**

Placing	Blue Court	Grey Court
1 <sup>st</sup>	Doug Stewart	Steve Clifford
2 <sup>nd</sup>	Margaret Ellis	Gail Rines
3 <sup>rd</sup>	Marianna Johnson	Cheryl Linsley
4 <sup>th</sup>	Craig Fleck	Margaret Webb
5 <sup>th</sup>	Bruce Fraser	Gillian Smith
6 <sup>th</sup>	Noelline Bellmare	Mark Garland



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# Emeritus Professors Fall Lecture Series

Learn and be entertained by retired Professors telling some favourite stories at 2pm in the SSAC Lunchroom

- no preregistration necessary
- entrance by donation
- seating limited, arrive early

**Wednesday**  
**September 17<sup>th</sup> - 2pm**

**Dr. Paul Steinbok**

(Emeritus, UBC)

**Exploring Morocco**

**A Photographic Journey**

Showcasing the diversity of the country, coastal towns of Essaouira, Casablanca, and Tangier to Chefchaouen, across the mountains to the dunes of the Sahara Desert.

**Wednesday**  
**November 19<sup>th</sup> - 2pm**

**Dr. Michael Healey** (Emeritus UBC)

**Dr. Eric Verspoor**

(Emeritus, University of Highlands and Islands)

**Biodiversity:**

**What it is and why it is  
important to all of us**

What is biodiversity? How much biodiversity is there? Why is it important to humans? How is it impacted by man-induced environmental changes?

**Wednesday**  
**October 8<sup>th</sup> - 2pm**

**Dr. Carol Ann Courneya**

(Emerita, UBC)

**The Beat Goes on!**

Explaining the critical role of the heart as a pump and how the heart generates its own electrical signals. Includes exploring topics like heart failure and cardiac arrhythmias.

**Wednesday**  
**December 10<sup>th</sup> - 2pm**

**Dr. Christine Pawley**

(Emerita, University of Wisconsin)

**Bombs or Bookmobiles:  
Sabotage, Censorship and  
Support for Reading in the  
Public Library**

Christine Pawley outlines the history of public libraries and tells the story of a 1950's project that split a rural community in two, leading to resentments that still festered fifty years later.

**SECHELT SENIORS ACTIVITY CENTRE**  
**5604 Trail Ave.**

## Job Opportunity

# Executive Director

Are you a visionary leader with a passion for making a tangible difference in the community? The Sechelt Senior Activity Centre, a vital non-profit organization dedicated to support and enhance the lives of our members by providing mental and physical stimulation and social experiences, is seeking a dynamic and experienced Executive Director to guide our mission and drive our growth.

Based in Sechelt, BC, you will be the heart of our operations, leading strategic planning, fundraising initiatives, program development, and community engagement. This is a unique opportunity to shape the future of an organization that truly impacts lives.

To learn more and apply, please send your resume and cover letter to [Birgit.stefani@myssac.com](mailto:Birgit.stefani@myssac.com).



### **Application Deadline: August 31, 2025**

Sechelt Seniors Activity Center is an equal opportunity employer. We thank all applicants for their interest; however, only those selected for an interview will be contacted.

## New Activity

# Games Group

A new weekly drop-in social games group is starting in August. A variety of games of all levels - will be available to play. Angelina Wyllie, a Certified Therapeutic Recreation Specialist will be available to offer support.

Whether you're looking to try something new, learn a new skill, meet new people, or simply enjoy some fun and connection, this group provides an inclusive and relaxed environment for social engagement.

Fridays in the Lunch Room - starting at 1:45pm.



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**June 20 - 22**

**July 4 - 6**

**July 25 - 27**

**August 15 - 17**

**August 29 - 31**

**September 19 - 21**

**October 17 - 19**

**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/](http://sechelt.bc.libraries.coop/library-information/friends-of-the-library/)

# Blue Western Does It Again!

**L**iterally as well as figuratively! The dance on July 19<sup>th</sup> was cut short due to a power failure which occurred about half an hour after the dance started. But was that a problem for the band?

Apparently not, as this extremely talented and generous band came right back on July 26<sup>th</sup> and set up and played all over again. The music was fantastic, the dance floor saw lots of action and everyone had a great time. Thanks so much to all the band members: Mike Evans - guitar and vocals, Archie MacLean - drums and vocals, Warren Allan - bass and vocals, Ken Gustafson - pedal steel guitar and vocals, and Bill Barclay on keyboards and vocals.

Wes Herman and Kristy Goh won tickets to the next dance and the upcoming Latin Dance workshop. The winner the 50/50 draw of \$57.50 was Bonnie Owen.

A multitude of thanks to all the volunteers helping to set up, decorate, tend bar, clear tables, put out snacks, do the dishes, wash the tablecloths (2 times) . . . the list goes on. It couldn't be done without them!

Coming up in August we are excited to bring you two **Latin Dance Workshops** taught by Gustavo Ferman (Professional Dance Coach and Choreographer). He will be teaching salsa, mambo, cha-cha, rumba, etc. No partner required. The introductory class will be on Monday, August 18<sup>th</sup> from 6:00 pm to 8:00 pm and the intermediate class will be on Tuesday, August 19<sup>th</sup> from 1:30 pm to 3:30 pm. Limited space available so get your tickets at the front desk - \$15 in advance or \$20 at the door (if there is space available).

Also, save the date on August 23<sup>rd</sup> for the monthly dance with **Martini Madness** - Bill Barclay on vocals and keyboards, Graham Walker on drums and percussion, Andy Amanovich on bass and vocals. Tickets available at the front desk or at Little Brit of Heaven for \$15 and \$20 at the door. Looking forward to seeing you at these upcoming events!

*Jay, Ann, and the Special Events committee*



FIRST TIME ON THE SUNSHINE COAST!

# Latin Funk Dance

## SUMMER LATIN DANCE WORKSHOPS WITH GUSTAVO FERMAN



MONDAY  
AUGUST 18  
6:00–8:00pm  
~ Introductory ~

TUESDAY  
AUGUST 19  
1:30–3:30pm  
~ Intermediate ~

OPEN TO THE PUBLIC!

SPICE UP YOUR SUMMER WITH  
LATIN DANCE!

Join **Professional Dance Coach and Choreographer Gustavo Ferman** in a dynamic, high-energy Latin Dance Workshop featuring Salsa, Mambo, Cha-Cha, Merengue, Cumbia, Bachata, and Rumba!

**PERFECT FOR ALL LEVELS  
NO PARTNER NEEDED!**

SSAC AUDITORIUM, 5604 Trail Avenue, Sechelt

Buy tickets **\$15** (per workshop) in advance at the SSAC front desk or at *A Little Brit of Heaven* or **\$20** (per workshop) at the door



Presented by the Sechelt Seniors Activity Centre  
[secheltactivitycentre.com](http://secheltactivitycentre.com)

Visit [gustavoferman.com](http://gustavoferman.com) to learn more about Gustavo and his workshops and dance classes

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WHERE: #1 Sechelt Inlet or #2 Pender Harbor

AMENITIES: AC, Watermaker, Snacks, Bathroom, Fun

## FREE LEGAL AID CLINIC



**Every Tuesday  
10:00 am to 12:00 pm**

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

## FREE HEARING AID CLEANING



**Friday, August 22  
12:30 am to 2:00pm**

Anchor Hearing provides hearing aid cleaning at the lounge

## Friendship Tea

**August 21 - 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!



## Tenerife, Long Stay Escape

**Departure City:**  
Vancouver

**Travel Dates:**

Jan 01, 2026 to  
Jan 26, 2026

**\$5,799\***



26 Days | 24 Nights



Madrid, Tenerife

- Round-trip flight to Madrid
- 24 nights of accommodation in selected category, 3 Nights in Madrid & 21 Nights in Tenerife (Ints Madrid - 2Ints Tenerife - 2nts Madrid)
- 24 breakfasts and 21 dinners at Tenerife Hotel
- Private Transfers: Madrid airport to hotel / hotel to Madrid airport, Tenerife airport to hotel/hotel to Tenerife airport, Madrid airport to hotel/hotel to Madrid airport
- Domestic Flights economy class: Madrid-Tenerife-Madrid: Max 1 suitcase of 20kg + 1 piece of hand luggage (10kg) per pax
- Madrid City Sightseeing Bus: 1 Day Pass
- Half-day tour of Tenerife's Teide National Park & Volcano

**\*Terms & Conditions Apply**

## Wonders of Southeast Asia

**Departure City:**  
Vancouver

**Travel Dates:**

Jan 21, 2026 to  
Feb 8, 2026

**\$5,919\***



19 Days | 16 Nights



Ho Chi Minh City, Hội An,  
Hue, Hanoi, Siem Reap,  
Bangkok

- Round-trip flights to Bangkok
- One-way intercity flight in Economy Class from: Bangkok to Ho Chi Minh City, Ho Chi Minh City to Da Nang, Hue to Hanoi, Hanoi to Siem Reap, and Siem Reap to Bangkok
- 16 nights of superior accommodation (4-star or better, depending on the region visited), with meal inclusions and regional delicacies (where applicable) according to itinerary
- Shared round-trip transfers to/from airport & for all sightseeing activities within the itinerary
- Services of English-speaking tour guides and driver service fees
- Landmark entrance fees according to the itinerary, unless specified otherwise
- Select activities and excursions included

**\*Terms & Conditions Apply**

## Allure of Thailand and Phuket Long Stay

**Departure City:**  
Vancouver

**Travel Dates:**

Jan 14, 2026 to  
Feb 6, 2026

**\$5,169\***



24 Days | 21 Nights



Bangkok, Chiang Rai,  
Chiang Mai, Phuket

- Round-trip flights to Bangkok
- One-way domestic flights as follows: Bangkok to Chiang Rai, Chiang Mai to Phuket and Phuket to Bangkok
- 21 nights of accommodation including breakfast (3 nights in Bangkok, 2 nights in Chiang Rai, 2 nights in Chiang Mai, 14 nights in Phuket)
- Meal inclusions and regional delicacies mentioned in the itinerary below
- Shared round-trip transfers to/from airport, and for all sightseeing activities per itinerary
- Services of English-speaking tour guides and driver service fees
- Landmark entrance fees according to the itinerary, unless specified otherwise
- Select activities and excursions included

**\*Terms & Conditions Apply**

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# Secure the Future for "Your Home Away from Home"

**T**he SSAC has no yearly guaranteed funding from government or any other source. All our income comes from activity fees and food services and rentals. Extra funding and donations are needed to meet the extensive financial demands of maintaining the centre. Last year expenses were over \$650,000, which we managed to meet. However, there is a continual challenge to raise funds. In September 2023 we launched three donation programs. Affordable Lunch, General Revenue and an Endowment fund. The Affordable Lunch program has been overwhelmingly successful and along with the online 50/50 is allowing us to keep the meal prices low whilst still providing production to meet the increased demand for frozen meals. Donations to the General Revenue program have been invaluable to help meet maintenance needs. Owning the building gives us tremendous financial security, with an assessed value of \$2.74 million. However, it means we are responsible for all aspects of maintenance and repair.

The Endowment fund is a way to ensure our long-term financial security. The fund is administered by the Sunshine Coast Foundation and delivers an interest-based grant to us each year. This fund has been largely ignored by donors with a current balance of approximately only \$25,000.

However, we did receive a grant from the foundation this year of just under \$1,000. The larger we build the fund the larger that guaranteed yearly income will be. That is what will help ensure our long-term financial security.

We have promoted the fund in the past as a good vehicle for legacy donations through wills or in memoriam gifts. Board member Andre Casaubon is a major proponent of the Endowment Fund, having donated five thousand dollars to it himself. He has enthusiastically taken on the role of promoting donations to the fund. So you will see him actively promoting the fund around the centre.

Some members have asked us about scheduled monthly donations to the SSAC. Unfortunately, we do not have a mechanism for this. However, the Sunshine Coast Foundation does, and monthly donations can be set up into our Endowment fund.

To donate to the SSAC Endowment Fund:

- **Visit [sunshinecoast.fcsuite.com](https://sunshinecoast.fcsuite.com)**, then in the search bar enter "Sechelt Seniors Activity Centre" and follow the prompts.
- **Mail a cheque** payable to "Sunshine Coast Foundation" to the Sunshine Coast Foundation P.O. Box 1343, Sechelt BC V0N 3A0, with direction to deposit into the SSAC Endowment Fund

## Just a Reminder!

### SSAC OFFICE HOURS



**Monday – Friday**  
**9 am – 2:45 pm**  
Closed on Holidays

# SUNSHINE COAST *ElderCollege*

**FALL 2025**  
**August – December**

**Ages 55 and up. All courses \$40**

**Registration opens 8am**  
**MONDAY AUGUST 18**



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See our website for a complete list of courses and full course descriptions.

Register on our website.

Payment is processed on our website through Stripe which is both well-known and trusted.

*We regret that we are unable to accept cheques or e-transfers.*

**[sunshinecoasteldercollege.ca](http://sunshinecoasteldercollege.ca)**

## *Volunteer of the Month*

# Ruth Moore



**T**his month we are proud to recognize a true gem in our senior community. Whether she is cheerfully selling 50/50 tickets or frozen meals, creating beautiful handmade greeting cards or knitting dishcloths, her creativity and dedication shine through. She also shares her talents by leading a monthly craft class, inspiring others to explore their artistic side.

Ruth is Vice Chair of the Sechelt Library Board and volunteers on the Friends of the Library book sales fundraiser held every few weeks.

The SSAC Board and Membership appreciate your warm presence and helping hands to make our center a brighter, more welcoming place for all.

**ERRATUM:** The name of Kayde Schuler, our previous Volunteer of the Month, was inadvertently misspelled. Our sincere apologies, Kayde!

## 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](mailto:info@myssac.com)

SSAC PRESENTS

# MARTINI MADNESS

**SATURDAY  
AUGUST 23  
7-10PM**



DOORS OPEN 6:30PM  
CASH BAR  
50/50



**ALL FUN TUNES - FROM BEATLES TO BOSSA NOVA,  
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# SUNSHINE COAST SENIORS

online 50/50

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

## AUGUST DRAW



STARTS AUG 1  
DRAW AUG 29

buy tickets at [seniorslottery.ca](http://seniorslottery.ca) or scan the QR code

## New Resident to the Sunshine Coast?



*Welcome Home!*



**Don't Miss Getting  
Your FREE Welcome  
Package!**

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services and gifts from our  
amazing local businesses,  
it's everything you need to  
settle in with ease

"Strengthening  
Connections On The  
Sunshine Coast Since  
2020!"



## Sunshine Coast Neighbourhood Welcome

BOOK YOUR VISIT TODAY!!

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[welcometothecoast2020@gmail.com](mailto:welcometothecoast2020@gmail.com)\*

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[PRESMANWEALTH.COM](http://PRESMANWEALTH.COM)

# 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.

- August 4** no class  
**August 11** Nicol - Paper candle lantern  
**August 18** Ruth - Beaded bookmark  
**August 25** Jo - photo brag books

*Please sign up at Front Desk.*



## Companionship and caregiving for our communities



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- Companionship
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- Supported

**3**

**Value companionship**  
 Enriching lives by:

- Reducing loneliness
- Providing a sense of purpose and belonging
- Enhancing mental and physical health

## No Artistic Talent Required Workshop

Saturday, August 16<sup>th</sup>, 10am to 12pm

**Led by Shauna Butterwick**

(retired UBC Professor of Adult Education)

- Making an accordion notebook (with some pockets) into which images/colours and text can be added to make a story
- We'll get the creative juices flowing, perhaps experiment with a haiku poem
- Generally having fun with art supplies
- \$10 materials charge
- Shauna loves to share her love of assembling materials and making art!

**Register at the SSAC front desk and pay the \$10 materials charge**



## 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.



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

## WIGS, WIGS, WIGS & MORE



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Here is Big Boy Baker Bleu enjoying the view of our stunning Sechelt Inlet. He also likes his picture on our car.

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# In Memoriam

## Dawn Jacqueline Hanson

It is with broken hearts that we announce the passing of a very much loved mother and sister, Dawn Jacqueline Hanson, on July 9, 2025, at the age of 76, with her family at her side.



Predeceased by her husband, Robert (Bob) Hanson, parents Patricia and David Horton, and sister Gina Clifton. Dawn leaves to mourn her children Tracey (Lorynn) and Shaune Hanson, siblings John, Peter, Michael, and Catherine, and extended family and friends.

Dawn lived her life with passion and on her own terms. She was kind and giving to all who knew her and everyone she met. She believed in giving to those less fortunate. Supporting Animal Shelters and Doctors Without Borders was a priority.

Dawn was most passionate about her family. She loved us all fiercely and made sure we always stayed connected by calling every week and checking on our health and welfare. She remembered every birthday and, if visiting, made sure we were all wine and dined on her delicious food.

We will so miss that smile that could light up a room and that wonderful sense of humour that was contagious. We are forever blessed with joyful and loving memories of her.

The family would like to thank the Paramedics and Fire Department staff who took great care of Dawn on the 9th of July, along with the amazing and dedicated staff at the Sechelt Hospital Emergency. A heartfelt thank you to Dr. J. Jaschinski, Dr. Coupman and Page Davis at the Cowrie Medical Clinic. Special thanks to Dr. Douglas, Shawn, Shar and Justine of the Lions Gate Hospital ICU, who went above and beyond in their amazing care and compassion for Dawn.

A Memorial Service was held on July 25, 2025.

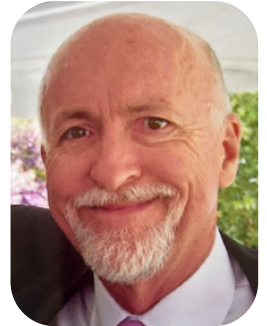
In lieu of flowers, Dawn would love donations made to any Animal Shelter or Doctors Without Borders.

“Life should not be a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming ‘Wow! What a ride.’”

## Andrew Scott

**November 26, 1947 - June 29, 2025**

Andrew Scott was born in Swansea, Wales. He grew up in Kent and attended boarding school in Canterbury. Scott family members emigrated to Alberta in 1957. Calgary was such a shock to their systems that they soon moved again to BC. Andrew spent most of his life in the Greater Vancouver area, graduating from Burnaby Central High School in 1965.



He graduated from UBC and later from the University of New Brunswick with an MA.

He and his wife Katherine came to the Sunshine Coast in 1997. They greatly enjoyed hiking, kayaking and travelling, and had many adventures, especially in Asia, Europe, Africa and British Columbia.

Andrew had a varied career as an author, journalist, editor and publisher (also as a Canada Post courier, cement crew worker and maraschino cherry vat-tender). A second edition of his book, *The Promise of Paradise*, on BC's utopian communities, was published by Harbour in 2017. His *Encyclopedia of Raincoast Place Names* (Harbour, 2009) won The Roderick Haig-Brown BC Book Prize and Lieutenant's Governor's Medal for Historical Writing. Andrew wrote (or co-wrote) five other books, as well as almost

1,000 articles, receiving a National Magazine award and four Western Magazine awards along the way. He was a former long-time editor-in-chief of Western Living magazine, a senior editor of Globe and Mail's city magazine, and publisher of Alaska Airlines Magazine.

Andrew would like to express his appreciation for the beautiful Sunshine Coast, and for the network of friends he made here. He is grateful beyond words to have been able to spend the last decades of his life as part of this smart, friendly, cultured community. Special thanks to CHAPS and 21 Club members (you know who you are) and to the lively pickleball crowd.

Survived by his much-loved wife Katherine and dear family members: brother David and sister-in-law Kerry McNamara; nephews and niece Caleb, Lewis, Michael and Karli; and niece Claire Laing. Predeceased by his equally dear father Jack, mother Pamela; first wife Shiane; and sister Sarah.

Contributions to the Parkinson Society of BC would be welcomed. A celebration of life will be held at a later date.

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## Elizabeth Konopasek

**June 2, 1942 - June 20, 2025**

Elizabeth Konopasek passed away peacefully on June 20, 2025, leaving behind a legacy of compassion, adventure, and unwavering love for her family and community. Born in Hastings, Sussex, England, Elizabeth lived a life full of purpose, strength, and generosity.

Raised in Eastbourne with her parents and four siblings, Elizabeth experienced great loss early in life. Her father passed away when she was 12 and her mother when she was 16. Even through hardship, Elizabeth was resilient. She pursued nursing and became a passenger liner nurse, eventually working as a Children's Officer aboard international cruise ships, traveling the world and caring for young passengers with warmth and care.



It was on one of these voyages that she met Francis, a Professor of Nuclear Medicine. Their connection was instant and after spending time together while he was en route to Singapore, they married on December 21, 1976, and settled in Winnipeg.

Together they became foster parents and eventually adopted four daughters, Mary, Ann, Ula, and Wendy, each of whom came into her life in unique and meaningful ways. Elizabeth opened her heart and home to children in need, guiding them through life with patience, love, and strength.

She also became the legal guardian and devoted grandmother to Wesley and Jacob, whom she helped raise and care for, especially as they navigated rare genetic conditions. Her fierce dedication to family and her nurturing nature were unmatched.

Later, Elizabeth moved to Sechelt, British Columbia, where she returned as a Volunteer Victim Services worker with the RCMP. She was recognized for her commitment and compassion, receiving multiple awards including the prestigious Governor General's Award for Volunteering.

Elizabeth loved to travel and made countless memories with her daughters and grandsons, exploring the world by cruise and motorhome. Her last major adventure was a 3.5 month trip through Australia and New Zealand, a true testament to her adventurous spirit even in her later years.

She spent her final years in a peaceful suite overlooking Vancouver Island, alongside her dog Murphy and grandson Jacob, enjoying scooter rides around town and the simple joys of daily life. Elizabeth is predeceased by her beloved husband Francis and is survived by her daughters Mary, Ann, Ula, and Wendy, her cherished grandsons Wesley and Jacob, and many extended family members and loved ones.

Her life was filled with deep love, endless generosity, and remarkable courage. She will be deeply missed and forever remembered by all who knew her. A Celebration of Life will be held at the Sechelt Seniors Activity Centre on Saturday August 9<sup>th</sup> from 2pm-4pm in the Lunch Room.



# NURSE NEXT DOOR

Wednesday August 6th, 2025

Time: 10:00am - 11:00am

Where: Sechelt Senior Center - Craft Room

Home is where the heart is and we want to partner with you as you age in place!

Come along to a fun, interactive and informative session with Nurse Next Door to learn more about the supports offered in our communities.

Bring your questions and your sense of humour. We're all in the same boat aging gracefully!



RSVP to [sunshinecoast@nursenextdoor.com](mailto:sunshinecoast@nursenextdoor.com) or 604 747 2848



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# AUGUST 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

Emily sends heartfelt thanks for the generous bounty you've shared from your gardens

CLOSED  
FOR BC DAY

Chicken Wings

Ham & Scalloped  
Potatoes

Ginger Beef

Fish & Chips

Meatloaf w/  
Mac & Cheese

Turkey Cannelloni

Roast Beef

Chicken Quesadillas

Fish & Chips

Quiche & Salad

Lasagna

Chicken Cordon Bleu

Hot Reuben  
Sandwich

Fish & Chips

Shepherd's Pie

Seafood Linguine

Roast Pork

Chicken Souvlaki

Fish & Chips

## AUGUST | SSAC PICKLEBALL SCHEDULE

Beginners and New-To-Us players wanting to join - contact [ssacpickleball@gmail.com](mailto:ssacpickleball@gmail.com)

MON

TUE

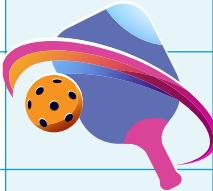
WED

THU

FRI

SAT

SUN

		7:30-9:30 3.5-3.5+ Drills	7:30-9:30 Social Play	7:30-9:30 3.0-3.5+		
			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 2.0-3.0 No session on Aug 19	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 No session on Aug 18	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 3.5-3.5+ No session on Aug 18		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](mailto:ssacpickleball@gmail.com)

# AUGUST 2025

# SSAC ACTIVITY SCHEDULE

The Centre is closed on August 4<sup>th</sup>, BC Day - some activities may continue, please check with your activity chair

ACTIVITY	TIME	ROOM	CHAIR	COST
<b>MONDAY</b>				
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
<b>TUESDAY</b>				
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 - Experienced	10:30–11:30 AM	Auditorium	Jay & Ann	\$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
Strength for Seniors - no class Aug 19	1:30–2:30 PM	Auditorium	Lisa Alexander	\$6
<b>WEDNESDAY</b>				
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 - Basic	11:30–12:30 AM	Auditorium	Jay & Ann	\$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 - Aug 6 & 13	4:00–5:30 PM	Craft Room	Jay Keevil & Kim Carmichael	\$4
<b>THURSDAY</b>				
Tai Chi	10:00–11:30 AM	Auditorium	David Carson	\$6
Chair Yoga	11:45–12:45 AM/PM	Auditorium	Tenaya Kivlichan	\$6
Mahjong	1:00–3:00 PM	Farish Room	Katie Caple	\$4
Friendship Tea (3 <sup>rd</sup> 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
<b>FRIDAY</b>				
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
Games Group	1:45–3:15 PM	Lunch Room	Angelina & Gill	\$4
<b>SATURDAY</b>				
Quilting	9:00–4:00 AM/PM	Craft Room	2 <sup>nd</sup> 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.