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April 17th – Garage Sale

April 24th – Volunteer's Lunch

President's Message

Greetings,

We now have a full Board of Directors with Joan Fleetham agreeing to a Director's post to assist us with her expertise in the field of Publicity and Public Relations. She is Editor for the Echo and produces our newspaper ads as well. It is always a pleasure working with Joan. She donates her time and ideas freely and generously.

I would also like to express our gratitude to the Qi-Gong Instructor, Betty Jeffries, who has been volunteering her leadership and knowledge for Qi-Gong classes for the past 22 years. She provides a most valuable contribution to our membership.

I am still seeking suggestions for new activities and ideas for Bus Trips. One possible Bus Trip could be to the Sechelt Golf Course for a round of golf or to the driving range. Let me know your views on this option and ideas for other trips.

A recent motion was passed by members at our AGM to construct a convening lounge where members meet, share ideas and socialize. I feel this is a very worthwhile venture. Ours is the only Seniors Centre that does not possess an adequate lounging area. The present foyer used for a lounge is at best a disruptive space, hardly conducive to conversing and relaxing.

I do understand the distress conveyed by a few of the pool players. However, the Board felt the space occupied by the small pool table would be better utilized as a social lounge since the small table is seldom used. The larger pool table and the far larger poolroom space remaining will not be affected. It is wonderful to see the large pool table still enjoyed on a regular basis.

We have space constraints at the Centre. Every available corner is now used for activities on an ongoing basis and a majority of our revenue comes from the various room rentals. We did have estimates on moving both tables to other areas, as well as moving the adjoining bearing wall in hopes of keeping both tables. The costs of these options were far too prohibitive and it appears the end results would not have proven satisfactory.

The space that was approved for a lounge will be available for all of our members. One of my responsibilities is to do what I consider is in the best interests and wishes of the majority of the 950 members at the Centre. I feel this lounge will be a welcome asset for everyone. I have discussed this with many of you and the vast majority is in favour of the new social lounge.

We are starting a PLEDGE DRIVE to seek funds for the renovations for the new lounge. (We cannot dip into our contingency funds for this purpose.) The maximum estimated cost to fully complete the project is \$6,000. To date we have received donations in the amount of \$2,020 towards the project. We are on our way but still need to find additional donations and pledges.

If you wish to assist with this project please place your pledge form, cheque or cash in the gold toolbox by the reception desk or contact one of us.

Thank you,

Douglas

- EDITORIAL by Wilma Lorimer

After the AGM held on February 18, 2010, I felt it was important to bring a few truths to light after the discussion that ensued regarding the proposal to turn a portion of the games room into a lounge area.

It was disconcerting to see the general negative trend of the comments, the misconceptions and the resistance to change.

It was apparent some members felt the centre has specific rooms for specific purposes and nothing else and this was cast in stone and cannot be changed. This is just not the case:

- we have a room called the 'Craft Room', but this room is not just for crafts. It is also used for storage, cards, meetings, classrooms and as a church;
- we have an auditorium which is used for storage, partying, concerts, carpet bowling, fund raisers and it is also our noon hour lunch room;
- we have the Dr. Farish room which is used for storage, computer training, radio monitoring, card playing, meetings and even as a Sunday School.

Each room is used for storage of some kind that may not relate to the type of room, but providing storage for other areas of the Centre does not exempt that room or the use of that room from other service or uses.

The tone of the comments were such that the users of the pool table and snooker table felt they were being unfairly targeted because they were a small group. This statement is just not true. The Board is charged with looking after the needs and desires of all Centre members, not just certain groups. If the Board was approached regarding a better lounge area for members to sit and socialize, play checkers,

work on a puzzle, or whatever, then it is the Board's duty to look into that request.

For those members opposed to the proposal to say that there should not be a lounge because lounging is not an activity is just too silly for words. Our Centre, hopefully, plays a role for all seniors within our community and if providing a place where they can come and visit with friends and not become isolated and alone, then, that seems to me like a plus for our Centre.

Very often the users of the games room are asked to set up or take down tables and chairs in the auditorium. We greatly appreciate their assistance and thank them heartily for volunteering to do this but for them to suggest that they are the hardest working volunteers in the Centre because they do this is just so sad. We have many, many activities at the Centre where tables and chairs require setting up and taking down - who does this when the pool players are not at the Centre? Other volunteers!

I think it is a sad day when some volunteers think they work harder than others when they have never volunteered in the many, many volunteer positions we have at the Centre and until they have done so, they should not comment on who works harder than others!

It was very apparent that there is a general reluctance to change and this is understandable. Change is difficult to deal with. Even harder when things have not changed for a long time because then one feels like the status quo is a 'given' and entrenched in some unknown document and should not be changed.

But change has to happen and it will happen. New, younger members *will* bring new ideas and those new ideas will be acted

Editorial continued

upon. And, yes, we *do* need new members - we need them for their new ideas to keep us from getting stale and we need them to assist with the myriad of volunteer positions. Many of our new members are younger and are willing to volunteer to help. If you have been a member for some time, perhaps these new members appear to be young and

rambunctious. Many are baby boomers in their late fifties and early sixties - just what we need! What age were you when you joined?

Let us try to keep in mind that the Centre *is* for the use of *all* members and many different uses and that we should be respectful of their desires, even if they don't agree with ours.

Wilma Lorimer

CONTRIBUTING EDITORIALS -

With the desire to make the Echo even more interesting and entertaining we are opening up this section for contributing Editorials. The subjects must pertain to the Sechelt Seniors Activity Centre &/or be of interest to our members

DIRECTORS MEETING - SYNOPSIS

PLEASE NOTE: The DIRECTOR'S and GENERAL MEETING minutes are available, in the lobby for your information

CONGRATULATIONS to Liz Dillessen and Linda Willesen

They both entered the World's Masters Indoor Track and Field Championship

received medals – Liz finished 3rd while Linda -13th.

Liz and Linda entered the 8K Run in their categories (age groups). In which they both

They also entered the 8K Team events and received Gold Medals in their respective categories. Once again congratulations!



For Pictures of our **St. Patrick's Gaelic Nite** event see our website
www.secheltseniors.com

THE BULLETIN BOARD

BLOOD PRESSURE READINGS
 1st Thursday 11:00 am
 2nd, 3rd & 4th Fridays 11:00 am

Centre is CLOSED on the following days
 Good Friday April 2nd
 Easter Monday April 5th

GARAGE SALE
Table Rental \$15 or 2 for \$25
Book now for April 17th

LUNCH MENU 11:30 – 1:00
Monday Cook's Special
Tuesday Grilled Sandwich, soup
Wednesday Roast Beef & Yorkshire Pudding
 Alternating with Pork
Thursday Fish & Chips or Soup & Sandwich
Friday Fish & Chips or Soup & Sandwich

TURKEY LUNCH
 Wednesday April 7th
 Purchase your ticket now
(Soup and sandwiches will also be available)

Monday's Menu's - April.
 April 12th Shepherds Pie, Green Salad
 April 19th Chicken Schnitzel with
 Gourmet Rice
 April 26th Stuffed Meatballs with gravy
 And mashed potatoes

Lunch
 for
 Volunteers
 April 24th

Friendship Tea April 6th - 2 pm

BUS TRIPS - APRIL

8 st	Boulevard Casino	\$18.0
14 th	Costco & Brentwood Mall	\$18.00
15 th	TEA & TRUMPETS	
20 th - 21 st	Overnight Casino Trip	
26 th	Park Royal/Cap Mall	\$17.00
29 th	Van Dusen Botanical Gardens	\$18.00

**TEA & TRUMPETS
 SERIES
 APRIL 15TH**
 Leaving at 9:15 from Centre
 Return 5:30 pm Ferry

EASTER:

In celebrating Easter, whether you are a Christian or not – the death of Jesus Christ is the central reference point for western Civilization. Whatever your faith, you cannot live in the western world today without finding yourself within the framework of the meaning

provided by the life and death of Jesus Christ.

When you date a cheque or letter you are referencing the death of Jesus Christ. Our calendar cuts history in two, the dividing line is the death of one man.



The Sunshine Coast Botanical Garden Society

is looking for Seniors who can provide advice, direction and give a helping hand to design and construct (*with assistance as needed*) raised beds, tables and a greenhouse that will be

walker and wheel chair accessible.

They are soliciting members who have the interest, skills and are able to contribute towards a garden for the enjoyment of seniors. Individuals - who are willing to become involved. Please Contact **Douglas Smith** (*who is on their advisory board*)

FRIENDSHIP TEA

For those who are new to the area or who have chosen not to attend before, the tea provides an excellent opportunity to enjoy an afternoon out and have a cup of tea, goodies and the opportunity

to cement new and old friendships. Bring a friend and enjoy the company of fellow members and their guests on **April 6th at 2:00pm**

Our INSTRUCTORS and COMMITTEE CHAIRPERSONS are special people – who are at the Centre every week.

In many instances some attend and contribute twice a week. They donate their time and talent. Their contribution has become automatic and in a sense invisible. We tend to overlook them and how much they add to the Centre.



This month we would like to highlight and thank the volunteer Exercise Instructors.

Betty Jeffries, *Qi-Gong* - Betty has been volunteering her services as instructor of Qui Gong for the past **22 years**.

Don Robb, *Tai-Chi* - Don has volunteered as Tai-Chi instructor for over **16 years**.

Joan Frembd – Exercise – who volunteered for so many years and now fills in when needed.



David Bowie our Executive Secretary has noticed a lot of **hotmail addresses** are rejecting his monthly message and wonders if hotmail has a spam filter that rejects messages with multiple addresses. If you are having trouble receiving messages via hotmail **David** suggests you might consider switching to gmail - which is one of the best.



APRIL FOOLS' DAY - April 1st

The history of April fools' Day dates back to the 17th Century when April 1st was celebrated as the first Day of the New Year and people celebrated with dance and revelry.

In the 16th Century (1562) the Gregorian calender was introduced and January 1st then became the start of he New Year and the

celebrations were moved accordingly.

For a period of 20 years there after, some people who hadn't heard or didn't believe the change in the date continued to celebrate New Years on April 1st with the same excitement and energy as always.

These people were soon labeled 'April Fools'.

ALZHEIMER'S DISEASE

- Dorothy Fraser

Alzheimer's Disease has been described as a progressive degenerative disease. It is sometimes difficult to recognize because many people think the symptoms are part of normal aging but there is a difference and some of the early indicators are listed below.

Memory loss affecting everyday functions, including forgetting words used in normal conversation and communication. This does NOT include the temporary lapses that play tricks on our memories and the forgotten item is remembered within twenty-four hours.

Difficulty in performing routine tasks, such as shaving or preparing meals. There is also disorientation, getting lost and not knowing how to get home from other familiar places.

Problems with poor or decreased judgement, such as wearing inappropriate clothing or ignoring personal medical problems. In addition there are

difficulties with money matters, like balancing a cheque book.

Misplaced items or articles put in strange places such as a loaf of bread in the dishwasher or jewellery in a jar of face cream.

Changes in mood, behaviour and even personality; confusion, suspicion or withdrawal may occur. Major mood swings and general apathy are also frequently evident.

Finally: withdrawal, with the person becoming very passive, requiring cues and prompts to become involved.

Your health care professional should be consulted, especially since many of the above symptoms may be due to other conditions such as depression or infection.

For more information, contact the Alzheimer's Society at 1 -800-616-8816 or visit www.alzheimer.ca

IN MEMORIAM

Janina Kaliciak – Feb. 20th



VOLUNTEER DRIVERS POOL

The Seniors Activity Centre is trying to establish a **Volunteer Drivers Pool**. Some of our members do not have a car and are not near bus transportation. As a result these members find it difficult to attend **Special Evening Events** at the Centre.

The object of the **Volunteer Drivers Pool** is to provide transportation to the centre so these members can attend Special Evening Events.

If interested, you can sign up at the Centre or call **Richard McGowan** @ 604-885- 7740 for more information



Garage/Rummage Sale April 17th - tables \$15.00 per or 2 for \$25 Sign up for a table, tell your friends and neighbours about the garage sale. Word of mouth is as important as advertising – in fact it is advertising.

To all of you marvellous cooks – we would appreciate donations of home baking to be sold at the counter, along with tea and coffee

URGENT MEMO RE: FRIDAY TALKs

A variety of topics have been offered since September but, generally, the attendance has been low to non-existent.

Considerable effort is made to arrange and promote these talks and the guest speakers give generously of their time. Members have been asked to suggest topics.

On Friday, enjoy a lunch of Fish & Chips, then join us at our new 'Talk' time at 1:30 pm. - for an enjoyable afternoon.

So please, help us meet your needs.

Would after lunch be a better time?

What topics would you like to hear/see?

Messages can be left at the office or call Anne Stuart 604-885-1002

There will be no talk April 2nd – Good Friday.

Only one talk is booked for April so far.

April 16th 'light pollution' – the problem and solution. Looking at environmental, health and safety issues.

EXTRA! EXTRA! - Fish & Chips will now be served

On

Thursdays & Fridays

Grilled Sandwiches will be transferred to Tuesdays.