



# The Hall Mirror

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Wednesday, February 28, 2024 Volume 1 Issue 2

A message from the President: Manfred Scholermann

There were 18 guests for the Rainforest Tour last Thursday to Kinnikinnick Park, our first joint bus trip with Sechelt Seniors Activity Centre. It was a lovely day walking on soft trails and finding many "Mother Trees". The positive comments from participants were much appreciated. After the tour, lunch at the SSAC was outstanding. Manfred



Name the newsletter: It's time to vote!



Wow, here are the many good names that were submitted! What a creative group we are! Vote for your favourite from the list below, write it on a slip of paper and drop it in the box at the greeters' desk.

- |                           |                      |
|---------------------------|----------------------|
| *The Hall-Way             | *The Wave            |
| *The Hall Sound           | *Harmony News        |
| *Armony 'Appenings        | *Harmony Happenings  |
| *The Seagull Press        | *The GSS Gazette     |
| *The Inside Hall          | *Hall Street Journal |
| *The Window to Harmony    | *The Harmonyca       |
| *The Harmony Lane Gazette | *Senior Folk         |
| *The Harmony Herald       | *The Hall Monitor    |
| *The Hall Reporter        | *The Harmony Line    |
| *Harmony Us (Harmonious)  | *The GSS Update      |
| *The Haller               | *The Harmony Review  |
| *The Hall Mirror          |                      |

**Annual General Meeting:** Thurs. April 18 at 1:30.

If you attend only one meeting, make it this one. It's important!

**Dining Room Expansion Update**



Ground breaking is due to start in February.

Woody Woodman and Anne MacLachlan, who kick-started and donated to the project two years ago, were on hand with Arthur, Manfred and a shovel, keen to begin.



Thank you to:

**Barry, Kevin, Betsy, Steve, Janice, Heather, Alex, Val, Woody, Anne, Manfred, Ann Law, Karla and Kirby and the many hands** who made the 2<sup>nd</sup> annual Robbie Burns Night a great success.

**Donors** giving generously to the new dining room.

**Betsy** for all your time and patience during start-up of accounting for fundraising.

**Arthur** for overseeing the building of the expansion.

**Fran** for keeping us updated, even from Lithuania.

**All greeters!** for managing the many tasks of the greeters' desk. You make the hall such a welcoming place for members and guests. The front desk is getting a face-lift.

Thanks Christine!



**Fundraising:** Come and join the team!

**The next meeting is Friday, March 8<sup>th</sup>, 12:00 at the hall.** Brainstorm ideas, organize events, work at events, advertise, recognize donors, canvas, and more.

Call or email Greg Grant: 604-741-5490  
[montague.grant@gmail.com](mailto:montague.grant@gmail.com)



**Thanks to Fran and Kathy's** grant writing expertise, we have been awarded a capital project grant of **\$122,000** from BC Lotteries for our new dining room.

**Donations:** All donations gratefully accepted. Every dime counts. Thank you.

Donations over \$200 receive a tax receipt. See Betsy who will arrange the paperwork .

Donations under \$200: by e-transfer. [harmonyhallcash@gmail.com](mailto:harmonyhallcash@gmail.com). In the message box please write: donation to Harmony Hall expansion

Or by cheque or cash, or by using the button on the GSS website (for under \$200 only).

[www.gibsonseniors.com](http://www.gibsonseniors.com)

Help today and donate.

Support Gibsons Seniors Society by making a meaningful contribution.



Donate Today

## From the Greeters' Desk:

If you are able to help out at the greeters' desk, please call Lee: 604-274-4899.



Go to [Health link BC website](http://www.healthlinkbc.ca), click on **Find a CareProvider**, then click **Register to get a doctor or nurse practitioner** or go directly to the link:

<https://www.healthlinkbc.ca/health-connect-registry#getdoctorornp>

It literally takes 5 minutes to register. You just need your health care number. Click. Done. When a doctor becomes available, they will contact you.

**Membership news:** .... In case you missed it:

### Collaboration membership with Sechelt Seniors Activity Centre

With a full paid membership at GSS (\$25), a membership for the Sechelt Seniors Activity Centre is half price (\$17.50) Sechelt members can buy GSS for half price (\$12.50). What a deal!

\*\* Members at both centres can join special activities.

### What's Happening at the Hall



\*The **Strong and Steady** group are getting strong and steady with Melissa's guidance! Thursdays at 11 AM.



## Upcoming events:

### Bus Tours with Manfred

Join our very own Manfred Scholermann, President of GSS and naturalist, who organizes and hosts the ecological and cultural trips for GSS and SSAC members. Local trips are \$10.

Off-coast trips are \$40 (over 65 years).

Guests are welcome to join for \$45, if there are seats still available within 6 days of travel. Tickets, lunch and entry fees are an additional cost.

Sign up for these popular destinations in Vancouver:

### Schedule-see trip details on poster at hall

**Mar 15** Lighthouse Park Rainforest Adventure, West Vancouver

**April 11** Silk Road Adventure, Tai Chi Lesson and Dim Sum Lunch, Chinatown

**Apr 18** Tea & Trumpets, Orpheum Theatre

**May 16** Vancouver Garden Tour & Museum of Anthropology at UBC.

**May 23** Tea & Trumpets, Orpheum Theatre

**June 13** Photography Escape in Nature, Sunshine Coast

### Music Event:

#### Harmony Hall Fiddlers and Friends opening for TWIN FIDDLES concert

Celebrating the Sunshine Coast Festival of the Performing Arts 50<sup>th</sup> Anniversary.

TWIN FIDDLES Concert **Friday, April 19, 7:00 pm**  
**St Bart's Church- 659 North Road, Gibsons.**

**Harmony Hall Fiddlers and Friends** formed in 2022 and led by Janice Hamilton, will be opening for this concert.

Fiddlers meet every Sunday at 1:00 at the hall.

Twin Fiddles are Gordon Stobbe - Order of Canada recipient for his commitment to fiddle music and Canadian history of the fiddle and, JJ Guy - North American Fiddlers' Hall of Fame inductee and winner of the People's Choice Award at the Canadian Grand Masters Fiddling Competition.

Gordon & JJ will be joined by accordion player Annette Fischer. Originally from Switzerland, Annette now lives in 150 Mile House, BC.

### **TICKETS:**

Harmony Hall greeters' desk; Strait Music (Sechelt) MELOmania (Roberts Creek); Fong's Market (Gibsons)

\$20 advance / \$25 door

Children/Youth \$5 at the door

**Here's something!**

**Bus drivers and bus conductors:** The link between illness and sitting first emerged in the 1950s, when researchers found double decker bus drivers were twice as likely to have heart attacks as their bus conductor colleagues. The drivers sat for 90 per cent of their shifts, the conductors climbed about 600 stairs each working day.

It is thought that excessive sitting slows the metabolism – which affects our ability to regulate blood sugar and blood pressure, and metabolise fat – and may cause weaker muscles and bones. Submitted by Fran

It's a good thing we have Harmony Hall!

- Chair Yoga
- Garden Club
- Active Age
- Toast Masters
- Ukulele
- Sing Along
- Bus Tours
- Toast Masters



- Table Tennis
- Bridge
- Mexican Train
- Qi Gong
- Fiddle Group
- Hatha Yoga
- Tai Chi
- Choose Move
- Majong
- Line Dancing

**Fran's Corner:**

**Poll:** (use box at greeters' counter or email [franmiller0@icloud.com](mailto:franmiller0@icloud.com) if easier)

Let's plan some events for Spring!  
We invite your input: Vote for one of the following activities

1. Trivia afternoon with pizza
2. Spring dance with one man band
3. Spring Chicken lunch (chicken, potato salad)
4. All of the above, I am willing to help:

\_\_\_\_\_ Name & phone.



**Calling all Gardeners:**

Spring will be springing soon! Do you know how to make hanging baskets? Would you be willing to do a hanging basket workshop at the hall on a Saturday afternoon (yes, we are planning early for this one!).

**Dog walkers unite!**

Let's get our dogs together for meet and greet! Watch for a notice of start date and time in Fran's email probably the beginning of April. In the meantime, if you would like to get this group organized, email Fran.

**With fondness we remember:**

Two of our members who left us this month, Sharon Kelly and Don McKay. Our thoughts are with their families.

**Sharon Kelley**, a friend to all, she was responsible for organizing and looking after our wonderful greeters. **Don Mackay** attended Qi Gong and bridge weekly without fail, and kept physically fit and sharp witted 'til the end. They will both be missed greatly.

**Tell your story!**

**A favourite incident, a good memory, a tall tale.**

Share your interesting vignette. You know you have one!  
Send your story to Gail: [gailrines3@gmail.com](mailto:gailrines3@gmail.com)  
or leave a hard copy at the greeters' desk for the next newsletter. Hand written is fine.

**Weather Report: Mar 2- Mar 8**

Sat 03/02 Snow  1°	Sun 03/03 Mixed precipitation  3°	Mon 03/04 Light rain  3°	Tue 03/05 Cloudy with showers  4°	Wed 03/06 Chance of a shower  4°	Thu 03/07 A mix of sun and clouds  4°	Fri 03/08 Rain  4°
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**Free stuff, swap, buy and sell:** Out with the old and in with new to you!

Send your classified message to Gail for the next newsletter, [gailrines3@gmail.com](mailto:gailrines3@gmail.com)

**Lost and Found:** Check with greeters.

Yea, I want to report an unidentified flying object.... Oh hang on, it's the sun!

