



Newsletter

July
2017

Whistler Mature Action Community Newsletter

Emergency and Disaster Preparedness Workshop

The summer of 2017 is starting out to be a bit scary with fires all over and the BC government declaring a state of Emergency for the whole province!! It seems a good time to announce that MAC is collaborating with Better at Home, Sea to Sky Community Services, Community Foundation of Whistler, RMOW, the Canadian Red Cross and the Whistler Public Library to bring you this **free** workshop. It will be on August 17th at 4:00 p.m. at the library and we will be serving refreshments. You can sign up any time at the Library or by calling 604-935-8435.

Ironman-July 30th, 2017:

Once again MAC has committed a group of volunteers to help so we need *your* help! Please sign up and be a part of the MAC volunteer group. This year our post will be at the aid station at Lost Lake from 11:00 a.m. to 4:30p.m. All volunteers get a snack, t-shirt and yes, a bathroom break. You may also bring a chair if standing is a problem. To register go to the bottom of the newsletter and click on the link. Our team is "Run Aid

Station - Sector 2 - Shift 1". If you have any difficulty registering or you don't like computers, please email Dawn Minett at dawn8030@shaw.ca Please sign up. We need your help. The money we get from IRONman organizers will be put towards events, speakers and activities sponsored by MAC.

Social News: Our annual Summer Barbecue, Picnic and Pot Luck took place last week at Our Lady of the Mountains Catholic Church. Although the weather for the past several weeks had been fabulous, on this day it decided to rain on our picnic. That is why Our Lady of the Mountains is such a fabulous venue as we could still be outside, use our barbecue to cook some fabulous chicken, have plenty of space to set up the amazing buffet of potluck appetizers, salads and desserts and still have close to 50 members under the roofed patio! Wanda, the church's executive assistant and all-round organizer, was an amazing assistant to Janice, our Social Director, to set everything up for a Canada 150 celebration. Once again, Nesters supported our event with a donation of all the chicken for the barbecue. Bob Murl

and Bob Calladine cooked us some amazing chicken. Karen and John Wood helped with the set-up. Marcel Richoz provided us with some fun music and entertainment from his "tickle" trunk and all too soon it was time to go. For those that were there, it was great fun. For those that missed it this year, be sure not to miss it next year!

Sea to Sky Community Services

In November, WCSS plans to move from their Spring Creek Location to their new building. Sea to Sky Community Services will utilize a larger amount of space in the Spring Creek building than they currently have. Lois Wynne, Executive Director, Sea to Sky Community Services plans to take over the space we once had in that building – the front kitchen and boardroom area plus new office space. For us - this will mean access to their space for any meetings, projects, or events we would like to utilize that space for. This will be a big improvement for us probably starting in early 2018 if everything goes according to plan.

Council Presentation: On June 6th, I presented MAC's annual update to Council. I passed along

some pertinent points gleaned from our meeting with Isobel Mackenzie, Seniors' Advocate for the BC Government. In the future (starting now!) Whistler seniors without a driver's licence or with physical and mobility limitations will need assistance. For those staying in Whistler and needing Home Care housing for helpers will continue to be an issue. A seniors' liaison person would be of great assistance in helping us find grant monies and organize activities to keep aging seniors active and able to age in place. Lastly a place we could call our own – an actual community

centre- would, of course, be wonderful.

Vital Signs:

The Community Foundation of Whistler has had several workshops during the past year to put together the *Vital Signs* Information publication this fall. They leverage local knowledge to measure the vitality of our community and support action toward improving our quality of life. I, along with other seniors in the community, have attended several of these workshops to make sure that our opinions and thoughts are included in this research. We can't

complain about not being heard if we don't participate. I am looking forward to seeing this in the fall.

Last word:

Want to see you and all your friends having fun at our events? All of the pictures taken at events can now be found on our website www.whistlermac.org under **Events – Photo Gallery**. Check it out!