

SEESA Shares

Our Mission: To empower and enhance the quality of life of people in our community as they age.

Time for Clubs and Classes!

Classes and Clubs will resume on **Monday, September 20, 2021.**

*What classes are you taking?
What clubs are you joining?*

Check out the new Program Guide [here!](#)

And to keep you energized – *the cafeteria has reopened!*

Come in from 9:00 am – 1:00 p.m. for breakfast and lunch service. Bring your friends, family or neighbours and come and enjoy some time together over some great food prepared by Chantal.



'Cuba'
By Don Wells

Thanks to Judy Ashton, Kathy Tkachuk, Fred Shreenan and Don Wells for sharing some of their great art - you may see more of this at SEESA this fall!



By Judy Ashton

IMPORTANT NEW HEALTH & SAFETY NOTICE FROM SEESA

Dear SEESA Members,

With the recent rise in COVID cases due to the Delta variant, **SEESA is announcing an important measure to ensure the safety of all members, volunteers, instructors, and staff** as we get ready to return for the fall.

Please read this [entire document](#), and then, read it again; It's full of important details that require a timely response.

This decision was made in consultation and with the full support of your Board Executive Committee. We recognize this is unexpected and we wish it was unnecessary. We would rather have low enrollment instead of another shutdown.

We ask that you continue to be kind and patient with our amazing staff and volunteers; they are here to assist you. Please keep in mind that they did not make this decision, but they would love to hear your positive comments on our actions to keep you safe.

Please also know that if you are not vaccinated you can continue to benefit from zoom classes and events. We will be glad to welcome you back, in person, once it is safe to do so.

So [here](#) we go...

Sincerely,

JudyLynn Archer
President,
SEESA Board of Directors

More from SEESA Artists

These are from Kathy Tkachuk's COVID series. Kathy is a fan of Monet and during lockdown she was looking at his paintings and got an idea. Each is 4" x 4" is named, and displayed on mini easels.



'Social Distancing'



'We Will Gather Again'



'Lifting Restrictions'

Welcome Home



- Accommodation for adults age 65+
- Affordable rent based on your income
- Apartment units
- Lodges with meals and housekeeping
- Clean, well-maintained, secure buildings
- Friendly, professional staff
- Recreation activities

Call us at **780.482.6561** or
visit us online at **gef.org**



More from SEESA Artists



By Judy Ashton



'Cabin in Birch'
By Don Wells



By Fred Shreenan

Congratulations to the Accidental Drama Club



Congratulations to the Accidental Drama Club on their successful run of 'Climbing Out of COVID'.

They had hoped to perform the variety show outside but the weather was not cooperative. They were thrilled to have an audience that donated \$819 to SEESA and were thankful for the after-show snacks provided by the folks at SEESA.

Barry Headrick took the picture of the cast and crew pictured above: Gerry Jenkins, Linda Acheson, Phyllis Schafer, Dan Acheson, Merrill Sandahl, Jack Gillis, Dianna Burgess, Dee Turner, Keith Kasha, Pearl Lauber, Lindie Chernetzki, Joan James, Dave McKay, Diane Robitelle, Ben Lauber, Nancie Graves, Judy Ashton, Dave Heatley, Florence Ellis, Brenda Remin.

From the Editor

We receive so many accolades for the work done on SEESA Shares! I've included a thank you in the *Bouquets and Rumour* section of our new 'Gossip and Rumour' Column but wanted to give a special mention here. These comments are so encouraging - thanks for taking the time to tell us what you think!

I'm looking forward to meeting so many members when classes start next week. I'm quite new so please be sure to introduce yourselves!

Thanks everyone -

Betty

SEESA publication dates

- **SEESA Shares** newsletter - the 15th of each month via e-mail blasts, the website, FaceBook and Twitter;
- **SEESA's What's Happening** newsletter - the 2nd and 4th Monday of each month via email blast, the website, FaceBook and Twitter;
- **Message from the Board** - the 3 Friday of each month via email blast, the website, FaceBook and Twitter.

To cultivate a supportive environment on SEESA premises, at any offsite activity organized by or related to SEESA, or in any communications among or about participants, all individuals are treated with respect and dignity, and are aware of SEESA's [Code of Conduct](#).

***Are you looking for information or assistance?
Visit the 211 helpline.***

Clubs or Classes? What's the Difference?

Classes require an instructor and members need to register for each class they take.

The instructor charges SEESA a set fee to come in and teach our members a new skill. They are qualified in their trade and have special skills that allow them to lead a class that results in members acquiring a set goal. SEESA in return charges our members a set session fee to cover the overhead expenses of the centre. Some classes make enough money to cover the cost of instruction and some don't. Either way the cost is the same to all of our registrants no matter which class they choose to take.

Member pricing refers to those who have paid the \$30 membership fee that helps support SEESA's everyday operations. Non-member pricing applies to those who have not become members of SEESA but would still like to participate in our classes.

If you would like to have instruction in a class not offered, or would like to start a club that has not been thought of, please let us know. We are always striving to bring new and exciting programs to SEESA!

Clubs are created for fun and socializing. They are run by our members who become the Club Activity Liaisons.

Participants who join a club don't need to formally register into a club activity. Clubs usually run all year long rather than having specific time frames. Clubs don't have an instructor—they are self run and self taught.

As we try to move away from having cash payments in the classrooms, we will now have a **booklet of club activity tickets for sale at the front desk.**

BOOKLETS:

- Each person attending a club will have to buy the booklets prior to going to your activity.
- There will be booklets of 10 tickets available for the \$2.50 (1 hour clubs) and \$4.50 (longer than 1 hour clubs) drop ins for members as well as \$3 and \$5 booklets for non-members.
- When you go to the classroom the club liaison will take your appropriate valued ticket and mark your name off on the attendance sheet.

It's that easy to use the ticket system instead of cash.

Voter's Compass Tools For Older Adults

Edmontonians will be heading to the polls twice over the next couple of months: on September 20th for the federal election and again on October 18th for the municipal election. To help voters understand where parties or candidates stand on issues related to older adults, we have put together two Voter's Compass tools on our website.

Federal election
September 20
Access the tool [here](#).

This Voter's Compass includes platform information from four federal parties and links to key sources of information for older adult voters. It will be updated regularly leading up to election day on September 20.

Municipal election
October 18
Access the tool [here](#).

This Voter's Compass builds off of the questions posed during the Mayoral Candidate Seniors Forum, on which ESCC partnered with YEG Seniors Alliance. Questions have been posed to all candidates – the information in the tool is from the candidates who chose to respond. It will be updated leading up to election day on October 18.

Meet SEESA's New Staff

Gina-Marie Garon
Program Coordinator



Being raised in a small town coupled with over 25 years experience in the service industry, most

recently as the Volunteer and Event Coordinator with Edmonton International Airport, has inspired me to give my best to serve others. I am excited to work with SEESA community members, volunteers and staff because I love working with people and making each person feel special and valued. In my personal time, I love reading, studying languages, playing music and volunteering. I'm looking forward to meeting you all and making a positive impact on the organization and greater community.

Chanal Chiasson
Cook



I graduated from the NAIT Culinary Arts program in 2016 with a passion for food and making people

happy with the food I make. I first came to SEESA in February of 2020, and liked it so much, I decided to stay! I'm active in volunteer work with Girl Guides of Canada and am always willing to jump in to help teach the youth I work with about food and proper knife skills – I'm also willing to teach every age those same skills! My goal with the SEESA kitchen is to make food from scratch that makes people happy and come together. I'm looking forward to seeing everyone again, and serving good food to all!

Leslie Cleary
Volunteer Coordinator



I joined SEESA on September 1, 2021 as the Volunteer Coordinator, bringing my volunteer management experience,

stakeholder and community connections and love of older adults as engaged citizens. I am a passionate and avid volunteer, connector, and always engaging with others to enhance their experience with what their community has to offer.

I am excited about building the volunteer team here at SEESA and looks forward to connecting with all of SEESA members.

Finished For the Season?

Hate to see the end of our growing season - until next year!

Thanks to JudyLynn for her great garden photos!



A Great Production!

The Accidental Drama production of 'Climbing Out of Covid' was no accident!

After months of preparation by this club, and months of anticipation by members and friends, this variety show was performed onstage in the SEESA gym on September 1. Masks hid the smiles but not the laughter from the appreciative audience. We enjoyed an assortment of skits, songs and dances, both humorous and serious, many with thoughts and lyrics related to the pandemic.

Two examples of the pandemic connection were the *Covettes*, a quartet of ukulele players and singers, playing and singing a medley of songs with customized lyrics, and the containers for collecting donations being empty sani-wipe containers!

Here are a few of the comments following this production:

- “It was so gratifying to perform for a live audience again, to hear the responses to the comedy and the appreciative clapping. So missed that during our Zoom show ‘*Getting Old Ain’t for Sissies*’. One comment a lady made was she hadn’t really been out too much during the last many months of COVID and just felt so comfortable with the setup and safety measures that she was really able to relax and enjoy the show. She really had some good laughs

and was grateful it was presented the way it was, in the gym, with distanced seating and masks. Most comments were very positive, all glad to see us in the flesh again! Everybody was very kind.” - Nancie, one of the cast members.

- “Hats off to the countless hours and dedication of this group to rehearse, rehearse, and rehearse. They give so many hours to SEESA and only ask to use the facilities and equipment in return. The monies raised by their volunteer efforts go directly to SEESA.” - Jean, audience member.
- “During the long period of pandemic isolation, I watched many shows of various kinds online, all wonderful, but nothing compares to sitting and

laughing together with others. The show was entertaining and funny, and it was great to see so many friends and acquaintances again at SEESA.” -Emily, audience member.

- “Accolades to the ADC cast for kicking off SEESA’s re-opening with fun, laughter and friendship. It is no accident that SEESA’s Drama Club draws enthusiastic crowds - they practice relentlessly to hone their craft and SEESA members and the organization are the fortunate beneficiaries of that effort. Where on earth would we be without them!” - JudyLynn, SEESA Board President

Many thanks to the Accidental Drama Club!



About Alice

In June I shared a story about Alice, a lost homing pigeon. Alice showed up in my backyard one day and it became clear, very quickly, that Alice had once been someone's pet. She didn't socialize with the other pigeons in the area, preferring to stick close (perched on my shoulder) whether I was working in the garden or just sitting on the porch.

I wasn't a big fan as I had been taught that pigeons are dirty, rather stupid and something to avoid. But there she was, sitting on my shoulder, chattering away in my ear, nonstop.

I admit to becoming somewhat attached to the silly bird. Alice was completely unaware of the hazards around her. She didn't notice the neighbourhood cats stalking her, or the resident merlin looking for a meal, or the big dog next door that had her in his sights. She just walked around on the ground thinking nobody in the world would want to hurt her. I was also concerned about what would happen to her, especially when winter eventually rolled around.

Lo and behold, a young woman by the name of Devon who runs the the Underbird Flock: Urban Bird Rescuers and Advocates group stepped forward to offer Alice a forever home.

Alice now lives with Devon in her home but also spends time in Devon's corvid coop. Alice has

a new harness (that comes with underpants, if you can believe it, like in the picture) which allows Devon to take Alice safely outside for walks and adventure tours. Alice is a very happy camper and so is Devon, whose 16 year old pet pigeon died a year ago.



I will continue visiting and delivering food and supplies for Alice and the other corvids who live at the shelter, many of whom are recuperating from surgery provided by WildNorth.

Thank you to the SEESA member who delivered some food and supplies for Alice. How kind and thoughtful you are. If you are interested in receiving the occasional update on Alice, just let me know.

Alice's story reinforced for me that there are kind-hearted people in the

world who care so deeply about animals they even help the ones lowest on the pecking order, so to speak. Kudos to Devon and her SEESA sponsor (I wish I knew your name!)

JudyLynn



**Keep up to date
on all the SEESA**

**News -
follow us on**

[Twitter](#) and
[Facebook](#)



Better Choices, Better Health®

Chronic Pain Self-Management Program – Virtual Workshop

Join us for the virtual **Better Choices, Better Health® - Chronic Pain Self-Management Program**.

You will learn:

- Techniques to control your pain
- Tips for healthy eating and becoming more active
- Strategies for talking with your health care team
- Methods for dealing with your difficult emotions
- Options for making your everyday tasks easier
- Ways to take care of yourself to enjoy a better quality of life

Read what a past participant says: <https://albertahealthservices.ca/news/Page15425.aspx>

HOW DO I TAKE PART?

This free virtual workshop takes place once a week for six weeks. We use the online platform Zoom (www.zoom.us). Support persons, family and friends are also welcome!

To Join: You need a device (eg. computer, laptop, smartphone) that connects to the internet, and has a camera and a microphone. You will want a private space to attend the workshop.

More information and upcoming workshop schedules can be found at: www.ahs.ca/bcbh

Upcoming Virtual Workshops:

| 2021 Dates | Day & Time |
|---|------------------------------|
| September 12 – October 24 (skip Oct 10) | Sundays, 6:00pm – 8:30pm |
| September 22 – October 27 | Wednesdays, 9:30am – 12:00pm |
| October 18 – November 22 | Mondays, 6:00pm – 8:30pm |

To register: call 780-735-1080

Alberta 55 Plus Zone 6

Snooker Fun Tournament

Friday, September 24, 2021

11:45 pm Registration, 12:15 pm Play

Central Lions Recreation Centre (11113 – 113 Street)



Contact Elaine Maxwell at 780-483-2983 or elainemaxwell@live.ca

Deadline for registration September 22, 2021

Cost for 55plus Member - \$5.00

Cost for Non-Members - \$10.00

Memberships available at the tournament - \$30.00/year

Let your friends know!

Bring them along to enjoy some fun and fellowship!

SAVE THE DATE:

October 1 International Day of Older Adults

Following the success of the Seniors' Week Lunch & Learn series in June, Age Friendly Edmonton (AFE) is excited to announce another learning opportunity to commemorate International Day of Older Adults (October 1st).

On September 30th at noon, join the AFE team for a lively discussion on the topic of ageism. The online event will feature expert panelists, such as Dr. Adrian Wagg, a specialist in Geriatric and General Medicine, as well as notable older Edmontonians who will share their experiences around aging, including former mayor Stephen Mandel.

Ageism, discrimination on the basis of age, remains a problem faced by older adults around the world. It is a key area Age Friendly Edmonton works to address through research and education.

The panel will be moderated by Dr. Sheree Kwong See, Professor of Psychology with the University of Alberta, ESCC board member, and advisor with Age Friendly Edmonton's Ageism Hub.

For more information go to <https://www.seniorscouncil.net/>.

Celebrating Birthdays

September 15 – October 14, 2021

and check out the 2017 birthday photos!

Happy Birthday to:

Bill Alexander
Phyllis Basler
Jacoba Benoit
Alice Berard
Judie Bond
Marcel Borle
Nellie Boyer
Dale Brackenbury
Lorraine Brooks
Elizabeth Bruneau
Margaret Burlingham
Jean-Marc Cadrin
Sharon Chadwick
Jim Clifford
Rose Corrigan
Valerie Costigan
Ken Danchuk
Shirley Dawson
Hilda Degenhardt
Joan Delainey
Marion deSeguin
Victor Dolynchuk
Audrey Ellis
Glenn Ennis
Volker Erban
Don Evans
Leigh Falkenberg
Doris Fargher
David Fraser
Linda Free
Dianne George
Margaret German
Marlene Giles
Roberta Hamblin
Lloyd Hammell
Melanie Hansen
Elizabeth Harris
Paul Hawirko
Lisa Henderson
Kay Hobden

Robin Hoffman
Steve Holub
Jenny Hornbeck
Ruth Ingles
Garth Johnston
Sai Joo-Hackett
Mike Kalinowski
Debbie Kalinowski
Lesley Karpiak
Libby Lameris
Veronique Lavoie
James Letal
Lucy Lewis
Benny Liang

Bernice Libich
Don Ligard
Susan Lindsay
Ronald Liteplo
Patrick Lukasewich
Gwen MacKay
Wendy MacNutt
Linda Mallett
Donald Marcotte
Martin McCabe
Patricia McKim
Beverley Merritt
Mary Rose Messier
Donna Miller
Marilyn Mitchell
Melanie Moore
Dorothy Munro
Clement Nadon
Qua Nguyen
Ian Nicol
Dwayne Niederhaus
Pat Parkinson
Clarence Paulson
Lois Pawl
Elgin Pawlak
Sonia Perrott
Lenora Pinkoski
Lorna Plouffe
Anne Rajotte
Myrna Reeves
Roger Russell
Helwi Sauerborn
Joan Scott
Jane Scott
Marion Sharek
Audrey Shipka
Peggy Smith
Susan Smyth



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Happy Birthday to:

Ann Sobol
Diane Soch
Beverly Sochatsky
Eric Solash
Antonio Spanu
Alton Thomas
Adele Thurston
Wah Tso
Mary Anne Vanderham
Albert Vickery
Doreen Victoor
Wendy Weir
Joanne Wenzel
Mariel Wertzler
Jean Yahodenko
Lil Yakimishyn
Carol Yeomans
Kathleen Young

October 10 - World Mental Health Day

October isn't just an awareness month for mental health in Canada. The World Health Organization has recognized October 10 as World Mental Health Day.

This day is organized by the World Federation for Mental Health, an international membership organization founded in 1948 to advance, among all peoples and nations, the prevention of mental and emotional disorders, the proper treatment and care of those with such disorders, and the promotion of mental health.



<https://albertaelderabuse.ca/>



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Travel costs may apply. Please call to discuss where the massage will occur.



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my office for assistance with:

- Employment Insurance
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10045 81 Ave

Email: heather.mcpherson@parl.gc.ca
Website: www.heathermcpherson.ndp.ca

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Paid Advertisement



September is Prostate Cancer Awareness Month

Show your support by taking a simple challenge to eat 30 healthy foods in 30 days. #EatItToBeatIt

We know that 30% of cancer is preventable with lifestyle factors. Eating healthy and exercising can prevent any number of chronic diseases, and in some cases, like diabetes, it can even help reverse some of the most dangerous effects. You can [learn more](#) about Prostate Awareness Month and how lifestyle factors influence prostate cancer outcomes.



<https://albertaelderabuse.ca/>



Covid 19 Vaccination Clinic






Clareview Community Recreation Center
3804 139Ave., NW, Edmonton, AB
T5Y 3G4



September 18, 2021
from 9:00 am until 4 pm.

With supports from:





Three ways to book appointment:
- Scan the QR Code
- Call 1-833-738-7727 or
- Go to <https://forms.gle/4FFig8WtN3o48amk8>



Walk-ins are welcome. No need to bring your Alberta Personal Health Care Card!



We can provide Uber rides to and from the site, let us know upon booking!



Health professionals including internationally trained physicians will be onsite to answer your questions in your first language.



If you have vaccine-related questions before booking, please call 1-833-906-4357. Support will be available in multiple languages.







2021 Virtual Seniors Forum

PRESENTED BY 





September 27-29
from 9:00 am - 5:00 pm

October 1
from 10:00 am - 4:00 pm

The Virtual Seniors Forum is a free four day event that connects seniors, their families, professionals, and caregivers to vital information and resources pertaining to housing, health, wellness, and social supports for older adults.

Registrants will be able to participate online or by phone via Zoom.

To register, or learn more about the Forum, visit www.seniorsforum.ca or phone 780.809.8604.



Floor Shuffleboard Fun Game Change of Date and Venue

**September 18, 2021 – register 8:15 am,
Play at 9:00 am
At NWESS (12963-120 Street)**

Call Louise Libich at 780-222-6208 or lrilibich@shaw.ca
Register by September 11, 2021

Cost for 55plus Members - \$5
Cost for Non-Members - \$10
Let your friends know – bring them along
to enjoy some fun and fellowship!



Seniors Home Supports Program

www.seniorshomesupports.com

The leaves are starting to change colour. But worse than that, they are falling. It looks pretty but, depending on how many trees you or your neighbours may have, those leaves can accumulate and blow around your yard. I don't know about you but I am past the point of raking them up and jumping in them.

Leaves are great mulch for your perennials, but too many and you can set up mould if not cleared away quickly in the Spring. And they can get into your eaves troughs which, if they create a blockage can cause roof and adjacent wall and/or window damage from freeze and thaw cycles.

So to help you get control of these situations, we have service providers who will help you clean up your yard for winter, prune your perennials, trim whatever trees or shrubs that are pruned in fall and give your lawn a winter treatment. We also have folks who do eaves trough cleaning, and if you want a clear view of the beautiful white snowflakes to come, window cleaners.

This is the time of year to set up your snow removal as well. ***DON'T WAIT UNTIL THE SNOW FLIES!*** It might be too late to get a service provider with the best rate. We have individuals and businesses who can do shoveling by the event or by the month. The advantage of a monthly contract, is

that you don't need to phone them when the snow falls...they automatically come out. If you have regular appointments, it is wise to let the service provider know so that, if it snows the night before say your Tuesday morning physio, they will be out early to ensure you can get to your car, or to a taxi or DATS in front of your house. This also applies if you have mobility issues and have specific instructions as to where the snow needs to go to give you a clear path.

And before it is cold out, maybe it's time to clean out the yard and/or garage. Junk removal specialists

are ready to help you get organized and be able to park in your garage for the winter and make your car last longer. Many of them will separate what you have into items for the dump but also donate items that may still have some life left in them.

If any of this applies to you..... give me a call....**780-468-1985 ext 3**, or ask for **Deborah in Home Supports**, or email me at deborah@seesa.ca and I will provide you with some screened and vetted referrals to help you to stay in your home safely this winter.

Euchre Playoff



November 6th, 2021 – 10:00 am

at North West Edmonton Seniors Assn.

(12963-120 St. NW Edmonton)

**To determine qualifiers for
Alberta 55plus 2022 Winter Games**

April 7-10, 2022 in Edmonton

Must be Current Alberta 55plus members to compete.

Coordinators John & Linda Frank

jfrankedmonton@gmail.com or 780-476-0140

Closing date for entrants is one week before tournament.

Have You Heard...?

SEESA's gossip and rumour coloum.

Rumours are a fact of life, particularly during times of transition, and are best address with consistent, open communication. We've heard lots - both beefs and bouquets - so in striving for open communication, here are a few, with responses:

| I heard that... | Reality Check: |
|--|---|
| <ul style="list-style-type: none"> JudyLynn took the Executive Director position and is fully paid. | The Board of Directors is actually sharing this full time role and all of them are volunteers. |
| <ul style="list-style-type: none"> We are being disrespectful to SEESA's history by not putting all the pictures (of past board members) back up on the wall. | We are looking at a number of options for how to honour the great history of SEESA. |
| <ul style="list-style-type: none"> Everything at SEESA has changed and the programs I once loved are gone now. | Programs that existed are still there. Some clubs cannot operate until we get a volunteer to act as club liaison. If you would like to have instruction in a class not offered, or would like to start a club that has not been thought of, please let us know. We are always striving to bring new and exciting programs to SEESA! |
| <ul style="list-style-type: none"> It's unfair that the billiard table was removed as many of us use it. | The room was being taken up by a very large billiard table that only 4 people used. |
| <ul style="list-style-type: none"> There are changes coming to the library. | We are looking for ways to continue providing books, puzzles and games for members without taking up an entire room to do so. Room is tight at SEESA! |
| <ul style="list-style-type: none"> Peggy is the acting Executive Director | Peggy is the Operations Manager and has never been the acting Executive Director. |
| <ul style="list-style-type: none"> Why is there no executive director? | SEESA isn't in a financial position to hire one right now. |
| <ul style="list-style-type: none"> SEESA is selling the building. | SEESA does not own the building. it is leased from the City of Edmonton. |
| Bouquets: | |
| <ul style="list-style-type: none"> to all the volunteers who helped at the AGM, at the September 1 Accidental Drama Club performance, at the Sept. 8 registration, and who help everyday in so many ways! | |
| <ul style="list-style-type: none"> to the 117 people attended SEESA's 41st Annual General Meeting and helped our organization chart a course for a successful future! | |
| <ul style="list-style-type: none"> to Martin Garber-Conrad AND several SEESA members provided generous donations after the AGM! | |
| <ul style="list-style-type: none"> to Chantal for the great sweets and savouries served at our wine and cheese after the AGM! | |
| <ul style="list-style-type: none"> to those who have provided such positive feedback about SEESA Shares! | |
| <ul style="list-style-type: none"> to Country Side Golf for donating 2 passes for 9 holes of golf, with a cart, as door prizes at our golf wind-up | |
| <ul style="list-style-type: none"> to the Accidental Drama Club for their fabulous performance of 'Coming Out of Covid'! | |

And another bouquet just in...

"Today I had Chantal's mushroom for lunch at SEESA. I am not exaggerating when I tell you that is was, hands down, the best mushroom soup I have ever eaten. Made with only fresh ingrediants - NO powders or chemical 'enhancers' of any kind."

SEESA now accepts paid advertising in *SEESA Shares*:

ADVERTISING RATES per single issue:

- Business card 4"w x 2 1/2"h \$25.00**
- 1/4 page 4"w x 5"h \$40.00**
- 1/2 Page 8"w X 5 "h or 4"w X 10"h \$80.00**

1500 circulation

Send submissions to: newsletter@seesa.ca

A one time set up fee of \$30.00 may apply if your ad is not print ready.

Note: paid advertisements may not reflect the views of SEESA. Buyer discretion is advised.

There is NO advertising in *SEESA What's Happening*.

Keep up to date on all the SEESA News - follow us on [Twitter](#) and [Facebook](#)