

TideLines

News from SHOAL Centre

Beacon
Community
Services

10030 Resthaven Drive, Sidney, BC V8L 3G4
Monday – Friday: 8:30 – 4:30, Saturday: 9:30 – 4:00
Phone: 250-656-5537 Web: www.beaconcs.ca

April 2011

BOUQUETS

During National Volunteer Week, April 10-16 and always, we salute our Beacon Community Services Volunteers.

We wish to express our appreciation to the Best Western Emerald Isle Motor Inn for their generous donation of coffee mugs to the SHOAL Centre Tuck Shop. Thank you very much for thinking of us.

Thank you to Camosun College Practicum Student, Jen Lloyd for her help in the Activity Centre during the past three months. We wish Jen good luck with her education and career plans.

Subscribe to the TideLines at www.beaconcs.ca and receive it conveniently each month in your email in-box!

What's Inside

Special Events	Pg. 1
Notices	Pg. 2
Activity Office News	Pg. 3
Food Services/ Chef's Corner	Pg. 4
Assisted Living News	Pg. 5
Volunteer Services News	Pg. 6
Youth Employment News	Pg. 7
Wellness Programs	Pg. 8
Panorama Partners	Pg. 8



Upcoming Special Events

Big Spring Craft Fair

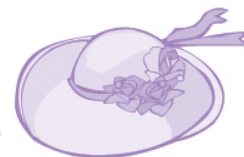
Date: Saturday, April 9 **Time:** 10am-2pm **Cost:** Admission \$1

This fundraiser will feature a variety of items produced by local and area crafters. We have 40 vendors who will offer everything from flowers to foot cream. Come shop for gifts for all ages. Tickets are now on sale at Reception for a beautiful hummingbird design fretwork plate, hand-crafted in wood by Russ Hudson. Draw to be made at the Craft Fair. Tickets \$1 or 5 for \$3.

Easter Bonnet Parade

Date: Tuesday, April 19 **Time:** 1-2pm **Cost:** free

Here is your chance to win two tickets to the Mother's Day Tea (May 10). Decorate a bonnet Wednesday morning in the Craft Room from 10am to noon or do your own at home, then parade in Auditorium A for judging. Light refreshments to follow.



An Evening At SHOAL Presents A Royal Wedding Gala

Date: Thursday, April 28 **Time:** 5:30pm **Cost:** \$25

This event will celebrate the royal marriage of William and Kate. A three course plated meal will be served and a "Royal" proclamation and toasts will be provided by Town Crier Kenny Podmore, your host for the evening. Wear your best finery, including hats, gloves, gowns or tuxedos to this very special event. Buy your "invitation" early because it's sure to be a sellout. Tickets on sale April 1st while quantities last, and can be purchased by phone using Visa or Mastercard. Wine by the glass will be on sale.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca

Forget the April Showers! We have had enough; and it's time for the rain, rain to go away and make way for the beautiful blossoms. We also need to make way this month for so many special things happening at the Centre. Our Spring Craft Fair on Saturday, April 9th will offer you many beautiful handmade items to purchase; on April 13th we have the honour of thanking, officially, our wonderful volunteers; on April 19th we will be parading all the great Easter Bonnet Creations; and on April 28th we will be celebrating the Royal Wedding of Wills and Kate at our Evening at the SHOAL Royal Wedding Gala. I hope the staff has the energy to keep up with the members! Why not "hop in" and join us?



Notices

Membership

Did you know that a SHOAL Activity Centre membership of only \$45 per year can save you money on drop-in activities and registered programs, and open a world of opportunities for you to become an active participant at the Centre? If you are not currently a member, we would be happy to give you a tour of the Centre, provide you with activity schedules and show you what you might be missing. To those who are members, we appreciate your support and encourage you to keep your membership current. Bursaries, sponsored by the Sidney by the Sea Rotary Club, are available for those who have difficulty meeting the cost of the membership. Just ask us.

SHOAL Centre's Best Kept Secret

Did you know that deep in the heart of the SHOAL Activity Centre is a fully equipped Woodworking Shop? For the cost of a SHOAL Centre membership plus \$5 per month, you could have unlimited access to the Shop during SHOAL Centre Reception hours. If you would like more information or an orientation to the Shop and the equipment, we would be happy to arrange it with one of our "Woodworkers".



Help with the Dishes

Please do not remove dishes from the *Tides* at SHOAL Dining Room or Activity Centre. China mugs taken from the Tuck Shop should not leave the Activity Centre, and must be returned to the tray outside the Tuck Shop. Take-out cups with lids are available if you wish your beverage "to go", or to prevent spills. We appreciate your cooperation.

Easter Weekend Hours

The SHOAL Centre Reception Office will be closed from Good Friday, April 22nd through to Easter Monday, April 25th.

Summer Student Employment Opportunity: "Activity Centre/Assisted Living Assistant"

Pending the receipt of funding through Service Canada – Canada Summer Jobs, we hope to once again hire a student to work at SHOAL Centre this summer. The term of employment will be fourteen weeks, commencing on May 24th. For further details and job duties please refer to the Beacon Community Services website at www.beaconcs.ca or call 250-656-5537 ext. 102.

Take Care with the Stacking Chairs

To avoid breaking the chairs please do not sit on them while they are stacked. Cushions are available if you need to raise the height of the chair.

Blood Donor Clinic: "It's in you to give."

Canadian Blood Services is holding Blood Donor Clinics, Wednesday, April 6th and Thursday, April 7th at SHOAL Activity Centre. Appointments are required so please call their organization at 1-888-2Donate (1-888-223-6283).



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

Phone: 250-656-5537 ext. 117
E-mail: acibulak@beaconcs.ca

April this year at SHOAL packs a punch – not only is National Volunteer Week celebrated, but SHOAL will also host its first Big Spring Craft Fair. Our Annual Easter Bonnet parade will highlight the Easter/Spring season, and we'll round out the month with our Royal Wedding Gala! There's much more too – see our line-up below:

Acrylic Painting Techniques

Date: Fridays, April 1, 8, 15, 29 **Time:** 9:30am-12:30pm
Cost: \$67.50 Members; \$73 Non-Members.

Instructor Janet Remmer welcomes both beginners and experienced painters to learn more about techniques using acrylic paints.

Annual Easter Bonnet Parade

Date: Tuesday, April 19 **Time:** 1-2pm **Cost:** Free
Here is a chance to win two tickets to the Mother's Day Tea on Tuesday, May 10. Decorate a bonnet Tuesday morning in the Craft Room from 10 to noon or do your own at home, then parade in Auditorium A for judging. Light refreshments to follow.

BCAA Mature Drivers Workshop

Date: Thursday, April 21 **Time:** 1:30-3:30pm
Cost: Free for SHOAL Members; \$3 at the door for Non-Members
Once again, due to popular demand, the BCAA Traffic Safety Foundation is offering the Living Well, Driving Well Workshop at SHOAL Centre. Learn how you can continue to drive safely by identifying areas that may need improving. Pre-register at 250-656-5537.

Advance Health Care Planning – Representation Agreements and Living Wills (please call to register)

Date: Wednesday, April 27 **Time:** 1:30pm
Cost: Free for SHOAL Members; \$3 at the door for Non-Members
Have you thought about who would make your health care decisions if you were unable to speak for yourself? Have you completed a Living Will or Advance Directive? Would you like to learn more about Living Wills and Advance Directives? Speaker Emma Kelly, RN, Advance Care Planning Nurse with the Seniors At Risk Integrated Network (SARIN), explains how this information may benefit you.

Nature Photography 101

Date: Saturday, April 30 **Time:** 9am – 4pm
Cost: \$112 (includes HST)

Instructor, Dave Hutchison brings his experience with wildlife and nature photography into an easy to understand presentation for all beginner levels. The class will include camera setup, composition, ISO use, aperture, and shutter speed relationships. Also learn how your digital camera metering system operates. Approximately half of the day will be spent outdoors. Tripod, cable release, filters are all recommended but not mandatory. Film camera users are always welcome. Please bring your camera manual and a picnic lunch.

*See the backpage for
SHOAL Daytime Computer Programs!*

May Preview Mother's Day Tea/Luncheon featuring Japanese Tea Ceremony

Date: Thursday, May 10 **Time:** Doors open 12:30
Cost: \$14.50

This lovely plated luncheon created by our Chef and Food Services Team will be followed by an authentic Japanese Tea Ceremony, conducted by the Urasenke Nagomi Tea Circle. Come with your mom, daughter, aunt or grandmother and enjoy this very unique event. Tickets on sale Monday, April 11–May 3.



Members' Birthday Party and Meet n' Greet

Date: Wednesday, April 20 **Time:** 2pm
Cost: Free

Happy Birthday to all our members celebrating an April birthday! Please come celebrate with us this month, and listen to live music while enjoying cake and coffee or tea. This is a great time for new members to have a great "taste" of SHOAL Centre.

A Mystery Evening At The SHOAL

Date: Thursday, May 26 **Time:** Doors open 5:30pm
Cost: \$25

Be prepared to be surprised at May's Evening at the SHOAL. It's fun to have a mystery, so buy a ticket and come find out who will entertain you at our regular dinner and musical evening. A delicious buffet will be prepared by Chef Don and the Food Services Team. Tickets on sale May 2nd to 24th. Mastercard and Visa accepted. Wine for sale by the glass at the event.





Chef's Corner

Chef Shaun Abbott

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Eating healthy food is important for our overall good health. The two most common areas of concern are how to lower saturated fats and sugars in our diets. I have been trying a few diabetic desserts in the *Tides* at SHOAL Dining Room by using a product called "Splenda" to replace sugar in a recipe. It measures out the same way, so you could try it in any recipe to replace the sugar and lower the calories. I've found a good product to use to replace butter and cream is "fat free skimmed milk" in the can. The canning process heat stabilizes the skim milk making it suitable for hot sauces. So here is a healthier version of an Alfredo sauce recipe. Just add some whole wheat noodles, shrimp and a small portion of parmesan cheese. It's tasty and good for you.

Chef Shaun Abbott

Low Fat Cream Sauce

- 8 tablespoons flour
- 1 cup chicken stock
- 1 cup fat free skim milk - canned
- 1/3 cup low fat grated parmesan cheese powder
- 2 tablespoons garlic puré
- 1/2 yellow onion
- 2 tablespoons white wine
- 1/2 teaspoon white pepper
- 1 teaspoon salt
- your favourite noodles

- Combine flour and quality chicken stock with a whisk (no lumps).
- Saute onions and garlic in 1 teaspoon of canola oil.
- Deglaze pan with light white wine add skim milk and bring to the simmer.
- Remove from heat. Whisk in flour mixed with stock.
- Return to heat and cook 10 min.
- Add in seasoning and cheese.
- Cook noodles.
- Adjust sauce consistency with a little pasta water if needed.

Food Services



April Evening at the SHOAL Menu "A Royal Wedding Gala"

Salad

*Spring Mix garnished with Shredded Vegetable
with Champagne and Chive Vinaigrette*

Entree

*Princess Baked Chicken Breast
topped with Asparagus and Hollandaise*

Crown Carrots Vichy

Breaded Croquette Parsley Potato

Dessert

Individual Raspberry and White Chocolate Wedding Cake

Tea and Coffee (self serve)

Thursday, April 28, 2011



Chef Comings and Goings

We are pleased to announce the appointment of Don Bottcher to the position of Cook 3/Chef in the SHOAL Activity Centre Kitchen. Many of you will be familiar with Don, as he has been on our staff in a casual role for the past 3 months and was the Dining Services Manager at Beechwood Village at Amica for 4 years prior to that.

We wish Chef Shaun Abbot all the best as he leaves us to return to his seasonal job in the Yukon. Perhaps we will see Shaun again in the fall when it turns cold in the Yukon and he realizes there really is no other place quite like Sidney.

Food Service Price Increases

Effective May 1st, the following new prices will be in effect:

Small Portion Lunch \$6.50	/ 15 for \$97.50	/ 30 for \$195
Small Soup \$2.50		Large Soup \$3.50
Additional Dessert \$1.25		Additional Beverage \$1.25

All other food service prices remain as is.



Active Bodies, Active Minds

Deborah Carney,
Manager
SHOAL Assisted Living

Phone: 250-656-5537 ext. 111

E-mail: jwear@beaconcs.ca



Wendy Hall,
Activities Coordinator
SHOAL Assisted Living

Phone: 250-656-5537 ext. 119

E-mail: whall@beaconcs.ca

April is a month of expectancy as nature emerges from her sleep. Newness is all around. I am excited to be part of this newness at SHOAL The colour and life of spring is finally here. New life, new hope. *This is what is written, the Christ will suffer and rise from the dead on the third day, and repentance and forgiveness of sins will be preached in his name to all nations. Luke 24:45-46* Happy Easter !

Wendy has returned from her travels to Australia and the Residents have enjoyed an “armchair travel day” to experience that diverse land, complete with koalas and boomerangs. Wendy leads up the Activities and has planned some new and exciting things for April as well as ensuring those old favourites remain.

Music

Ian Robinson came to play his guitar for the residents in March . Allan Slade from the Conservatory of Music continues his weekly “Music Exploration” classes. Residents have created their own CD of original songs which is now available for friends and family members. “A Bunch of Thyme” was greatly enjoyed. This is a one of our favourite local groups who play Celtic songs and popular music with piano, whistles, guitar and accordion.

We are always grateful for donations of:

- Simple musical instruments such as bongo drums
- Piano - in excellent condition
- Spare time to volunteer with our residents, especially with piano playing for sing-a-longs

Activities

- Chocolate Bingo leads to much laughter as does our Carpet Bowling.
- Our monthly dog visits from “PATs” bring a lot of smiles and are greatly appreciated.
- SHOAL Birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month.
- We continue to hold an Ecumenical Service each month with the Rev. Canon Penelope Black officiating.
- Twice weekly Chair exercises and Chair Dance as well as Yoga in a chair are popular, thank you to Kathleen.
- Residents created crafts and decorated for “St. Patrick’s Day” they looked beautiful in their green outfits.
- Our annual “Easter Bonnet Parade” will be held on April 19th,
- Pacific Companion took the residents on a Scenic Drive around the Peninsula. The sun came out as we drove through the fields, daffodils were just emerging and we managed to see the giant pigs on Lochside Trail.

Education

- As part of our Fall Prevention Series, Roland from Sidney Medichair came to SHOAL to demonstrate new walkers and safety equipment and also gave a free walker check up, testing brakes and condition of walkers. Thank you Roland for this very useful and informative session.

Beacon Community Services is a community-based, non-profit, social, employment, health, recreational, housing and volunteer services agency, offering a wide range of programs and services to thousands of clients in the CRD. Since 1974, we have been promoting independence and self-sufficiency with dignity, respect and compassion. The generosity of our volunteers – their willingness to make a contribution – plays a vital role in improving the quality of life for many people in our community. If you would like to offer thanks for Volunteer Services through a donation to Beacon Community Services, an Income Tax Receipt will be issued. Please make cheques payable to Beacon Community Services or click ‘Donate Now’ on our website at www.beaconcs.ca.



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

Phone: 250-656-5537 ext. 106
E-mail: kmason@beaconcs.ca

*We make a living by what we get.
We make a life by what we give.*

... Winston Churchill

BCS Volunteer Appreciation Lunch

Date: April 13, 2011

RSVP: by April 8, 2011

There is still time to still let us know if you plan to attend. Remember the Lunch will start at 12 noon, at SHOAL Centre, 10030 Resthaven Drive, Sidney. This is a very special event, where we have an opportunity to publicly thank our longer serving volunteers. Please call 250-656-5537.

Welcome New Volunteers!

Thrift Shops:

Olivia Banks, Pat Ekland

SHOAL Tuck Shop:

Astrid Forsberg

SHOAL Assisted Living:

Danika Bisjak

Medical Driver:

Russ Hudson

Take the Pressure Down:

Matt Stooke

SHOAL Office:

Darrylyn Child

National Volunteer Week: April 10-16, 2011

Canadians have a rich history of volunteering and community involvement. Volunteers are on the front lines of all of our community services – community health care, heritage and arts, maintenance of green space, disaster relief, volunteer firefighting, minor sports – the list is endless. The work of the volunteer is essential. National Volunteer Week pays tribute to the millions of Canadian volunteers who donate their time and energy.

Volunteering is the most fundamental act of citizenship and philanthropy in our society. By caring and contributing to change, volunteers decrease suffering and disparity, while they gain skills, self esteem and change their lives. People work to improve the lives of their neighbours and, in return, enhance their own.

Volunteer Canada

Volunteer Victoria referred over 16,500 volunteers to community agencies last year. If only 5% of those referred go on to volunteer for 1 year, the economic value to our community is over \$3.3 million.

The economic value of volunteerism in our community has an estimated worth of more than \$546 million.

2010 Volunteer Victoria Annual Report

Consider the many rewards of becoming a Beacon Community Services Volunteer.

- Serve your community.
- Have fun.
- Share your knowledge and abilities.
- Keep your mind and body active.
- Meet new people.
- Cultivate personal growth.
- Prepare for the job market.
- Gain new experiences.
- Feel good about yourself.

Amazing but true! Here are just a few points of interest about the services provided by BCS Volunteers, for fiscal year 2010-2011: Thrift Shop Volunteers worked 38,000 hours; Volunteer Medical Drivers provided 2,700 drives; Community Tax Volunteers prepared and filed 400 tax returns; SHOAL Office and Tuck Shop volunteers worked 4300 hours.

Please call 250-656-5537 and ask for Kathryn. We are looking forward to meeting you!

In Memory: Ivy Buchanan

Many of us were shocked to hear that Ivy Buchanan had died. Ivy was instrumental in helping us with the 'start up' of the Single Seniors 55+ group - over 7 years ago at the Seniors Hotline, Beacon Plaza. Over the years, Ivy continued to coordinate the SS group and together with her team worked long and diligently in making the SS group an important part of the lives of so many Peninsula residents. Ivy will be missed enormously and our hearts are with her family and her many friends.

Sidney Single Seniors 55+

Open to men and women age 55 and over. You must be single to belong to this group, or be a caregiver of a loved one who is at home, in hospital or in a care home. Members may choose to take part in morning walks, join coffee get-togethers, bowl, play darts, shoot pool, join others for lunch or dinner out, golf, go on ferry and/or shopping trips and weather permitting, picnics and barbeques. *Please remember no perfumes or aftershave to be worn to meetings.*

Next Meeting: Wednesday, April 20, 2011 at 2pm, SHOAL Centre. For information call Kathy Mason: 250-656-5537.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

Phone: 250-656-5537 ext. 118

E-mail: scameron@beaconcs.ca

On Monday, March 7th, over 150 youth from the community came to SHOAL Activity Centre to attend our Second Annual Youth Job Fair. The event gave young people access to employment, volunteer and educational information. Youth who attended were able to complete application forms, answer questions in on the spot interviews and sign up for volunteer opportunities at the Fair. Many thanks go to the United Way of Greater Victoria for supporting this event.

A big thank you to all the businesses and organizations who participated in our Youth Job Fair:

Beacon Community Services Employment, Home Support and Youth Employment Programs
Alert First Aid
Recreation Integration Victoria
Volunteer Victoria
Peninsula Celebrations Society
Saanich Commonwealth Place
Sidney/North Saanich RCMP
Panorama Recreation
The Butchart Gardens
Sidney Fire Department
Help Fill a Dream Foundation
BC Ferries
Canadian Culinary Foundation
Victoria Highlanders FC
The United Way of Greater Victoria

Upcoming Courses

Don't forget to register through the YEP office for these upcoming courses:

Gardening Basics Certificate (Note date change)

Date: Sundays (April 10, 17 and May 1) **Time:** 1-4pm **Cost:** Free

In this program, Master Gardeners teach youth about soil, composting, weeding, planting, fertilizers, watering, safe work practices and much more!

Emergency First Aid

Date: Monday, May 9

Time: 8:30am-4:30pm

Cost: \$58 for YEP Students

Take this full day course to become Emergency First Aid Certified. Learn how to react and improvise when dealing with life threatening emergencies.

Island Sexual Health Society
Canadian Forces Recruiting
Peninsula Players
SHAW Ocean Discovery Centre
CSTT Driver Training
Safeway
Camosun College
Peninsula Co-op
UVic Cooperative Education and Career Services
NEED2 Suicide Prevention & Youthspace.ca
WorkSafe BC
Victoria Community Mirco Lending Society
Royal Roads University
Sidney Care Home

Thank you also to Lifestyle Markets, Panorama Recreation, Camosun College, The Water Store and Fresh Cup Roastery for donating door prizes.

Springboard to Success

Paid Job Search Program (Springboard to Success) offered by Beacon Community Services. Are you between 15 to 30, unemployed & out of school? Are you struggling to find the right job that matches your skills, interests & experience? Call us to get more information about our 10 paid weeks of job skill training, life skill training and many certificates such as First Aid & FoodSafe. Call Springboard (250.655.5303). The Government of Canada has contributed to this initiative.

Hoppy Easter Everyone!



SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday, 1-2pm. Admission is by donation.

Take The Pressure Down Blood Pressure Clinic, held the first and third Thursdays of the month, 10am-1pm at SHOAL Activity Centre, and the second and fourth Fridays of the month, 10am-1pm at the Sidney/North Saanich Library. Pick up a flyer for times and locations on the Saanich Peninsula. Spring session runs from April 7 to June 15, 2011.

Family Caregivers' Support Group Please note change in date: this group now meets the 3rd Tuesday of each month, 10am-12pm in the SHOAL Activity Centre Lounge. Next meeting is Tuesday, April 19.

Better Breathers Program, for those with breathing difficulties is held on the 4th Monday of every month in Auditorium B. Next meeting is Monday, April 18 (due to statutory holiday April 25) at 1:30pm. Call Roberta Ferguson at 250-656-3176. Please note that this will be the last meeting until September.

Panorama Partners

Panorama Recreation, in partnership with SHOAL Activity Centre, is offering the following programs. For a full schedule of classes and fees, or to register, stop by the SHOAL Activity Centre Reception Desk or Panorama Recreation Centre. Classes are held at SHOAL Activity Centre.



Latin, Ballroom & Swing Line Dances

Fridays 8:15- 9:30pm April 15 – May 20 5/\$45

Social Ballroom Dance Practice Sessions (16 yrs+)

Fridays 7pm - 8:15pm April 15 – Jun 24 10/\$42.50 or
\$5.00 Drop-in

GOOGLE CALENDAR - Organizing Your Life To Save Stress And Money

Wednesday 6pm - 8pm April 13 \$39

Texas Hold'em (21 yrs+)

Thursdays 7pm - 9pm April 7 - 28 4/\$55

SHOAL Daytime Computer Programs

Introduction to Digital Photography

Date: Thursdays, April 7 & 14 **Time:** 1-3pm **Cost:** \$88

Just starting out with a digital camera? Learn to use your camera features to capture great memories. Bring your point-and-shoot digital camera (or DSLR if you are a novice), camera manual, fresh batteries and an empty media card. We will take photos and learn how to retrieve, store and process them. This course includes audio-visual presentations, notes and plenty of experimenting. Beginners welcome.

Microsoft Word 2007

Date: Wednesday, April 13 **Time:** 9am-Noon **Cost:** \$50

Learn to create professional looking documents using Word 2007 by becoming efficient in formatting, editing, spell-checking, saving and printing your documents. The Word 2007 menus are remarkably different from earlier versions. Learn to navigate the Microsoft Access Button, Quick Access Tool Bar, menus and the 'Ribbon'.

Fun with Photos Workshop - Create

Date: Tuesday, April 19 **Time:** 1-3:30pm **Cost:** \$54

Collages, posters, screensavers and movies; more on editing; explore Picasa's Print features. Prerequisite: Fun with Photos Workshop - Basics

Fun with Photos Workshop - More

Date: Tuesday, April 19 **Time:** 9:30am-noon **Cost:** \$54

Download photos to your computer; create back-ups; copy photos to a CD, DVD or a flash drive; resize photos; use filters and tags to quickly locate photos. Prerequisite: Fun with Photos Workshop - Basics

Computers Don't Byte (Level 2)

Date: Wednesday, April 20 **Time:** 9:30am-3:30pm **Cost:** \$110

After Computers Don't Byte (Level 1), continue to build your skills and confidence. Learn basic keyboard editing and formatting techniques; send documents and photos by email; change your desktop pictures, screensavers and other Windows features; discussion on viruses, spyware and basic computer maintenance tips.