

TideLines

Beacon
Community
Services

News from SHOAL Centre

10030 Resthaven Drive, Sidney, BC
Monday – Friday: 8:30 – 4:30, Saturday: 10:00 – 4:00
Phone: 250-656-5537 Web: www.beaconcs.ca

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BOUQUETS

Many thanks to Liz Mahady, SHOAL Office Volunteer, for her donation of brand new binders, a 3 hole punch and other stationary supplies. These have already been put to excellent use by the Volunteer Services department.

“Touques off” to our wonderful SHOAL Centre knitters who make fabulous sweaters of all sizes and other items that sell like hotcakes from our Lobby display case. The funds are used to support other SHOAL Centre programs.

Thanks everyone for the great response to the request for books and jewellery boxes.



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Upcoming Special Events

Members' Birthday Party and Meet n' Greet

Date: Wednesday, August 19 **Time:** 2pm **Cost:** Free

The last of the summer birthdays! If you have an August birthday come celebrate with us and enjoy some live entertainment by pianist Michael Preece. Birthday cake, coffee and tea will be served. This is also time for new members to meet other SHOAL members. Join the SHOAL community for only \$45 per year.

A "Sundae" in August

Date: Friday, August 21 **Time:** 2-3pm **Cost:** \$2

A sundae on a Friday? Any day is a good day for ice cream. Join us at the Tuck Shop for a sundae with chocolate, pineapple or berry topping – with whipped cream of course.

Evening At The SHOAL September Preview

Date: Thursday, September 17 **Time:** 5:30pm (doors open) **Cost:** \$23

Please note that for **September only**, the date has been changed to September 17 to accommodate the Annual General Meeting of Beacon Community Services. After that the regular Evening At The SHOAL events will continue on the 4th Thursday of each month. The Village Squires, a wonderful Barbershop Chorus will be our feature entertainment. Tickets go on sale Monday August 17.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

Phone: 250-656-5537 ext. 102

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Here we are in “the dog days of summer”, referring to the hottest, most sultry days of summer. Here in the northern hemisphere they usually fall between mid July and early September. Dog Days can also define a time period or event that is very hot or stagnant, or marked by dull lack of progress. Well, the progress at SHOAL Centre is anything but dull as we gear up again for fall. Please refer to the “News from the Activity Office” to catch a glimpse of the many new instructional classes taking place this fall. Take a moment to look at the lovely flowers in the planters that adorn the patio area, planted and cared for compliments of the residents. Enjoy the month; it will soon be time to get busy again for fall.



Notices

Parking In Restricted Spaces

Please obey the RESERVED PARKING SIGNS in both the underground lot and the lot at the north end of the Centre. These spots have been assigned. Vehicles parked illegally in these spots may be towed at the owner's expense. Thank you very much for your cooperation.

SHOAL Library Books

We are in the process of sorting through the books in the Lounge on the second floor, and recycling those that are no longer useful. We would welcome the donation of new or used books to add to our Library. Thank you to SHOAL Centre Member, Barb Postings for volunteering to help with this project.

Bingo Wind-Up

There will be no Tuesday evening Bingo during the month of August. Bingo will resume on Tuesday, September 8th.

Bingo Supervisor, Checkers and Concession Workers Wanted for September Start-Up

We are currently recruiting for helpers to assume these roles. If you can afford four hours each Tuesday evening to help keep the SHOAL Bingo operating please contact Judy at 250-656-5537. Thank you.

BC Day Holiday

The SHOAL Centre Reception Office will be closed on B.C. Day, Monday, August 3rd.

Photocopy Guidelines

We will be pleased to make a small number of photocopies for members and residents at 25 cents per copy. We appreciate your patience if we are busy when asked. However, if you require a large number of copies we would appreciate you using one of the commercial copy centres in Sidney. Thank you very much.

Snooker Club (commencing Tuesday, September 8)

If you are a member of SHOAL Centre, or would like to become one for a cost of only \$45 per calendar year, you are entitled to enjoy a game of snooker, billiards or pool on our 6' by 12' snooker table. The Snooker Room is open Monday to Friday from 8:30am to 4:30pm and Friday evenings (if attendance warrants it) from 6:30 to 8:30pm. In addition to the annual membership, there is a drop-in fee of \$1.50 per session, plus a \$2 refundable deposit for the game balls. (Please note: you must be a minimum of 25 years of age to participate and are welcome to attend as a guest of a member for two visits). Instruction is available if required.



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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It's the last month of summer before the brisk activities of autumn, and SHOAL staff are preparing some exciting new courses and classes for September. We've developed flyers to provide information about these upcoming courses in art, crafts and more, available at the Reception Desk. You might also want to take a peek at our new "Faces of the SHOAL Centre" poster board featuring various Activity Departments with photos of participants, members, volunteers and staff. Thanks to our summer student Alden Lenz, this project has finally been completed.

Register for these great fall classes ...

Beginner Knitting Lessons

Date: Thursday Sept 10, 17; Oct 1 **Time:** 1:30-3:30pm **Cost:** \$20

Beginner Knitting involves the unique experience of making your own knitting needles from wood doweling, and learning the basics of knitting. This course is taught by Jean Limming, SHOAL Member who has been knitting since she was a child, and now offers her expertise to instruct others in this wonderful hands-on craft. Knitters will enjoy the cozy setting of our upstairs fireside lounge. Registration required.

More Knitting to Come! Two other Levels of knitting will also be offered for those who wish to learn or improve skills. **NOVICE LEVEL 1**, starting October 8 (\$25) will involve making a simple baby sweater and **NOVICE LEVEL 2**, beginning November 5 (\$35) will cover knitting a more complex sweater with ribbing, cables and several other techniques. Samples of all three Levels will be available at the Activities Office.

Mixed Media & Collage Art Classes

Date: Sept 18, 25, Oct 2, 9 **Time:** 9-noon

Cost: \$60 for members, \$65 non-members

Working with fancy and specialty papers, paint and other materials, this is a striking art form that anyone can achieve. Instructor is Janet Remmer. Sample and supply list available from the Activities Office.

Calligraphy Now!

Date: Tuesday Sept 22 – Nov 10 **Time:** 9:30-noon **Cost:** \$96

Kathy Guthrie, well known local artist is offering classes in the art of calligraphy. Covering 8 weeks, this course will make practical application of Unical letter styles for such projects as greeting cards, watercolour backgrounds, a handmade book and more. Sign up early since this course is bound to be popular. Class size is limited and pre-registration is required.

Make Your Own Jewellery

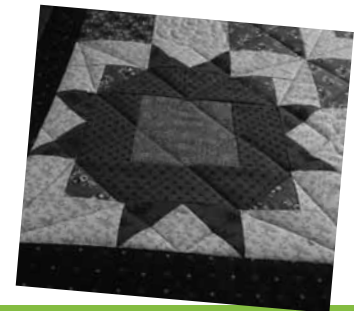
Date: Friday, Sept 25 **Time:** 1-4pm **Cost:** \$35

Back by popular demand, Cheryl Driscoll will teach her beading/jewelry classes the last Friday of every month. This first class will cover basic stringing, and all materials for the completion of a necklace are included in the cost. Class size limited to 8. Registration required.

Patchwork Quilt Sampler Course

Date: Oct 1, 8, 22, Nov 12, 19 **Time:** 1-3pm **Cost:** \$84

Have you ever wanted to create a quilt for a special occasion? SHOAL is offering a six week course in this timeless craft by Daphne Greig, designer, author and teacher. A sample of her work and what you can create in class is now on display in our lobby. Registration required. Class size limited to 8.



Special Thanks ...



Sylvia Chalk, long time member and expert quilter has stepped down as our Volunteer Quilting Activity Leader due to hand problems. While Sylvia will continue to be involved with sewing and crafts at the Centre, her talents as a quilter will be greatly missed. She created many hand-stitched quilts that helped raise funds to support SHOAL programs. Thank you Sylvia, for all your hard work and dedication. New quilting courses begin in October with instructor Daphne Greig.



Chef's Korner

Chef Russ Hudson

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

With the BBQ season still upon us, now is the time to take advantage of the abundance of GREAT west coast seafood. This month's recipe will focus on prawns, found on the west coast.

NEXT MONTH: We will be featuring a simple but elegant dessert dish that will serve well with your summer meals, Summer Fruit Salad with Mint Sugar.



Culinary Terms

Remoulade: A French based sauce flavored with mustard, gherkins, herbs and spices usually served with shellfish, fish or meat.

Deveining: The process of removing the shrimp's digestive tract.

Prawn: A crustacean with a narrower body and longer legs than a shrimp, with an average market length of 3 to 4 inches, firm pearly white flesh and a sweet, delicate flavour.

Dining Room and Tuck Shop Hours

The Dining Room is open daily from 11:30am–1pm for lunch and from 4:30–6pm for dinner. Please join us for great meals and a comfortable atmosphere.

The Tuck Shop Summer Hours will be 9am–noon Monday through Friday during August. Regular Tuck Shop hours will resume 9am–3pm Monday through Friday beginning September 8th.

BBQ West Coast Prawns Remoulade

Serves 6

Ingredients:

Dijon Grains Mustard	¼ cup
White Wine Vinegar	¼ cup
Olive Oil	2/3 cup
Fresh [flat leaf] parsley	3 tbsp.
Horseradish [drained]	2 tbsp.
Dill pickles [minced]	2 tbsp.
Scallion Greens [minced]	2 tbsp.
Paprika	2 tsp.
Cayenne pepper	1 tsp.
Sea Salt	2 tsp.
Black pepper	1 tsp.
Wooden Skewers	6 ea
Large prawns [fresh, in shell]	3 lbs.

Method:

To prepare the remoulade combine the mustard, vinegar and the olive oil, whisk together until well blended. Add the parsley, horseradish, pickle, scallions, paprika, cayenne, salt and black pepper. Set aside in fridge until ready to use.

To prepare the shrimp, snip the top part of the shell exposing the vein, devein the shrimp leaving the shell in place. Put the prawns in a large bowl [preferably glass or ceramic] and pour the remoulade mixture over the prawns, allow to rest in the fridge for approximately 1 hour.

When preparing the prawns for the BBQ, preheat the BBQ to moderate temperature, thread the prawns evenly on the 6 skewers. Just prior to placing on the grill rub oil on the grill slats, then place skewers on the grill. Turn once only and do not cook for more than 3 to 4 minutes.

ENJOY.



Active Bodies, Active Minds

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Wendy Hall, Activities Coordinator, SHOAL Assisted Living

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Summer is here and the residents have been busy planting their new planter boxes which look spectacular on the patio. The patio is now an enjoyable place to have a cup of tea and chat with neighbours and friends.

Activities

The “Hawaiian” barbecue lunch was lots of fun with everyone wearing leis and colorful clothing. Thanks to Chef Russ for all his work and to Alden for supplying the “tiny bubbles”.



Residents enjoyed decorating for Canada Day and themed activities.

Armchair Travel to Japan was greatly enjoyed. Illustrated books, souvenirs and photos made the imaginary trip very informative, and no one suffered “jet lag”!

The “Swap & Shop” was a great success. Money donated at the door was used to purchase plants for the patio. This was a great way for residents to clean out rooms and donate items for others to enjoy. Unclaimed items were donated to the Beacon Thrift Store.

Outings

Our bus outing took us to ‘Butterfly Gardens’ which was wonderful. The tropical flowers were so colourful and watching all the butterflies flying around us was very special. We are always grateful to Pacific Companion for providing safe and enjoyable bus trips. We would like to encourage more residents to sign up for our monthly bus trips and enjoy the surrounding areas. Wishing everyone a happy Summer!

We are always grateful for donations of :

- Jigsaw puzzles—large pieces would be ideal—500 pieces or less
- Audio books
- Music books with old classics
- DVDs/videos of musicals/old classics
- Computer desk, bookshelves, plants, simple musical instruments
- Spare time to visit/help with our residents!

Get Involved in the Royal Victoria Marathon to Support BCS Fetal Alcohol Spectrum Disorder (FASD) Programs

The Thirtieth Annual Royal Victoria Marathon on October 11, 2009 will raise funds and awareness about the good work of Beacon Community Services - in particular services available for people and their families living with Fetal Alcohol Spectrum Disorder (FASD).

Offer your time as a Pledge Collector or join us at a Cheering Station where there will be entertainment and community events. For more information or to volunteer, call David Gerry at 250-595-6626.

Did you know that each week here on Vancouver Island a baby is born exposed to alcohol in the womb? Research shows that it costs taxpayers approximately \$2 million of added costs over the lifetime for each person who has FASD. Since the FASD Community Circle began in 2000, we have been providing education to the community and support to people raising family members with FASD. Since April of this year, this precedent setting and vital work is being provided through Beacon Community Services.



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

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Summer's lease hath all too short a date so wrote William Shakespeare. Yes, indeed. Too short by far. I can't help but wish that these August days would move in slow motion - for all of us. How lucky we are to be living on this most beautiful Island!

However, if you are inclined to make notes on your September calendar, please remember that there will be a Monthly Support Meeting for all BCS Visitors and Senior Peer Counsellors on Thursday, September 3rd, 10am-noon in the SHOAL Board Room. Please bring

along any outstanding Reports in order that I can keep our volunteer statistics up to date.

Please Note: All Volunteer Expense Claims (mileage, etc.) must now be submitted to K. Mason on a **monthly** basis. Please, do NOT carry over your expenses from month to month. The Accounting Office has requested monthly submissions from all staff and volunteers – even if the month's claim is very small. Thank you for your cooperation. If you have any questions or concerns about this, please call me.

Have a wonderful month everyone. See you in September!

Welcome New Volunteers!

Mike Bewley – Medical Driver

Albert Sutherland – Thrift Shop

Derek King - Medical Driver

Rose Rudolph - SHOAL Tuck Shop

Maria Girolami - Lay Counsellor

Volunteer Services Fundraiser! Once again Volunteer Services will be selling Entertainment Coupon Books. Please purchase a copy for yourself — they also make great Christmas gifts! Still only \$30.00, these books will soon be available for sale at SHOAL Centre. Get your order in!

Volunteer Profile: Audrey Woodget



Audrey began her work as a volunteer with Beacon Community Services in August 2004 as a Volunteer Medical Driver. Around the same time, Audrey began volunteering at the SHOAL Centre with Sidney Silver

Threads for the Be Well Clinic, monitoring blood pressure and blood glucose. Fortunately for us, Audrey remained to coordinate the Be Well Clinic when BCS moved into SHOAL.

Audrey was born in Kent, England and began her Nursing career in Surrey and Canterbury. In 1957 Audrey moved to Canada and worked in the communities of Sudbury, Sarnia and Thunder Bay, Ontario. Audrey returned to England in 1959 to marry George, who was also a nurse – a less common occupation for men at that time. In 1962 the couple returned to Canada and spent most of the next 36 years

working in Public Health in the Canadian Arctic. Audrey went back to England briefly for the birth of their daughter, Karen, and in 1979 Audrey and her family left Yellowknife to return to England. However, Canada beckoned once again and they returned to work on Vancouver Island, in Port Hardy and Duncan. In 1998 the Woodgets moved back to the Arctic, where they remained for the next 14 years.

In 1998 George had retired and the couple moved to Sidney. Audrey continued working until George's death in 2002. Their daughter Karen, following in her parent's footsteps, became a Nurse and presently lives with her husband Peter, a Radiologist, on Rendezvous Island, BC.

Audrey also volunteers with Mt. Newton Day Care and with the Cook Street Victoria Health Unit. She enjoys singing, walking, gardening, and knitting - and the company of her many good friends. It is very evident to us that Audrey enjoys people. Beacon Community Services is very fortunate to have her working alongside us.

Thank you Audrey for all that you do.



In Memory...

We were saddened to hear of the death of Mary DeSilva-Mello, one of the Brentwood Bay Thrift Shop Volunteers. Our thoughts and prayers are with Mary's family and friends at this time.



Youth Employment Program News

**Joanne Reuben,
YEP Coordinator**

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Summer sprang into action with our students helping out at the Canada Day Kick Off Community Dinner on June 30th. Four student helpers were at Mary Winspear Centre from 3pm onwards to help with everything from assembling the lovely flower centerpieces to serving and clearing. As usual, this was a well attended event. The weather was absolutely perfect for enjoying a summer's eve dinner served up by Sidney By The Sea Rotary Club with a bit of help from generous donations from local businesses.



Marilyn Loveless of Sidney By The Sea Rotary Club, coordinates the creation of the Canada Day Kick-off Dinner's red and white centerpieces.

This year, the dessert was a bowl of frozen ice cream and baked goodies. While we had to play it by ear as to how to serve up a frozen treat on such a warm evening (frozen being the operative word), it all worked. This is where it was especially helpful to have our YEP helpers running back and forth and a 'super fast' scooper working from inside the kitchen behind the scenes!

Thank you to Jeremy, Meg, Danielle and Emily. You did a great job! Also, thank you to YEP Job Coach Volunteer, Luang Duimering for continuing to faithfully pitch in at this and many other annual community events. What a wonderful and supportive community we belong to.



YEP student helpers from left to right are; Jeremy, Meg, Danielle and Emily.

The parade the next day was also a huge success heralding in the coming days of summer. There was an impressive community turnout for both of these events and while it takes a bit of coordination and effort, it really is wonderful to be able to gather together; young, old and everyone in between.

Enjoy the rest of your summer!

Visit Beacon Community Services' New Downtown Victoria Thrift Shop!

Beacon Community Services has partnered with Victoria Cool Aid Society to open a new Thrift Shop located in the heart of Victoria. The address is 715 Pandora Avenue, in between Blanshard and Douglas Streets. Our volunteers and staff did an amazing job setting up this Thrift Shop in just two short weeks to open right after Canada Day on July 2nd.

If you love people and have a few extra hours a month to spare, consider the many rewards of becoming a Beacon Thrift Shop volunteer. Make new friends and gain retail training and experience while making a valuable contribution to the community.

The Shop is open Monday through Saturday, between 9am and 5pm and can be contacted at 250.388.3500. Like our other locations, this shop features affordable and convenient shopping for the entire family! Find clothing, shoes, accessories, household furnishings, books, toys and collectables.

Please think of BCS Thrift Shops when you clean out your closets, cupboards, crawl spaces and garage. Your donations make a difference to thousands of people in need.

Drop by our newest location and say hi to our new volunteers and staff and find a few treasures along the way. And watch for information about a Grand Opening celebration later this summer.

SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday in Auditorium A, 1–2pm. Admission by donation. This program will continue throughout August.

Better Breathers Program, for those with breathing difficulties, is held the 4th Monday of each month in Auditorium B. There is no meeting in August. Next meeting is September 28 at 1:30pm. Call Roberta Ferguson: 250-656-3176.

Family Caregivers' Support Network meets on the 2nd Monday of each month, 10am–noon in the SHOAL Centre Lounge. There will be no meeting in August. The next meeting takes place Monday, September 14. The **Family Caregivers' Network Coffee Break**, normally the 4th Tuesday of the month, will not be held in August. The next meeting will be Tuesday, September 22. These are drop-in sessions at no cost. For more information call 250-384-0408.

Panorama Partners

Panorama Recreation, in partnership with SHOAL Centre, offers the following programs in August. For a schedule of classes and fees, or to register, stop by the SHOAL Centre Reception Desk.



Social Ballroom Dance - Drop-in Practice Sessions

Practice your steps at these Monday evening sessions. An instructor will be there to assist with figures that you are having trouble with. All levels of dancers are welcome, although the assistant will be best able to answer questions relating to Levels 1 and 2.

Dates: Mondays, July 13 - September 14 (*No class Aug 3 or Sept 7*) **Time:** 7-8:15pm

Location: SHOAL Centre **Cost:** \$3.50 drop-in (cash only)

Wellness Park Orientation Session

Sidney's new Community Wellness Park brings the best of the gym to the great outdoors! This introductory session will acquaint you with the park and teach you proper use of the outdoor fitness equipment. All fitness levels are welcome! Registration is required.

Dates: Thursdays, August 6, 20 **Time:** 10:30–11:30am

Location: SHOAL Centre **Cost:** \$6 plus GST per session

Sidney Single Seniors 55+

Open to men and women age 55 and over (plus Caregivers taking care of their loved ones at home, in the hospital or in a Care Home).

Tuesday Morning Walkers: 10am meet inside Beacon Plaza.

Coffee: 10:30am on Tuesday, Thursday and Saturday at Dairy Queen, Sidney.

Bowling: Please remember! Bowling in August on the 2nd and 4th Monday at 3pm, Miracle Lanes.

Darts & Pool: Will start up again in September.

Golf: We are golfing once a month at Henderson Park Par 3 Golf Course - tee off at 1:00pm

Neighbours' Lunch: 11:30am–1pm every Wednesday at St. Andrew's Church. Enjoy homemade soup and friendship.

Group BBQ: August 9th. The phone committee will call everyone.

Next Meeting: There are no meetings during August. Have a great summer! If travelling, take care and have a safe trip. See you at the September meeting on Wednesday, September 23.

For more details, call Kathy at 250-656-5537 ext. 106 or pick up a TideLines newsletter from SHOAL Centre.

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.