

# TideLines

News from SHOAL Centre

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](http://www.beaconcs.ca)

Beacon  
Community  
Services

December 2011

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and receive it in your email inbox each month.

## BOUQUETS

To members of the Peninsula Celebrations Society for helping us “Deck the Halls” for the holiday season.

To the Town of Sidney Parks Staff for delivering and erecting the Christmas tree that stands beautifully in the corner of the Auditorium for all to enjoy at the many events held throughout the Christmas Season.

To the Sidney-By-The-Sea Rotary Club for donating poinsettias that further added to the holiday splendor.

To the Kiwanis Club, the Peninsula Celebrations Society and the Sidney Shutterbugs for all that went into making the annual Breakfast with Santa a success. The seniors love to see the joy on the faces of the little ones as Santa arrives at SHOAL.

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*The Staff,  
Volunteers,  
Members and  
Residents of  
SHOAL Centre  
wish you a  
Merry Christmas  
and a Happy and  
Healthy 2012.*



## Door Prize Winners at the 5<sup>th</sup> Annual Christmas Craft Fair

**Jean Stickings:** Thrifty Foods \$50 Smile Card; **Jo Kennedy:** Safeway \$25 Gift Card

**Brian Hansen:** SHOAL \$50 Gift Invitation for Two to An Evening At The SHOAL

*Thank You* to all those who contributed to the success of this year's event, including the Sidney Single Seniors for organizing the bake sale and poster promotions, all the Volunteers and Members who donated baking, and the Activity Centre Volunteers for their months of preparation and all their hard work the day of the Fair. A very special acknowledgement to the local businesses for supporting our annual Fair through their generous donations.

## Coming Events

### A Christmas Evening At The SHOAL

**Date:** Thursday, December 15 **Time:** Doors open 5:30pm **Cost:** \$25

The Victoria Performing Children's Choir will fill the Centre with the sounds of the season. Please join us for this wonderful festive event with a delicious traditional turkey dinner and all the trimmings (there may even be a visit from Santa!). Wine available by glass during the evening. Tickets go on sale December 1 - purchase early by phone using VISA/MasterCard.

### Volunteer Christmas Lunch

This year's lunch in appreciation of our wonderful Volunteers will be held December 9th.

### New! Chair Massage

Enjoy the healthful benefit of a chair massage. Call Eric at HealthWise Chair Massage, 250-888-3400 to learn about private sessions starting at SHOAL Activity Centre in January. Ask about Holiday Gift Certificates!

**New! Tuck Shop Coffee Card** See details in Notices on page 2.



## ***From the Manager's Desk***

**Judy Wiggins, SHOAL Activity Centre Manager**

Phone: 250-656-5537 ext. 102

E-mail: [jwiggins@beaconcs.ca](mailto:jwiggins@beaconcs.ca)

Ho, Ho, Ho, where did that year go? 2010 has been a very successful year in the growth of programs and services offered at the SHOAL Activity Centre, the Volunteer Services, the Youth Employment Program and the Dining and Catering Services at SHOAL. It has been my pleasure to work with such a dedicated team of staff members; Anna, Kathy, Sarah, Chef Don and the Kitchen Staff and the wonderful Volunteers, Members and Residents at SHOAL Centre and throughout Beacon Community Services. As another year comes to a close I want to take this opportunity to wish you all a Merry Christmas and the very best for good health and happiness in the coming year. Make it your resolution to join us in 2012.

## ***Notices***

### **Christmas Hours**

The SHOAL Activity Centre Reception Office will be closed on Monday, December 26th, Tuesday, December 27th and Monday, January 2nd. The Dining Room will close at 5pm Christmas Eve, December 24th, and at 1pm December 25th after lunch is served, so it will not be open for dinner of Christmas Day, December 25th. The Dining Room reopens for regular service on Boxing Day, December 26th.

### **Bingo**

The last evening of Bingo prior to Christmas will be Tuesday, December 13th. Bingo will resume in the New Year on Tuesday, January 3rd at 6:30pm sharp. We wish you a prosperous New Year.

### **Christmas Gift Ideas**

You can do your Christmas shopping early and conveniently at SHOAL Activity Centre, while contributing to a not-for-profit organization. Some gift ideas for those on your list include: A SHOAL Activity Centre Membership, a Lunch or Dinner Card, a Fitness Class Economy Card, a 2012 Entertainment Coupon Book in support of Beacon Volunteer Services or Gift Tags and Blinkyies in support of our Youth Employment Program. Or why not purchase one of the new Tuck Shop Coffee Cards for a friend!



### **Christmas Shopping at the Thrift Shops**

Are you looking for a unique and reasonably priced gift for someone on your Christmas list? You may find it at one of our six Thrift Shop locations.

### **Last Chance Craft Show**

For the past several years Joyce and Warren Bezusko of Tidewater Inspirations have held the First and Last Chance Craft Shows. The Last Chance Show will be held at Mary Winspear Centre Saturday December 10 (10am-5pm) and Sunday, December 11 (10am-4pm). Every year Joyce and Warren donate a portion of the proceeds to BCS Volunteer Services. Admission is \$3 for a weekend pass – children under 12 are free. The shows are wheelchair accessible and there will be great door prizes. Please support BCS Volunteer Services by attending these beautiful shows. Thank you!

### **Entertainment 2012 Coupon Books**

There are still some Coupon Books left for sale! Sales of these books help to support the many wonderful BCS programs and services our community has come to depend upon – all delivered by volunteers. Books are just \$30.00 (cash or cheque only please). They make great holiday gifts!

### **New! Tuck Shop Coffee Cards**

Commencing January 3, Coffee Cards will be available at the Tuck Shop! Pay \$12.50 for 10 cups and get your 11th cup for free!



## News from the Activity Office

**Anna Hudson, Activities and Rental Coordinator**

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

Happy, happy holidays! December brings such delight, from great food to spending time with family and friends. I want to take this time to wish all the members of our SHOAL Activity Centre family a wonderful Christmas, filled with much laughter and generosity. And as the year comes to a close, I also want to extend appreciation to all those volunteers and members who helped out or participated in events this past year here at the Centre. My heartfelt thank you, and may you enjoy fully the peace and spirit of the season.

### School Musical Concert

**Date:** Tuesday, December 6      **Time:** 1:30pm

**Cost:** Donation at the door (to SHOAL Activity Centre programs)

A tradition here at the Centre, North Saanich Middle School performs its annual December concert, with chorus and band. Everyone welcome.

### Free Demonstration for FallProof

**Date:** Monday, December 12      **Time:** 2:45      **Cost:** Free

Want to know more about this popular course? The FallProof Instructors will be on hand to explain and demonstrate the knowledge and techniques taught in the class. Learning to prevent falls is a very effective way to extend healthy active aging. Call to sign up today.

### Make your own special gifts this year...

If you attended our Craft Fair, you are familiar with all the creative and fun Activity programs at SHOAL. Become a member and create some unique and very personal gifts, from glazed vases and plates, to tumbled stone jewellery, specialized Christmas cards and tags, knitted sweaters, or a myriad of other items. Membership is just \$45 for a year.

### Fitness for the Holidays!

Fitness classes will continue through the holiday season (with the exception of stat holidays). Balanced Strength, Stretch and Strength, and Chair Fit classes all continue at their regular times. Pick up a flyer at the Reception Desk for time and costs. Of course there is Table Tennis to keep your body and mind coordinated, too.



### Win our Christmas Raffle!

Every year we raffle items made by members of our Activity programs. This year we have four beautifully crafted items: Father Christmas created by Ceramics; a hand-woven scarf by Weaving, a free-standing clock by Lapidary, and silver earrings by Silversmithing. Tickets are only \$1 or 5 for \$3 and can be purchased at the Reception Desk, where the items are on display. The draw takes place Friday, December 16. The first name drawn will get first choice of the items. Support the Centre and win something you can enjoy or give as a special gift.

### January Preview

#### Coming to SHOAL - Minds In Motion™

**Date:** Thursdays, January 12, 19 February 2, 9, 16 March 1, 8, 15

**Time:** 1:30-3pm      **Cost:** \$50.40 for 2 people (includes HST)

Minds in Motion™ is designed for people diagnosed with Alzheimer's disease or a related dementia, along with a friend, family member or caregiver. Enjoy light exercise led by a Certified Fitness Instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided.

#### FallProof

**Date:** Mondays & Fridays, January 6, 9, 13, 16, 20, 23, 27, 30.

**Time:** 1:30-2:30pm      **Cost:** \$99 plus HST

Afraid of falling? The FallProof program is designed to teach strategies for improved standing posture, better walking ability, and improved ability to recover from a loss of balance. Taught by two registered FallProof Instructors who offer individual attention in a small group setting.



#### Yoga in a Chair for Seniors

**Date:** Fridays January 13, 20, 27 February 3, 10, 17, 24 March 2

**Time:** 12:30 - 1:30pm      **Cost:** \$90.00 (includes HST)

A popular program, this is a wonderful way to calm, energize, strengthen and relax. Through deep breathing combined with gentle yoga poses, this class will help to increase balance, improve circulation and the immune system, and even helps to lower blood pressure. Instructor Kathleen Fournier, Certified Yoga Instructor, specializes in Chair Yoga.

**Watch for new sessions of Bead-Making, Painting, Calligraphy and Sketching in 2012 .**

## January Preview:

### An Evening At The SHOAL

Date: Thursday, January 26 Time: 5:30pm Cost: \$25

This is our annual 'Rabbie' Burns Day tribute, featuring some new entertainment this year, as well as the traditional features of Haggis and bagpipes. This has been a sold out event in the past so buy tickets early, on sale from January 3 – 23.

### Members' Birthday Party and New Members Meet 'n' Greet

Date: Thursday, December 22 Time: 2pm Cost: Free

**Note date change for this month!**

Happy Birthday to all our members celebrating a birthday in December! Please come celebrate with us, meet other new members and enjoy some seasonal music. Birthday cake and coffee or tea are served.



### Chef's Corner

**Chef Don Bottcher**

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

### Preparing a Turkey

Choose a turkey which allows enough for about 1 pound per person. To thaw a turkey, allow 3-4 hours per pound. Thaw the turkey under refrigeration. Reserve neck and giblets for giblet gravy, discarding the liver. Prepare the gravy while the turkey is cooking.

Season the turkey by rubbing with oil and/or rendered salt pork and a teaspoon of soy sauce. Sprinkle liberally with salt, pepper, onion and garlic powder.

Plan to cook your stuffing separately. Most turkeys are too large for the internal temperature to reach sufficient temperatures to kill bacteria in the stuffing.

Allow 20 minutes per pound for 8 -12 pound bird, then for a 12 -16 pound bird add another 15 minutes to the cooking time. The turkey is cooked when it reaches an internal temperature of 160-170 degrees.

### Turkey Cooking Times (325 degrees F)

4-8 lbs	2-3 hours
8-12 lbs	3-4 hours
12-16 lbs	4-6 hours
16-20 lbs	5-6 hours
20-24 lbs	6-7 hours



### Food Services



### A December Evening At The SHOAL "Christmas Celebration"

#### Seasoned Oven Roast Turkey

Sage and Onion Stuffing, Gravy & Cranberry Sauce



#### Vegetable Casserole



**Creamy Whipped Potatoes**  
with Butter and Fresh Chives



#### Maple Glazed Julienne of Carrot



**Steamed Brussels Sprouts**  
with Toasted Walnut Garnish



#### Winter Greens Salad

with Raspberry Vinaigrette Dressing



**Steamed Plum Pudding with Hot Rum Sauce**



**Dinner Rolls and Christmas Cranberry Punch**

**Tuck Shop Holiday Hours** The Tuck Shop will be closed on the same statutory holiday dates as the Reception Office; December 26th, 27th and January 2nd.

**New! Tuck Shop Coffee Cards** Commencing January 3rd, coffee cards will be available at the Tuck Shop. Pay \$12.50 for 10 and get your 11th cup for free!



## SHOAL Assisted Living

**Deborah Carney,**  
**Manager**  
**SHOAL Assisted Living**

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**Wendy Hall,**  
**Activities Coordinator**  
**SHOAL Assisted Living**  
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December is a favorite time of year. There are all the memories of childhood and Santa and the wonderful smell of hot chocolate and wood fires. It is the season of joy and giving, and we remember the wonderful gift to us all at that very first Christmas. “Joy to the world the Lord has come.” The SHOAL Assisted Living staff wish you a very Merry Christmas and a Happy New Year.

### Music

We started something new in November with Graham McCallum’s “Sunday Concert Hour”. Graham gave a presentation on a classical music video. The video was followed by a discussion. We are very grateful for the Sunday entertainment and hope to continue this once a month. We were also delighted to have Graham on a different day, play his “Show Tunes” on the piano. Residents enjoyed the guitar sing-a-long with Ian Robinson. And Allan Slade from the Conservatory of Music continues his weekly “Music Exploration” classes.

### We are always grateful for donations of:

- Simple Musical Instruments are always welcome
- Do you have spare time? We would love you to assist in our Activities program
- Are you a talented musician? We are looking for volunteers with musical talents, especially piano players

### Activities

Residents can join us for Chair Fit exercise sessions on Monday and Thursday mornings, followed by “Mental Aerobics”. Once a month Residents test their skills at Carpet Bowling, assisted by Jaci, Riley and Payton. They also enjoy our monthly visits with dogs from “PATs”. SHOAL member Birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month which is always a popular event and last month, the Assisted Living Resident’s Discussion and Tea was held on Wed. Nov. 23rd

## Thank You

A big thank you to the residents for their enthusiasm and participation in the activity program throughout the year and to all the wonderful volunteers who have helped with activities. ✨

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**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](http://www.beaconcs.ca).



## Volunteer Services News

**Kathryn Mason, Volunteer Services Coordinator**

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E-mail: kmason@beaconcs.ca

*Maybe Christmas doesn't come from a store.  
Maybe Christmas means a little bit more.*

*... The Grinch*

### Welcome New Volunteers!

Pamela James – SHOAL Assisted Living  
Ronnie Schultz – Thrift Shops  
Meta Altenkirk – Medical Driver  
Linda Clark – Tuck Shop  
Joan Trill – SHOAL Office  
Doreen Dupuis – Sidney Single Seniors 55+

### In Memory ❁

It is with great sadness that we announce the death of three long serving Volunteers. **Tony Clarke** had been volunteering since January 1986. Until recently, Tony spent much of his time repairing and cleaning incoming Thrift Shop goods. **Jane Lindsell** had been a Thrift Shop Volunteer since February 2004 and more recently, had become an Assistant Thrift Shop Manager. **Liz Garlick** had been a Thrift Shop Volunteer since October 2000. We send our sincerest condolences to their families and friends at this time. Each of these Volunteers will be remembered with much fondness.

### Sidney Single Seniors Still Going Strong

Many of you are familiar with the Sidney Single Seniors 55+ group. The group was formed in 2003 and it has operated under the umbrella of the BCS Volunteer Services area ever since. Membership is open to men and women age 55+ who are single, or are caregivers to a spouse/partner at home, in hospital or in a care home. Members meet on a regular basis and offer support to one another, as well as providing a social network.

Initially, the group met at the Hotline Office in Beacon Plaza, but later moved to Wakefield Manor. Since 2007 the group has met at SHOAL Activity Centre.

Until she passed away in March 2011, Ivy Buchanan was the Chairperson. Over the years, Ivy worked with a variety of volunteer executive members – Gillian Else, Bonnie Donaldson, Angie Larkin, Roy Crouse, Carol MacKenzie, Margaret Pahl and Berma Thompson. After Ivy's death, Isabelle Skolrood stepped up to the plate and became interim Chair. Thank you Isabelle! I want to personally thank all these volunteers for their enthusiasm, diligence and loyalty to the SSS 55+ membership.

In October, the SSS 55+ group elected a new executive. I would like to publicly welcome Doreen Dupuis (Chair), Bonnie Donaldson (returning as Vice Chair), Berma Thompson (remains Treasurer) and Marjorie Johnston (Secretary). I very much look forward to working with you as we begin a new chapter. I wish you all Happy Holidays!



### Volunteer Profile: Doreen Dupuis

The Sidney Single Seniors 55+ group has been active in this community for 8 years. Recently a new executive was elected and Doreen Dupuis has stepped into the role of Chairperson. However,

Doreen is no stranger to Beacon Community Services and it seems timely that we profile her as she begins her work with the SSS 55+ group.

Doreen was born in Cudworth, England and grew up with one sister. It's clear from speaking with Doreen that her community work began at a very early age! As a child

she knit clothes for her dolls. By the age of 8, Doreen was knitting squares for a local church group to make into baby blankets and send overseas.

As a young woman in England, Doreen worked in the Insurance industry and with South African missionaries. But Doreen had been struck early with a 'travel bug'. So once married she and her husband made the decision to immigrate to Canada. In 1966, together with their 2 year old son, they sailed the Atlantic. Arriving in Quebec, they boarded a train in Montreal and journeyed across the country. The young family arrived in Edmonton on Canada Day. They moved the following year to a 10 acre orchard in the Kelowna area, where their daughter was born. However, Doreen decided she liked the Albertan winter

*...Continued on page 7*

### **Volunteer Profile, continued from page 6**

months best, and the family returned to Edmonton. She remained there for the next 12 years.

Doreen moved to Vancouver when her children were in their teens and after they had both graduated she spent two years in Los Angeles, where she remarried. But eventually, BC called Doreen home. During her working years Doreen has worked in a variety of fields.

She has been an insurance agent, worked in property management and with an architectural firm, worked for Health Canada and at UBC in their Industry Liaison Office. It was in Vancouver that she opened her own business – *Thee Wedding Library*. City TV's Colleen Christie once aired her show live from the shop. Doreen laughs, "it was my 2 hours of fame". In 2001 Doreen moved to Victoria and began working with the Ministry of Human Resources.

From 2003 to 2006 she was Facilities & Administration Manager for Beacon Community Services. It was then that our paths first crossed.

Doreen has volunteered throughout her life - in schools, churches, and with seniors organizations. She has been an event planner and volunteered for several non profit agencies, including Beacon Community Services.

Doreen loves to travel. As a result she has seen Europe, the Caribbean, many parts of the USA, northern Canada, Mexico and Central America. She is grandmother to 2 wonderful young children. We are delighted to welcome Doreen back to Beacon Community Services as the volunteer Chairperson of the SSS 55+ group. Please say 'hello' when you meet Doreen. She is a very interesting woman, with a lifetime of wonderful stories and experiences to share. Welcome back Doreen!



## **Youth Employment Program News**

**Sarah Cameron, YEP Coordinator**

Phone: 250-656-5537 ext. 118  
E-mail: scameron@beaconcs.ca

The holiday season is upon us! Although we've all been preparing for a while, it can still sneak up on us. It is so hard to believe that an entire year has come and gone and we are gearing up for 2012!

YEP students are eager to start their winter vacation which runs from December 17th-January 2nd. During this time, there will be a number of students available to help with any household chores or projects. Why not hire some extra help this year to minimize the stress that the holidays can bring? Call the YEP Office for more details.

Also, watch for YEP Volunteer Elves helping at the Sidneyland event at the Mary Winspear Centre on December 4th, the Christmas Evening at the SHOAL on December 15th and the SHOAL Resident's Christmas Luncheon on December 21st. Thank you to all of the Youth Employment students who have volunteered their time during the past year. You have helped make so many projects and events wonderful successes!

***Merry Christmas to all!***

## **Looking Ahead to 2012!**

**I encourage all youth to sign up for the following courses and events! For more information, please call the YEP Office.**

### ***Toastmasters Youth Leadership Program***

**Date:** Saturdays, Jan 21-Feb 11 **Time:** 1-3pm **Cost:** Free!

### ***FOODSAFE***

**Date:** Friday, February 17 **Time:** 9am-5pm **Cost:** \$42  
for YEP students

### ***3rd Annual Youth Job Fair***

**Date:** Monday, March 5 **Time:** 11am-2pm **Cost:** Free

All youth and busiennses/organizations are invited to participate. There are a number of volunteer opportunities associated with this event. Contact Sarah to find out how you can get involved!



## SHOAL Wellness Programs

**Be Well Clinic** checks blood pressure and glucose every Monday in Auditorium A, 1 – 2pm. Admission by donation.

**Take the Pressure Down** Blood Pressure Clinics continue. For free clinic locations and heart health information, please visit the website at [www.takethepressuredown.ca](http://www.takethepressuredown.ca).

**Better Breathers Program** for those with breathing difficulties is held the 4th Monday of each month in Auditorium B. Please note there is no December meeting. Next meeting is January 23 at 1:30pm. For information please call Kelly Ablog-Morrant 1-800-665-5864.

**Family Caregivers' Support Group** meets on the 3rd Tuesday of each month, 10am – noon in the SHOAL Activity Centre Lounge. The next Support Group takes place Tuesday, December 20th.

### 12<sup>th</sup> Annual Christmas Day Peninsula Community Dinner

The Christmas Day Peninsula Community Dinner is a Sidney tradition that continues this year at Mary Winspear Centre. The dinner is for people of all ages who would otherwise be alone on Christmas - not only singles, but couples and any new comers to the Peninsula who don't have relatives or whose families are far away.

Caterer Clara Knight will be joined again by Chef John MacKelson, along with more than 30 volunteers to ensure that the event runs smoothly. Dinner with all the trimmings will be served from 11am until 2pm. Extra seating will be provided for those wishing to stay and enjoy the music after dinner to free up the tables for others.

Entertainment will be provided by Sunshine Singers, Dan Rowbotham and the Flying Fish group Without a Net, David and Mary Lowther and others. Santa will be there to add to the merriment and give out gifts.

Register in advance between November 15 and December 20 for the 11am or 12:30pm seatings by calling Wendy at 250-656-7678 during the day. Please give complete details and whether you need a ride.

Special thanks to the three major food contributors: Fairway Market, Safeway and Thrifty Foods. Also to Breadstuffs Bakery in Brentwood for the desserts. Responsible for the success of the event is the Peninsula Christmas Dinner Committee, co-ordinated by Jeannette Hughes and Wendy Warshawski (registration), with Isabel Yoxall (volunteers), Bev Elder (delivery of food), Jim Dunn, and other Lions Club members (providing rides).

**Computer Club Volunteer Attendant Needed!** We are looking for a person who is knowledgeable about computers and has a few hours to spare on Friday afternoons. If you are interested in sharing your knowledge with our Club members, please give us a call at 250-656-5537.

### Sidney Single Seniors

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 a variety of activities such as morning walks, regular coffee get-togethers, bowling, golf (both 9-hole and putting), lunches or dinners out, ferry trips, picnics and barbecues, weather permitting. *Please remember, no perfumes or after shave!*

**Christmas Party:** Waddling Dog on Thursday, Dec. 8, Social - 5 pm, Dinner - 5:30 pm.

There will be no meeting in December. Next Meeting: Wednesday, January 18, 2012 at 2 pm, SHOAL Activity Centre. For more information, please contact Kathryn Mason at 250-656-5537 #106.