

# 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

December 2010

## BOUQUETS

To the Peninsula Celebrations Society for “Decking the Halls” of SHOAL Centre and making it look so beautifully festive for the holiday season.

To the Town of Sidney Parks Staff for the beautiful bunch of poinsettias and the wonderful Christmas tree that stands in the corner of the Auditorium for all to enjoy.

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

To the Kiwanis Club for serving up their annual Breakfast with Santa. It was great to see the mix of children and seniors at this event. Also to the Peninsula Celebrations Society for adding their touch and the Sidney Shutterbugs for taking photos of all the happy (and not-so-happy) children (young and old) on Santa’s knee.

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*Have a very  
Merry Christmas!*

*~ from the Staff, Volunteers,*

*Residents and Members of SHOAL Centre*

## Upcoming Special Events

### Door Prize Winners at the 4th Annual Christmas Craft Fair

Gloria Scholefield: \$50 Thrifty Foods Gift Certificate ✦ Vi Howe: \$45 SHOAL Centre Membership  
Jean Atkinson: \$25 Safeway Gift Basket ✦ Diane Ettles: \$12 Poinsettia, Marigold Nursery

Thank you to all those who helped make this year’s event another wonderful success, including Sidney Single Seniors with baking donations, the members of the Christmas Craft Fair Committee with delivering posters, and the Activity Volunteers with preparations and all their hard work the day of the Fair. A very heartfelt appreciation to the Lapidary, Silversmithing and Faceting group who donated such beautiful jewellery for our fundraising draw and to all those who purchased tickets. Special thanks to the businesses for supporting our annual Fair through their generous donations.

## A Christmas Evening at the SHOAL

**Date:** Thursday, December 16    **Time:** 5:30pm    **Cost:** \$25

Our first Christmas Evening At The SHOAL! In the past we have offered a Christmas Lunch, but this year we are changing the tradition to follow the regular format of our monthly dinners. A superb Christmas buffet with all the trimmings will be served, followed by festive Christmas music with the group “Remember When”, that reminds us of the joyfulness of this special season. Tickets on sale December 1-13.



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

**Judy Wiggins, SHOAL Centre Manager**

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Another year has come, and almost gone. Another Christmas is upon us; and another chance is here for us to wish you a warm and happy holiday season. It's been a very productive year at SHOAL Centre. We have finished the year with approximately 500 active Centre members (at press time); over 150 of them brand new, first time members. How exciting is that! Elf

Anna, in the Activities Department, introduced many new and exciting programs, the Computer Lab re-opened, Chef Russ and the Food Services' Elves served over 35,000 meals, Kathy and all the Volunteer Services' Elves gave thousands of hours of service providing medical drives, counseling, income tax preparation, working in the Thrift Shops and SHOAL Centre, and Youth Employment Elf, Sarah received 178 job requests and coordinated 111 students, including 72 who were new to the program this year.

No wonder the year passed by so quickly. We can look forward to more exciting things coming in 2011. It is my pleasure to work with a dedicated and enthusiastic team of wonderful staff members and volunteers, and I wish each of them and the SHOAL Centre Residents and Members a happy and healthy year ahead.



## ***Notices***

**Christmas Hours** The SHOAL Activity Centre Reception Office will be closed on Monday, December 27th and Tuesday, December 28th in lieu of Christmas Day and Boxing Day; and on Monday, January 3rd in lieu of New Year's Day.

**Christmas Gift Ideas** If you are looking for a special something, for that special someone this Christmas, why not give a gift that keeps on giving, like a SHOAL Centre Membership, a Lunch or Dinner Card, a 2011 Entertainment Coupon Book, or an opportunity to learn a new skill or attend fitness classes. We make your shopping easy.

**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 seven Thrift Shop locations: in Sidney at 9775 3rd St., 9781 3rd St. and 9760 4th St.; in Brentwood Bay at 7105B West Saanich Rd. and 7060 West Saanich Rd., and in Victoria at 2723 Quadra St. and 715 Pandora Ave.

**Bingo** The last evening of Bingo prior to Christmas will be Tuesday, December 14th. Bingo will resume in the New Year on Tuesday, January 4th at 6:30pm sharp. We wish you a prosperous New Year.

**Lost and Found Policy** Valuable items will be held in a safe place at SHOAL Centre for 24 hours and then turned over to the RCMP. All other items will be held for a longer, yet reasonable length of time, then donated to Beacon Community Services Thrift Shops. Please check at the Reception Desk if you believe you have lost an item at the Centre.

**Subscribe to the TideLines by Email** Effective January 2011, to reduce the number of printed copies and the cost of postage, we will no longer be mailing out the TideLines newsletter. Copies will still be available for pick up at various locations within the community, and of course at the Centre. But now you can have the newsletter emailed right to your home. Just go to the SHOAL Centre page of our website at [www.beaconcs.ca/pages/SHOAL.html](http://www.beaconcs.ca/pages/SHOAL.html). Under the heading **TideLines Newsletter**, enter your name and email address and hit the **Subscribe button**. It's that easy!

**"Who Let the Dogs Out, Woof, Woof, Woof"** For the safety of all, dogs brought into the Centre must be leashed and under the control of the handler at all times.

**Your Call is Important to Us** Sometimes, as hard as we try, we cannot decipher a name or phone number left on our telephone voice mail system. Please help us by speaking slowly and clearly when leaving messages for us to return. We wouldn't want to miss you.

**Woodworking Shop** Were you aware that within the SHOAL Centre is a large, well-equipped Woodworking Shop? The Shop is available for use by SHOAL Centre members from 8:30am-4:30pm Monday through Friday. Shop dues are only \$5 per month in addition to your SHOAL Centre annual membership of only \$45. You definitely want to check this out!



## News from the Activity Office

**Anna Cibulak, Activities and Rental Coordinator**

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

Ho Ho Ho! It's our fourth Christmas here at SHOAL Centre. How quickly the seasons have passed and how much we have grown. And as we prepare to go into a brand new year ahead, we will continue to expand what we offer to adults of all ages. I wish all of you who joined SHOAL Centre this past year, all our continuing members, and everyone who used the Centre in 2010, a very Merry Christmas and Happy New Year!

### School Musical Concert

**Date:** Monday, December 13 **Time:** 1:30pm

**Cost:** Donation at the door for SHOAL Centre programs  
Come and enjoy a lively performance by the music students of North Saanich Middle School, playing a variety of Christmas selections and popular favourites.

### Fitness for the Holidays!

Fitness classes will continue throughout the holiday season (with the exception of statutory holiday days) when food, and especially sweets are so very tempting. Stretch and Strength and Chair Fit classes will continue at their regular times. Pick-up a flyer at the Reception Desk for times and cost if you have not attended one of these fun and active drop-ins. First class is free.

### Esperanto Language Group Drop-In

**Date:** Every Thursday **Time:** 1-3pm

**Cost:** Free for SHOAL Members  
Esperanto is the International Language of friendship intended to bridge borders. Want to learn a few important phrases for traveling? Join Volunteer Supervisor, Wally du Temple for the opportunity to learn and practice this interesting language.

### Experienced Knitters Needed

**Date:** Every Friday **Time:** 1-3pm

**Cost:** Free for SHOAL Members  
Looking for something to do this winter? If you enjoy knitting with others over a cup of tea, why not join our Knitting Activity group? All materials are supplied. These women knit a variety of goods, from baby clothing to tea cozies, for sale in our display cabinet. All proceeds go to support many of the activities and programs we offer our members. Knitted donations from the community are also appreciated.

## January 2011 Preview

### Yoga in a Chair for Seniors

**Date:** Fridays, Jan 21, 28, Feb 4, 11, 18, 25, Mar 4, 11 (8 sessions)

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

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 lower blood pressure. Instructor Kathleen Fournier, Certified Yoga Instructor, specializes in Chair Yoga.

### Mixed Media and Collage

**Date:** Fridays, Jan 21, 28, Feb 4, 11 **Time:** 9:30am-12:30pm

**Cost:** \$67.50 SHOAL Members; \$73 Non-Members (includes HST)  
Register early for this popular class by Instructor, Janet Remmer. Explore some of the many techniques that make mixed media so exiting. Includes staining papers and printing your own original designs.

*Watch for new sessions of Genealogy, Clay Works and Calligraphy to begin in February. More bus trips will be added in the New Year as well. Look for details in upcoming issues.*

## Members' Birthday Party and Meet n' Greet

**Date:** Wednesday, December 15 **Time:** 2pm **Cost:** Free

Happy Birthday to all our members celebrating a birthday in December! Please come celebrate with us and enjoy some live music with Michael Preece on piano. Birthday cake and coffee or tea is served.

## An Evening At The SHOAL

**Date:** Thursday, January 27

**Time:** 5:30pm **Cost:** \$25

This is our annual 'Rabbie' Burns Day tribute, featuring the Scottish humour and entertainment of George McDowell and Mary Ross. Haggis and bagpipes highlight the event. This is usually a sold out dinner so buy tickets early.

Tickets on sale from January 3 – 24.



## ***Chef's Korner***

### **Chef Russ Hudson**

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

Well, the Christmas Season is upon us once again. Where has another year gone? The

Food Services Team is warming up and pulling out all the stops for the many Christmas functions ahead, for members, residents and private rental groups.

Can you guess how many pounds of turkey we will be preparing this year? Look for the answer in the January issue.

As most of you are aware, 2010 marks the 100th anniversary of the Canadian Navy, and in keeping with that, we would like to dedicate the evening of the 25th of November as a Tribute to the Canadian Navy.

On behalf of the Food Services Team I wish you and your families a wonderful holiday season and all the best for a healthy and happy 2011.

## **Food Services Staff News**

We are pleased to welcome back to the SHOAL Food Services Team, Cook, Shaun Abbott. Shaun worked at SHOAL in the early part of 2009, and then left us to work up north. We are thrilled to have him back.

We will be seeing Cook, Moe Mimouni around the Kitchen more often now, as he has taken on additional hours. Moe travels from Saltspring Island to work at SHOAL.

**A Call for Tuck Shop Volunteers.** If you can spare one morning or one afternoon per week, we would love to have you help serve coffee, tea and goodies from the Tuck Shop. Please call Kathryn Mason, Volunteer Services Coordinator at 250-656-5537 ext. 106.

## **Tuck Shop Holiday Hours**

Please note that the Tuck Shop will be closed on the same statutory holiday dates as the Reception Office; December 27th, 28th and January 3rd; and from noon to 3pm on Wednesday, December 8th in honour of our Volunteers who be attending the Christmas Appreciation Lunch.

## ***Food Services***

### **December Evening at the SHOAL "Christmas Celebrations"**

★  
Seasoned Oven Roast Turkey  
with Orange and Pine Nut Stuffing  
Pan Gravy and Cranberry Sauce

★  
Brown Sugar Crusted Baked Ham  
with Orange and Raisin Sauce

★  
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  
Christmas Cranberry Punch





## Active Bodies, Active Minds

**Jennifer Wear, Manager SHOAL Assisted Living**

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**Wendy Hall, Activities Coordinator, SHOAL Assisted Living**

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November was a busy month in the Assisted Living area of SHOAL and a time of reminiscing and honouring our Veterans. Now December has arrived and residents are getting in the spirit for Christmas and all the activities that come with the season.

**Music** We were graced with the presence of “The Sunshine Singers”, a wonderful local group who volunteer their time and talents. Skye Mundell was back to play the piano. He is such a talented young man. Ian Robinson came to play his guitar and residents also greatly enjoyed listening and singing with “A Bunch of Thyme”.

Allan Slade from the Conservatory of Music continues his weekly “Music Exploration” classes. Residents are in the process of creating their own CD with songs they have written.

**Activities** “Chocolate” Bingo leads to much laughter as does our Carpet Bowling. Our monthly visits from dogs from “Pats” bring a lot of smiles and are greatly appreciated.

Shoal member Birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month which is always a popular event.

We continue to hold an Ecumenical Service each month with the Rev. Canon Penelope Black officiating.

Twice weekly “Chair exercises” and “Chair Dance” are well attended. The “Yoga in a chair” is very popular. Thank you to Kathleen.

**Outings** Our November bust trip on Pacific Companion bus, was a great success. We were taken on a scenic drive past the pumpkin patch, then a stop to look at the GIANT pigs on Lochside Trail and down to Island View beach. A perfect fall day with blue skies and crystal clear views of Mt. Baker.

**Council Meeting** We had a good turn out at our “Residents Discussion and Tea”. This meeting is held once every three months.

**Educational Seminars** Residents attended a very informative presentation on “Osteoarthritis and Osteoporosis – Common but different”.

**Christmas Hampers** Staff and Residents are welcome to participate in donating to our Christmas Hampers—1 bin is located on each Assisted Living floor—provided by the Sidney Lions Food Bank. We hope to be able to help make the holidays more enjoyable for people who are in need.

**Christmas Luncheon** A traditional Christmas meal will be served to residents and families on Dec 21st at noon. Reservations must be made through Anna by Dec 14th at 11am. Cost for guests is \$14.50. Chef Russ is planning a wonderful Christmas menu.

On behalf of the residents we would like to wish you all a very healthy and happy Christmas season!

**Family members are always welcome to join in activities.**

**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).

**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



## Volunteer Services News

### Kathryn Mason, Volunteer Services Coordinator

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

*Christmas is coming, the geese are getting fat.  
Please put a penny in the old man's hat.  
If you haven't got a penny, a half penny will do.  
If you haven't got a half penny, then God bless you.  
... English rhyme*

When we read these lines, we can't help but be reminded of how very lucky most of us are, as we approach this Holiday Season. Others in our communities are not nearly as fortunate. In the days to come, as we decorate our homes, fill our homes with the aroma of delicious food and exchange gifts with family and friends, I know that we will each take time to share what we have with others. On behalf of Volunteer Services, we extend our warmest wishes to all of you. And, yes, may God bless us, *everyone*.

**Community Connection** Community Connection is a new program offered by Beacon Community Services to eligible residents of the Saanich Peninsula. It is designed for those who need some assistance in connecting with and utilizing a range of community level supports that are a vital link to enjoying living independently. The focus of the program is on providing assistance to those seniors who are living alone or with a dependent spouse and have no other family members nearby who can help out. Referrals can come from VIHA staff, local physicians and members of the community. For more information call Kathryn Mason at 250-580-2237.

### Craft Fair Supports BCS Volunteer Services

For the past many years Joyce Bezusko (Tidewater Inspirations) has held the First Chance and Last Chance Craft Shows at Mary Winspear Centre. Joyce generously donates some of the proceeds to our 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 programs by attending on Dec 10, 11 and 12.



### Volunteer Profile: Maurice Myhre

In February 2009 Maurice became a Volunteer for Beacon Community Services at SHOAL Centre. Maurice enjoys photography and had been taking wonderful photographs of people and events taking place here

at SHOAL, so we decided to make it 'official'. Maurice also volunteers in the SHOAL Computer Lab, assisting with the Computer Club on Friday afternoons.

Maurice and his brother were born into a farming family in Unity, Saskatchewan. Both boys attended a one room school house until Grade 8, then traveled to the nearest town (Luseland) for their High School years. After High School Maurice joined the Royal Bank and after several transfers found himself in Elmira, Ontario and then in the bank's Montreal, Quebec Data Processing area.

In May 1963 Maurice was invited on a 'blind date' with a young English woman who had recently moved to Canada. We can only imagine that the date went very well indeed, as he and Pam were engaged by December and married by the following March! The couple settled in Montreal and welcomed their son in 1974. To have your child attend an

English school in Quebec was problematic, so Maurice and Pam began thinking of a move out of Province. When Maurice was offered a job at Bank of BC in Vancouver in 1979, the family moved West. Maurice became Manager of Planning, Training and Support for the Bank's Data Centre.

In 1993 Maurice and Pam were moved to Victoria and Maurice managed a wide variety of projects in the telecommunications field until 2001 when he started work with Safeway on a part time basis.

In 2002 Pam and Maurice were proud to watch their son graduate with Honours, with degrees in Psychology and Sociology from the University of Victoria.

Maurice retired in 2006 and became a full time caregiver for Pamela, who had suffered a stroke in 2003. Please join us in congratulating Maurice as he was recently honoured as the recipient of the Phyllis Delaney Life After Stroke Award for care giving. He was presented with this Award in Vancouver, on November 20th by the Stroke Recovery Association of BC.

Maurice now spends more time doing the things he enjoys such as photography, restoring old radios and is even working on his amateur radio license. Maurice also works privately as a Computer Coach. Thank you Maurice for all that you do. And, if we see you coming toward us here at SHOAL, we know to smile and say 'cheese'!



## Youth Employment Program News

**Sarah Cameron, YEP Coordinator**

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It seems we start talking about Christmas as soon as Halloween is over, but it doesn't really feel like the holidays until December. Doesn't SHOAL Centre look wonderful with all of the holiday decorations? Come by for a hot cup of coffee at the Tuck Shop and check out the festive foyer!

The holidays, although very enjoyable, can be a very stressful time with all of the events, get-togethers, and dinners that take place. Decorating, shopping, gift wrapping, cleaning and preparing for company, you name it; it all needs to get done. Why not hire a YEP student to give you a hand this holiday season? Call 250-656-5537 for more details.

The fall has been very busy for YEP students with all of the courses that have been offered. Since September 2010, YEP students have had the opportunity to take FOODSAFE, First Aid, the Community Volunteer

Certificate Workshop, the Food and Beverage Service Certificate Course, Resume Writing, Cover Letter Writing and Interview Skills Training. If you missed taking one of these courses this time around, inquire at the YEP office about dates for 2011.

YEP students have also been busy with the **Retail Training Certificate Program**. This is an ongoing training opportunity that teaches students valuable customer service skills, opening and closing procedures, how to use a cash register, create a display and more. All of the skills learned are transferrable to other work environments. Students must complete four days of volunteer work over four consecutive Sundays in a Beacon Community Services Thrift Shop. These volunteer hours can go towards graduation requirements. Pop by the thrift shop while you are doing your Christmas shopping to see the students in action!

Remember that "blinkies" are being sold at the Tuck Shop as a fundraiser for the Youth Employment Program. Come by and pick one up if you get a chance. They are great stocking stuffers and would look great on a holiday sweater!

I hope everyone has a wonderful holiday season filled with yummy food, good company and lots of laughs!

### Welcome New Volunteers!

#### SHOAL Activities:

Keith Roberts

Jean McGaw

#### SHOAL Assisted Living:

Kady Merrett

#### Medical Driver:

Cathy Cragg

Sue Andrews

#### Sidney Single Seniors:

Berma Thompson

#### Thrift Shops:

Shonah Selby

Sheri Filleul

Sue Peters

Gayle Chapman

Jillian Carlson

Cassidy DeMedeiros

Ian Barr

Roberta Boyd

*Merry Christmas and Happy New Year to you all!*

### Volunteer Services Fundraiser! Entertainment Coupon Books 2011

We invite you to drop by SHOAL Centre and look at a sample copy of the 2011 book, displayed at Reception. You will find that purchasing one of these books will provide you with terrific savings. Not only do people buy these books for 'dinners out', but for the coupons entitling them to big savings at the Art Gallery of Victoria, Seattle Victoria Clipper, Victoria Symphony, Belfry Theatre, Imax Theatre, Chemainus Theatre Festival - and much more! The books are still just \$30.00, and we accept cash or cheque. These books make great Christmas gifts! Help support Volunteer Services by purchasing a copy today.

**Condolences:** We were sad to hear that Dennis Meeks had died. Dennis had been a Thrift Shop Volunteer since May 2008. We will miss him and send our condolences to his family and friends at this time.



## **SHOAL Wellness Programs**

**Be Well Clinic** checks blood pressure and glucose every Monday, 1 -2pm. Admission by donation. Note: there will be no Clinics held on December 20th, 27th or January 3rd.

**Better Breathers Program**, for those with breathing difficulties is held on the 4th Monday of each month in Auditorium B. **There will be no meeting in December.** Next meeting is Monday, January 24 at 1:30pm. Call Roberta Ferguson at 250-656-3176.

**Take The Pressure Down** Blood Pressure Clinic is offered weekly until December 17 every Thursday, 10am-1pm at SHOAL Centre, and Fridays, 10am-1pm at the Sidney/North Saanich Library. Drop by to pick up a flyer for times and locations in Brentwood Bay and at Panorama Recreation Centre.

**Family Caregivers' Support Group** meets on the 2nd Monday of each month, 10am-noon in the SHOAL Centre Lounge. The next Support Group takes place Monday, December 13.

## **Christmas Day Peninsula Community Dinner**

The 11<sup>th</sup> Annual Christmas Day Peninsula Community Dinner is a tradition in Sidney that will be held again 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 new comers to the Peninsula, couples who don't have relatives or 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).

## **Sidney Single Seniors 55+** *For more information, please contact Kathryn Mason at 250-656-5537.*

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.

**Attention:** There will be no meeting in December 2010. We wish you a safe and happy Holiday Season!

**Next Meeting:** January 19, 2011 at 2pm, SHOAL Centre. Special Guest: Dr. Sandra Taylor. 2011 membership (\$10 now due.) *Please remember no perfumes or aftershave to be worn to meetings.*

For more information, please contact Kathryn Mason at 250-656-5537 #106.