

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

February 2011

BOUQUETS

Thanks to Helen Chambers for her generous donation of craft supplies to the SHOAL Centre Arts and Crafts groups and the Beacon Community Services Thrift Stores.

Thanks to us for providing free wireless internet access at SHOAL! Enjoy coffee and a muffin at the Tuck Shop while you surf the net!

Thank you to all those who have subscribed to the TideLines on-line! You can too! It's easy and convenient. See page 2 for details.

What's Inside

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



Upcoming Special Events

Hearts of the Community Volunteer Awards 2011

Date: Tuesday, February 15 **Time:** 11am **Cost:** Free

Beacon Community Services and the Peninsula News Review will once again be sponsoring the Hearts of the Community Volunteer Awards. This heartwarming event honours volunteers who contribute so much to the Saanich Peninsula Community. Plan to attend the event, featuring live music, special guests and a complimentary luncheon. Pick up your free ticket at SHOAL Centre today.

A "Magic" Evening At The SHOAL

Date: Thursday, February 24 **Time:** 5:30pm **Cost:** \$25

Come one, come all to see the comedy magic and antics of one of Victoria's top comedy magic acts, Tricky Magic, with Rosco The OK & Jordano The Great! This should be an evening of great fun, and of course, great food from our SHOAL Centre Food Services Team. Check out the menu on page 4. Wine for sale by the glass. Tickets are \$25, on sale February 1-21.

Spring Bus Tour– Mattick's Farm High Tea and Shopping

Date: Wednesday, April 13 **Time:** 11:30am-3pm **Cost:** \$85 (\$76+\$9 HST) each

Share a High Tea plate with a friend at Adrienne's Tea Garden, then explore Mattick's Farm with over 15 stores offering everything from exquisite pottery and crafts to garden ware and BC Wines. Treat yourself from Gramma Fey's Ice Cream Shop (16 varieties!) before boarding the bus back to SHOAL. Deadline for tickets is Wednesday, April 6.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca

February is Heart Month. SHOAL Centre members stay “young at heart” as we participate in activities to keep our hearts healthy and pumping; such as Yoga, Dance, Keep Fit, Stretch and Strength, Chair Fit and Table Tennis. To make sure our hearts stay healthy, we can drop by and have our blood pressure checked each Monday afternoon at the “Be Well Clinic”. As unbelievable as it seems, a year has passed since we welcomed the Olympics to British Columbia. There were so many “heartfelt and heart stopping” moments during that time; not the least of which was the lack of snow! This year the mountains have more snow than anywhere else in the world! We hope to see you all at our “heartwarming” event, Hearts of the Community, on February 15th at the Mary Winspear Centre. Complimentary luncheon included! Pick up your free ticket at our Reception Desk, while quantities last. Finally, we offer a “heartfelt” invitation to all members, volunteers and residents to be our Valentines.



Notices

Hearts of the Community Volunteer Awards and Luncheon

Date: Tuesday, February 15th

Time: 11am-1:30pm

Cost: Free

Location: Mary Winspear Centre

PICK UP YOUR COMPLIMENTARY TICKET TODAY AT THE SHOAL RECEPTION DESK (available while quantities last)

Join Beacon Community Services and the Peninsula News Review for this heartwarming event that honours volunteers who contribute so much to the Saanich Peninsula Community. The event features the awards ceremony, musical performances by the students from Stelly's School and a complimentary luncheon.

Memberships We are off to a great start with lots of membership renewals and new memberships purchased within the month of January. Welcome New Members! We are very pleased that you have chosen to join us and we hope you find lots to enjoy. The cost of the membership remains at \$45, good for one year from the date of purchase. Make this your year to get involved and meet new friends. Bursary memberships are available compliments of the Sidney-By-The-Sea Rotary Club for those who are unable to meet the cost of the membership fee. It's as easy as just asking.

Bingo Held each Tuesday evening, commencing at 6:30pm sharp!

Subscribe to the TideLines by Email 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. 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/SOAL.html. Under the heading **TideLines Newsletter**, enter your name and email address and hit the **Subscribe button**. It's that easy!

New Kiln Fundraiser Clay Works at SHOAL is now underway with both Clay Sculpture classes and a Clay Works drop-in. With so much happening in this Activity Department we are now in need of a new small kiln and hope to raise funds through a number of projects this year, including a Spring Craft Fair in April. If you wish to donate to the “Buy a New Kiln Fund” please contact Anna or Judy. A tax deductible receipt will be issued.

Free Wireless at SHOAL Let SHOAL Activity Centre be your social networking site. We are now a Hot Spot for internet access. Enjoy a cup of coffee and a homemade muffin from the Tuck Shop while you Surf the Net or connect with friends via your favourite social media. This is a value added service for our members and rental groups. Pick up a copy of the 2011 Computer Lab flyer for information on daytime programs being offered in the SHOAL Computer Lab.



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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

Spring in Sidney is one of the prettiest times of the year, and it is almost here! Flowers are beginning to push up through the soil and a new energy is emerging. At SHOAL we are putting our energies towards some of our own 'new' beginnings. We are taking registrations for our next bus tour (see front page), planning a large Spring Craft Fair on April 9 to raise funds for a new kiln, and offering a line-up of interesting courses.

Genealogy

Date: Tuesdays, February 1,8,15 Computer Lab option March 1

Time: 10:30 – 11:30

Cost: \$35 Members (Optional class \$12); \$50 Non Members (Optional class \$17) (includes HST)

Back by popular demand, Michael Kellogg is offering methods to research your family history. Like to learn about what resources are available? Join Michael, Retired Educator and Past President of the Victoria Genealogy Society, for this exciting 3 part classroom introduction to genealogy. A 4th session (optional) will be offered for direct hands on computer research.

Clay Mask Sculpture

Date: Tuesdays, February 22, March 1,8,15,22, 29 **Time:** 1:30-4pm

Cost: \$100 (includes HST) plus supplies \$25

This class will cover basic concepts of clay construction, concept, composition and design by constructing a mask based on Aboriginal design (African & Pacific cultures). Includes discussion of ceremonies that inspire these designs. Instructor Barb Hirano, an accomplished sculptor, potter, and painter, holds a degree in Anthropology and Archaeology specializing in Cultural Art Forms.

Calligraphy - Lettering and Watercolour

Date: Tuesdays, Feb 22, Mar 1, 8,15, 22, 29 **Time:** 9:30am – noon

Cost: \$95 for SHOAL Members; \$115 for Non-Members

New Instructor and Artist Connie Furgason comes to SHOAL Centre offering her professional experience in this unique art form. Sign-up early and discover how to incorporate colour into both the text and backgrounds for a variety of projects.

Colour Plus – Working in Watercolour

Date: Fridays, February 25, March 4,11,18 **Time:** 9:30-12:30pm

Cost: \$ 67.50 Members \$73 Non members (includes HST)

This is your chance to concentrate on colour. Instructor Janet Remmer provides the opportunity to explore colour in more depth by tinting and shading with a limited colour range. Students can gain more control and understanding of how to find the colors they really want while painting. Limited seating so register soon!

March/April Preview Clay Works for Beginners

Date: Thursdays, March 24, 31, April 1, 8, 15, 29

Time: 11am-2pm (includes a half hour for lunch)

Cost: \$67.50 SHOAL members; \$73 Non-Members (includes HST)

If you ever wanted to learn the handbuilding elements of pottery, this is the class for you. Pottery Instructor Amy Smart and Artist Janet Remmer will teach pinch, coil, slab and composite techniques, ensuring that you finish the course with 4 completed pieces. Limited to 8 participants. Materials including clay, firing and glazes can be purchased for \$20 (includes HST).

Our **Spring Craft Fair** is scheduled for April 9 from 10am to 2pm. This fair will allow outside crafters to participate. Cost per table is \$15. Contact acibulak@beaconcs.ca or 656-5537.

French Conversation Course

Date: Tuesdays, March 15, 22, 29, April 5, 12, 19, 26, May3

Time: 10am – noon

Cost: \$90 SHOAL Members \$115 Non-Members (includes HST)

Want to practice French conversation for traveling, work or just for fun? This is an effective and “pain-free” course that includes learning French culture as well as rekindling “la langue de Moliere.” With varied fun exercises and techniques, French tutor Beatrice Van Winden approaches teaching with a joyful and stress free method. Beatrice, who was born in France and completed her studies there, has been providing French instruction for 20 years.

For details about

Members' Birthday Party Meet 'n Greet

and the March

Irish Evening At The SHOAL

see Food Services on the next page...

News from the Activity Office *continued*

Members' Birthday Party and Meet n' Greet

Date: Wednesday, February 16 **Time:** 2pm **Cost:** Free

Happy Birthday to all our members celebrating a February birthday! Please come celebrate with us and enjoy some easy listening music with Michael Preece at the piano. Birthday cake and coffee or tea are served. This is a great time for new members to have a great "taste" of SHOAL Activity Centre.



Chef's Corner

Chef Shaun Abbott

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Greetings, and thank you for the warm welcome to SHOAL Centre. Thank you to the residents for the Christmas treats; they are always well received. I am looking forward to serving you with the Food Service Team in the SHOAL Kitchen and Dining Room. We will continue to bring you the best quality we can, and we hope you enjoy it.

I currently work seasonally in the Yukon, at Dawson City (KLONDIKE), serving cruise ship passengers with Holland America Cruise Lines. I have yet to brave a 40 degree-below winter in the Territory, as I enjoy returning to Sidney as a snowbird. The North has a special calling for me; I just love the adventure of it. My weekends are spent taking my daughter into the gold fields to search for those gold nuggets, and although I haven't found one yet, I know they are out there somewhere. We do always come home with a grayling (fish) or two and lots of sunshine and smiles.

Fact: There are more bears in the Yukon (50,000 population) than people (35,000), but not as many moose, because we eat them. ☺

I am looking forward to meeting you, and learning as many names as possible over the next little while.

Chef Shaun

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.

Food Services

February Evening at the SHOAL Menu **"A Magic Evening at the SHOAL"**

Swiss Chicken with
Wild Mushroom and Dijon Mustard Sauce
Mediterranean Seafood Newburg
Mixed Wild Rice
Roasted Yukon Gold Potatoes
Green and Wax Beans Almandine
Maple Glazed Carrots
Spinach Salad with Balsamic Vinaigrette
Hot Dinner Rolls
Butter
"Disappearing" Chocolate Cherry Cake

March Preview:

An Irish Evening At The SHOAL

Date: Thursday, March 24 **Time:** 5:30pm **Cost:** \$25

Kevin Michael Frye brings his Irish Folk Band PenDragon to SHOAL for a fun-filled St. Patrick's Day tribute. Offering a "wee dram" of good old-fashioned Irish humour and the lilt of Irish tunes, this event will be sure to please. SHOAL Food Services Team offers another delicious menu, and of course wine by the glass is available for purchase. Buy tickets early, on sale March 1 – 21.



Active Bodies, Active Minds

Jennifer Wear, Manager SHOAL Assisted Living

Phone: 250-656-5537 ext. 111

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Wendy Hall, Activities Coordinator, SHOAL Assisted Living

Phone: 250-656-5537 ext. 119

E-mail: whall@beaconcs.ca

The New Year is upon us and January was a busy month! Christmas decorations have come down and now it is time to get ready for St. Valentine's Day.

Music

Ian Robinson came to play his guitar for the residents which is always a fun hour of sing-a-long music.

Allan Slade from the Conservatory of Music continues his weekly "Music Exploration" classes. Residents have created their own CD of original songs which should be available very soon.

A special "thank you" to "Nayla" and "Breela" for a delightful afternoon of Belly Dancing.

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 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.

We would like to thank Glenys for taking over for Wendy and leading the Activity programming while she was on vacation "down under" and a big "thank you" to all the volunteers! We look forward to hearing about Wendy's travels!

Family members are always welcome to join in activities.

Happy Valentine's Day!



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

The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size.

... Gertrude S. Wister

As we settle into 2011, we are reminded once again how the slight lull of activity from mid December to New Years, comes to a screeching halt in January. Just ask the Drive Desk volunteers! Yes, we are up and running again – full speed ahead. **Attention: Medical Drive Clients:** please remember that we really do need one full week's notice in order to fill your drive requests.

We are gearing up for **Tax Season**. All Peninsula residents who have an income of \$25,000 or less if single, and \$35,000 or less as a couple, may apply for free tax filing. No business returns please. We will be accepting tax client applications at SHOAL Centre, from 9 a.m. to 4 p.m., Tuesday, Wednesday and Thursday only, during the months of March and April. For more information, please call our office.

Celebrating Volunteers

We celebrate and recognize Volunteers and the tremendous work that Volunteers do in our communities, each year at the **Hearts of the Community Volunteer Awards** event - held this year on **February 15**. Whether you volunteer for Beacon Community Services or volunteer elsewhere, you each make an enormous difference in our lives. From my Heart to your Heart, thank you. I salute you all.

Welcome New Volunteers!

Medical Drivers:

Lorne Carson
Peter Chance
Don Hacker

SHOAL Tuck Shop:

Hortense Potinho
Leona Norwood

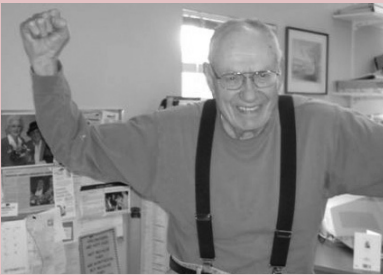
Take the Pressure Down:

Barbara Gilbert
Linda Anaka
Maureen & Laurence
MacNeil
Susan Snyders

In Memory

We are sad to announce that **Jean Simpson**, SHOAL Centre Volunteer, died on December 20. Jean began volunteering with BCS in January 2010. She trained as a Friendly Visitor initially, but soon began to volunteer on Reception instead. What a delightful woman Jean was - and how we will miss her. Our thoughts and prayers are with Jean's family and friends.

Volunteer Profile: Ron Anderson



Ron began volunteering with Beacon Community Services in November 2000. Our Volunteer Services office (Seniors' Hotline) was then located at the Beacon Plaza.

Ron can be found most

Thursday afternoons working at the Drive Desk, where he schedules clients needing drives to their medical appointments with Volunteer Drivers. However, Ron plays bridge three times a week at SHOAL Centre also, so he is a familiar face to many of us at the Centre.

Ron was born in Fort Saskatchewan, Alberta. He has one sister. After graduating from high school, Ron joined the RCMP, where he remained for 4 years, moving from Regina to Ottawa. Ron eventually went on to have a variety of work experiences, including working for a

Yukon mining company and Calgary Power, but it was in education that Ron spent most of his career years, from 1961-1996. Ron attended the University of Alberta and earned degrees in both Education and Science. Ron was married and has 3 children – 2 daughters and a son. Ron's career in education is fascinating. He has taught junior high school in Edmonton and high school in Yellowknife. As well, he took French Emersion classes in Quebec which enabled him to teach French in Kamloops. Ron was the Principal in an Aklavik school for 2 years in Hay River, Northwest Territories. He has even run a music school in Salmon Arm, BC for 5 years. Ron was teaching in Granada when the US invaded. Ask him about that time, if you want to hear an amazing story! Ron retired as a Principal in Czar, Alberta. He then went on to drive a school bus for that school district, for 3 years.

In 2000, Ron moved to Sidney and reconnected with his oldest friend and his wife, and Sidney is where Ron has lived ever since.

Volunteer Profile continued

As well as bridge, Ron enjoys scrabble. We can only imagine that he would be a strong competitor. Anyone up for the challenge? Ron also volunteers at the Sidney Museum on Saturday afternoons, and has done so since 2000. Over the years, many of us in Volunteer Services have enjoyed talking 'movie talk' with Ron, as we critique the latest movies. Ron tells us that he wrote movie reviews for the Wainwright Star Cronicle in earlier years.

Ron has enjoyed much travel throughout the years and has visited Greece and the Mediterranean, Japan (where his son lives), the Caribbean and Cuba. Recently, Ron moved into a SHOAL Centre residence. The commute to those bridge games just got a whole lot easier. Please say 'hello' to Ron when next you see him. He is an interesting man, with very interesting stories.

Thank you Ron for all you do for us.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

Phone: 250-656-5537 ext. 118

E-mail: scameron@beaconcs.ca

The usual hustle and bustle of SHOAL Centre seemed to pick back up immediately on the first day back from the holiday season. This continued throughout January; of course, we all know we can expect the same for February. It can sometimes be difficult to mentally register that it is a New Year, but 2011 is certainly underway!

Many of our YEP students are happy to see the beginning of February as they completed their exam period at the end of January. Although the students were busy studying and preparing for their exams, they were able to find time to volunteer at our Staff Recognition Dinner and the Robbie Burns Night. We appreciate the dedication of our YEP students and are proud to see them demonstrating their time management skills.

The Toastmasters International Youth Leadership Program continues on Saturdays at SHOAL Centre from 1-3pm. The students involved in this program have been able to discuss some very interesting topics, facilitate their own meetings and practice public speaking. Thank you to Judy Barlow for helping to organize this group.

It is important to note that many of the programs and courses offered by YEP are open to the public as well. If you know of a young person who would be interested in participating in some of these great opportunities, please have them contact the YEP Office at 250-656-5537. The following opportunities are still open for registration:

FOODSAFE

Date: Friday, Feb 18 (Pro-D Day)

Time: 9am-5pm

Location: SHOAL Centre

Cost: \$42 for YEP Students

Take this course to receive your FOODSAFE Certification. This will open the door for many employment opportunities. Recertification is encouraged for all people who are currently working in positions that involve the handling of food.

Job Fair Prep Workshop

Date: Saturday, Mar 5

Time: 10am-Noon

Location: SHOAL Centre

Cost: Free

Youth of all ages are encouraged to attend this workshop to get information on what to expect at the Job Fair. There will also be information on resume writing, interview skills, how to approach an employer and more!

2nd Annual Youth Job Fair

Date: Monday, Mar 7 (Pro-D Day)

Time: 10am-2pm

Location: SHOAL Centre

Cost: Free

The first 120 youth to RSVP will receive a free goodie bag upon arrival at the Job Fair! The Job Fair will feature employment, volunteer and educational opportunities for youth of all ages from the community. I encourage all youth to attend to receive information on what is available to you. Also, there is still room for any businesses and organizations who would like to book a free table at the Fair. Book a table today to help support this event and the youth in our community!

Emergency First Aid with CPR-C

Date: Monday, May 9 (Pro-D Day)

Time: 8:30am-4:30pm

Location: SHOAL Centre

Cost: \$58 for YEP Students

This course trains people how to react and improvise when dealing with life threatening emergencies. Price includes a Canadian Red Cross manual and certification valid for 3 years.

SHOAL Wellness Programs

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

Take The Pressure Down is the new name for CHIP Blood Pressure Clinic held 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.

Better Breathers Program, for those with breathing difficulties is held on the 4th Monday of every month in Auditorium B. Next meeting is Monday, February 28 at 1:30pm. Call Roberta Ferguson at 250-656-3176 if you wish to participate.

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, February 14.

Panorama Partners

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



Ballroom Dance for your Wedding (or other Formal Occasion)

Fridays 8:15pm - 9:30pm Feb 25 - Mar 25 5/\$45

Mixed Media

Wednesdays 7pm - 9pm Feb 2 - Feb 23, Mar 23-Apr 13 8/\$120

After the Click - Digital Cameras

Saturday 1pm - 4pm Feb 19 \$59

Computers for the Novice - Level 1

Saturday 9:30am - 12pm Feb 19 - Feb 26 2/\$120

Google Calendar - Organize Your Life To Save

Stress And Money 16 yrs+
Wednesday 6pm - 8pm Feb 23 \$39

Picasa the Next Step

Saturday 1pm - 3:30pm Feb 26 \$49

Tai Chi Chuan and Qigong

Wednesdays 7pm - 8:30 pm Feb 9 - Mar 30 8/\$89

Spring Bus Tour – Mattick's Farm High Tea and Shopping

Date: Wednesday, April 13 **Time:** 11:30am-3pm **Cost:** \$85 (\$76+\$9 HST) each

Share a High Tea plate with a friend at Adrienne's Tea Garden, then explore Mattick's Farm with over 15 stores offering everything from exquisite pottery and crafts to garden ware and BC Wines. Treat yourself from Gramma Fey's Ice Cream shop (16 varieties!) before boarding the bus back to SHOAL. Deadline for tickets is Wednesday, April 6.



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 barbecues.

Next Meeting: Wednesday, February 16, 2011 at 2-4pm, SHOAL Centre. Valentine potluck directly following meeting. *Please remember no perfumes or aftershave to be worn to meetings.*