

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

January 2010

BOUQUETS

To David and Louise Lovett – for donating many wonderful CD's - Radio Comedians and Classic Collections to the SHOAL Assisted Living area.

To the Sidney Branch of the Vancouver Island Regional Library for donating books to our SHOAL Centre Library.

To Member and Knitting Instructor, Jean Limming for donating the wonderful Christmas Village that adorned our Reception Area this holiday season. It was beautiful, as acclaimed by the hundreds of people who enjoyed it.

To Wenda Armstrong, Resident who donated wool scarves she knitted to the Out of the Rain program for teens in Victoria.

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Upcoming Special Events

A Chocolate Afternoon!

Date: Friday, January 22 **Time:** 2-3pm **Cost:** \$2

Nothing is quite as good as chocolate. Come by the Tuck Shop Friday, January 22, 2 - 3pm for a cup of hot chocolate and a delicious Chef Russ brownie for \$2.00. See you there!

An Evening At The SHOAL - "Rabbie" Burns Day

Date: Thursday, January 28 **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. Ticket sales begin Monday, January 4th and end Monday, January 18th.

January Concert by Via Choralis

Date: Sunday, January 31 **Time:** 2pm **Cost:** \$5 at the door

Chase those winter blues away with music by Victoria's Via Choralis. This is an impressive 40-voice community choir that performs a wide repertoire ranging from medieval chant to contemporary works. Artistic Director is Nicholas Fairbank.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca

How can it be 2010 already? Wasn't it just the year 2000? As I am writing this it is snowing outside, and we are looking forward to another busy December day at SHOAL Centre. And what a busy December it was, with so many folks hustling and bustling about the place enjoying the many holiday activities. Now it's time to get back to regular business. I have decided not to set any resolutions this year, and then there will be no chance of breaking them. I am planning on spending a lot of time at SHOAL Centre though, and I hope you will too. Why not add that to your list of resolutions? A SHOAL Centre membership will open up a world of opportunities for you in twenty-ten. Or is it two thousand and ten?



Notices


New Membership Cards

To help us better track the SHOAL Centre memberships, commencing in 2010, the membership cards will be coloured, and the colour will change each year after that. When your membership expires in 2010 you will be issued a blue membership card. We currently have over 500 members, and our goal for 2010 is to reach 650. Why not put a SHOAL Centre membership on your list of resolutions. If you have had one in the past, it might be a good time to renew it.

BINGO

Bingo will resume on Tuesday, January 5th at 6:30pm sharp! Why not try your luck. Perhaps you could use some help paying off those Christmas bills?

Computer Lab Upgrade

The Computer Lab has been closed for upgrading; a project undertaken in a partnership between SHOAL Centre and Panorama Recreation Centre, with funding assistance from the Federal New Horizons for Seniors Program . The Lab will re-open in the New Year with exciting daytime courses and drop-in opportunities for SHOAL Centre members, and evening and weekend programs for community members. If you are interested in becoming a member of the SHOAL Centre Computer Club, please contact Judy at 250-656-5537.

Volunteer Driver Needed from Prospect Lake to Brentwood House

If you would be able to pick up a volunteer every Saturday, from her home near Prospect Lake, and drive her to Brentwood House for 10:30 am, please call Pat Ponsford at 250-652-0635. This volunteer would like to be able to continue to entertain Brentwood House residents with her piano playing. This would be a 1-way drive only as the volunteer has a ride home.

Nominate an Outstanding Volunteer for a Hearts of the Community Volunteer Award!

Beacon Community Services and the Peninsula News Review will once again be sponsoring the Hearts of the Community Volunteer Awards at Mary Winspear Centre this February. This heartwarming event honours volunteers who contribute so much to the Saanich Peninsula Community. Fill out the enclosed nomination form and plan to attend the ceremony on February 17th, featuring live music, special guests and a complimentary luncheon. Watch for more information in the Tidelines and the Peninsula News Review.



Springboard to Success

Springboard to Success is an employment program for the Peninsula and Gulf Islands run by Beacon Community Services. This ten-week paid program offers life skill and job skill training for youth ages 15 to 30. Springboard is a great program for youth who are struggling because they are unemployed and out of school. The next Springboard group starts on January 18th and we are actively recruiting participants. For more information about this program please call (250)655-5303. The Government of Canada has contributed to this initiative.



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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

It's hard to believe another new year is starting. While winter is still with us, it's a good time to think of indoor activities, from fitness classes to creative projects. Drop by and pick-up one of our flyers at the Reception Desk to see what's new and ongoing at SHOAL Centre.

Strong Seniors!

Date: Mondays and Fridays - Drop In

Time: 9-10am **Cost:** \$3.50 Members/\$4.50 Non-Members

Our drop-in exercise classes have become so popular, we are now offering one for early morning folks. Taught by a certified Panorama Recreation Fitness Instructor, this is a mild to moderate low impact cardio class with a strength component using a variety of equipment such as hand weights, resistance tubing and balls. Balance, coordination and functional strength will all be emphasized, followed by a stretch.

Knitting - Novice Level 2

Date: Thursdays, January 14, 21, 28 February 4, 11, 18 Registration req'd

Time: 1:30 - 3:30 pm **Cost:** \$35 Members/\$45 Non-Members

Jean Limming provides a wonderful learning environment for this 6 week course covering such skills as ribbing, cables, lace, several types of increases and decreases, short rowing, picking up stitches and more. Supply list available at Activities Office.

Calligraphy - Elegant Italic

Date: Tuesdays, January 19, 26; February 9, 16, 23; March 2, 9, 16

Time: 9:30-noon **Cost:** \$96.00 Registration Required

In this eight week session, you will learn the beautiful Italic style with elleptical shaped bowls and long elegant ascenders and descenders. Some of the projects include a soft cover handmade book, greeting cards, dinner menu and place cards, and designing an invitation.

Mixed Media and Collage

Date: Fridays, January 29; February 5, 12, 19 Registration Required

Time: 9:30am - 12:30 pm **Cost:** \$60 Members /\$65 Non-Members

Landscapes in the style of THE GROUP OF SEVEN will be the focus of this four week session as participants learn to work with fancy papers and bright colours. Come with an open mind and explore many techniques using paper and paint. No previous experience necessary.

FEBRUARY PREVIEW...

Fabric Arts – Creative Fibre Arts One Day Workshop

Date: Saturday, February 6

Time: 10am- 4pm

Cost: \$85.00 Members/\$95 for Non-Members

This is a Play Day to experiment with surface design techniques on fabric. In this class you will experiment with painting and stamping with paints and ink, transferring images to fabric and fusible web appliqués. All supplies are included – just come for a day of fun. Ignite your Inner Artist!

Tai Chi Chuan and Qigong

Date: Mondays, 2 sessions: Feb. 8 - Mar. 29 and Apr. 12 – May 17

Time: 11:30 – 12:30

Cost: 8 classes for \$85

Learn the basic of Yang style Tai Chi Chuan and experience the relaxation that will help you to maintain your mind and body harmony. The movements you will learn have application for health, balance and strength, and relate to other spiritual and internal style martial arts.

Age on Wheels Drama Production

Date: Thursday, February 18

Time: 1:30

Cost: By Donation

Watch for more details in the February issue!

Members' Birthday Party and Meet n' Greet

Date: Wednesday, January 20

Time: 2pm

Cost: Free

Happy Birthday to all our members celebrating a January birthday! Come celebrate with us and enjoy some easy listening music with Michael Preece at the piano. Birthday cake and coffee or tea will be served.

An Evening At The SHOAL - "Frankly Yours"

Date: Thursday, February 25

Cost: \$23

Time: Doors open 5:30pm

A special evening of food and entertainment that will pay tribute to the music of Frank Sinatra. George Ellenton, performer and director, will present "Frankly Yours" featuring the best songs of the Sinatra era. This is sure to be popular, so get tickets early. Ticket sales begin Monday, February 1st and end Monday, February 22nd.





Chef's Korner

Chef Russ Hudson

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

We're shaking it up a little for the New Year. Instead of a recipe this month, find information here about our 'Name the SHOAL Dining Room' contest, our tempting Chocolate Afternoon and the CHIP program - a new way to stay heart healthy in 2010.

Don't Miss Our Chocolate Afternoon!

Nothing is quite as good as chocolate. Come by the Tuck Shop Friday, January 22, 2 - 3pm for a cup of hot chocolate and a delicious Chef Russ brownie for \$2.00. See you there!

Name the SHOAL Dining Room Contest

We are looking for a name for the Dining Room. Do you have a suggestion?

If your suggestion is chosen by our team of judges you will win two tickets to an upcoming Evening at the SHOAL of your choice.

- 1 Think of a great name that describes our SHOAL Centre Dining Room.
- 2 Fill out the entry form below, or pick one up at the SHOAL Reception Office.
- 3 Drop your completed suggestion form in the contest box at the SHOAL Reception Office.

The Contest ends January 31st and the Winner will be announced in the March Tidelines.

We appreciate all suggestions. Good Luck!

Name the SHOAL Dining Room Contest

Name: _____

Phone: _____

Dining Room Name Suggestion:



The Saanich Peninsula has been chosen as the pilot site in BC for a new program providing hypertension monitoring. This program is a joint initiative of Beacon Community Services, the Heart and Stroke Foundation of BC & Yukon and the Vancouver Island Health Authority (VIHA). The goal is to implement a peer health educator program for cardiovascular health awareness, including blood pressure monitoring.

CHIP is available, free of charge, to all those over 40 years of age in the community. From January to June, 2010, community residents can attend sessions for blood pressure monitoring and heart and stroke risk assessment. The clinics will be held once a week in each of Brentwood Bay, Saanichton and Sidney. Watch for clinic times and locations in the New Year.

Trained volunteers will help participants to measure their blood pressure using a portable, automated device. Educational materials and information about community resources will also be available.

Become a CHIP Volunteer!

Training sessions will be held during the first two weeks of January. Volunteering for CHIP is a short term commitment of three hours every two weeks from January to June 2010. Volunteering with this initiative will be an interesting and rewarding experience!

CHIP Contacts:

Caroline Macey-Brown
CHIP Coordinator
250.661.8792

Kathy Mason
SHOAL Volunteer
Services
250.656.5537

Tuck Shop Now Open Friday Afternoons!

Now you can enjoy coffee, tea and homemade goodies on Friday afternoons as the Tuck Shop hours have been extended to 3pm on Fridays!

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 is open from 9am-3pm, Monday through Friday, and Saturday from 10am-noon.

Meal Cards for Smaller Meal Portions Now Available

Small Portion Meal Cards are now available for those who prefer a smaller meal portion. Small portion lunches are \$5 (regular \$8) and small portion dinners are \$8 (regular \$12).



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

Residents enjoyed the many activities leading up to Christmas.

The Christmas tree was beautifully decorated with lots of ideas as to where the ornaments should be placed. Truly a team effort!

Activities and Outings

Our special outing was “Afternoon Tea at Government House”. Residents from Assisted Living as well as Independent Living enjoyed a wonderful afternoon. Government House was adorned for Christmas with many trees decorated by local school children. Louise Rose and 4 members of her choir entertained us with seasonal music. Lieutenant Governor, Steven L. Point introduced himself to many of the residents and was delighted so many seniors could share their time with him. We felt very honoured to be invited.

Residents also greatly enjoyed their outing on “Pacific Companion” bus on the “Christmas Lights Tour”.

It was a month of music! Students from Stelly’s Secondary school entertained us with an afternoon of music. They are such a talented group of musicians and singers. We also enjoyed beautiful Christmas songs from the North Saanich Middle School Choir and an evening of Carollers. Alan from the Victoria Conservatory of Music continued his popular program of Music Exploration. Our monthly feature entertainer for December was Michael Majocha on guitar, playing Christmas favourites. Thank you all for making the season merry for the residents.

Thank you to Chef Russ and his team for a wonderful Christmas Eve lunch for residents and their families.

Our Dietician, Cynthia Tandy was here to talk about “Keeping our Immune Systems Healthy” and will continue her monthly informative discussions.

Join Us!

SHOAL member birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month. This is always a popular event.

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

We would like to thank all the residents for a great year and feel honoured to be working with such a good humoured and active group. The kindness you show to us and to each other is very much appreciated. We would like to encourage all residents to join in the many activities offered and we are always open to suggestions. Jennifer and I would like to wish you all a happy and healthy New Year.

We are always grateful for donations of :

- Bookshelves, simple musical instruments, bongo drums, small table top shuffle board
- Spare time to visit and help with our residents, especially with piano playing for sing-a-longs



Happy New Year



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

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

*Resolve to renew all your old resolves,
And add a few that are new.
Resolve to keep them as long as you can,
What more can a poor soul do.*

Happy New Year everyone! A brand new year lies ahead. As the Holiday Season comes to an end, the pace might slow for some – but it is unlikely that things will ever be ‘slow’ at SHOAL Centre. All Volunteer programs and services will continue to hum along (whirr along?!), thanks to the dedication and generosity of our volunteers.

Welcome New Volunteers!

Thrift Shops

Muna Ali, Maria Mortimer, Liz Baxter, John Kortuem, Carole Prouse

Medical Driver

Philip Wright

SHOAL Activities

Rebekha Drew, Steve Wildes

SHOAL Tuck Shop

Marie Rott

Be Well Clinic

June McCurdy

Volunteer Visiting Training: Become a Friendly Visitor

Attend this FREE six-session **Active Listening** course facilitated by Jean Atkinson.

Monday, Feb. 8 & Wednesday, Feb. 10

Monday, Feb. 15 & Wednesday, Feb. 17

Monday, Feb. 22 & Wednesday, Feb. 24

The course runs from 1:30 – 3:30 each time at SHOAL Centre. For more information, call Kathryn Mason at 250-656-5537.

The Christmas Volunteer Lunch on December 9th was a huge success. Chef Russ and the SHOAL Kitchen Team did us proud. Yum, Yum!! This is such a fun event for us all.

Before we know it though, we will be hard at work with the Community Volunteer Income Tax Program. But fair warning, this year the Tax Program will run a little differently. We will use a ‘scheduled’ client drop-in this year. We are no longer able to work with a completely open drop-in program. So please stay tuned for details.

Another friendly reminder to all those volunteers who hand in mileage and/or expense claim forms. Our Accounting Department wants to see only one month’s claims per form – each and every month. The vast majority of you are doing such a terrific job – and I thank you.

Important Notice: Disability Parking Placards

As many of you know, the Volunteer Services Office of Beacon Community Services has been processing Disability Parking Placards (a Victoria Disability Resource Centre program) as a public service since September 1996. The cost of these placards has changed over the years, but always at the direction of the VDRC Office. Currently the Disability Parking Placards cost \$18.00.

In 1996 we processed 28 permits between September and December. In 2008 our office processed 517 permits. In 2009 we are averaging 50 Disability Parking Placards per month. Processing these permits locally for Peninsula residents is a wonderful service that we will continue to offer. However, the office time needed to process each permit has increased significantly. As a result, beginning January 2010 the cost of processing these Disability Parking Placards will increase to \$20.00. We believe the extra \$2.00 ‘administration fee’ is fair. Naturally, anyone who wishes to travel to the VDRC office where the permits will be sold for \$18.00 or \$20.00 if processed by mail, may continue to do so. Thank you.

The generosity of our volunteers – their willingness to make a contribution – plays a vital role in improving 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.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

Phone: 250-656-5537 ext. 118

E-mail: jreuben@beaconcs.ca

Happy New Year everybody! It is hard to believe that Christmas and 2009 have come and gone already. I hope everyone had a wonderful holiday season filled with yummy food and good company.

Our Youth Employment Program students are enjoying a two week break from school, but will be back in the classroom by January 4th. This break gave students some free time to help with job requests in the community. Thank you to those students who accepted jobs outside in the cold weather. We encourage community members to continue to use YEP services as our students are eager to do all kinds of work (and willing to brave the cold!). In anticipation of a heavy snowfall, we have compiled a list of students who are willing to be contacted for snow removal. Call YEP to have your driveway, sidewalk or walkway cleared.

We also had our YEP students volunteer their time on December 24th to help set up for Christmas Dinner at the Mary Winspear Centre. Thank you!

Tuck and Trivia started up again and will continue to be offered on Saturdays from 10:30-11:30. Come and check it out when you grab your morning coffee or on your way to the Dining Room for lunch. Suggestions are welcome for trivia themes you would like to see.

It is looking like January will be a busy month. We have a number of students already signed up to get their Retail Training Certificate through the Beacon Community Thrift Stores. This is a valuable program that helps give students first time work experience in a retail environment. Thank you to our job coaches at the Thrift Stores who teach our students these useful skills.

A preview of February shows that YEP students will have an opportunity to get their FOODSAFE certificate, and to volunteer at the 2010 Annual Hearts of the Community Volunteer Awards event scheduled for February 17th. If you know of any youth in the area who need this certification, refer them to the YEP office.

Here's to a happy and healthy 2010 for everyone!



Volunteer Profile: Des Venables

How does one begin a profile about a man like Des? What a guy! When Des walks into your life, you'll not forget him. Des is one funny man.

Let's get that right out of the

way. We met Des several years ago, when he drove for our Volunteer Medical Drive Program. In July 2007, our paths crossed once again when the Volunteer Centre moved into SHOAL Centre. Des volunteers at SHOAL, by assisting us in the billiards and card room. (It's hard work, but somebody's gotta do it...)

Des was born and raised in New Westminster, to English born parents. In younger years, Des enjoyed soccer, baseball and basketball. After finishing High School, Des joined the Canadian Air Force in 1941. He was sent to Toronto to do basic training and remembers clearly when the news came over the public loud speaker that Pearl Harbour had been bombed. He moved on to St. Thomas for 12 weeks of technical training, and then to Dunville, Ontario for his 'service flying'. After the war, Des worked

on tug boats up along the coast and as a deck hand working with logging booms.

Later on, Des worked in logging camps, first 'setting chokers' and then as a 'bull cook', lighting stoves in all the huts, very early in the morning, so when the men awoke they would be warm. It was hard, dangerous work but Des remembers that the camp cooks made sure the meals were delicious. He told me that there was a rule when they ate: No Talking - so all you heard was 'the clashing of knives and forks'.

When Des left the camps he began work at Swift Meat Packers, where Betty worked in the office. Their first date was spent skiing. That must have gone very well, because they were married in 1946. Des joined the New Westminster Police Force in 1952 and stayed for 10 years. Another hard job, for sure. Des has also worked with Nelsons Laundry and the Delta School Board. Betty and Des have 2 children and their son and daughter have given them 2 grandchildren and 3 great grandchildren.

Please stop and say Hello to Des, when you see him next. You can be very sure of two things – a big smile and a joke! Thanks Des, for all the work that you do around here, and for all the laughs you give us. You're the tops!

SHOAL Wellness Programs

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

Better Breathers Program for those with breathing difficulties is held the 4th Monday of each month in Auditorium B. Next meeting is Monday, January 25 at 1:30pm. Call Roberta Ferguson: 250-656-3176 if you wish to participate.

Family Caregivers' Support Network meets on the 2nd Monday of each month, 10am–noon in the SHOAL Centre Lounge. The next Support Group takes place Monday, January 12.

Family Caregivers' Network Coffee Break is held on the 4th Tuesday of each month. Next Coffee Break is January 26. Both meetings are free of charge. For more information call 250-384-0408.

Panorama Partners

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



Arts, Dance & Culture

Digital Scrapbooking
Sing in Spanish
Spanish for Beginners and Spanish Level 2
Social Ballroom Dance (Level 1 & 2)
Latin & Ballroom Line Dances

Health

Power Yoga
Strong Seniors
Qigong
Chair Fit
Yoga Fitness Blast
Stretch and Strength

Computers

Computers Don't Byte
Organize Photos with Picasa

General

Bridge Doubles
Bridge: Improving your
Judgement Opening the Bid

Sidney Single Seniors 55+

Open to men and women age 55 and over. You must be single to belong to this group, however the group is open to Caregivers of loved ones who are at home, in hospital or in a care home.

Tuesday Morning Walkers: 10am meet inside Beacon Plaza.

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

Bowling: 2nd and 4th Monday at 3pm, Miracle Lanes in Sidney.

Darts & Pool: 1st and 3rd Tuesday of each month at the Army, Navy, Airforce Vet's in Sidney, starting at 1pm.

Neighbours' Lunch: Soup and rolls 11:30am–1pm every Wednesday at St. Andrew's Church on Fourth St. in Sidney.

Next Meeting: Wednesday, February 17 at 1:45pm at SHOAL Centre. Valentine Theme.

Anyone interested in the group, please stop by for coffee with us at the Dairy Queen in Sidney or phone Kathy at 250-656-5537 ext. 106.

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.