

# TideLines

Beacon  
Community  
Services

## News from SHOAL Centre

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

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### BOUQUETS

Many thanks to **Eileen Suomi** for her generous donation to our Weaving Activity Department. We hope to have an instructional weaving course in place by the fall of 2010.

We wish to extend our appreciation to **Susan Phillips Metzger** for her kind donation of a coat rack to SHOAL Centre. It will be particularly handy during our well attended special events!

**John Imhoff**, another very busy BCS Volunteer, recently provided a very useful metal shelving unit to help organize stock in our Tuck Shop.



### Upcoming Special Events

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

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

Come and celebrate your July birthday this month, with birthday cake and coffee /tea in the Dining Room at SHOAL. We will have Michael Preece back with his beautiful piano melodies to entertain you. This is an hour for new members to also meet other SHOAL members. Join the SHOAL community for only \$45.00 per year.

#### Evening At The SHOAL September Preview

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

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

#### BCAA Mature Drivers Workshop

**Date:** Friday, July 24 **Time:** 1:30 - 3:30 pm **Cost:** Free for SHOAL Centre members / \$2.75 for non-members (at the door)

The BCAA Traffic Safety Foundation, with support from the Vancouver Foundation, has developed the Living Well, Driving Well Workshop. Learn how you can continue to drive safely by attending this workshop that can help you identify areas that may need changing. Registration is limited to 24 participants. Registration is required in advance by calling 250-656-5537.

### What's Inside

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



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

**Judy Wiggins, SHOAL Centre Manager**

Phone: 250-656-5537 ext. 102

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

Summertime and the living is easy at SHOAL Centre. By now we will be enjoying life outdoors on the Patio, complete with new furnishings, hanging baskets, planter boxes and barbecues prepared by the Chef. This project has been possible due to the efforts of so many, and I wish to thank all the folks who have worked together, with the SHOAL Centre staff, to contribute to the Patio Upgrade: The Assisted Living Residents; Guy, the Gardener; Volunteers TJ and Barb; The Independent Living Residents' Strata, the Sidney Branch of the Royal Bank, the Sidney Parks Department, and Kamma at Slegg Lumber. Residents and members will derive many hours of enjoyment as a result of all your efforts.



We are pleased to give a warm, SHOAL Centre welcome to Summer Student, Alden Lenz. We are looking forward to working with Alden and hope that he will enjoy his summer experience with us.

I will be away on vacation from July 6th through 17th getting some rest and relaxation in preparation for a busy fall at SHOAL Centre, with lots of new and exciting program opportunities coming your way.



## ***Notices***

### **Parking In Restricted Spaces**

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

### **SHOAL Library Books**

We are in the process of sorting through the books in the Lounge on the second floor, and recycling those that are no longer useful. We would welcome the donation of new or used books to add to our Library. If you are interested in helping us keep the Library books in order, and could volunteer for a hour or so once per month, we would love to hear from you. Please call Judy at 250-656-5537. Thank you.

### **Bingo Wind-Up**

The last evening of Bingo for this session was held on Tuesday, June 30th. There will be no Tuesday evening Bingo during the months of July and August. The Bingo will resume on Tuesday, September 8th.

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

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

### **Patio Dining**

Please feel free to enjoy meals or refreshments on the Patio; however we regret that we cannot provide service outside, so we ask for your cooperation in returning your dishes to the Dining Room or Tuck Shop. Thank you.

### **Jewelry Boxes Needed**

The Lapidary/Silversmithing Club is looking for small boxes, lined or not, for displaying jewelry items. If you can help, it would be greatly appreciated.

### **Canada Day Hours**

The SHOAL Centre Reception Office will be closed on the statutory holiday, Wednesday, July 1st. Happy Canada Day!



## News from the Activity Office

**Anna Cibulak, Activities and Rental Coordinator**

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

Are you on holidays yet? If not you might want to drop by SHOAL Centre and pay us a visit. While a number of our Activities are on hold until September, there are still plenty of things to do, from attending the Members' Monthly Birthday Party to taking in a Chair Fit Class or enjoying a game of Bridge.

We are planning a great fall line-up with some new and exciting activities, such as a Calligraphy course, Quilting classes, and a new session of Beading. Keep a lookout for the next issues of Tidelines and see what we have to offer.

### Summer Scheduling

Please come by and pick-up a Summer Schedule since it has been updated to reflect the activities and programs taking a break in July and August. Some of these include Table Tennis, Serenaders, Oil Painting, Poker, Beading, Crafts, Knitting, and Mah Jongg.

Activity departments that will be open during the summer include Ceramics, Porcelain Painters, Painting Drop-In, Lapidary, Silversmithing, Faceting and Woodcarving. The Woodworking Room is also available all year long.

### Tuck Shop News

You can't miss the Tuck Shop now! We have a great new permanent sign to advertise prices and our daily fare, and its bright yellow colour adds a nice touch to our lobby area. Also, a big heartfelt thank you to all our afternoon Tuck Shop volunteers who are taking a well deserved break over the summer, and plan to return to afternoon duties in September.

Saturday Tuck n' Trivia is closed for the summer since Joanne Reuben, our Saturday staff member, will be out and about supervising her YEP students. We look forward to having this fun event start up again in September.

**Shirley Lewis**, who has been our Tuck Shop Volunteer on Friday afternoons for almost as long as the Tuck Shop has been open, will not be returning to the Tuck Shop. Instead, she will put her considerable energies into her volunteer commitment at the Drive Desk which she does Friday mornings. Shirley also volunteers at the Thrift Shop. Her gentle smile will be missed at the Tuck Shop window.

### Fitness Classes

Many people will be keeping fit over the summer months with outdoor activities. However, if you still want to participate in some indoor classes, our Chair Fit will continue Tuesday and Thursday, 10:30 to 11:30am. This is a very popular form of exercise, and particularly helpful if you have any challenges with balance or standing.

Our Stretch and Strength classes, Monday, Wednesday and Friday from 10 to 11am, will also carry on all summer if we continue to reach our minimum attendance.

## Fond Farewells

**Elizabeth Farrer** of our Bell Ringers Activities Department has resigned her position as leader of the Silver "T" Bell Ringers after some 16 years of devotion to this very unique and skilled form of music. Elizabeth, along with her daughter Sharon, have given years of service to the playing, upkeep and maintenance of these Schulmerich handbells and equipment. While these two women are irreplaceable, SHOAL Centre is presently looking for a musician experienced in handbell ringing to take over the group. Our deepest appreciation and gratitude to Elizabeth and Sharon. You will be missed.



**Kate Tillson**, long time Activity Leader of our Ceramics Department, has decided to step down, handing leadership over to Amy Smart, a strong presence in the ceramics area. SHOAL staff wishes to acknowledge Kate for her years of dedication to her craft, both with Beacon Community Services at SHOAL Centre, and prior to that, the Silver Threads organization. Kate will continue to lend her talents and creative spirit to Ceramics, and we look forward to seeing her at the Centre for many years to come.



## Chef's Korner

### Chef Russ Hudson

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Ahhh, the warm days of summer are upon us once again in beautiful Sidney By The Sea, and this month's recipe is perfect for this time of year. As BBQ season is upon us, and papayas are plentiful, this recipe, like many other types of chutney, is a perfect compliment to meat and fish alike; this one specifically suits salmon, pork and chicken. So, let's get started!

**NEXT MONTH:** We will be featuring another GREAT BBQ recipe aptly suited for the west coast: Grilled West Coast Prawns Remoulade.

HAPPY COOKING EVERYONE!



### Culinary Terms

**Chutney:** From the Hindi chanti is a condiment made from vinegar, sugar and spices; its texture can range from smooth to chunky and its flavour from mild to hot.

**Champagne Punch:** A punch made of sparkling wine, club soda, Cognac, maraschino liqueur, Curacao and sugar syrup.

**Bell Pepper:** A large, fresh sweet pepper with a bell-like shape, thick juicy flesh and mild sweet flavour, available in various colours.

### Dining Room and Tuck Shop Hours

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

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

## Papaya Chutney

This recipe makes 4 cups of Chutney

### Ingredients:

Water	1/3 cup
Cider Vinegar	1/3 cup
Sugar	1/3 cup
Lime Juice	1 tbsp
Minced Onion	1 tbsp

Papayas	3 ea [peeled seeded chopped]
Raisins	¼ cup
Whole Cloves	4 ea
Cinnamon Stick	1 ea
Curry Powder	1 tbsp
Ground Ginger	½ tsp
Ground Cardamom	½ tsp
Red Pepper Flakes	pinch
Ground Nutmeg	¼ tsp

Green Bell Pepper	1 tbsp [diced]
Red Bell Pepper	1 tbsp [diced]

### Method:

In a saucepan bring the water, vinegar, sugar, lime juice and the onion to a simmer; allow the brine to simmer until reduced by half.

Add the papayas, raisins, cloves, cinnamon stick, curry powder, ginger, cardamom, red pepper flakes and nutmeg. Allow the mixture to simmer over low heat for approximately 1 hour, [add a little water if too much evaporation takes place].

Add the bell peppers and continue to cook for another 10 minutes. Remove from heat and cool to room temperature then refrigerate.

Allow the chutney to set for 2 to 3 days before use.

### Welcome Vance Mobey!

We would like to take this opportunity to welcome Vance Mobey to the food services team at SHOAL.

Vance joins us from the Seahorses Cafe (a great restaurant in Brentwood Bay). Vance brings to the team many years experience in the culinary world and we are very pleased he has chosen to join us.



## 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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It's planting season! Four beautiful hanging baskets on the patio were created by the residents with the artful assistance of Bob. We are very appreciative of his help. Plants were obtained from Art Knapp Nursery in Sidney.

Residents have taken an active role in beautifying their lounge area by repotting the plants with the assistance of Liz, a member of the Master Gardener's Association. Thank you Liz! We look forward to you working your magic on the new patio planter boxes as well.

We are delighted with our new patio furniture which will look even more lovely when the planter boxes are in place. A Garden Party and barbecue are being planned.



### Outings

Pacific Companion took residents on a wonderful drive to Dallas Road with a stop at Beacon Hill Drive-In for a delicious ice cream cone!

### Fitness

Chair Dance continues to bring out lots of laughter! Exercise and activities have been proven to be very beneficial in preventing falls. So come and join the fun!

### Nutrition

Cynthia Tandy, our Assisted Living Dietician gave a very informative talk on "Healthy Eating for Diabetes".

### Activities

We now have a giant Crossword Puzzle Board to tease and exercise our minds. I encourage all residents to join in our many activities and to get out and enjoy this wonderful sunshine. Your suggestions are always greatly appreciated.

### We are always grateful for donations of :

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

### Summer Rentals

We offer a members' rate for the rental of our Auditoriums, Board Room and Lounge. If you are having a reception, family gathering or business meeting this summer, call and ask about our rates and catering. We have many customers who find the facilities here at SHOAL reasonably priced, accessible and very comfortable.

### Foot Care Program Ends

Our Foot Care program has been discontinued due to a reallocation of office space here at the Centre. Mark Blandford, Director of Special Projects and Community Development, will work out of the former Foot Care Room. We will miss Mary Kayll, RN, our Foot Care Nurse who took over from Mary Adams last year, and welcome Mark to SHOAL Centre.



## Volunteer Services News

### Kathryn Mason, Volunteer Services Coordinator

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It seems darn right rude to begin my column this month talking about my vacation (I know, I know – it’s not all about me) – but, what the heck! I will be away from July 23 to August 17, inclusive. I will be back in the office on August 18 - relaxed, rested and ready to face September and all the action it brings

here at SHOAL Centre. I mention my vacation for a reason - not just because I like to talk about it! During my absence, of course the work here continues. Volunteer Services never takes a holiday. Fortunately Alden, our Summer Student, will be on deck to assist the Office Volunteers and other SHOAL staff. This should ensure, among other things, that the monthly Volunteer mileage and expense claims will be submitted to Accounting on schedule. So if you have an expense claim to submit at the end of July, please give it directly to the Reception Volunteer and ask that it be put in Kathy’s ‘Vacation File’. This way Alden will be able to process the forms, and there should be no delay.

### Welcome New Volunteers!

Liz Folster – Assisted Living  
Tiffany Lowe – Thrift Shop  
Elizabeth MacCallum – Thrift Shop  
Kate Wetherell - Thrift Shop

Christie Edwards- Medical Drives  
Luzviminda Villeza – Thrift Shop  
Ryan McCall – Thrift Shop  
Diane Atkins – Youth Employment Program

Shelagh Horel – Be Well Clinic  
Robert Tetley – Thrift Shop  
Alice Reath- SHOAL Office

### Volunteer Profile: Shirley Lewis



Shirley and Beacon Community Services began a relationship in June 2003. And, wow! Has that ever turned out well for us. Shirley is one busy lady. Not only is she a regular volunteer on the Drive Desk

Friday mornings, Shirley also volunteers at the Sidney Furniture Thrift Shop. And every month she assists us with our SHOAL Birthday celebrations.

Shirley was born in Newfoundland. Interestingly, as a young child, Shirley and her family were passengers on the last crossing the Caribou made from Newfoundland to Nova Scotia, in 1942. She and her family were moving to Toronto in order for her Father to take a new position with the British Admiralty. Shirley and her brothers lived and went to school in West End Toronto.

Later Shirley joined the Air Force and she met Bill, the man she would marry. Together they raised a family of four. They moved to many communities within Canada and the northern States because Shirley’s husband worked for NORAD (North American Aerospace Defense Command). They were married for 44 years, until Bill died.

Through the years, Shirley worked for both Bell Telephone and Sears as a telephone operator. Shirley has also volunteered in a variety of ways. She has taught ceramics in a Care Home, worked with a Literacy Society and volunteered with mentally challenged young adults.

Shirley is Grandmother to 8 and Great Grandmother to 1 little girl, who she will visit in October. When not helping Beacon hum along nicely, Shirley enjoys ‘counted x stitch’, knitting, reading and walking. I think you will agree that Shirley is a very valuable member of the Beacon Community Services team. So if you haven’t met Shirley yet, please say “hello” when you see her. You will be glad you did.

### In Memory...



It brings us great sadness to announce the death of Hugh Godwin, long time volunteer with Beacon Community Services. Hugh died on May 28th and he will be fondly remembered. Hugh’s loyalty, kindness, generosity and sense of humour touched everyone he met. We offer our heartfelt condolences to his wife Donna (retired Manager, Volunteer Services) and their family for their loss. Over the years, many of us at BCS had become close friends with Hugh. His passing will be felt very deeply.



## Youth Employment Program News

**Joanne Reuben,  
YEP Coordinator**

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School's out for the summer! Turn on the sprinklers and let those gardens flourish with blossoms and veggies. It's time to relax and enjoy this glorious time of year. Many of our kids are now free to help out with extra weeding and garden chores.

June is normally a very busy month for our students. They have exams, recitals and tournaments to attend. There are also the festivals, markets and community events that take place in June. As busy as they get, several YEP students still managed to come out and volunteer at these events. Our yellow shirts were seen at two elementary school 'Spring Flings', 'Art in the Park' at the Brentwood Bay Festival, the 'Friends of the Library' book sale, the 'Country Market' on Saturdays, our monthly 'Evening At The SHOAL' event and the 'Canada Day Kick Off' community dinner. Thank you to all for your valuable time and much appreciated help!

June was also the month for graduation ceremonies and celebrations. Congratulations to our grads of 2009! We

hope that YEP has been helpful in preparing you for a successful and fulfilling future.

Because the summer gets quite busy with outdoor activities, we have decided to cancel our SHOAL 'Tuck and Trivia' activity until September. It was indeed a great success and we will get it going again when the students are back into their indoor routines of school.

This is the time for young and old to be outdoors. There will still be young volunteers in our midst but doing things like occasionally serving ice cream and lemon aid to residents who are now able to enjoy our beautiful new patio furniture and planter boxes filled with blooms.

Another enjoyable outdoor activity is a Saturday morning outing to the Country Market at the Saanich Fairgrounds. There, you can find fresh produce, cut flowers, jam and preserves, fresh fish, bread, pies, knitting, artwork and handcrafted 'everything' from soaps to greeting cards to jewelry. It is a bit different than the Thursday market because of its rural setting. Whilst lazily strolling around, listening to gentle strums of the musician, don't forget to stop by the Youth Employment Program's children's 'Art at the Market'. Say hi to our YEP kids who are there to let you know about our program and do artwork with the children. They also do face painting for free or for a donation to our program. Consider having a flower or a butterfly painted on your cheek. Why not? It's summer!

Young and old get their faces painted at Brentwood Bay Festival. Thank you to YEP volunteers; Dan, Josianne, Katie, Danielle, Meg, Lauren, Melissa and Alex.



**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 July 13th 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.

## SHOAL Wellness Programs

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

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

**Family Caregivers' Support Network** meets on the 2nd Monday of each month, 10am–noon in the SHOAL Centre Lounge. Next meeting is July 13. This is a drop-in session at no cost. The **Family Caregivers' Network Coffee Break**, normally the 4th Tuesday of the month, will not be held in July and August. For more information call 250-384-0408.

### Panorama Partners

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

#### Fusion (Yoga/Pilates)

**Dates:** Thursdays – July 9, 16, 23, 30, August 6, 13

**Time:** 7:30-8:30pm

#### Community Wellness Park Orientations: Turn Your Fitness Inside-Out!

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

**Dates:** Thursdays – July 9, 23, August 6, 20

**Time:** 10:30–11:30am

**Location:** SHOAL Centre

**Cost:** \$6 plus GST per session

#### 2009 Summer Splash Formal Garden Party - Support the Panorama Recreation Centre Waterslide Elevator

Your support in funding the elevator will create the first opportunity in North America for people with mobility challenges to share in the enjoyment of the new waterslide. Enjoy spectacular food by Ambrosia Catering and the Canadian Culinary Federation, a live auction, and entertainment by Dal Richards.

**Date:** Sunday, July 26

**Time:** 4-9pm

**Location:** Carolwood Manor, 9695 Glenelg Ave. N.Saanich **Cost:** \$100 (\$50 tax receipt)



### Sidney Single Seniors 55+

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

**Tuesday Morning Walkers** – 10am meet inside Beacon Plaza.

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

**Golf** – July 22 at Henderson Park. Tee off at 1pm.

**Neighbours' Lunch** – 11:30am–1pm Wednesdays, St. Andrew's Church, Sidney. Enjoy homemade soup and friendship.

**Heritage Village Potluck Picnic** - July 16 at noon. Cost: \$3 to cover the cost of the facility.

**Ferry Trip** – July 18 to Galiano and Mayne Islands.

**Group Barbeque** – August 9. Phone committee will call everyone.

**Next Meeting** – There are no meetings during July and August. Wishing everyone a great summer! If traveling, take care and have a safe trip. See you at the September meeting Wednesday, September 23.

**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.