

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

July/August 2010
Summer Issue

BOUQUETS

A big thank you to June Chillbeck for donating the beautiful large dieffenbachia plant that now graces our front foyer. We hope it will continue to flourish.

Thank you to Lorraine Kessler for donating copper wire and soldering lead to our Lapidary Activity Department.

A message from Ruth Jones:
Many thanks to the residents at SHOAL for your cards, gifts and warm wishes. I will cherish the memories.



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Upcoming Special Events

A Sundae in August

Date: Friday, August 20 **Time:** 2-3pm **Cost:** \$2

Enjoy an ice cream sundae on an August afternoon at the Tuck Shop. Toppings include strawberry, chocolate, whipped cream and garnishes. Take time to sit back and enjoy our outdoor patio while savouring this cool treat.

Tours Come to SHOAL!

We hope this will be the beginning of some wonderful adventures for both our members and the community at large. Future trip possibilities being considered include Up Island jaunts, other Gulf Island visits and journeys as far away as Granville Island in Vancouver.

Salt Spring Island Day Trip

Date: Tuesday, August 24 **Time:** 10am – 5pm **Cost:** \$69 for Seniors 65+ / \$79 for Adults

Register at SHOAL Centre for this tour to Ganges to explore numerous SSI artisans, vendors and stores. Have lunch at one of the many cafes and restaurants, then visit the Tuesday Farmer's Market, a condensed seasonal market that features the best of SSI locally grown and produced foods. To finish the trip off, treat your taste-buds to unlimited samples of home-made goat and sheep cheeses at the SSI Cheese Company. Cost includes round-trip transportation in deluxe mini coach, round-trip ferry fees and tour guide. Price does not include lunch. Trip provided by Liz Bonham of Lizard Adventure Travel.

Computer Classes

Watch for over a dozen new computer classes including Facebook and Twitter coming to SHOAL this fall! Flyer available at reception.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca

It's the "Good Ol' Summertime" and SHOAL Centre continues to be busy with opportunities for you to dine, play, volunteer, work, socialize and exercise; or travel with us on our first daytrip excursion to Saltspring Island. It was nice to meet some of you at the Sidney Health Fair and Access Awareness Day and be able to introduce you to the many programs and services provided at SHOAL Centre. We hope you follow up with a visit so that we can provide you with a tour of this wonderful facility. By now you may have met our Summer Student, Lisette, who you can read more about on page 7. Please be sure to hold onto this issue of TideLines until the September issue hits the newsstands, as we will not be producing an August issue. You will want to keep in touch with us through the summer so you don't miss out on registering for our great fall line-up of programs, because space will be limited. Have a wonderful summer.



Notices

Summer TideLines

Please note that this is a combined July/August issue of TideLines. You will want to keep it until the September issue hits the newsstands during the last week of August.

Canada Day/BC Day Holiday Hours

SHOAL Centre Reception will be closed on Canada Day, Thursday, July 1st and BC Day, Monday, August 2nd.

Parking

Please refrain from leaving your vehicle parked for an extended period of time in the area extending from the front entrance of the Centre to the garden on the far side of the pillars. It is important that this area remain available for emergency vehicle access, and is available for SHORT TERM PICK-UP AND DROP-OFF PARKING ONLY. There is plenty of parking available at either the north end of the building, or underground with elevator access into the Centre.

Introducing the HST

As you are aware, the HST will be introduced effective Thursday, July 1st. As a result, some of the products and services provided at SHOAL Centre will be affected. This will mean a price increase for Meals in the Dining Room, items from the Tuck Shop and several of our activities that were not previously subject to tax. Although this is unfortunate, it is unavoidable, and more specific details will be available as we move forward with the implementation of the HST. Thank you for your patience and cooperation.

Computer Lab Access

We regret that we are unable to provide unsupervised drop in access to the Computer Lab due to security reasons. If you would like to learn more about the programs available in the Computer Lab, or wish to join the SHOAL Computer Club please inquire at the Reception Desk or call us at 250-656-5537.

No Smoking Please

Smoking on the Patio or close to the Centre near windows and doorways is prohibited by CRD Bylaw. We request your cooperation in moving well away from the building if you wish to smoke. Thank you.

Easy Membership Renewal

Did you know you can renew your SHOAL Centre Membership by phone using your Visa or Mastercard?

Bingo has taken a break for the summer, but will resume on Tuesday, September 7th at 6:30pm sharp!



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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

SHOAL Centre is going even more green! This will be the only TideLines for the summer, combining both July and August issues. Less paper and ink not only help the environment, but it's a sensible way to save on costs. While a number of our Activities are on hold until September, there are still plenty of things to do for adults of all ages, from attending the Members' Monthly Birthday Party to taking a Fitness Class or enjoying a game of Bridge.

Fitness Drop In Classes

If you want to keep fit over the summer months why not participate in the Stretch and Strength sessions continuing Monday, Wednesday and Friday, 10:15-11:15am or the Chair Fit class continuing Tuesday and Thursday, 10:30-11:30am. This is a very beneficial form of exercise, and particularly helpful if you have any challenges with balance or standing.

Play Bridge

One of the most popular year round activities at SHOAL is Bridge. We have a large Duplicate Bridge Club plus a number of Contract Bridge groups. Bridge groups also meet to play Monday, Wednesday and Friday evenings and Sunday afternoons. Membership is required, and drop-in fees apply, but play for free on your first visit before deciding if you want to sign up as a SHOAL member.



Supervised Bridge Drop-In (with Instructor)

Date: Thursdays beginning Sept. 9 **Time:** 1:30-3:30pm

Location: SHOAL Card Room **Cost:** \$4 SHOAL Members

Try this new drop-in bridge session if you are new to bridge, want to improve your game or confidence, or do not have a partner (partners encouraged but not mandatory). The friendly Instructor, Delma Murray will be on hand to answer your questions and give you bridge advice as needed.

September Preview

Yoga In A Chair

Date: Fridays: September 17, 24, October 1, 8, 15, 22, 29, November 5
Time: 12:30 – 1:30pm **Cost:** \$80

Instructor Kathleen Fournier is a certified Yoga Instructor, offering classes for seniors. This class will emphasize breathing to increase lung capacity and strengthen the respiratory system. Gentle postures will improve circulation, flexibility and balance and strengthen muscles and nerves. There will be some standing for a short time, holding onto chairs to practice gentle poses. Those not comfortable standing can remain seated, enjoying modified postures.

Calligraphy

Date: Tuesday, September 14, 21, 28, October 5, 12, 19
Time: 9:30am – noon **Cost:** \$72

Instructor Kathy Guthrie returns to SHOAL for her popular calligraphy class. In this 6 week course, participants discover the art of lettering using practical applications that are both functional and artistic.

BCAA Mature Drivers Workshop

Date: Thursday, October 21

Time: 1:30-3:30pm **Cost:** Members Free, Non-Members \$2.75

Another popular Living Well, Driving Well Workshop is being offered at SHOAL this fall. Sponsored by the BCAA Traffic Safety Foundation the workshop will teach you how you can continue to drive safely by identifying areas that may need improving. Please pre-register by calling 2560-656-5537.

Members' Birthday Party Meet n' Greet

Date: Wednesday, July 21

Time: 2pm

Cost: Free

Date: Wednesday, August 18

Time: 2pm

Cost: Free

Come and celebrate your July or August birthday 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 hour is your chance to meet other SHOAL members.



An Evening At The SHOAL September

Date: Thursday, September 23

Time: Doors open 5:30pm

Cost: \$25

Enjoy the summer and we hope to see you at our September Evening at the SHOAL.



Chef's Korner

Chef Russ Hudson

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

Greetings once again from the kitchen of the SHOAL Centre. This is

a recipe I used very often during the eight years I was stationed in Germany, and one that I created through the need for a hearty soup. If you enjoy the flavours of Spanish paprika, garlic and onions then this recipe is one you should surely keep on file.

Welcome New Food Services Staff

We are pleased to welcome Heather Graham and Mo Mimouni to our Food Services Team at SHOAL.

Patio Dining

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.

Summer Tuck Shop Hours

The Tuck Shop will be open Monday through Friday only from 9am-noon during July and August. The Tuck Shop will be closed during the afternoon Monday through Friday and on Saturdays. The regular schedule will resume in September.

Introducing the HST

As you are aware, the HST will be introduced effective Thursday, July 1st. This will mean a price increase for Meals in the Dining Room and items from the Tuck Shop which are subject to tax. Although this is unfortunate, it is unavoidable, and specific details will be available as we move forward. Thank you for your patience and cooperation.

Sidney Days Community Dinner

Date: Wednesday, June 30

Time: 5–6:30 pm

Location: Mary Winspear Centre

Cost: \$8 adults, \$5 children

Join Peninsula Celebrations Society and Sidney by the Sea Rotary Club for great food and camaraderie to celebrate Canada Day and support community and international projects. Then it's off to the Sidney Waterfront for cake, music by Soul 62 and the fireworks!

Russ' Goulash Soup

Serves 6 to 8

Preheat oven to 350 degrees.

Ingredients:

Stewing Beef [cut into small cubes]	1/1/4 lbs.
Spanish Onion Medium [cut into small dice]	1 ea.
Potatoes Peeled [cut into small dice]	2ea.
Green Pepper [cut into small dice]	1 ea.
Garlic Cloves [minced]	2 ea.
Caraway Seeds	½ tsp.
Lemon Rind [minced]	1 lemon
Bay Leaf [crumpled]	1 ea.
Marjoram	pinch
Salt	1 tsp.
Pepper [course ground]	2 tsp
Spanish Paprika	5 tbsps.
Tomato Puree	1 cup
Cooking Oil	3 tbsps
Water [to cover all ingredients by 1 ½ to 2 inches]	

NOTE: Important Step The day prior to making the soup, place the diced meat in a S/S bowl, stir in the paprika, salt and pepper and blend well until all meat has been covered, refrigerate covered overnight.

Method:

Use a stainless steel cooking pot with a lid, that will hold all the ingredients plus the water. Place the cooking pot on the stove, add the oil and bring to searing temperature. Add the diced onions and cook until they are browned. Add the paprika beef, turn the heat down and sauté the beef until all sides have been browned [ensure the paprika does not burn] approximately 4 to 5 minutes.

Add the minced garlic and continue cooking another 3 to 4 minutes. At this point you can add the remaining ingredients [except the potatoes] and mix well. Cook for 2 to 3 minutes then add the required water, place the lid on the pot and place it in the oven for approximately two hours. Halfway through the cooking process add the potatoes and continuing until the meat is tender. When completed, the soup will be a thick, rich dark red colour with a tangy aroma.

Serve with dark German rye bread and butter. This is a hearty and nutritious soup. Happy cooking!



Active Bodies, Active Minds

Jennifer Wear, Manager SHOAL Assisted Living

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Wendy Hall, Activities Coordinator, SHOAL Assisted Living

Phone: 250-656-5537 ext. 119

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Summer has finally arrived and the residents are enjoying the colourful patio with flowers blooming in their planter boxes and beautiful hanging baskets.

We are delighted to have a Summer Student, Lisette, to assist with activities and are very thankful for all her help. She is continuing the “Life Celebration Project” creating memory pages for each resident.

Donna from the “Hear” Hearing Clinic in Brentwood gave a very informative presentation on hearing loss and the many options now available. She will be doing hearing testing and hearing aide cleaning by appointment every 3 months at SHOAL.

We had a wonderful month of music! Music Therapist, Allan Slade, from the Victoria Conservatory of Music continues his weekly sessions with the residents. Our monthly feature entertainer for June was Michael Majocha on guitar. We were also happy to have Skye Mundell play the piano for us and hope to see him again soon. We have enjoyed our very talented volunteer, Chloe, playing pre-dinner music on the piano and we look forward to seeing her again in September. To top it all off, we were all treated to a delightful afternoon of accordion music by Ron Sera. This was made possible through the generous donation by Leone Chambers. Thank you, Leone. As well, Norma and Brenda entertained us with exotic “Belly Dancing”. Finally, Residents had fun at the “Karaoke” afternoon facilitated by Rey.



Twice weekly chair exercises are well attended and we are now incorporating some “Chair Dance”. The “Yoga in a chair” is very popular. A special thank you to Kathleen for teaching correct breathing and posture.

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

SHOAL member birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month and it’s always a popular event.

Family members are always welcome to join in activities, so we hope to see you there!

Wishing you all a happy and safe summer.

We are always grateful for donations of :

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

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

As we settle in to enjoy Summer on The Peninsula, we look back on all the fun that we have had since

September. The days and weeks have just flown by. I want to thank all the volunteers, each and every one of you, for all the help you give us here at Beacon Community Services. You truly demonstrate Beacon's motto of "People Helping People". Please pat yourselves on the back for jobs very well done. How fortunate we are to have you volunteers working along side us, day after day. Happy Summer everyone!

Welcome New Volunteers!

Thrift Shop: Mark Bolter, Mike Czornabay, Maggie Harris, Arthur Eby

Brentwood House: Katie Ellard

Medical Driver: George Mackie, Bev Edwards

SHOAL Assisted Living: Leah Hawboldt

Special Appeal for Volunteer Medical Drivers!!

Our Medical Drive program is a highly appreciated Volunteer Service offered to Peninsula residents. If the letters, cards and donations we receive are any indication of the value placed on this program, then we truly cannot imagine what this community would be like without it. Anyone requesting this service is encouraged to drive themselves whenever possible or take advantage of family or friend's offers to drive, or take a Bus, HandyDart or Taxi. However, not everyone can do this and we are very much in need of more names to add to our Volunteer Driver roster.

One drive a week is all that's required and Beacon Community Services reimburses you for your mileage. This is a terrific way to give back to the community if you have the time to do so, and we promise you that you will meet some amazing people. Please call Kathryn for more information. She would love to meet you!



*Summer time an' the livin' is easy,
Fish are jumpin' an' the cotton is high.
Oh, yo' daddy's rich, and yo' ma' is good-lookin',
So hush, little baby, don' yo' cry.
~Ira Gershwin and DuBose Heyward*

Do you love books?

Do you love books and reading? Are you super organized? If so, we would like to invite you to join our Volunteer Team. We are looking for a Volunteer Librarian to help us with our SHOAL Lounge Library. The library is small but one that we and our SHOAL residents value.

Please call Kathryn if you have some time to give and would like to make a difference by helping others. We would appreciate some ongoing help in organizing and displaying the books that we receive as donations, as well as giving the Library a weekly tidy.



Volunteer Services Fundraiser!

Once again, we are very pleased to be able to offer for sale the 'Entertainment 2011' coupon books. We will have these books in our office by September.



If you would like to support the programs and services we offer the community, and are interested in ordering a book (or more than one! - they make great Christmas gifts) we are taking names now.

The cost is still only \$30 and using only a couple of coupons usually pays for your purchase. Please see Kathryn for more information.

Volunteer Visitors and Senior Peer Counsellors Note:

There will be no monthly support meetings in July, August and September. The next meeting will be Thursday, October 7 from 10am to noon in the Board Room at SHOAL Centre. Please continue to hand in all Visitor and Senior Peer Counsellor reports on a monthly basis. Thank you to Joan Henderson, VIHA SARIN Case Manager for your visit to our group on June 3rd.

Sharing Backyards

Organized by LifeCycles Project Society, Sharing Backyards is a web application that matches those who want to garden with those who have space. It's a great way to avoid the waiting lists for community garden plots, but also a good option for those who want to grow such space-consuming items as squash, but can't do it on a balcony or small plot. See: sharingbackyards.com

Plant a Row, Grow a Row

This program links gardeners with local food banks and nutrition programs, such as Best Babies, a prenatal program. For details, go to compost.bc.ca or call 250-386-WORM(9676).



Youth Employment Program News

Sarah Cameron, YEP Coordinator

Phone: 250-656-5537 ext. 118

E-mail: scameron@beaconcs.ca

Summer is finally upon us! The cold weather in May and June made me wonder if summer was ever going to come. I am sure we are all glad that it is now here.

June was a very busy month for YEP students. Many of our students were completing school exams, attending graduation events, working for community members and volunteering at the Library Book Sale, BCS Thrift Stores, An Evening at the SHOAL and the Brentwood Bay Festival. YEP also happily welcomed 10 new students to the program in June.



The YEP program will be just as busy throughout July and August as our students assist with the Peninsula Country Market and Summer Sounds each weekend. Please come by and visit our free face painting booth on Saturdays at the Peninsula Country Market.

Any students between the ages of 14-18 who are looking for summer work or would like to gain employment experience are encouraged to sign up for YEP today! It is free to join and there are opportunities for all interests and skill levels. Come by the YEP office at the SHOAL Centre anytime.

Preview for Fall 2010: YEP will be offering FOODSAFE and First Aid Courses on non-instructional days from Sept-Nov 2010. YEP will also be using the SHOAL Centre Computer Lab to provide instruction to students on resume and cover letter writing. If you are interested in any of the courses that YEP offers, please let us know. Also, remember to pick up a September issue of the TideLines to view a profile on one of our YEP students. I hope everyone has a wonderful summer!

Springboard to Success is an employment program for the Peninsula and Gulf Islands run by Beacon Community Service. 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 19th 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.



Summer Student Profile: **Lisette Cheng**

Lisette was born and raised in Victoria, B.C. Before coming to the SHOAL Centre, she had only been to Sidney a handful of times.

Lisette has worked and volunteered her time since she was in grade 9. Soon after turning 15, she began working at Save On Foods grocery store, eventually working her way up in seniority and spending most of her time at the Customer Service Desk. At Save On Foods she worked as a cashier, front end customer service desk clerk, in floral, and as a grocery clerk. In 2008 she changed jobs in favour of something closer to home (only a four minute walk!) and began working at Blockbuster. Currently she is working with Beacon Community Services at the SHOAL Centre as the summer student, as well as working once a week at Blockbuster.

Lisette has enjoyed participating in track and field, rowing and rugby in high school, as well as attending weekly cardio kickboxing classes. Currently because of her course load at the University of Victoria, she is sadly not involved in organized sports.

Her greatest achievement in life so far is the work she's done in Vicente Guerrero, Mexico, where she has built a total of four houses over two summers for impoverished families and gotten to know the families she has built houses for. She currently volunteers with Recreation Integration Victoria and Operation Trackshoes; both organizations help facilitate an active lifestyle for people with disabilities.

She is currently in the Kinesiology Program at the UVic and plans to use her completed degree as a prerequisite for a Masters in Occupational Therapy or Physiotherapy. In the fall, she will be returning to UVic for her third year.

Welcome, Lisette!

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 on the 4th Monday of each month in Auditorium B. Next meeting is September 27 at 1:30pm. Call Roberta Ferguson at 250-656-3176.

Family Caregivers' Support Group meets on the 2nd Monday of each month, 10am–noon in the SHOAL Centre Lounge. The next meeting is Monday, September 13.

Panorama Partners

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



The Groove Method

Wednesdays Jul 7 – Aug 25 5:45-6:45pm 8/\$64

Power Yoga

Wednesdays Jul 7 – Aug 11 7:30-8:30pm 6/\$59

Digital Photography

Saturdays Jul 10-17 10-12pm 2/\$59

Minds in Motion

Thursdays Jul 8 – Aug 26 1:30-3:15pm 8/\$39

Wellness Park Orientation

Thursday Jul 15 10:30-11:30am 1/\$6

Thursday Aug 19 10:30-11:30am 1/\$6

VDRC Parking Permit Reminder

SHOAL Centre continues to process parking permit applications in our office. The price for processing those applications is now \$22.00 – cash or cheque only. For those applicants who would rather go directly to the Victoria Disability Resource Centre, 817A Fort Street (250-595-0044) the parking permits are \$20.00 at their office or \$22.00 if processed by mail - debit and credit accepted.

Sidney Single Seniors 55+

Open to men and women age 55 and over. You must be single to belong to this group, or a caregiver of a loved one who is at home, in hospital or in a care home.

Ongoing Activities: Tuesday morning walks, coffee get-togethers, bowling, darts and pool, 'Neighbours Lunch' at St. Andrews Church. Note: there will be no bowling in July and no darts and pool in July or August.

Golf: May through September. on the 2nd and 4th Thursday of each month, 1pm at Henderson Park Par 3 Golf Course in Oak Bay.

Picnic: Thursday, July 15, Heritage Acres (pot luck), 11:30 am-3 pm. Cost: \$3. Open to members only.

Barbecue: Sunday, August 22, Zeke's Place (pot luck), 2-5pm. Open to members only.

Caution! Police warn everyone to be very careful not to fall for recent telephone scams. (For example, you receive a call saying your 'grandchild' has lost money and is in jail.) **DO NOT WIRE MONEY!**

Next Meeting: Wednesday, September 15, 1:45 p.m., SHOAL Centre. Note: no meetings in July and August.

Please remember no perfumes or after shave lotion to be worn at meetings.

Enjoy the summer. Please drive carefully!

For more information contact Kathryn at 250-656-5537 extension 106.