

TideLines

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

Beacon
Community
Services

June 2009
Volume 3, Issue 6
All rights reserved.

BOUQUETS

A great big thank you to Assisted Living Resident, Leone Chambers for her generous donation towards our Patio Upgrade Project.

Many thanks to Elsie Saunders for her donation of the large and beautiful Jade Plant that now adorns the entranceway.

To Liz Mahady and Connie Lougher-Goodey whose assistance helped make the Mother's Day Tea a great success. A heartfelt thank you!

Our appreciation to the Sidney Branch of RBC for their donation from the RBC Foundation.

Many thanks to Betty Hofmann who generously donated her computer for residents to use.



Upcoming Special Events

Father's Day Tea

Date: Monday, June 15 **Time:** 1pm **Cost:** \$14.50

Victoria's Village Squires, a Barbershop Chorus, will honour dads at our popular annual Father's Day Tea. A delicious menu will be prepared by Chef Russ Hudson. Seating is limited so get tickets early, starting Monday, May 4 (now payable by credit card and debit for your convenience).

Evening At The SHOAL

Date: Thursday, June 25 **Time:** 5:30pm (doors open) **Cost:** \$23

We hope this end of the season event will be a great deal of fun, with an old fashioned Sock Hop theme. Music will take you back to the era we all remember so well, with songs from singers like Elvis Presley and Roy Orbison who made those times so memorable. Chef Russ Hudson has a fun menu prepared, so let's go to the hop! Tickets go on sale Monday, June 1, now also payable by credit card and debit.

Ice Cream Day at the Tuck Shop

Date: Friday, June 26 **Time:** 2 - 3pm **Cost:** \$1 per cone

I scream, you scream, we all scream for ice cream! What can be better on a summer afternoon than a cool, refreshing ice cream cone? Join us at the Tuck Shop for your choice of a vanilla, strawberry or chocolate cone, with embellishment, served up by your super duper scooper SHOAL Centre staff! YUM!

Continued on page 2

What's Inside

Special Events	Pg. 1, 2
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

I cannot believe it has been a year since I arrived at SHOAL Centre. I have thoroughly enjoyed every minute of it! I have met many, many wonderful people from so many walks of life; residents, members, volunteers, business associates, community partners, and of course, the great SHOAL Centre Staff. So much has happened during the past year, and I am looking forward to us continuing to work together to build the programs and services offered at SHOAL Centre. Membership and new activities continue to grow. We are working on an exciting project to upgrade the Patio area with new furniture, a new barbecue and planter boxes so residents will be able to do some gardening. Hopefully the weather will cooperate. Please don't hesitate to make suggestions for new programs you would like to see offered at the Centre. My door is always open. *Happy Father's Day to all.*



Notices

Are You an Experienced Quilter?

The Quilting Club is looking for help in completing a queen-size quilt. If you are interested in donating a few hours per week, for several weeks, to help complete this project please contact Judy at 656-5537 ext. 102.

Wellness Park Opening

On May 1st, many of us attended the official opening of the new Community Wellness Park located directly across the street from the SHOAL Centre. We hope that many of you will make use of this new facility. For those who would like to feel a little more comfortable before you give it a try, why not register for one of the Wellness Park Orientation Sessions offered in partnership with Panorama. Please refer to the back page of the TideLines for dates and times.

Cribbage Anyone?

We have received a few requests to start a weekly Cribbage session at the Centre. If you are interested, please let us know. Contact Anna at 656-5537 ext. 117, or Judy at 656-5537 ext. 102

Carpet Bowling Anyone?

Would you like to learn how to Carpet Bowl or do you already know how? We have all the equipment right here at SHOAL Centre; we just need some players. Carpet Bowling is a great way to stay in shape while having fun. We hear there may be another Seniors' Activity Centre looking for a challenge. If you are interested, please contact Anna at 656-5537 ext. 117, or Judy at 656-5537 ext. 102.

Upcoming Special Events – Continued from front page

Royal Bank Sidney Branch - Tribute to SHOAL Centre

Date: Thursday, June 25 **Time:** 9:30 - 11:30am

Please join us at the Sidney Branch of the Royal Bank to pay tribute to the SHOAL Centre for being a volunteer leader in our community. Their actions inspire us as we help create a better Canada.

BCAA Mature Drivers Workshop

Date: Friday, June 26 **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.



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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

June is one of my favourite months. Summer officially begins on the solstice and vacations are getting underway as the sunshine beckons more people to their gardens and outdoor activities. While some activity groups take a well deserved break for the summer, staff at SHOAL Centre are gearing up for other summer activities. This month we are featuring our annual Father's Day Tea, plus hosting the last Evening at the SHOAL until September. Whatever the season, there is always lots to do here at the Centre.

Winners of the Heritage Doll Raffle

The four lucky winners of the Heritage Doll Raffle drawn on May 6 at our Mother's Day Tea included: Mabel Mitchell - Doll #1; Barbara Lyones - Doll #2; Eveline Bannerman - Doll #3 and Angela Schneider - Doll #4. All the dolls had accompanying toys which were included in the raffle winnings. Congratulations to our winners and a big thank you to all who purchased tickets on this raffle. The proceeds help support the many programs we offer to our members and the community. A big bouquet to Gillian Else, BCS member who graciously donated all the dolls and accessories. Thank you Gillian for your generosity.

Drawing Drop-In

Date: Every Thursday **Time:** 9:30am **Cost:** \$1.50

A reminder that this activity has been underway since spring. Cheryl Driscoll, popular jewelry and art instructor is available to lend guidance for those who want to work in pencil and/or ink. Become a member of SHOAL Centre and participate in this creative activity.

Silversmithing/Faceting and Lapidary

The members of these Activity Departments at SHOAL now have some lovely pieces of jewelry in our Lobby display cabinet. These pieces are hand-crafted and very reasonably priced. Proceeds help support these and other activities at the Centre. Many other gift selections are available that include items from our Ceramics and Crafts Departments.

Painting Drop-In

Date: Wednesdays **Time:** 1pm **Cost:** \$1.50

The Painting Support Group has now been re-named to "Painting Drop-In". This is a group of amateur artists who meet every week for friendly chats, encouragement and the chance to work in a studio-like environment. Participants need to bring their own supplies and no instruction is provided. To join, become a member of SHOAL for only \$45 per year. For more information phone Connie at 250-656-5565.

Members' Birthday Party and Meet n' Greet

Date: Wednesday, June 17 **Time:** 2pm **Cost:** Free

This is an hour of live entertainment, birthday cake and coffee/tea for members who have a birthday in the month of June, and for new members to be introduced to one of SHOAL Centre's fun activities. This month Michael Preece will delight everyone with his piano playing.



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 monthly events will continue on the 4th Thursday of each month.

Welcome New Beacon Community Services Volunteers

Arden Irving - SHOAL Centre, Be Well Clinic
Joan Lewin - SHOAL Centre Activities



Chef's Korner

Chef Russ Hudson

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

Greetings once again from the SHOAL kitchen. This summer recipe is one that I am sure you will enjoy preparing and consuming. It is an easy recipe to prepare and is also one that keeps well, so for all you cake and toffee fans out there, this one is for you.

NEXT MONTH:

In July's issue I will be featuring **Papaya Chutney**.
HAPPY BAKING!



Culinary Terms

Barley Sugar: A confection made by heating white sugar to the melting point when it forms small grains resembling barley.

Basmati: An aged, aromatic long grain rice, grown in the Himalayan foothills, has a creamy yellow colour and nutty aroma.

Beating: A mixing method in which foods are agitated vigorously to incorporate air and develop gluten.

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.

The Tuck Shop is open from 9am–3pm, Monday through Friday, and from 10:30am–noon on Saturdays, with the exception of statutory holiday weekends.

Caramel Apple Cake with Caramel Infusion

This recipe serves 8 to 10 and you will need a 9x13 glassware [holds the heat better] baking or casserole dish for this.

Preheat oven to 350 degrees.

Cake Ingredients:

White sugar	2 ½ cups
Eggs	3 ea.
Vegetable Oil	1 ½ cups
All-purpose flour	3 cups
Vanilla	2 tsp.
Chopped walnuts	1 cup
Diced fresh apples	2 cups [McIntosh are good]

Toffee Filling:

Ingredients:

Butter	¾ lb.
Brown sugar	2 cups
Heavy cream	¼ cup

Method:

Cream together the sugar, eggs and the oil. Add the flour and mix until well blended. Add the vanilla, chopped walnuts and the diced apples. When all ingredients are well-combined, spread into your lightly greased and floured casserole dish and bake for 45 to 60 minutes or until a toothpick [or a piece of spaghetti] stuck in the center comes out clean. Allow to rest for a few minutes then poke holes in the top of the cake [a meat fork works great for this] to absorb the toffee filling.

To prepare the toffee filling, combine the butter, brown sugar and the cream, heat to the simmer point stirring constantly until you reach a syrup consistency. Pour this sauce over the cake ensuring that the sauce penetrates in to the cake through the holes. Garnish with toasted chopped walnuts if you wish.

**Don't Feel
Like Cooking Tonight?
Take Out Lunch or Dinner!**

Now you can enjoy Chef Russ' soups, beef pies and tourtieres in the comfort of your own home. Individual frozen servings are available for take-out. Ask at the Tuck Shop.



Active Bodies, Active Minds

Jennifer Wear, Manager SHOAL Assisted Living

Phone: 250-656-5537 ext. 111

E-mail: jwear@beaconcs.ca



Wendy Hall, Activities Coordinator, SHOAL Assisted Living

Phone: 250-656-5537 ext. 119

E-mail: whall@beaconcs.ca

May has been an exciting month. Residents enjoyed walks to the Rose Garden and attended the official opening of the new Community Wellness Park next to the Library. Everyone is looking forward to using the equipment.

Twice weekly Chair Fit classes are well attended and give way to lots of laughs. We call ourselves “The Bellyrinns”!

Everyone enjoyed our scenic Daffodil Drive around the Peninsula. We drove past beautiful fields of daffodils and tulips.

Cynthia Tandy, our Dietitian, gave a very informative talk on Nutrition and Stroke Prevention.

Music plays a key role in our program. We continue to enjoy Shann’s sing-a-longs, entertainment by Skye on piano and weekly Music Exploration led by Alan Slade from the Conservatory of Music. This month we also enjoyed the music of to “Strait Up” - a very talented local quartet.

Grade 2 students from Sidney Elementary School performed songs and poetry for the residents and read their books to them. This was greatly enjoyed by young and old and we hope to have more regular visits.

We had many residents come out to our quarterly “Resident’s Discussion Tea” where concerns and updates were discussed. Upcoming meetings will include a draw prize for one lucky resident who attends!

The fire drill on the 21st provided good reminders for everyone, and they will be held every 6 months, ongoing.

Thank you to all the volunteers who assist in our programs. Your help is greatly appreciated.

Many thanks...

To Betty Hofmann who generously donated her computer for the residents - and herself!- to use. It is now on the 3rd floor and has an internet connection and some simple games on it.

We are always grateful for donations of :

Puzzles, audio books, music books, instruments, DVD’s of old classics, computer desk, bookshelves and plants as well as spare time to visit with residents!

Other Happenings . . .

In May we were treated to a very informative presentation and slide show on [Antarctica, South Georgia and the Falkland Islands](#) by Ken Jackson. Ken is a Beacon Community Services Board Member. Residents and community members were amazed at all the beautiful wildlife and the show led to lots of questions and discussion. We are very thankful to Ken for sharing his travels with us.

Coming Up In June ...

In June, we look forward to enjoying the wonder of butterflies on our trip to [Butterfly Gardens](#).

The special [Young Soloist Concert](#) is being held June 12 at St. Elizabeth’s Church.



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

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

As we approach the month of June, it feels as if we just might be gearing down - maybe. Soon things will start to run at a slightly slower pace. Then again, time will tell. As the SHOAL Centre Reception Volunteers will tell you, everyday around here brings something new. And, just when you think you might have a quiet moment - well, you know the rest of that tune.

May was another lively month. Even though the tax season's pace began to slow to a trickle, the Reception Volunteers were kept hopping with the 5 days of the Provincial Election (4 'Early Voting' days and the 1 'real one' on the 12th) - all the while, needing to keep track of what class was being held where, what staff member was away at what meeting, what person was next in line to renew their parking permit or take out a membership, and who is expecting whom to arrive and at what time! Not too many feet up on the desk at SHOAL Reception!!

I was away for 2 days in Langley, BC, for the Senior Peer Counselling of British Columbia's Board Meeting, AGM and Education Workshop on May 6th and 7th. Joan Braun (Executive Director, BC CEAS and Pearl McKenzie (BC CEAS) were our guest speakers and the two woman provided us with much important information about the services offered by BC CEAS (formerly the BC Coalition for the Elimination of Abuse of Seniors, but renamed the BC Centre for Elder Advocacy and Support) - i.e. their Elder Law Clinic (toll free line: 1-866-437-1940) and the Legal Advocacy Program - both funded by the Law Foundation of BC. For more information about this important organization, I would like to encourage you to check out their website: www.bcceas.ca.

On that note, please consider this is a reminder about the next Volunteer Visitor and Senior Peer Counsellor's monthly support meeting on Thurs., June 4 at 10 a.m. in the SHOAL Board Room. Mary Dolan and Ken Pauli, from the Victoria SPC group, will be with us to address the topic: The Fine Line between Visiting and Senior Peer Counselling.

But, for now, everyone - get outside and enjoy these lovely, sunny (and warmer!) days, whenever you can. June is here!!

Volunteer Profile: Shirley Penny



Shirley is one of our friendly 'Monday' SHOAL Centre Volunteers. Shirley starts each of her shifts with an hour at Reception and then puts on her other hat and 'moves down the hall' to work the afternoon shift in our Tuck Shop. Well done Shirley!

Shirley began volunteering with Beacon Community Services in 2007. After completing our Active Listening training sessions for Visitors, Shirley decided that volunteering at reception would be a better fit for her.

Shirley was born in Toronto. She met her husband Ken when they were both young children, and they were married for 59 years. For most of their married life together, they lived in the Toronto area - first in the West End and then in Scarborough. For many years Shirley worked outside the home as a Secretary. The couple raised two sons - one of

whom still lives in Toronto and the other moves between homes in London, England, and Spain. After leaving Toronto, Shirley and Ken moved to Port Rowan, Ontario - a town on Lake Erie. But, after 3 trips to the West Coast they had begun to fall in love with this part of the country. (How many of us have done the same!) Eventually, Shirley and her husband moved to Sidney in 2004.

Unfortunately, their lives changed very soon after arriving here, when Shirley's husband became ill. During the next couple of years, the Volunteer Medical Drivers assisted them as they dealt with Ken's medical appointments. When Ken died, Shirley made the decision to offer her services to BCS as a volunteer - as a form of 'thank you'.

Since moving to Sidney, Shirley has volunteered at the Army Navy and Air Force Club and helps with the Sidney Single Seniors group. We have been happy to have Shirley join our Volunteer family, here at SHOAL Centre. And, as long as Shirley keeps showing up on Mondays (and you know what those days can be like!) we think that she may be happy with us! The circle completes itself.



Youth Employment Program News

**Joanne Reuben,
YEP Coordinator**

Phone: 250-656-5537 ext. 118
E-mail: jreuben@beaconcs.ca

June has arrived marking the final month of school for YEP students and heralding summer. This means more students will be available for odd jobs and yard work.

Last month nine YEP students successfully completed the Gardening Basics course which was put on by Master Gardener (and YEP job coach) Donna Cottell at the former Horticulture Centre for the Pacific. Many thanks to Donna for dedicating three Sunday afternoons to facilitate this interesting and informative course. All of the students attending enjoyed the course and successfully graduated with a certificate.

The Saturday morning Tuck Shop which is run by YEP volunteers is up and running and doing very well. The students also facilitate a trivia game which can be quite fun and interactive. Last week the game had a seashore theme...sea shores...sea shells...sea minus for me! Some of us aren't able to answer some of the tougher questions but it is still fun and anyone is welcome to join us. Thank you to Amy, Hannah and Mackenzie for serving up coffee and baked goods and for doing such a great job with this activity.



As the summer weather arrives the calls for mowing and yard work come in fast and furiously. When we get these calls, it is not just a matter of sending out

one of our students. All of our job sites are inspected by one of our dedicated job coaches who are on hand to; inspect the jobsites before students are sent out, provide transportation, training and guidance if necessary.

In April, YEP job coaches were thanked at a Volunteer Luncheon along with 220 other BCS volunteers in attendance.

Of note was one of our job coaches, Rick Gilmore, who has been assisting the YEP program for 10 years now and received a well deserved bouquet.



Rick has worked tirelessly for this program. He is out doing job site inspections practically every Saturday and does whatever is required to ensure our students' safety and success. He also helps problem solve in situations where our youth cannot help and he is a tremendous support to me.

A job coach is a vital link to a successful outcome for both students and clients. Rick has truly been helpful in this regard thus doing a wonderful service to this program.

Congratulations to Rick, and also a big thank you to our other active job coaches; Karl Fuss, Filu Jackson, Adele Duimering, Shann Beley, Eve D'Anjou, Parallee Hallum, Maggie Hains and Donna Cottell. Without your dedication and support this program could not successfully function.

The same can be said about all of our 450 BCS volunteers. It is amazing to witness the dedication and the spirit of giving in this organization. It really is a community of 'people helping people'. Speaking of which, our YEP students are on the ready to help you with your summer chores in house and garden.

Give us a call!

In Memory ...

Beacon Community Services is sad to report that we have lost a long serving Thrift Shop Volunteer. Harry Marcus died on April 25th. Harry began working in the Repair Department of our Sidney 3rd Street Thrift Shop in 1998 and happily received his 10 Year Recognition Pin at our 2008 Volunteer Appreciation Lunch. When Harry first began volunteering with us, he would arrive on the seat of his motorcycle! Harry will be dearly missed by all who knew him. Our thoughts and prayers are with his family.



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 June 22 at 1:30pm. Call Roberta Ferguson at 250-656-3176.

Family Caregivers' Network Support Group meets on the 2nd Monday of each month, 10am–noon in the SHOAL Centre Lounge. Next meeting is June 8.

Family Caregivers' Network Coffee Break is held the 4th Tuesday of the month, 2–3pm. Next coffee break is June 23. For more information call 250-384-0408.

Panorama Partners

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



Community Wellness Park Orientations:

Turn Your Fitness Inside-Out!

Panorama Recreation Centre and Beacon Community Services at SHOAL Centre are partnering to provide “Wellness Park Orientation Sessions”. The new park is located across the street from SHOAL Centre, next to the Library. During one-hour sessions an instructor will introduce you to the various stations in the wellness circuit, and demonstrate how to use them. All fitness levels are welcome. Please pre-register at SHOAL Centre or Panorama Recreation Centre as space is limited.

Dates: Thursdays – June 11, 25, July 9, 23, August 6, 20

Time: 10:30–11:30am **Cost:** \$6 plus GST per session

Location: SHOAL Centre

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 start inside Beacon Plaza.

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

Bowling – 3pm on the 2nd and 4th Monday of each month at Sidney Miracle Lanes.

Golf - 1pm on Thursday, June 11. Happens once a month, check the schedule of activities for next month's date.

Darts/Pool – 1pm on the 1st and 3rd Tuesday of each month at the Army, Navy & Air Force Veterans Unit, Fourth St.

Neighbours' Lunch – 11:30am–1pm every Wednesday at St. Andrew's Church. Enjoy homemade soup and friendship.

Father's Day – June 21 at the Army, Navy & Airforce Veterans Unit, free to all Dad's who have paid their 2009 membership at the Club on Fourth St. in Sidney

Summer Fair at Heritage Acres - June 20 and 21. A great place to celebrate Father's Day. Enjoy train rides, home baking, hot dogs and more!

Next Meeting – Wednesday, June 17 at SHOAL Centre, doors open at 1:45pm. Our guest speaker will Alert First Aid Services talking about what to do in case of stroke or heart attack. Please remember your \$1 when you sign in. For details, call Kathy @ 250-656-5537 Ext. 106 or pick up a monthly *TideLines* newsletter from the SHOAL Centre.

Arts, Dance & Culture

Ballroom Dance Practice Sessions
Fridays, 7-8:15pm, June 5, 12, 19, 26

Organic Gardening & Lawn Care Workshop

Saturday, June 13, noon-3pm

Health

Fusion (Yoga/Pilates) - Thursdays
June 4, 11, 18, 25, 7:30-8:30pm

Power Yoga - Mondays
June 1, 8, 15, 22, 29, 7:30-8:30pm

Power Yoga Level 2 - Wednesdays
June 3, 10, 17, 24, 7:30-8:30pm

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.