

# 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](http://www.beaconcs.ca)

June 2011

## BOUQUETS

We wish all dads the very best on your special day, Father's Day, June 19th.

A well deserved thank you to the volunteers who helped to make our Mother's Day Tea such a delightful event – Connie Lougher-Goodey and Mim Ostachowicz.

Appreciation is also extended to Ooh La La Cupcakes of Sidney who donated two gift certificates as door prizes for the Mother's Day Tea.

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## What's Inside

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



## Upcoming Special Events

### Historical Day-Trip to Mayne Island

**Date:** Thursday, August 11      **Time:** 9:45am - 6:30pm

**Cost:** \$80 (seniors 65) \$90 (adults) Includes HST, round-trip transportation, ferry fees and guided day-trip. Lunch and snacks are additional costs (cash only on Mayne Island).

Register at SHOAL Activity Centre for this great tour exploring the quaint shops of Miner's Bay and historical places of interest such as Springwater Lodge (1885), St. Magdelene Church (1887), the Plumber Pass Lock-up (1896) and the Agricultural Hall (1900). Stops will be made at the Japanese Gardens, located at Dinner Bay Park; and the Georgian Point Lighthouse. A full itinerary available at Reception Desk.

### An Evening At The SHOAL presents a Mexican Fiesta!

**Date:** Thursday, June 30th      **Time:** Doors open 5:30pm      **Cost:** \$25

Our last dinner and entertainment evening before the summer break. A touch of Mexican flair will be the theme for this dinner, with Spanish musicians Marcelina Stanton and Thomas Axmann, bringing a unique blend of voice and guitar. Come dressed in the relaxed and colourful spirit of Mexico! Tickets on sale June 1 – 27.



### Ice Cream Cones in Time for Father's Day

**Date:** Friday, June 17      **Time:** 2-3pm      **Cost:** \$2

Treat your dad, or yourself, to an ice cream cone from the Tuck Shop. Choose from vanilla or chocolate.



## 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)

As many of us do during the month of June, I think about my dad. Although he is no longer with us, I still keep a copy of a poem he once gave me.

### WHAT I WANT

I don't want a pipe and I don't want a watch,  
I don't want cigars or a bottle of scotch,  
I don't want a thing your money can buy,  
I don't want a shirt or a four-in-hand tie.  
If you really would make this old heart of mine glad,  
I just want to know you're still fond of your dad.  
You women folk say, and believe it I can,  
"It's so terribly hard to buy things for a man!"  
And from all that I've heard I am sure it must be,

Well, I don't want you spending your money on me.  
The joy that I crave in a store can't be had,  
I just want to know you're still fond of your dad.  
Get on with your shopping; give others the stuff!  
For me just a hug and a kiss are enough!  
On Father's Day, come in with love in your eye,  
And tell me you think I'm a pretty swell guy.  
With that for my gift I can never be sad,  
I just want to know you're still fond of your dad.

## Notices

**Access Awareness Day 2011** Join the Sidney Healthy Communities Commission for Access Awareness Day celebrations on Saturday, June 4 from 10am to 2pm at Beacon Waterfront Park.

**Gone To The Dogs** Due to safety and hygiene concerns, and in fairness to the pet and others who do not have pets, we request that you do not bring your pets while you are participating for an **extended period of time in a program within the Activity Centre**. Pets, on leash, are permitted in the Lobby areas for a short period of time while you are attending to an errand or business. Of course, guide dogs are permitted on the premises at all times.

**SHOAL Centre's Best Kept Secret** Did you know that deep in the heart of the SHOAL Activity Centre is a fully equipped Woodworking Shop? For the cost of a SHOAL Centre membership plus \$5 per month, you could have unlimited access to the Shop during SHOAL Centre Reception hours. If you would like more information or an orientation to the Shop and the equipment, we would be happy to arrange it with one of our "Woodworkers".

**July 1st Holiday Hours** The SHOAL Centre Reception Office will be closed on Canada Day, Friday, July 1st. The Activity Centre will be locked up at 7pm.

**Evening Bridge on Statutory Holidays** Please note that the Activity Centre will be locked up at 7pm on statutory holiday evenings once the Dining Room has cleared. As a result, Bridge will not be held on these evenings. We appreciate your cooperation.

**Computer Lab Volunteer** The SHOAL Activity Centre is looking for a volunteer who is willing to assist Computer Lab participants one day per week, starting in September. The Computer Lab volunteer should be knowledgeable about computers (PC and Mac), software programs and using the internet. Call Kathryn Mason at 250-656-5537 ext. 106 for more information.

**Enjoy "VitalityPlus for Seniors" Chair Massages** Enhance your health and well-being through a unique chair massage! VitalityPlus for Seniors is held at SHOAL Centre, Fridays 1:30 to 3:30pm in 15 or 30 minute private appointments. \$10 introductory sessions are offered. Schedule a trial visit or register by calling 250-590-2220. For more information visit: [www.healinghandsvitalityplus.com](http://www.healinghandsvitalityplus.com).

**Be Prepared** As a result of recent events in the news you may wish to ensure that you carry emergency contact information with you at all times in the event of an accident or emergency.

**Bingo** The last bingo night prior to the summer will be Tuesday, June 21. Games will resume on a weekly basis on Tuesday September 6th 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

It may have been a cool, wet spring, but hopefully summer will bring plenty of warm sunshine to enjoy outdoor patios and extended vacations. SHOAL Activity Centre has a busy summer ahead, beginning with June events, regular drop-in sessions and even ice cream cones on Friday, June 17 at the Tuck Shop, in honour of Father's Day! Come participate in all we have to offer.

### Alzheimer Society of BC Series for Family Caregivers

**Dates:** Thursday, June 2; Tuesday, June 7; Thursday, June 9; Tuesday, June 14 and Thursday, June 16

**Times:** 1-3:30pm

**Cost:** Free for Members; \$3 for Non-Members. (or by donation.)

Please call to register.

This series is open to family caregivers, friends, volunteers and health care professionals who are caring for a person with dementia. Learn about dementia and practical coping strategies. Pick-up a copy of the topics for the entire series at Reception. Participants are encouraged to attend all 5 sessions.

### Scarlet Brimmers Buy and Sell

**Date:** Saturday, June 4 **Time:** 10am – 2pm **Cost:** \$1

Red Hatters will be offering all kinds of apparel and items for sale. This should be a colourful event, so drop by for a browse or purchase. Admission proceeds go towards the purchase of our new kiln.

### FALLPROOF Introduction and Demonstration

**Date:** Monday, June 6 **Time:** 1:30pm **Cost:** Free

Please call to register

Are you afraid of falling? Are you sometimes unsteady on your feet? Have you experienced one or more falls in the past year? If you answer yes to any of these questions, this presentation is for you. Most falls can be prevented if you can learn to improve balance and mobility. The FallProof program is a series of classes designed to teach strategies for improved standing posture, better walking ability, and improved ability to recover from a loss of balance. Registered Fallproof classes to start this fall at SHOAL Activity Centre.



## July/August Preview

### 2011 Summer Bus Tour

Refer to the front page for details of our summer Bus Trip, being offered this year to Mayne Island on August 11. A tour with lots of information and time to enjoy sight seeing from historical buildings to the Wild Fennel Food and Wine Shop.

### Fitness Classes all Summer Long!

Stretch and Strength, and Chair Fit classes, taught by Panorama Certified Fitness Instructors, will continue all summer long at the Centre. Pick up a schedule of activities for days and times of these drop-in sessions.

### New Fitness Class Coming this Fall Cardio Conditioning Drop-In

**Dates:** Every Monday, Wednesday, Friday **Time:** 8:45 to 9:45am

**Cost:** \$4 for Members (11 for \$40); \$5 for Non-Members

We are adding a new fitness class to our drop in activity schedule. Join us for this early morning self-paced, mild to moderate low-impact aerobic workout combined with strengthening exercises, floor work, and ending with a stretch.

### Thank You and Goodbye to Hazel Walker



As a long standing SHOAL Volunteer, Hazel lead several activities including Crafts, Knitting, and Tai Chi Practice. She has been a dedicated and fun member who helped to organize many events over the past years, such as the

Christmas Craft Fairs, mini-Easter Fairs, and Easter Bonnet Parades. Under her supervision, the Crafts and Knitting groups have contributed greatly to raising funds for SHOAL programs through the sale of items in our Front Lobby display cabinet. We wish Hazel all the best as she relocates to Kelowna this summer.

## An Evening At The SHOAL September Preview

**Date:** Thursday, September 30 (Note date change from Sept 23)

**Time:** Doors open 5:30pm

**Cost:** \$25

It's summer break time for an Evening at the SHOAL, so look for the next TideLines issue to find out what's coming for our September 2011 monthly dinner and entertainment event. Enjoy the balmy evenings of July and August and we hope to see you in the autumn.



## Chef's Corner

**Chef Don Bottcher**

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

### Be Kind to Your Heart

Consider your heart when planning your meals. Researchers have found that eating a diet of high fat and salt but lower in fiber is linked to an increased risk of heart disease. Try these tips for a healthy heart:

#### Cut down on fat

- Choose lean meat cuts, trim off the visible fat
- Choose skinless turkey or chicken
- Limit sausages, bacon, and high fat deli meats
- Choose canned fish packed in water instead of oil
- Choose low fat milk and dairy products
- Try broiling, baking, steaming or poaching, instead of frying your foods
- Choose olive oil for salad dressings and cooking
- Try vegetable oil spray to sauté your food
- Go easy on butter, margarine and salad dressings

#### Reduce your salt intake

- Use herbs & spices to add flavour rather than salt
- Reduce the amount of salt in cooking and baking
- Taste food at the table before adding more salt
- Eat fewer prepared foods with salt, such as chips, wieners, saltines, pretzels, deli meats and pickles
- Choose low sodium beef and chicken flavor bases or stocks for cooking, try making your own stocks to control the amount of salt used

#### Limit sugar and sweets

- Consider the amount of sugar in honey, jams, jellies, candies, soft drinks, sweetened fruit drinks and sweet desserts that you may consume
- Choose fruit instead of cakes, cookies or pastries
- Buy canned fruit packed in juice rather than syrup
- Add fresh fruit to plain yogurt for a sweet treat

### Welcome New Staff

We are pleased to welcome David Cummings to the SHOAL Centre Kitchen as a new Cook.

## Food Services

### June Evening at the SHOAL Menu

#### "Mexican Fiesta"

Thursday, June 30th, 2011

*Roast Beef with Sherry Beef Sauce*



*Mexico Baked Fish with a Salsa Sauce*



*"Sombrero" Rice*



*Spanish Corn Casserole*



*Mixed Green Salad with a Mild Chili Dressing*



*Ole Corn Bread*



*Mexican Cake with a Pineapple Sauce*



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

**Date:** Wednesday, June 15 **Time:** 2pm

**Cost:** Free

Happy Birthday to all our members celebrating a June birthday! Please come celebrate with us this month and listen to some live music while enjoying cake and coffee or tea. This is a great time for new members to get a great "taste" of SHOAL Activity Centre.



### Ice Cream Cones in Time for Father's Day

**Date:** Friday, June 17

**Time:** 2-3pm

**Cost:** \$2

Treat your dad, or yourself, to an ice cream cone from the Tuck Shop. Choose from vanilla or chocolate.



## Active Bodies, Active Minds

**Deborah Carney,**  
**Manager**  
**SHOAL Assisted Living**

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E-mail: dcarney@beaconcs.ca



**Wendy Hall,**  
**Activities Coordinator**  
**SHOAL Assisted Living**  
Phone: 250-656-5537 ext. 119  
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*“How did it get so late so soon? Its night before its afternoon. December is here before its June. My goodness how the time has flown. How did it get so late so soon?” - Dr, Seuss*

Our annual “Swap n’Shop” was a great success! Thank you to all the residents who volunteered to help. We will be using the money raised to buy flowers and hanging baskets for the patio.

### Music

Residents enjoyed several talented entertainers in May, including Ian Robinson on his guitar, the Melodears choir, “A Bunch of Thyme” and Don MacGregor playing his flute. Allan Slade from the Conservatory of Music continues his weekly “Music Exploration” classes.

### Activities

Chocolate Bingo and Carpet Bowling are always fun. Thank you to Jaci and her boys for assisting. Our monthly visits from our friendly dogs at PATS is wonderful, sometimes the dogs are big and sometimes they are small. SHOAL member birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month. We continue to hold an Ecumenical Service each month with the Rev. Canon Penelope Black officiating. Twice weekly chair exercises and chair dance are well attended. Our quarterly Resident’s Discussion and Tea was held in May. This is an opportunity for residents and staff to discuss any concerns and upcoming events.

### Education

An Emergency Preparedness session was held in the Auditorium. This informative presentation was put on by the Town of Sidney with representatives from the Town Hall and Fire Department. Roland from Medichair in Sidney showed products to assist in daily living and checked many walkers to ensure they were in a safe condition. Thank you Roland for your time and effort.



**We are always grateful for donations of:**

- Simple musical instruments such as bongo drums
- Piano - in excellent condition
- Spare time to volunteer with our residents, especially with piano playing for sing-a-longs

**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](http://www.beaconcs.ca).



## Volunteer Services News

**Kathryn Mason, Volunteer Services Coordinator**

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

*It is better to be a young June-bug than an old bird in paradise.*

*-Mark Twain*

As I write these words, it is still May – and here we all are, still anticipating the warm, sunny months to come. Quick – hand me a sweater! But warm sun or not, summer will surely come and just saying the word – summer – puts a smile on my face.

### Reminder: Volunteer Visitors and Senior Peer Counsellors

– there will be no monthly support meetings during July and August. The September meeting has been scheduled for September 8 at 10am at SHOAL

## Welcome New Volunteers!

### Thrift Shops:

Nicolette Chapman  
Barbara Clegg

### Take the Pressure Down:

Pamela Marchand  
Susan Snyders  
Lawrence MacNeil

## Condolences

We want to extend our sincerest sympathy to long time Volunteer Sue Campbell on the recent death of her husband. Our thoughts and prayers go out to Sue and her family at this sad time.

## Community Income Tax Volunteers

We want to extend our sincerest thanks to the Community Income Tax Volunteers. Even though the 'tax season' is officially over, many of these fine Volunteers will continue to prepare and file returns for the 'stragglers'. It was a record year – 387 returns processed during March and April – and that number is well over 400 now. Amazing! What a great program this continues to be for so many of our friends and neighbours.



## Volunteer Profile: Barbara Brock

Many of you will have read our notice in our May issue which told you that one of our SHOAL Activity Volunteers is soon to retire at the end of June. Barbara Brock has been volunteering as a Keep Fit Instructor since 1995 – beginning with Sidney Silver Threads and then with BCS when we arrived at SHOAL in 2007. However, Barbara was not a stranger to us then, since she had been a Sidney Thrift Shop Volunteer. Her husband, Colin, also volunteered with us in the early 90's as a Medical Driver.

Barbara was born in Lewisham, London, England but grew up in Charlton. She was the youngest of five children and the only one of her siblings to later move to Canada. Barbara worked in a variety of fields while living in England – for the General Post Office (English Telephone Co.), with a book publisher and as a legal secretary with the Bank of England. Barbara and Colin married in England and moved to Canada in 1957 for a "better life". Barbara continued to work as a legal secretary until the first of their four children arrived. They now have nine grandchildren and ten great grandchildren! Colin worked in the wood industry and the family lived on the mainland. They retired to North Saanich then settled in Sidney a couple of years ago.

Through the years, Barbara has remained active and involved with her community. She has been a member of the North Saanich Ratepayers and used to regularly attend North Saanich council meetings. In fact, she sat on their Advisory Planning Committee for a few years. Barbara has been President of the Newcomers Club and still regularly meets with the Peninsula Friends.

Barbara enjoys knitting (has done cross stitch), walking, bridge, puzzles, reading (belongs to a Book Club) and likes to garden. For 40 years Barbara was an "unwilling sailor" her husband tells me, with a smile on his face. Barbara's main hobby now is travelling and she and her husband have been involved in many house exchanges over the years – mainly in the UK, but also in Kentucky and Ontario. They are booked for two cruises and look forward to sailing from New York soon on the Queen Mary, and then will sail from Southampton for the Greek Islands.

We want to thank Barbara for all the many years she has volunteered with us, and for our community. We send her off with our warmest regards and wish her well in whatever lies ahead. Bon Voyage Barbara. This time you get to relax and leave the 'crewing' to the pros!



## Youth Employment Program News

**Sarah Cameron, YEP Coordinator**

Phone: 250-656-5537 ext. 118  
E-mail: [scameron@beaconcs.ca](mailto:scameron@beaconcs.ca)

### Minimum Wage Increase

YEP Students were happy to hear that the minimum wage in British Columbia was raised 75¢ (from \$8 to \$8.75) on May 1. The Youth Employment Program has also adopted this raise in minimum wage. Members of the community can now hire a YEP Student for a minimum of \$8.75 per hour to help with various household chores and projects. Contact the YEP office at 250-656-5537 for more information.

### YEP at the Peninsula Country Market

Starting on June 4th, the Youth Employment Program will be at the Peninsula Country Market from 9am-1pm every Saturday. YEP Students will be providing face painting for children (and any willing adults) by donation at the Market. They will also be playing games, completing art projects and hosting colouring contests for any children who choose to participate. Come by and visit us this summer! Look for the yellow YEP shirts!

## Calling All Youth (Ages 14-18)

School finishes for the summer on June 30th. Why not get involved in your community this summer? Fill out an application form and join YEP for access to casual work opportunities, volunteer opportunities and courses and training. Go to [www.beaconcs.ca](http://www.beaconcs.ca) to download the form, or drop in to the SHOAL Activity Centre and talk to Sarah.

### Retail Training Certificate Program

The Retail Training Certificate Program will continue throughout the summer. Students are able to earn 26.5 volunteer hours and are mentored by a YEP Job Coach over four consecutive Sundays. Students can learn customer service skills, cashier and teamwork skills. This training looks great on a resume so sign up today!



# Bottle Drive Fundraiser

## Help Support Youth in Your Community

**Date:** Saturday, June 25th

**Time:** 9am-12 noon (ONLY)

The Youth Employment Program will be hosting a Bottle Drive at SHOAL Centre on Saturday, June 25th. Please bring your refundable beverage containers between 9am and 12 noon (only) to the front of SHOAL Centre.

We can only accept alcoholic and non-alcoholic cans and bottles and tetra juice packs. We regret that we cannot accept non-refundable items such as dairy containers or food jars or cans.

The funds raised will go toward the annual Youth Job Fair and courses for youth in the community. Your support through donations of empty beverage containers is very much appreciated.

Thank you!

## 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 Monday, September 26. Call Roberta Ferguson at 250-656-3176.

**Take The Pressure Down** is the new name for the CHIP blood pressure clinic, held every first and third Thursday until June 16 at SHOAL Activity Centre, 10am-1pm; and the second and fourth Fridays until June 10, 10am-1pm, Sidney/North Saanich Library. Drop by to pick up a flyer for times and locations in Brentwood Bay and at Panorama Recreation Centre.

**Family Caregivers' Support Group** now meets on the 3rd Tuesday of each month, 10am – 12pm in the SHOAL Activity Centre Lounge. Next Meeting is Tuesday, June 21.

### Mac University Presented by SHOAL Activity Centre

The SHOAL Activity Centre is offering three Mac University Computer Courses during the month of June. These courses will take place at The Rock Church at 2304 Oakville Avenue, near the Mary Winspear Centre. Call 250-656-5537 or drop by the SHOAL Activity Centre to register.

**Introduction to Mac**                      Date: Thursday, June 9                      Time: 10:30am-1:30pm                      Cost: \$65  
Your Mac comes with a lot of potential and we break it down for you in this class. Learn about the basics of the operating system and some of the most used programs.

**iPhoto**    Date: Thursday, June 23                      Time: 10:30am-1:30pm                      Cost: \$65  
Organize, Edit and Share your photos in this three hour class covering the basics of iPhoto 11.

**iWork Basics**                                      Date: Thursday, June 30                      Time: 10:30am-1:30pm                      Cost: \$65  
Pages, Numbers and Keynotes all share a backbone and this class will teach the essentials of each program.

## Sidney Single Seniors 55+

Open to men and women age 55 and over. You must be single to belong to this group, or be a caregiver of a loved one who is at home, in hospital or in a care home. Members may choose to take part in morning walks, join coffee get-togethers, bowl, play darts, shoot pool, join others for lunch or dinner out, golf, go on ferry and/or shopping trips and, weather permitting, picnics and barbecues. *Please remember no perfumes or aftershave to be worn to meetings.*

**Next Meeting:** Wednesday, June 15, 2011, 2pm at SHOAL Centre – followed by finger food buffet. Guest speaker: Carol Whitehouse, Tourist Information Centre.

**Important Notice:** There will no meetings in July and August.

For more information, please contact Kathryn Mason at 250-656-5537 ext. 106.

## Beacon Community Services' Vision and Mission

**Our Vision:** A safe, diverse and healthy community where people can meet their needs.

**Our Mission:** Beacon Community Services is a community based organization of volunteers and staff committed to the efficient innovative delivery of programs and services focused on promoting and maintaining individual independence.

**Our Motto:** Helping People Help Themselves