

# 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

March 2011

## BOUQUETS

Several bouquets and a GREAT BIG thank you to all those who helped make the 13th Annual Hearts of the Community Volunteer Awards a success. We could not have done it without you!

To Sidney Shutterbugs Photography Club Members, Jane Wallace and Corinne Marshall, for their help at the Hearts of the Community Volunteer Awards and Beacon Community Services Staff Appreciation event respectively.

To Town Crier, Allan Witcombe for opening the Hearts of the Community Ceremony in splendid fashion.

To Thrifty Foods, Sidney for donating the beautiful flowers for the stage at the Hearts of the Community Ceremony.



## Upcoming Special Events

### March is “Embrace Aging Month”

Be Well; Be Secure; Be Connected; Be Enriched.

### March Evening at the SHOAL

**Date:** Thursday, March 24      **Time:** 5:30pm      **Cost:** \$25

Kevin Michael Frye brings his Irish Folk Band, PenDragon to SHOAL for a fun-filled St. Patrick’s event. Offering a “wee dram” of good old-fashioned Irish humour and the lilt of Irish tunes, this event is sure to please. SHOAL Food Services Team offers another delicious menu, and of course wine by the glass is available for purchase. Buy tickets early, on sale March 1–21.

### Big Spring Craft Fair

**Date:** Saturday, April 9      **Time:** 10am-2pm      **Cost:** \$1

This fundraiser is open to outside crafters, featuring a variety of items produced by local and Island(s) crafters. Rent per table is only \$15. Contact [acibulak@beaconcs.ca](mailto:acibulak@beaconcs.ca) or 656-5537 ext. 117. Come shop for everything from flowers to foot cream.

### Easter Bonnet Parade

**Date:** Tuesday, April 19      **Time:** 1-2pm      **Cost:** free

Here is a chance to win two tickets to the Mother’s Day Tea. Decorate a bonnet Wednesday morning in the Craft Room from 10am to noon or do your own at home, then parade in Auditorium A for judging. Light refreshments to follow.

## What’s Inside

Special Events	Pg. 1
Notices	Pg. 2
Activity Office News	Pg. 3-4
Food Services/ Chef’s Corner	Pg. 4
Assisted Living News	Pg. 5
Volunteer Services News	Pg. 6
Youth Employment News	Pg. 7
Youth Volunteer Profile	Pg. 7
Wellness Programs	Pg. 8
Panorama Partners	Pg. 8



## From the Manager's Desk

**Judy Wiggins, SHOAL Centre Manager**

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

March is "Embrace Aging Month". Embrace Aging Month was launched in March 2006 as an initiative of the Greater Victoria Eldercare Foundation aimed to inform and inspire through awareness and promotion. Embrace Aging promotes positive aging; because after all, we are all aging! So, why not March right in to SHOAL today and explore and embrace active aging, and experience the four pillars of Embrace Aging Month: Be Well; Be Secure; Be Connected; and Be Enriched. May the "Luck of the Irish" be with you.

## Notices

### Free Wireless Internet Access and TideLines by Email

SHOAL Centre is now a Hot Spot for internet access. As a value added service to our members and rental groups we now provide complimentary internet access. While you are surfing the net, why not subscribe to the TideLines at [www.beaconcs.ca/pages/SHOAL.html](http://www.beaconcs.ca/pages/SHOAL.html).

### Suggestion Boxes

There are two suggestion boxes located in the Centre; one at the Reception Office and one in the Dining Room. Customer Comment Cards are located at each. We would love to hear from you.

### Welcome Practicum Student, Jen Lloyd

You might have noticed a new face in the Reception Area. Please join us in welcoming Camosun College Practicum Student, Jen Lloyd. Jen is working towards a degree in Child and Youth Care, and is currently a student in the Community, Family and Child Studies Program. Jen will be working with us until April 6th, so that gives you lots of time to introduce yourself to her.

**Bingo** is held each Tuesday evening, commencing at 6:30pm sharp!

### New Kiln Fundraiser

Clay Works at SHOAL is underway with both Clay Sculpture classes and a Clay Works drop-in. With so much happening in this Activity Department we are now in need of a new small kiln and hope to raise funds through a number of projects this year, including a Spring Craft Fair in April. If you wish to donate to the "Buy a New Kiln Fund" please contact us. A tax deductible receipt will be issued.

### Embrace Aging Month

During Embrace Aging month the Greater Victoria Eldercare Foundation will sponsor a myriad of free workshops and events to help local seniors achieve the four pillars of Embrace Aging ~ Be Well; Be Secure; Be Connected; and Be Enriched.

Sessions offered will speak to many different aspects of life. Physical and mental health, cultural activities, planning for the future, creating a community that is elder friendly, making connections and just having fun are all essential elements of positive aging.

Join us at SHOAL Centre on March 21st and learn all about Healthlink and the 811 Info Line, or attend the senior led Conversation Café on March 25th. Spend the day at the Senior Expo on March 15th at Pearkes Recreation Centre or sign up to attend one of the many free workshops happening in celebration of Embrace Aging Month. For more information visit [www.gvef.org](http://www.gvef.org) and click on the Embrace Aging link. You can also pick up a brochure at SHOAL Centre on your next visit or call the Eldercare Foundation at 250-370-5664. Join us as we celebrate a positive approach to growing older!





## News from the Activity Office

**Anna Cibulak, Activities and Rental Coordinator**

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

March is Embracing Aging Month, so here at the Centre we are promoting many ways to keep your mind and body fit as you move beyond 50. Why not join our class offering French Conversation to keep your thinking sharp, or take some Yoga lessons and stay flexible; perhaps even sign up for the Clay course, stimulating your creative spirit? Come to SHOAL and be part of it all this month!

### French Conversation Course

**Date:** Tuesdays, March 15, 22, 29, April 5, 12, 19, 26, May 3

**Time:** 10am – noon

**Cost:** \$90 SHOAL Members \$115 Non-Members (includes HST)  
French Tutor Beatrice Van Winden uses a fun and stress-free style to help students learn French for traveling, work or just for fun.

### Yoga in a Chair for Seniors

**Date:** Fridays, March 18, 25, April 1, 8, 15, 29, May 6, 13 (8 sessions)

**Time:** 12:30 – 1:30pm

**Cost:** \$90.00 (includes HST)

This great class is now ongoing at SHOAL, providing seniors beneficial exercises that help calm, energize, strengthen and relax. Instructor Kathleen Fournier, Certified Yoga Instructor, specializes in Chair Yoga.

### Clay Works for Beginners

**Date:** Thursdays, March 24, 31, April 1, 8, 15, 29

**Time:** 11am-2pm (includes a half hour for lunch)

**Cost:** \$67.50 SHOAL members; \$73 Non-Members (includes HST)  
Pottery Instructor Amy Smart and Artist Janet Remmer join forces to teach pinch pot, coil, slab and composite techniques. Class size limited to 8. Materials including clay, firing and glazes available for \$20 (includes HST) first day of class.

### April Preview

#### Acrylic Painting Techniques

**Date:** Fridays, April 1, 8, 15, March 4 **Time:** 9:30am-12:30pm

**Cost:** \$67.50 Members; \$73 Non-Members.

Instructor Janet Remmer welcomes both beginners and experienced painters to learn more about techniques using acrylic paints.

### Advance Health Care Planning – Representation Agreements and Living Wills (please call to register)

**Date:** Wednesday, April 27

**Time:** 1:30pm

**Cost:** Free for SHOAL Members; \$3 at the door for Non-Members

Have you thought about who would make your health care decisions if you were unable to speak for yourself? Have you completed a Living Will or Advance Directive? Would you like to learn more about Living Wills and Advance Directives? Speaker Emma Kelly, RN, Advance Care Planning Nurse with the Seniors At Risk Integrated Network (SARIN), explains how this information may benefit you.

### BCAA Mature Drivers Workshop

**Date:** Thursday, April 21st

**Time:** 1:30-3:30pm

**Cost:** Free for SHOAL Members / \$3 at the door for Non-Members

Once again, due to popular demand, the BCAA Traffic Safety Foundation is offering the Living Well, Driving Well Workshop at SHOAL Centre. Learn how you can continue to drive safely by identifying areas that may need improving. Pre-registrater at 250-656-5537.

### Computer Programs

#### Fun with Photos Workshop – Basics

**Date:** Monday, March 21

**Time:** 9:30am-noon

**Cost:** \$54

Use the free Picasa program from Google to find, group and rearrange photos; run slide shows; edit, crop and add special effects. Prerequisite: Basic Computer Skills

#### Fun with Photos Workshop – Share

**Date:** Monday, March 21

**Time:** 1:30-3pm

**Cost:** \$54

Use the free Picasa program from Google to Email photos; create Gift CD's; use Picasa's Web Albums. Prerequisite: Fun with Photos Workshop - Basics.

#### Computers Don't Byte (Level 1)

**Date:** Tuesday, March 22

**Time:** 9:30am-3:30pm

**Cost:** \$110

Learn the absolute basics and rise above the intimidation that comes with the computer age. Learn about bits and bytes and how computers work. You will use some of the free programs that come with your computer to practice using the mouse and keyboard. This class includes an introduction to Windows 7.

#### Google Calendar – Organize to Save Stress and Money

**Date:** Tuesday, March 15

**Time:** 1-3pm

**Cost:** \$44

Learn to use this powerful tool to help keep track of critical events and keep a permanent electronic journal of your activities and e-mail for future reference. This course will introduce you to the flexibility and convenience of free calendar software from Google. Beginners welcome.

## News from the Activity Office continued

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

**Date:** Wednesday, March 16      **Time:** 2pm      **Cost:** Free

Happy Birthday to all our members celebrating a March birthday! Please come celebrate with us and enjoy some easy listening music with Michael Preece at piano. Birthday cake and coffee or tea are served. This is a great time for new members to have a great "taste" of SHOAL Centre.



### Chef's Corner

#### Chef Shaun Abbott

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

SPRING; in like a lion and out like a lamb. I am looking forward to flowers, greenery and some warmer weather. Being a little Irish, I am excited about the Irish Evening at the SHOAL on March 24th. I hope you can join us and enjoy the delicious menu we'll be preparing. I will be heading north to the Yukon for the summer season at the end of the month. Thank you for everything, and I hope we will meet again in the autumn.

#### Food for thought:

If a GOURMET is a person who can cook and always gets everything just so, is a GOURNOT a person who really wants to be able to cook, but just can't seem to get anything right? ☺

Chef Shaun

*We wish Shaun all the best during his time in the Yukon and thank him for the great job he has done these past few months.*

#### Call for Tuck Shop Volunteers

If you can spare one morning or one afternoon per week, we would love to have you help serve coffee, tea and goodies from the Tuck Shop. Please call Kathryn Mason, Volunteer Services Coordinator at 250-656-5537 ext. 106.

## Food Services

### March Evening at the SHOAL Menu "Irish Evening at the SHOAL"

Irish Baked Cod and Bacon

Lamb and Vegetable Stew with Dumplings



Whipped "Green" Potatoes

Steamed Green Peas

Creamed Spinach

New Red Skin Potato Salad

Irish Soda Bread

Chocolate Orange Guinness Cake

\$25

### April Preview:

### An Evening At The SHOAL Presents A Royal Wedding Gala

**Date:** Thursday, April 28      **Time:** 5:30pm      **Cost:** \$25

This event will celebrate the royal marriage of William and Kate. A three piece plated meal will be served and a "Royal" proclamation and toasts will be provided by Town Crier Kenny Podmore, host for the evening. Wear your best finery, including hats, gloves, gowns or tuxedos, to this very special event. Buy your "invitation" to this event early. It's sure to be a sellout. Tickets on sale April 1 while quantities last, and can be purchased by phone using Visa or Mastercard. Wine by the glass will be on sale at the event.



## Active Bodies, Active Minds

**Jennifer Wear, Manager SHOAL Assisted Living**

Phone: 250-656-5537 ext. 111

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



**Wendy Hall, Activities Coordinator, SHOAL Assisted Living**

Phone: 250-656-5537 ext. 119

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

Spring is almost upon us! Isn't it nice to have brighter mornings and a little more sunshine?

### New Manager of Assisted Living

Deborah Carney is our new Manager of Assisted Living. She brings a wealth of knowledge with a background in nursing and home support and I'm sure that everyone will enjoy having her as a manager. Please welcome her to the team!

### Farewell from Outgoing Manager Jennifer Wear

Hi everyone! Just a quick note to let people who don't know already that I decided to return to nursing at the Saanich Peninsula Hospital—Extended Care. This is where I worked previously and did so for 18 years. It was a very difficult decision for me to make as I will miss all the residents and staff that live and work at SHOAL Centre. It truly is a gem in our community!

### 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

### Have you ever wondered how to access the Assisted Living program here at SHOAL Centre?

Assisted Living is a housing option for seniors who require hospitality services and regular help with daily activities. There are publicly funded and private providers of Assisted Living services.

Here at SHOAL Center, we have 30 publicly funded Assisted Living apartments. To access the publicly funded Assisted Living program, a person must go through their VIHA Case Manager. After being approved for Assisted Living, tours of prospective sites can be arranged with the operator of each site.

If anyone is interested in learning more about our Assisted Living program, please contact Deborah at 250-656-5537 Ext 111. I would be more than happy to share the program with you and help guide you through the system.

Once again, thanks to Glenys who did an amazing job replacing Wendy! The resident's love her enthusiasm...

**Happy St. Patrick's Day!** 

**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

*March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice.*

*...Hal Borland*

If you are anything like me, once February is over and March arrives, things seem more possible. Days are longer, brighter. Problems are less daunting. Energy levels miraculously improve. Hope actually does spring alive. We made it folks. Winter is drawing to a close. Whether we see lions or lambs this month, three cheers for Spring!

### Tax Time at SHOAL!

From March 1st to the end of April, Volunteer Services' Community Volunteer Income Tax Program is up and running again at SHOAL. We are open to receive tax client applications on Tuesday, Wednesday and Thursday during the months of March and April. If you are single and have an income of \$25,000, single parent with 1 child with an income of \$30,000 (each additional child, \$2,000), or a couple with combined income of \$35,000, please come in or phone for more information – 250-656-5537. If your return is simple, you are likely entitled to have your tax return prepared and filed for no cost, by a volunteer.

### 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, March 16, 2011 at 2-4pm, SHOAL Centre.

## Mark Your Calendars

On Wednesday, April 13, 2011 we are pleased to host the annual **BCS Volunteer Appreciation Lunch** at SHOAL Centre. If you are actively volunteering for Beacon Community Services you will be mailed an invitation. This is a very special event, as we are given opportunity to publicly extend our thanks to all BCS volunteers - especially paying tribute to our longer serving volunteers. Watch for your invitation. But please remember, as always, there will be a firm RSVP date and we will and must adhere to the SHOAL auditorium capacity number.

### Welcome New Volunteers!

#### Thrift Shops:

Warren Woloschuk  
Leah Luckhurst  
Gayle Chapman  
Jodee Hansen  
Ross Forslund

#### Take the Pressure Down:

Joyce Harper  
Brenda Store  
Angela Geoffrey

#### SHOAL Tuck Shop:

Nelles Shackelton  
Yolande Krasevich

#### Brentwood House:

Chelsey Wood

### Attention:

#### BCS Volunteer Medical Drivers and Visitors

If you have not already responded, there may still be room in the March 9th 55 Alive Mature Driving, Road Safety Skill course, held at SHOAL Centre. Please call our office (250-656-5537) and add your name to the list, if space allows. There is no cost to attend this day long course, if you are a BCS Volunteer Driver.

### A Special Thank You

If you were wondering about the gorgeous bouquet of flowers that graced the Volunteer Drive Desk for a couple of weeks in February, wonder no longer. We want to extend our thanks to Barbara Robertson. Clients often relay their gratitude for this vital community program in many ways, but no one had ever paid tribute to the whole department in such a cheery way. This gesture made so many people happy. What a delightful way to acknowledge this Volunteer program.



## Youth Employment Program News

**Sarah Cameron, YEP Coordinator**

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

**The Second Annual Beacon Community Services Youth Job Fair** is on Monday, March 7th. Please note this is a non-instructional day for School District #63. See the poster at right for details. Youth of all ages are welcome to attend this free event. Please RSVP to Sarah at 250-656-5537. Pick up the April issue of the TideLines where we will acknowledge and thank all of the businesses and organizations that participated in the Fair.

**The Gardening Basics Certificate Course** will be offered in April over three consecutive Sundays; on April 3rd, 10th and 17th from 1-4pm at the Horticulture Centre of the Pacific. This course is offered by Master Gardeners who work with youth participants and teach them about soil, composting, weeding, planting, fertilizers, watering, safe work practices and much more! Register for this free course through the YEP office.

# YOUTH JOB FAIR!

**WHEN:** MONDAY, MARCH 7TH, 2011  
10AM - 2PM

**WHERE:** SHOAL ACTIVITY CENTRE  
10030 RESTHAVEN DRIVE

- All businesses and organizations welcome
- Door prizes available
- All ages welcome
- First 120 youth to RSVP receive a free goodie bag upon arrival

**SPONSORED BY:**




**CONTACT SARAH, YOUTH EMPLOYMENT COORDINATOR, TO RSVP OR BOOK A FREE BOOTH AT:**  
250-656-5537 EXT. 118 OR [scameron@beaconcs.ca](mailto:scameron@beaconcs.ca)



## Youth Volunteer Profile: Stephanie Shepherd

Stephanie Shepherd is a grade 11 student from Claremont Secondary and an active volunteer in the

Beacon Community Services Youth Employment Program.

Stephanie joined our program in 2008. Since that time, she has volunteered at the SHOAL Centre Craft Fair, Evenings at the SHOAL, a Breakfast with Santa and at the Peninsula Country Market on Saturdays. YEP students work and volunteer at the Market on Saturdays to provide face painting for children (and any willing adults as noted by Stephanie!). Stephanie volunteers on the Youth Job Fair Committee as well.

Stephanie has also contributed a number of volunteer hours as a member of her Key Club at school. In addition to her duties as secretary, Stephanie volunteers with the Club at fundraising events, the Royal Victoria Marathon and book drives. The Key Club has also volunteered to make sleeping bags for homeless people.

Stephanie notes that her favourite part of volunteering is being able to see the smiles on peoples' faces and knowing that she has helped them in some way.

When asked what Stephanie does in her spare time, she replied, "I don't really have any spare time", which is understandable. In addition to her volunteer commitments, Stephanie is a member of the Stagecraft group and sings in the choir at school. She is also the Stage Manager for the current Romeo and Juliet production that is being put on by Claremont Secondary School students.

Stephanie is completing the Toastmasters Youth Leadership Program as well. This program allows students to practice public speaking, leadership skills and running a meeting. Students are able to discuss topics of their choice and learn how to evaluate each other's speeches.

We certainly appreciate all of the time that Stephanie has contributed to the Youth Employment Program and the events at SHOAL Centre. She is a shining star in our program and the community. Thank you, Stephanie!

## SHOAL Wellness Programs

**Be Well Clinic** checks blood pressure and glucose every Monday, 1-2pm. Admission is by donation.

**Take The Pressure Down** (formerly CHIP) offers high blood pressure risk management, assessment, monitoring and education for adults over 40. It is a free drop-in clinic held every Thursday, 10am-1pm at SHOAL Centre, and Fridays, 10am-1pm at the Sidney/North Saanich Library. Drop by to pick up a flyer for times and locations in Brentwood Bay and at Panorama Recreation Centre.

**Better Breathers Program**, for those with breathing difficulties is held on the 4th Monday of every month in Auditorium B. Next meeting is Monday, March 28 at 1:30pm. Call Roberta Ferguson at 250-656-3176 if you wish to participate.

**Family Caregivers' Support Group** meets on the 2nd Monday of each month, 10am-noon in the SHOAL Centre Lounge.

### Panorama Partners

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



#### Singing In Spanish Cantemos Juntos

Thursdays 2 – 3:45 pm Mar 31 – May 19 8/\$86

#### Conversational Spanish and Reading Comprehension

Thursdays noon – 1:45 pm Mar 31 – May 19 8/\$86

#### Spanish for Beginners

Thursdays 10 – 11:45 am May 31 – May 19 8/\$86

#### Computers for the Novice Level 2

Saturdays 1 – 3:30 pm May 6 – 13 2/\$120

#### Google Calendar: Organize Your Life To Save Stress And Money

Wednesday 6 - 8pm Mar 22 \$39

#### MAC - Essentials

Saturday 1 – 4 pm June 18 \$59

#### MAC – Transition from Windows to MAC

Saturday 10 am – noon June 18 \$39

#### MAC iWork 09

Saturday 9:30 am – 3:30 pm Mar 19 \$119

## JobOptionsBC

Beacon Community Services is offering a 10 week paid employment and life skills program in Sidney called JobOptionsBC-Sidney. The program starts on March 14, 2011 and is designed to assist non-EI eligible individuals 18 years and older living on the Saanich Peninsula or Southern Gulf Islands. To find out more about this program, please call 250-656-0134 or 250-595-6626 and sign up for an information session. Register early as seats are limited!

## 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

