

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

May 2010

BOUQUETS

Thanks to Bev Woodley, Mark Blandford and Councillor Merv Lougher-Goody for judging our annual Easter Bonnet Parade, and to prize winners Madelain Chapman, Mabel Sibbald and Rita Daws. A big thank you to our Crafts Activity Department for organizing and helping with hat decoration.

Thank you to all the volunteers who made the Spring Craft Fair a wonderful success – this was a joint effort of Crafts, Ceramics, Silversmithing, Faceting and Lapidary.

To the MacDonald family for their very generous donation of a beautiful piano. We will get hours of musical enjoyment from it.

To the Sidney Lawn Bowling Club for donating chairs that will come in handy at SHOAL.

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Upcoming Special Events

Mother's Day Tea

Date: Thursday, May 6 **Time:** 1-3pm **Cost:** \$14.50

This is an annual event that we love to offer. Come with your mom, daughter, aunt or grandmother and enjoy a lovely plated tea by Chef Russ and the Food Services Team. This year we hope to offer a unique fashion show of 'thrifty' clothing plus a few surprises. Tickets on sale April 12-May 3.

Sidney Concert Band - Junior Division

Date: Sunday, May 16 **Time:** 2pm **Cost:** \$2

Come and hear the happy sounds of these local musicians who enjoy playing for audiences in the area. You can't beat the price, and the admission at the door supports SHOAL programs.

An Evening At The SHOAL with Wine and Roses

Date: Thursday, May 27 **Time:** Doors open 5:30pm **Cost:** \$23

The Ladies Salon Orchestra will be here once again. Last year we promised we would have wine and roses for this event and we've kept that promise. Elegant dress encouraged (but not required). See the buffet menu by Chef Russ Hudson and the SHOAL Food Services Team posted on our front notice board. Tickets on sale May 3 - 24.

May Tuck Shop Special — see Page 3



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

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It will soon be time again to get the patio furniture out of storage, plant the flowers in the patio planters, and enjoy outdoor tea time and barbecues for another fun-filled, sun-filled summer season on the patio. May is my favourite month! The gardens are lovely, the daylight lasts longer, the winter has passed and the summer is still ahead. Special events happening this month include the Youth Employment Job Fair, the Mother's Day Tea, a visit from the Junior Division of the Sidney Concert Band and An Evening At The SHOAL with Wine and Roses. If we are fortunate enough to receive a Canada Summer Jobs Grant, our Summer Student will commence work on the 25th. We hope to see you at the Sidney Health Fair at the Mary Winspear Centre, where we will have a booth on May 29th and 30th. Happy Mother's Day!



Notices

Victoria Day Hours

The SHOAL Centre Reception Office will be closed on Victoria Day, Monday May 24th.

Refund Policy – Registered Programs and Meal Cards

Cancellation of Registered Courses: In the event that a course is cancelled due to insufficient registration or other circumstances a full refund will be given. Participants may choose to take a refund or a credit towards a future program.

Withdrawals from Registered Courses: If a patron wishes to withdraw from a program, a full 48 hours notice is required in order to receive a refund, unless the request is accompanied by a medical note.

Administration Fee: A \$5 administration fee will be applied to all refunds, unless the request is accompanied by a medical note.

Meal Cards: In the event that you are unable to use the remaining meals on a meal card, you are welcome to transfer your card to a family member or friend. We regret that we are unable to issue refunds for unused meals on a card.

Computer Programs in the SHOAL Centre Computer Lab

If you are interested in learning new computer skills or upgrading your existing ones, sign up for a class or join the new SHOAL Centre Computer Club and drop in. Private lessons can also be arranged. Computer Lab rentals are also available for local business or community groups wishing to provide training opportunities for volunteers or staff.



Special Event Photographs

We regret that we are no longer able to provide copies of photographs taken at our special events, due to the increasing number of requests we are receiving and the time required. We encourage participants to bring a camera to the event, or to ask for assistance from a friend or family member. Thank you for your cooperation.

Access Awareness Day

Date: June 5th **Time:** 11am-1pm **Location:** Wellness Park (next to the Library) Resthaven Drive
Plan on joining us for the first Sidney Healthy Communities Commission event for 2010, while visiting the Outdoor Book Sale at the Library next door. There will be a welcome by Sidney Mayor, Larry Cross in addition to attractions and information on Sailing for the Disabled, Riding for the Disabled, the Disability Resource Centre, the RCMP Safety on Wheels Program, School District 63 and Beacon Community Services programs. Fitness Instructors from Panorama Recreation Centre will be on hand to demonstrate and direct you on the use of the fitness equipment.

Outdoor Book Sale

Date: June 5th **Time:** 10am-2pm **Location:** Sidney Library (next to the Wellness Park) Resthaven Drive
Looking for a good book at a reasonable price? Visit the Outdoor Book Sale on the lawn of the Library. The sale is sponsored by the Friends of the Library, who will introduce you to the new Digital Information Monitor.



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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The beautiful month of May – how appropriate that Mother’s Day is celebrated during this time. SHOAL Centre Mother’s Day Tea is one of our favorite events as we honour mothers, grandmothers, and all women who represent mothering energy in our lives. It’s also a month that brings summer so close, and here at SHOAL we are already planning events for those warm weather days. So keep watching our TideLines to find out what’s in store.

Gentle Yoga for Seniors

Date: Fridays, May 7, 14, 21, 28 June 4, 11, 18, 25

Time: 12:30pm – 1:30pm **Cost:** \$80 Registration required.

Gentle Yoga is for everyone, regardless of your current condition, and the benefits of this fitness class can be wonderful. Yoga helps to lower blood pressure, strengthen muscles and nerves, helps with insomnia, improves balance and flexibility, calms the nervous system and also re-energizes. Instructor Kathleen Fournier is a certified Yoga Instructor using a joyful and positive approach in her teaching.

Sidney Concert Band – Junior Division

Date: Sunday, May 16 **Time:** 2pm **Cost:** \$2

Come and hear the happy sounds of these local musicians who enjoy playing for audiences in the area. You can’t beat the price. Admission at the door supports SHOAL programs.

Billiards/Snooker

Cost: \$1.50 Drop-in

Did you know that SHOAL Centre has a great billiards table? Come practice by yourself or bring friends. It’s a good way to keep up hand and eye coordination. Available for members only.

Ceramics Drop-In

Date: Mondays & Fridays **Time:** 10am-3pm **Cost:** Free (SHOAL Membership required)

Are you interested in learning and working to develop ceramic pieces? Observe how moulds are poured from clay, then fired into bisque ware. Glazing and painting these pieces happens next, and a final firing produces a finished product. This is a fascinating craft which can be adapted to produce other kinds of creative pieces.

Sherry ‘n Shortbread Tuck Shop Special

Date: Friday, May 21

Time: 2-3pm

Cost: \$3

Start the Victoria Day long weekend with a nip of sherry and a delicious shortbread cookie from the Tuck Shop. Simply divine!

June Preview

Creative Approaches to Supporting a Person with Dementia

Date: Thursday, June 10

Time: 1:30 – 3:30pm

Cost: Free

Suitable for family caregivers only. People with dementia typically experience changes in behaviour and this workshop shows effective ways to support the person and to reduce friction and stress. Drop by in person or call to register.

Father’s Day BBQ

Date and Time: TBA - Look for details in the June issue!

Fitness Drop-In Programs

Don’t forget that our regular morning fitness programs for Chair Fit and Stretch and Strength will continue throughout the summer. These classes are taught by Certified Fitness Instructors from Panorama Recreation and include elements of Joint Works and Osteofit to provide well balanced and effective exercise for adults, 50 years plus. Check our schedule for dates and times. Non-members welcome. Members’ discount available.

Members’ Birthday Party and Meet n’ Greet

Date: Wednesday, May 19

Time: 2pm

Cost: Free

Happy Birthday to all our members celebrating a May birthday! Please come celebrate with us this month, and listen to live music while enjoying cake and coffee or tea. This is a great time for new members to have a great “taste” of SHOAL Centre.

An Evening At The SHOAL Beach Party!

Date: Thursday, June 24

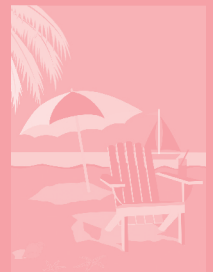
Time: Doors open 5:30pm

Cost: \$23

Our last dinner and entertainment evening before the summer break.

Come in casual attire and enjoy a fun night of beach themed food and music!

See the buffet menu created by Chef Russ Hudson and the SHOAL Food Services Team, posted on our front notice board. Tickets on sale June 1 – 21.





Chef's Korner

Chef Russ Hudson

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Spring has sprung on the Peninsula and that is evident from all the blossoms and flowers that we see in and around the Sidney area. Added to this delight is this month's recipe. We are featuring the best of our coastal provinces; prawns from Vancouver Island and scallops from Digby Nova Scotia.

If you are a seafood lover, then you will enjoy this month's feature of Prawn and Scallop Pasta.

Food Service Staff Profile: Ruth Jones



Ruth was born and raised in a Christian family in Sarnia, Ontario. After schooling she got into the work force and as a travel agent her job took her across the country with stops in Toronto, Calgary and Vancouver, planning holidays for

travellers through tours and bus companies.

In 1981 Ruth decided to move to Victoria for a smaller and quieter place to raise her family. Ruth has three daughters ages 23, 25 and 28 and is the proud grandmother of 4 gorgeous grandchildren.

As her daughters became more independent Ruth returned to the work force as a florist for Michaels. Ruth decided to further her education and became a Resident Care Aide in addition to her certification in Occupational Therapy. After a medical setback Ruth moved to Ontario to be with her mother and sister. After one very cold and snowy winter in Ontario, her heart was pulling her back to BC. Ruth returned in January of 2009 happy to be back here serving you at the SHOAL Centre and we are lucky to have her.

Summer Tuck Shop Hours

The Tuck Shop will be closed on Saturdays and Sundays during July and August. Weekday afternoon hours to be determined.

Tuck Shop Special — see page 3

Prawn and Scallop Pasta

Serves 4

Ingredients:

Chopped Spanish Onions	¾ cup
Chopped Green Bell Pepper	¾ cup
Garlic Clove Minced	1 ea.
Butter	½ cup
Italian Seasoning	2 tbsps.
Red wine [dry]	½ cup
Flour	1/3 cup
Tomato Juice	2 cups
Sugar	2 tbsps.
Salt & Pepper	to taste
Prawns [peeled and deveined]	16 ea
Digby Scallops	12 ea
Butter	3 tbsps.
Pasta [of your choice]	12 oz.

Method:

Sauté the onion, green pepper and garlic in the ½ cup butter until tender [take care not to burn the garlic]. Stir in the Italian seasoning and wine and reduce the mixture by half.

Stir in the flour, add the tomato juice and cook until thickened, stirring constantly. Simmer for 30 minutes or until the sauce has thickened to desired consistency. Season with the sugar, salt and pepper.

To prepare the seafood, melt the remaining butter, [3 tbsps.] and sauté the prawns and scallops until cooked through and slightly browned. Add the prawns and scallops to the sauce and simmer lightly for 4 to 6 minutes. Serve over the cooked pasta. Garnish with fresh chopped cilantro or basil.

Spread the filling mixture over the entire tenderloin spreading evenly. Roll up the tenderloin [tucking the tail of the tender under the filet so that it is all the same size], wrap in parchment paper then tin foil and bake for approximately 25 minutes. Remove from oven; let rest another 3 to 5 minutes prior to cutting.

Garnish the tenderloin with your favourite chutney or a red pepper relish. Garlic and Oregano roasted potatoes as well as steamed asparagus and mashed butternut squash make a great finish to the meal.



Active Bodies, Active Minds

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Wendy Hall, Activities Coordinator, SHOAL Assisted Living

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We all enjoyed our “Easter Egg Hunt” and are now working off the effects of all that chocolate.

On the Easter holiday Monday, we watched the video “An Intimate Evening with Anne Murray”, who seems to be a favourite for many. We will be starting to show the BBC series “Planet Earth” with one disc per week for 5 weeks.

Our Dietician, Cynthia Tandy was here to talk about “What Should I Eat to Stay Healthy?” Unfortunately this was her last session as her role within VIHA has changed. She will be greatly missed.

Music Therapist, Allan Slade, from the Victoria Conservatory of Music continues his weekly sessions with the residents. Residents love his enthusiasm and enjoy creating unique songs, using their own words to familiar music. Our song book is getting quite thick!

We all enjoyed our monthly feature entertainer for April, Michael Majocho on guitar. We are pleased that Skye Mundell will be coming back again to play the piano for the residents.

SHOAL Member birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month. This is always a popular event.

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

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

Our annual “Swap’n Shop” took place on April 15th and was a huge success. Left over items were donated to the Beacon Community Services Thrift Store. Donations received at the door will be used to purchase flowers for our “Adopt a Garden Box Program” for the residents. We are all looking forward to some warmer days so we can begin planting flowers on the Patio for everyone to enjoy.

Don’t forget, family members are always welcome to join in activities!

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.



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

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*The world's favourite season is the Spring.
All things seem possible in May.*

~E.W. Teale

Community Volunteer Tax Program

Many thanks to the Volunteers who were kept busy these past two months filing over 300 tax returns for members of our communities. The Community Volunteer Tax Program is indeed a remarkable one and the 'thanks' expressed by all these residents is hereby passed along to each of you. Well done volunteers – once again!

Honouring Our Volunteers

On April 28 we were delighted to be able to celebrate our Volunteers at our Annual Volunteer Appreciation Luncheon. Many of these wonderful women and men were individually recognized for their 'benchmark' years of service. However, we extend our thanks and gratitude to all.

32 Years

Anne Johnston

31 Years

Edna Laprairie
Rene Laprairie

29 Years

Donna Godwin

26 Years

Joan Ethier
Sylvia Graham

25 Years

Jean Jackson
Lucy Ditlevson

20 Years

Ken Hutchin

15 Years

Jewel Roberts
Doreen Hodgson

10 Years

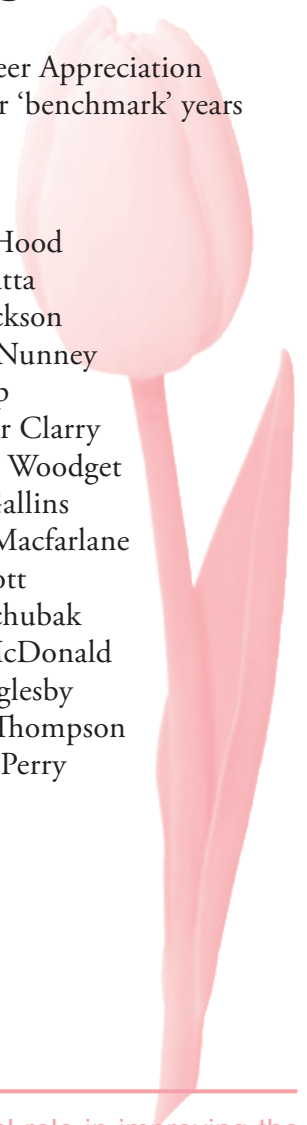
Olga Bridge
Lea Cohen
Sylvia Gamble
Mervyn Lougher-Goodey
Lorraine Borstad
Sita Pillay
Sally Palmer

Doris Wilbur
Elizabeth Garlick
Bill Forster
Ron Anderson
Sue Langlois

5 Years

Joan Walsh
Colin Jackson
Emily Young
Val Morry
John Watt
Bill Morrow
Janis Johnson
Daphne Macnaughton
Gil Shoemith

Colin Hood
Gail Latta
Filu Jackson
David Nunney
Al Czap
Heather Clarry
Audrey Woodget
Glen Gallins
Doug Macfarlane
Ann Ilott
Joan Schubak
Judy McDonald
Jane Oglesby
Frank Thompson
Carole Perry



Welcome New Volunteers!

Thrift Shops: Steven Duncan

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.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

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The first week of May is National Youth Week! National Youth Week recognizes the numerous contributions that young people make to communities across Canada. Many of the students in the Youth Employment Program are involved with dance, drama, education, sports, leadership activities, volunteering and more. The students in our program are fantastic and we thank them for all of their efforts. I encourage all of you to recognize the great things a young person that you know is doing for their community!

Youth Employment Program students were able to earn their Horticulture Certificate in April. This program is offered by Master Gardeners at the Horticulture Centre for the Pacific. We receive several job requests for extra help in yards and gardens, so this program is particularly valuable for our students. Thank you to Barb Kohlman and her volunteers for sharing their knowledge with our students! If anyone needs some assistance in their garden as the weather continues to get nicer, please let us know.

On Monday, May 3rd, from 10am-2pm, the SHOAL Centre will be hosting the First Annual Beacon Community Services Youth Job Fair. This will be an opportunity for youth from School District #63 to meet potential employers and get some information on volunteering and post-secondary education. Please look for a list of participating businesses and organizations in the June TideLines.

A graphic for National Youth Week featuring the text "National Youth Week" in a red, sans-serif font at the top. Below the text are three red silhouettes of young people jumping joyfully against a light background. The bottom half of the graphic is a solid red rectangle containing text.

National Youth Week is May 1 - 7 every year, and is dedicated to the celebration of youth and their active participation in their community. Whether it is recreation, drama, sport, dance, civic engagement, art, volunteerism or leadership, every day young people take time to be involved in meaningful activities. These activities provide valuable learning for youth who will become the leaders of tomorrow. National Youth Week is a time to honour their involvement. Look for opportunities to let young people know you appreciate what they do.

SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday in Auditorium A, 1 -2pm. Admission by donation. No clinic Monday, May 24.

CHIP (Cardiovascular Health Initiative for Prevention) Program offers high blood pressure risk assessment, monitoring and education for adults over 40. It is a free drop-in and takes place Monday from noon-3pm and Wednesday from 4-7pm in the All Purpose Room. No program Monday, May 24.

Better Breathers Program for those with breathing difficulties, is held the 4th Monday of each month in Auditorium B. Next meeting is Monday, May 31 at 1:30pm since May 24 is a holiday. Please note that the June meeting is a lunch (call Roberta Ferguson at 250-656-3176). There are no meetings in July or August, so after May the next meeting will be Monday, September 27.

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

Panorama Partners

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



Latin & Ballroom Line Dance 8:15-9:30pm	Fridays, May 21-Jun 18 5 classes \$45
The Groove Method 5:45-6:45pm	Monday, May 10 1 class FREE!
Power Yoga 7:30-8:30pm	Wednesdays, May 5-Jun 23 8 classes \$84
Yoga Fitness Blast 7:30-8:30pm	Mondays, May 3 - Jun 21 7 classes \$70
Wellness Park Orientation 10:30-11:30am	Thursday, May 20 1 class \$6

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.

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

Dinner: Waddling Dog in Saanichton - Rib Night, May 27.

Chemainus Trip: 'Guys and Dolls' with buffet lunch on June 23 - must have a ticket by June 16.

Next Meeting: Wednesday, May 19 at 1:45pm at SHOAL Centre. Speaker - Driving Miss Daisy

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