

TideLines

News from SHOAL Centre

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

Beacon
Community
Services

November 2011

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BOUQUETS

“Lest We Forget” Friday, November 11th those who fought, and continue to fight, so that we can continue to enjoy the freedoms we do.

Let us extend the BIGGEST THANK YOU to ALL THE MANY PEOPLE who helped make our Active Aging Open House a huge success; Volunteers, New and Returning Members, Visitors and Presenters. Thank you one and all, and welcome to the 40 new members who signed up that day!

Thank you to the Sidney RCMP and Fire Departments for participating in the Wheel Rodeo and Open House.

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Coming Events

Flu Clinic

Dates: Friday, November 4 **Time:** 9:30-11:30am **Cost:** Free to Seniors
Held in Auditorium A, this free clinic is offered by the Saanich Peninsula Health Unit. (Date subject to change.)

Remembrance Day: Friday, November 11

SHOAL Activity Centre will be closed in honour of this special day dedicated to remembering those who died in service to their country. Memorial ceremonies will be held by the Town of Sidney at the Cenotaph in front of the Town Hall.

5th Annual SHOAL Christmas Craft Fair & Bake Sale

Date: Saturday, November 12 **Time:** 10am-2pm **Cost:** \$2 Admission
You can't miss this one! Door prizes, jewellery draws, demonstrations, delicious home-made baking and plenty of lovely hand-crafted items to choose from for Christmas gift giving. When you want a break, stop by the coffee station for a hot chocolate or coffee and two shortbread cookies for the great price of just \$2.

An Evening At The SHOAL with the Victoria Police Chorus

Date: Thursday, November 24 **Time:** 5:30pm **Cost:** \$25
The Victoria Police Choir will sing for the first time at SHOAL! Much in demand, this group will bring in the crowd, so call early to purchase tickets by phone when they go on sale November 1, while quantities last. Buffet dinner, with wine for sale by the glass.

Pancake Breakfast with Santa

Date: Saturday, November 26th **Time:** 8:30-11am **Cost:** Adults \$7 Children \$5
Join the Peninsula Celebrations Society and the Kiwanis Club to celebrate the 9-9:30am arrival of Santa at the SHOAL Centre. The Sidney Shutterbugs will take photos of Santa and the kids (young and old alike), while the Kiwanis Club serves up a generous portion of pancakes and sausages.

Watch for Chair Massage coming to the Activity Centre in the New Year.



From the Manager's Desk

Judy Wiggins, SHOAL Activity Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca

Can this year possibly go any faster?! With Thanksgiving and Halloween now behind us, it's time to look ahead to Christmas. I know, I know! Yes, this issue does include many references to Christmas activities and the Christmas Season. On November 11th, let's pause and give thanks to those who fought so bravely so that we can continue to enjoy the many freedoms we do today - "Lest We Forget". And while we are in November, please remember to visit our Craft Fair on the 12th, and to vote on November 19th. Both these things you can do at the SHOAL Activity Centre.



Notices

Remembrance Day Hours The SHOAL Centre Reception Office will be closed on Friday, November 11th, so that Staff and Volunteers can observe Remembrance Day. Memorial ceremonies will be held by the Town of Sidney at the Cenotaph in front of the Town Hall. The Activity Centre doors will close at 7pm that evening.

Bingo Bingo is held each Tuesday evening at 6:30pm sharp! You could be a winner! Public are welcome.

Deck the Halls - Decorating Day Friday, November 25th commencing at 9am. With the generous assistance of the Peninsula Celebrations Society, members and volunteers are invited to help "Deck the Halls" in preparation for a "SHOAL Christmas". In addition to the large tree in Auditorium A, we decorate smaller trees and hang lights and garland. Chef Don will be providing "seasonal" refreshments for all the "Helper Elves".

Christmas Gift Ideas You can do your Christmas shopping early and conveniently at SHOAL Activity Centre, while contributing to a not-for-profit organization. Some gift ideas for those on your list include: A SHOAL Activity Centre Membership, a Lunch or Dinner Card, a Fitness Class Economy Card, a 2012 Entertainment Coupon Book in support of Beacon Volunteer Services or Gift Tags and Blinkies in support of our Youth Employment Program.



Town of Sidney 2011 General Local Elections Come out and vote Saturday, November 19 at the SHOAL Activity Centre between 8am and 8pm, or take advantage of Advance Voting on Wednesday, November 9 and 16 at the Town Hall (Council Chamber) between 8am and 8pm. Another option is to vote by mail. Contact the Administration Department to find out if you qualify at 250-656-1139.

BCAA Mature Drivers Workshop

Date: Wednesday, November 30

Time: 1:30pm

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

The BCAA Traffic Safety Foundation will once again be offering a Living Well, Driving Well Workshop at the Centre. These popular workshops teach you how you can continue to drive safely by identifying areas that may need improving. Please pre-register by calling 250-656-5537.

No Smoking Please Please note that smoking is not permitted near the front entrances of the Centre or Assisted Living Residences. If you wish to smoke, you will find ashtrays at both the north end (under cover) and south end of the building. Thank you for your cooperation.

First and Last Chance Craft Shows - Support BCS Volunteer Services For the past several years Joyce and Warren Bezusko of Tidewater Inspirations have presented the First and Last Chance Craft Shows at Mary Winspear Centre. This year's shows will be held Saturday, November 5 (10am-5pm) and Sunday, November 6 (10am-4pm) and Saturday, December 10 (10am-5pm) and Sunday, December 11 (10am-4pm). Every year they donate partial proceeds to BCS Volunteer Services. Admission is \$3 for a weekend pass; children under 12 are free. The shows are wheelchair accessible and there will be great door prizes. Please support BCS Volunteer Services by attending these beautiful shows. Thank you.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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

SHOAL Activity Centre's 5th Annual Christmas Craft Fair and Bake Sale is already here! This is our main fundraiser of the year, providing a great opportunity for holiday shopping while supporting SHOAL Activity Centre. In keeping with tradition, we will offer some great door prizes, as well as a draw for a selection of items produced by our Lapidary, Ceramics and Weaving departments. Many of the groups will also be demonstrating skills developed in our Activity areas and workshops. We hope to see you there!

Watercolour Plus White

Date: Fridays, Nov 4, 18, 25 Dec 2 **Time:** 10am-12:30pm
Cost: \$70 SHOAL Members; \$76 Non-Members

Learn to use Gouache (pronounced GWASH), to give your painting a creamier look and texture. The results are quite different from pure watercolors and for those who want to experiment, this is a brand new class! These sessions are very popular so register early.

Yoga In A Chair

Date: Fridays, Nov 18, 25 Dec 2, 9, 16, 23, 30 Jan 6
Time: 12:30 – 1:30pm **Cost:** \$90

In this popular class, Instructor Kathleen Fournier, certified Yoga Instructor, works with seniors to improve quality of breath by increasing lung capacity and strengthening the respiratory system. Gentle postures will also help to improve circulation, flexibility, and balance, as well as strengthen muscles and nerves.

FallProof

Date: Mondays & Fridays, Nov 21 to Dec 19 (no class Dec 9)
Time: 1:30–2:30pm **Cost:** \$99 plus HST

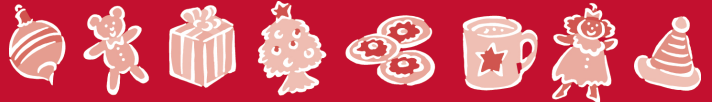
Afraid of falling? The FallProof program is designed to teach strategies for improved standing posture, walking ability and ability to recover from a loss of balance.

Taught by two registered FallProof Instructors who offer individual attention in a small group setting.



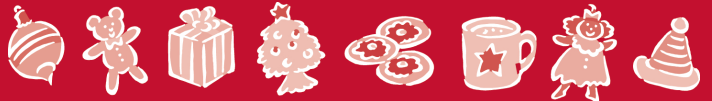
Understanding and Living with Dementia

Date: Wednesday, Nov 23 **Time:** 1:30 **Cost:** Free
Presented by the Alzheimer's Society of BC, participants will receive basic information on dementia and the impact it has on the individual, their care partners and on their support network. You will have an opportunity to learn about the diagnosis, different programs and services available in the community, the importance of planning for the future and strategies for living well. People with a diagnosis of dementia, care partners and family members are all invited to attend.



5th Annual SHOAL Christmas Craft Fair and Bake Sale

Date: Saturday, Nov 12 **Time:** 10am-2pm **Cost:** \$2
Door prizes, jewellery draws, demonstrations, delicious home baking and plenty of lovely hand-crafted items to choose from for Christmas gift giving. Stop by the coffee station for a hot chocolate or coffee and two shortbread cookies for the great price of just \$2.



December Preview

Fitness Classes Continue...

During the holiday season, it's easy to indulge in the rich baking and tempting foods we enjoy. Keep fit with our daily classes which run throughout December, except for statutory holidays. Pick up a fitness flyer or Drop-In Schedule for days and times.

Christmas concerts coming...

Watch the December issue for dates and times of Christmas concerts by local schools. 'Tis the season for much music with lots of singing!



Call for baking donations for the bake sale! Please drop off items Thursday, November 10th at our Reception Desk.

December Preview:

A Christmas Evening At The SHOAL

Date: Thursday, December 15 **Time:** 5:30pm **Cost:** \$25

The Victoria Performing Children's Choir will fill the Centre with the sounds of the season. This delightful event features a delicious traditional turkey dinner and all the trimmings. Please join us for this wonderful festive event – there may even be a visit from Santa! Tickets on sale December 1. Wine available by the glass. Purchase tickets early by phone – VISA and MasterCard accepted.

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

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

Happy Birthday to all our members celebrating a birthday in November! Please come celebrate with us for an hour of live music, birthday cake and coffee or tea. This is a great way for new members to meet other SHOAL Activity Centre members. Become a member for only \$45 per year.



Chef's Corner

Chef Don Bottcher

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Sour Milk Molasses Drop Cookies

- 1 cup sugar
- 1 cup molasses
- 1 cup butter
- 1 cup sour milk or buttermilk
- 1 egg
- 3 teaspoon baking powder
- ¼ teaspoon ground cloves
- 2 teaspoon cinnamon
- 4 cups flour
- 1 cup raisins

Method

Cream the butter and sugar, then add the egg and mix well. Combine all the dry ingredients and add to the creamed mixture, and then add the milk.

Once mixed, refrigerate until chilled (about 2 hours).

Drop by teaspoon onto an ungreased baking sheet.

Bake at 400 degrees for 10 minutes.

Let cool and sprinkle with powdered sugar.

Food Services

November Evening at the SHOAL Menu

Stuffed Pork Loin with Sauce Normandine

Pork loin stuffed with dried fruits with an apple mushroom brandy and cream sauce

Seafood Newburg

A selection of seafood in a white wine cream sauce

Herb Roasted Potatoes

Rice Pilaf

Tossed Caesar Salad

Hot Dinner Rolls and Butter

Lemon Tart

Hints from the Chef *Reduce, Reuse, Recycle*

- Clean as you work
- Be considerate of the dishwasher - use fewer dishes.
- Put dirty dishes in the dishwasher as you work, or wash up small items while waiting for various stages in the cooking process to be completed.
- Measure ingredients over the sink or on a sheet of wax paper to avoid having to clean up spills.
- Rinse and re-use the same measuring cups and bowls, food processor and blender.
- Save time by cooking double batches or several meals at once. Freeze well-labeled portions.
- Prepare box meals and snacks for the upcoming week, freezing them in tightly wrapped individual serving sizes, ready to pack.

Think of SHOAL for your next event!

See our new Event Catering Menu and Memorial Tea Package on our webiste at www.beaconcs.ca/pages/shoal.



SHOAL Assisted Living

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Manager
SHOAL Assisted Living

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Activities Coordinator
SHOAL Assisted Living

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November is here so fast, our year is nearly done, the Autumn leaves are signs that the winter cold is come. With winter comes flu season and we are encouraged to protect ourselves by getting a flu vaccine. If you can't make it to one of the Influenza Vaccine Clinics held at SHOAL, contact your physician to get the vaccine.

"La Nina is the one I fear, with snow so deep I'll be fast asleep." Forecasters say that this Winter is going to be cold, but let's wait and see. It's definitely a good time to get out the knitting and a good book. November 6 is the day we get to stay in bed for an extra hour don't forget to change your clock.

November 6-12 is Veterans week. SHOAL Assisted Living will join the rest of Canada with 2 minutes of silence on the eleventh hour of the eleventh day of the eleventh month of the year 2011 to remember those who have died in war for our country. Will you continue to fight for freedom?

Music

Residents sang along to familiar songs played on guitar by Michael Majocha and enjoyed "A Bunch of Thyme" with their various instruments. Allan Slade from the Conservatory of Music continued his weekly "Music Exploration" classes. We celebrated "Octoberfest" with drinking songs and steins full of ginger ale. Musicians - Rachele and Aaron, from the Peninsula Academy of Music and Art played for us as part of the Saanich Peninsula ArtSea Festival.

Once a month we hope to welcome Graham McCallum who has offered to volunteer his time on a weekend. He will give a talk on a particular musical piece, show the DVD and then have time for discussion.

We are always grateful for donations of:

- Simple Musical Instruments are always welcome
- Do you have spare time? We would love you to assist in our Activities program
- Are you a talented musician? We are looking for volunteers with musical talents, especially piano players

Activities

Residents enjoyed dressing our Scarecrow and decorating for Fall and Thanksgiving. Our monthly pet visits from "Pats" are greatly appreciated. SHOAL Member birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month. It's always a popular event.

In October we celebrated "International Day of Older Persons". This was a wonderful opportunity for residents to display their hobbies and collections with their neighbours.

Our next Residents' Council and Tea will be held on Wednesday, November 23rd at 1:30pm.

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. The generosity of our volunteers – their willingness to make a contribution – plays a vital role in improving the quality of life for many people in our community. If you would like to offer thanks for Volunteer Services through a donation to Beacon Community Services, an Income Tax Receipt will be issued. Please make cheques payable to Beacon Community Services or [click 'Donate Now' on our website at www.beaconcs.ca.](#)



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

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

Success seems to be largely a matter of hanging on after others let go. -unknown

Recently I spoke with one of our amazing volunteer drivers. After 10 years of service, it was time for him to retire. I was sorry to see him leave our BCS volunteer family but wished him well in what lies ahead for him. We chatted about his memories and reminisced about some of the stories along the way.

Now, someone in my position - a Coordinator of Volunteer Services - knows first hand about the tremendous work volunteers do for the community, but this volunteer was still able to astound me. You see, he had kept some statistical records of his own, and during his time with us, he had driven a total of 58,857 kilometers and given 2,382 hours of time while doing so. Unbelievable! I often say that I have the best job in this agency, and I mean it. I get to work along side people such as this volunteer. What an honour!

If you receive drives to your medical appointments from BCS volunteers, please pick up our new handout – Client Information. In this brochure we have outlined important tips to ensure that this valuable volunteer program continues to work well for all of us. If you are a volunteer driver, and have not already done so, please pick up several of these handouts the next time you come into the SHOAL Centre. You may then give one to any client who doesn't already have one.

Thank you.

Annual Fundraiser

Entertainment 2012 Coupon Books

For many years, the Volunteer Services area of Beacon Community Services has sold Entertainment Coupon Books (Dining Out, Entertainment & Sports, Travel and Hotels, and Retail & Services).

Monies raised help to support the many wonderful BCS programs and services our community has come to depend upon – all delivered by volunteers. These books still sell for \$30 (cash or cheque only please). They make great holiday gifts!

BCS Volunteer Christmas Lunch

Friday, December 9, 2011

Every year we celebrate the amazing BCS Volunteers by hosting a Christmas Lunch in their honour. This year the lunch will be held on Friday, December 9, 12 noon, at SHOAL Centre. Invitations will soon be mailed to BCS Volunteers.

Welcome New Volunteers!

Medical Driver: Sabina Amos

SHOAL Assisted Living: Graham McCallum

Thrift Shops: Robert Paterson, Stacy Colburn, Ronnie Schultz, Chris Lauzon, Rosie Thomson, Craig Malcolm, Alexander Humphreys, Vivian Marynissen

Reminder! Criminal Record Check Updates

All BCS staff and volunteers are required to have a CRC every 5 years. If you are a BCS Volunteer and have received a letter requesting that you update your Criminal Record Check, but have not had a chance to do so yet, please do so. If you need more information or have any questions, call Kathryn at 250-656-5537. Thank you for your prompt attention to this matter.



Sidney Single Seniors

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 a variety of activities such as morning walks, regular coffee get-togethers, bowling, golf (both 9-hole and putting), lunches or dinners out, ferry trips, picnics and barbecues, weather permitting. *Please remember, no perfumes or after shave!*

Next Meeting: Wednesday, November 16, 2011, 1:45 p.m., SHOAL Activity Centre – Auditorium A.
For more information, please contact Kathryn Mason at 250-656-5537 #106.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

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

It's November and although we think we still have a month before the chaos of Christmas begins, the decorating, celebrating, baking, shopping, eating, drinking and running around starts this month! Sometimes the stress of the "to-do" list can take away from the joy of the Christmas season. Luckily, Santa's elves (disguised as YEP students) are available to help.

YEP students will be volunteering at the Christmas Craft Fair on Saturday, November 12th and at Breakfast with Santa on Saturday, November 26th. Watch for students selling our flashing badges and recycled gift tags as our annual holiday fundraiser at the Craft Fair and out of the Tuck Shop while supplies last. Funds raised help subsidize training opportunities for youth.

In addition to their volunteer commitments, YEP students are available to help around your home. If you would like your own elf to help prepare you for the holidays, call the Youth Employment Program for more details on how to hire a YEP student. Please try to lots of notice.



Upcoming YEP Courses

Emergency First Aid with CPR-C

Date: Monday, November 14 **Time:** 8:30am-4:30pm **Cost:** \$58
(Cost for Non-YEP Students: \$115)

Toastmasters Youth Leadership

Date: Saturdays, Jan 21-Feb 11 **Time:** 1-3pm **Cost:** Free!

Lest We Forget ...

I encourage YEP Students to attend the Remembrance Day Parade on November 11th. It begins at the Mary Winspear Centre at 10:15am and finishes with a wreath-laying ceremony at the Town Hall. Be sure to take some time on this special day to remember.



Springboard to Success is an employment program for the Peninsula and Gulf Islands. This ten week paid program offers life skill and job skill training for youth ages 15 to 30. It's a great program for youth who are struggling because they are unemployed and out of school. The next Springboard group starts on November 14th and we are actively recruiting participants. For more information about this program please call (250) 655-5303.



Volunteer Profile: Mim Ostachowicz

Many of you will immediately know and recognize Mim, the friendly volunteer who has been a going concern around SHOAL Activity Centre for many years.

Mim began volunteering for Sidney Silver Threads, long before the 'new' building went up. For 6 years or

more, Mim helped Clara in the Silver Threads kitchen and volunteered in other capacities. When Beacon Community Services moved into SHOAL Centre in 2007, Mim didn't miss a beat. She just changed her volunteer name tag to reflect another agency! Thankfully, Mim is almost always on hand to help with Evening at the SHOAL Dinners. On those afternoons, she can be found setting tables, helping to create a lovely atmosphere for all who arrive for Dinner.

Mim was born in Arnhem in the Netherlands as the only child of a family who owned and operated 3 hairdressing and barber shops in the town of Utrecht. She and her parents lived above their main shop. Mim and I spoke of her experiences and memories of those early years and particularly of what life was like for her, her family, friends

and neighbours. For all those who lived in Europe during the War Years, you will likely share similar stories and have experienced similar circumstances.

After the War, friends introduced Mim to a young Polish man who had lived in England, but was now living and working in the Netherlands. The couple married and in 1949 moved to Canada. They made a short visit to BC, but it was in Manitoba where they first began their life on this side of the Atlantic. They spent one year in Winnipeg then moved to Swan River and welcomed their son in 1950.

Her husband was a diesel motor mechanic and by hard work the couple was able to buy a lot and build a home. This enabled them to arrange for Mim's parents to move to Canada to join them. In 1953, Mim and all the family moved to Calgary. In 1956, a daughter was born. Their two children would eventually bring two grandchildren into the family.

For most of Mim's married life, she was a full time wife and mother. I can well believe that her family doctor once cautioned her to take better care of her own health – she was everyone's Mom – the most likely to have a band aid, or who could quickly sew on a missing button.

...Continued on page 8

Volunteer Profile, continued from page 7

Mim's parents retired to Sidney. In 1975, Mim and her husband followed, first to Saltspring and then to Sidney. Mim and her husband built a duplex on Henry Avenue for them all to live in. Sadly, Mim's husband died in 1997.

Mim has always been talented. Her knitted baby clothes are very desirable items! Over the years, Mim has hooked rugs, done needlepoint, painted and enjoyed line dancing. (She tells me she and her Dad used to win

dance competitions!) Mim is a member of TOPS and visits Curves 3 times a week. She walks every day, enjoys reading and still receives and reads Dutch newspapers. Mim has traveled through Europe, cruised (often with her granddaughter) the Caribbean and Mexico and visited Alaska 3 times. She's looking forward to the spring when she and her granddaughter plan to cruise the Caribbean again. Please say hello when you see Mim, and meet this wonderful volunteer. You will be in for a good time and lively conversation. **Thank you Mim** – for everything.

SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday in Auditorium A, 1 – 2pm. Admission by donation.

Take the Pressure Down Blood Pressure Clinics are back again. Check at SHOAL for specific times and locations.

Better Breathers Program for those with breathing difficulties is held the 4th Monday of each month in Auditorium B. Next meeting: November 28 at 1:30pm. For information, call Kelly Ablog-Morrant 1-800-665-5864.

Family Caregivers' Support Group meets on the 3rd Tuesday of each month, 10am – noon in the SHOAL Activity Centre Lounge. The next Support Group takes place Tuesday, November 15th.

Panorama Partners

Panorama Recreation, in partnership with SHOAL Activity Centre, is offering the following programs starting in November. Stop by the SHOAL Reception Desk or call Panorama at 250-656-7271.



Painting with Japanese Masa Paper and Rice Paper

Saturday, Sunday Nov 19 - 20 9:30am - 4pm 2/\$120

Excel 2010 Essentials

Saturday Nov 19 1-4pm 1/\$59

Excel 2010 Advanced

Saturday Nov 26 9am - 12noon 1/\$59

Word 2010 Essentials

Saturday Nov 19 9am - 12noon 1/\$59

Word 2010 Publications

Saturday Nov 26 1:30pm - 4:30pm 1/\$59

Power Point 2010 Essentials

Saturday Nov 5 9am - 12noon 1/\$59

Files and File Management

Sunday Nov 6 1-4pm 1/\$59

Picasa - Just Editing

Saturday Nov 5 1- pm 1/\$40

SHOAL Computer Lab

Pick up a copy of the Daytime Computer Programs Flyer for all the details about the following course offerings:

Digital Photography with John Bourne

How to use Your Camera	Date: Thursday, November 10	Time: 1-3pm	Cost: \$44 (or \$76 for both)
What to Do With Your Pictures	Date: Thursday, November 24	Time: 1-3pm	Cost: \$44 (or \$76 for both)

Courses with Sharon Wiegand

Fun with Photos #1 – Basics	Date: Wednesday, November 23	Time: 9:30am-noon	Cost: \$54
Fun with Photos #2 – Create	Date: Wednesday, November 30	Time: 9:30am-noon	Cost: \$54
Computers Don't Byte (Level 1)	Date: Wednesday, November 23	Time: 1-4pm	Cost: \$54
Computers Don't Byte (Level 2)	Date: Wednesday, November 30	Time: 1-4pm	Cost: \$54

Mac University Courses

Mac Fundamentals	Date: Thursdays, Nov. 3-Dec. 15	Time: 1-3:30pm	Cost: \$278.88
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Computer Club Volunteer Attendant Needed! We are looking for a person who is knowledgeable about computers and has a few hours to spare on Friday afternoons. If you are interested in sharing your knowledge with our Club members, please give us a call at 250-656-5537.