

TideLines

News from SHOAL Centre

Beacon
Community
Services

10030 Resthaven Drive, Sidney, BC
Monday – Friday: 8:30 – 4:30, Saturday: 10:00 – 4:00
Phone: 250-656-5537 Web: www.beaconcs.ca

November 2009

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BOUQUETS

To Sidney Firefighter, Jeff Tomlin for the wonderful presentation he made to the members and residents during Fire Prevention Week.

To our outstanding Volunteer, Andy Anderson who not only helps in the Kitchen and with special catering functions each Thursday, but also brings flowers from his own garden to add to the ambiance as well.

Welcome our new Youth Employment Coordinator and Program Assistant, Sarah Cameron. See Sarah's Profile on page 7.



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Upcoming Special Events

3rd Annual Christmas Craft Fair

Date: Saturday, November 21 **Time:** 10am - 2pm **Cost:** \$1

From shortbread cookies to jewellery and beautifully hand-crafted items, this year's Christmas Craft Fair is sure to have something for everyone. While you shop, take time for tea and goodies at our Tea Garden or stop to watch demonstrations from our Weaving and Lapidary/Silversmithing departments. Door prizes and raffles will be offered, so come out and support SHOAL Centre at this festive event.

An Evening At The SHOAL

Date: Thursday, November 26 **Time:** 5:30pm **Cost:** \$23

An evening to remember! Bob and Sylvia Godwin, piano and vocals, will do a variety of World War songs in honour of Remembrance Day, and we hope people of all ages will come out to enjoy this musical tribute. See Chef Russ Hudson's delicious menu posted on our lobby board. Deadline for ticket purchase is Monday, November 23.

Kiwanis Pancake Breakfast with Santa

Date: Saturday, November 28 **Time:** 9-11 am **Cost:** \$5 Adult, \$3.50 Child

It just wouldn't be Christmas without a visit from Santa. Santa arrives at SHOAL Centre for photos with the kids (young and old) at 9:30am. Meanwhile, the Kiwanis Club will be serving up a generous portion of pancakes and sausages.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

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The number of activities offered at SHOAL Centre for adults and seniors is ever-increasing, so although November can be a dreary month, a visit to the Centre will brighten it up for you. The Monday afternoon Cribbage Club is growing, and a Creative Writing Club is just forming. Classes in Calligraphy, Knitting and Painting are going full bore. Remember, you can enjoy the many benefits of being a member for only \$45 per year (just 12 cents per day). If you have had a membership in the past, it may be time to renew it and see how we've grown. During the month of November I often think of my dad, who like many other dads and moms, brothers and sisters, sons and daughters, aunts and uncles and grandparents fought, and continue to fight in wars, so that we can enjoy the freedoms that we do.

Lest We Forget.



Notices

Remembrance Day Hours: The SHOAL Reception Office will be closed on Wednesday, November 11th so that staff and volunteers can observe Remembrance Day.



Christmas Gift Ideas

If you are looking for a special something for that special someone this Christmas, why not give a gift that keeps on giving, like a SHOAL Centre Membership, a Lunch or Dinner Card, a 2010 Entertainment Coupon Book or an opportunity to learn a new skill or attend fitness classes. We make your shopping easy.

Oh Christmas Tree Decorating

Yes, it will soon be that time of year again, and those of us in the Activity business need to be thinking ahead. In addition to the large Christmas tree that we decorate in Auditorium A, we decorate other, smaller trees in other locations within the Centre. This year we would like to invite all interested Activity Groups to decorate one of these trees. Imagine a "Crafts/Knitting Tree", a "Ceramics Tree", a "Lapidary/Silversmithing Tree" or a "Woodcrafters Tree". If you are interested, please see Anna or Judy.

Baking for Craft Fair Requested

The Activities Office would greatly appreciate donations of baked goods for our Bake Sale at the Christmas Craft Fair November 21. Baking can be dropped off Friday, November 20, between 8:30am to 4:00pm, or before 9:30am the next day, at SHOAL Centre.

Donations Gratefully Accepted: Do you receive volunteer medical drives, help with your taxes, or other volunteer help? Please consider a donation to the Volunteer Services Program. See the bottom of page 5 for more information.

OOPS! Sorry, we goofed!

The months of December 2009 and January 2010 in the Beacon Community Services Calendar are incorrect. The dates are out by one day in December, which affects January. We apologize for any inconvenience this may cause.

Notices for Posting

If you have a notice you would like posted within the Centre please bring it to the Reception Area for approval. Thank you for your cooperation.

Woodworking Shop

Were you aware that within the SHOAL Centre is a large, well-equipped Woodworking Shop? The Shop is available for use by SHOAL Centre members from 8:30am-4:30pm Monday through Friday. Shop dues are only \$5 per month in addition to your SHOAL Centre annual membership of only \$45. You will definitely want to check this out!



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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This is always a somber time, with Remembrance Day mid-month and the darkness of winter setting in. However, here at SHOAL Centre we are already planning Christmas events and looking at programs for the New Year. During November we have some great offerings from the Activities Office, so read on and see what's coming up!

Advance Health Care Planning Workshop

Date: Monday, November 9 **Time:** 2–3:30pm

Cost: Free for Members / \$2.75 for Non-Members

Lorna Ross, RN with the Vancouver Island Health Authority will be here Monday, November 9 to present a workshop about Living Wills/Advance Directives. This is an important workshop for anyone thinking about health decisions for the future. Please call or drop-by to register in advance at SHOAL centre.

Tinnitus Workshop

Date: Monday, November 30 **Time:** 2–3:30pm

Cost: Free

Janet Holland, Audiologist with Island Deaf and Hard of Hearing Centre, will speak on Sound Therapy to manage tinnitus, a condition which involves ringing or noise in the ear. Please register at SHOAL Centre by phone or in person.

Knitting - Novice Level 2

Date: Thursdays Nov 5, 12, 19, 26, Dec 3, 10 **Time:** 1:30–3:30pm

Cost: \$35 Members / \$45 Non-Members

Jean Limming provides a wonderful learning environment for this 6 week course covering such skills as ribbing, cables, lace, several types of increases and decreases, short rowing, picking up stitches and more. Supply list available at Activities Office.

Win at Bingo!

Date: Tuesdays **Time:** 6:30pm sharp!

Cost: per card

Want to keep exercising those little grey cells! Numbers are a great way to do it. Come out to bingo every week and play a card or two. Concession available.

Watercolour Classes

Date: Fridays Nov 20, 27, Dec 4, 18 **Time:** 9am–noon

Cost: \$60 Members / \$65 Non-Members

Janet Remmer, Artist, will teach this popular class geared to both beginning painters and experienced artists. This four week course will offer simple techniques for handling watercolour paper, paint and brushes for those new to this medium; and will add new techniques for more advanced painters.

Make Your Own Jewellery - Intermediate Beading 2

Date: Friday, November 27 **Time:** 1–4pm

Cost: \$35 includes all materials

Cheryl Driscoll continues her series of jewellery-making sessions. As Christmas approaches she will be teaching participants to make a floating necklace and earrings. Basic wire-working experience is necessary.

Keep Exercising!

SHOAL offers a number of fitness classes for a wide range of needs. For those with balance difficulties or simply wanting a less strenuous workout, we offer Chair Fit classes on Tuesday and Thursday; for a good moderate workout, try Stretch & Strength classes Monday, Wednesday and Friday. And for a more vigorous pace, attend Keep Fit, also Monday and Friday. These are all morning drop-in classes. Check times by phone or pick up a schedule at Reception.

Members' Birthday Party and Meet n' Greet

Date: Wednesday, November 18 **Time:** 2pm **Cost:** Free

Happy Birthday to all our members celebrating a birthday in November! Please come celebrate with us and enjoy listening to Michael Preece on piano. Birthday cake and coffee or tea are served. This is also time for new members to meet other SHOAL members. Join SHOAL Centre for only \$45.00 per year.



Christmas Lunch At The SHOAL

Date: Wednesday, December 16 **Time:** Doors open 12:30pm

Cost: \$23

Tis' the season! Have a great Christmas meal, a visit from Santa and be entertained by music from a section of Via Choralis. This is a mixed-voice Chamber Choir that promotes enjoyment of choral music and encourages the performance of Canadian choral works. Ticket deadline is Monday, December 14.



Chef's Korner

Chef Russ Hudson

Phone: 250-656-5537 ext. 107

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As you have no doubt discovered, the fall weather is upon us and warm dishes are now a necessary way of life. To this end I am sharing a chowder recipe with you that is nutritious and hearty, and once again features West Coast seafood.

The SHOAL Culinary Team Staff Profile

In this issue it is my pleasure to introduce you to our Sous Chef, Paul Marshall. Paul grew up in a small town north of Toronto called Sharon.

At the age of fifteen, Paul began his culinary career as a dishwasher at the Longhorn Tavern and Steakhouse in Sharon, and by the age of seventeen he was cooking.

At the age of nineteen he joined the Canadian Armed Forces and took his culinary training at the School of Food Services in Borden Ontario. Upon completion of his Cook's training Paul was posted here to the West Coast and CFB Esquimalt, where he was stationed on the warship HMCS Saskatchewan. After spending time with the Navy he realized he wanted to pursue other adventures and left at the age of twenty-three to work in camps on the mainland.

To get his certification Paul attended Camosun College, where he graduated with a 92% average. Later he challenged the Red Seal Certification program and began work with BC Ferries where he stayed for ten years.

After departing BC Ferries Paul returned to the Island, where he worked at a number of restaurants before coming to Sidney where he was employed at the Blue Peter as well as Beacon Landing.

Paul joined the SHOAL Food Service team in August of 2006 and has become an integral part of the team. If you have eaten here you will have no doubt tasted one of Paul's "superb soups" which he is often complimented on.

To quote Paul "I very much enjoy my position here and I love coming in to work every day. My co-workers are great and the residents are friendly and kind".

THANKS PAUL

Pacific Coast Seafood Chowder

Serves 6

Ingredients:

Smoked Bacon	4 strips
Garlic clove minced	1 medium
Onion chopped	1 cup
Potatoes cubed	1 1/2 cups
Fennel seed	1/2 tsp.
Thyme [dried]	pinch
Fish stock	6 cups
Cream [35%]	3/4 cup
Butter	1 tbsp.
Salmon filet [medium chop]	3 oz.
Halibut filet [medium chop]	3 oz.
Fresh mussels	4 to 6 oz.
Scallops fresh	3 oz.
Brandy [warmed]	2 oz.

Method:

In a medium saucepan on the stove top sauté the bacon until fully rendered. Add the potatoes and onions and cook until al dente, approximately 4 to 6 minutes.

Reduce your heat and add the minced garlic as well as the fennel and thyme, sauté for another 2 minutes. Stir in the stock and lightly simmer for 8 to 10 minutes.

Remove the saucepan from the heat and let it cool slightly. Place ingredients in a food processor and after blending until smooth put it back in the cooking pot. In a small skillet, melt the butter and sauté the seafood until tender (do not overcook). When completed, add the seafood to the cream mixture and reheat the chowder. Just prior to service, add the warmed brandy, garnish with fresh cut chives if desired and serve with Russian rye bread.

Dining Room and Tuck Shop Hours

The Dining Room is open daily from 11:30am–1pm for lunch and from 4:30–6pm for dinner.

The Tuck Shop is open from 9am-3pm, Monday through Thursday, 9am-noon Friday, and Saturday 10am-noon.

Smaller Meal Portions Now Available

For those who prefer a smaller meal portion, half-size lunch and dinner portions are now available in the Dining Room. Lunch \$5 (regular price \$8), Dinner \$8 (regular price \$12). For your convenience, Meal Cards will soon be available for Smaller Meal Portions.



Active Bodies, Active Minds

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Wendy Hall, Activities Coordinator, SHOAL Assisted Living

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October has been a month of eventful celebrations!

October 1st we celebrated “International Day of Older Persons”. Residents brought along mementos from their lives, including works of art, biographies, instruments, car collections, crafts and photos. It was a wonderful afternoon of getting to know each other and sharing life’s experiences. This was followed by a delicious cake prepared by Chef Russ. Thank you Russ!

Activities

Alan from the Victoria Conservatory of Music continued his popular program of Music Exploration with the residents each Tuesday afternoon. Our monthly feature entertainer for October was Michael Majocha on guitar playing old favourites. He was greatly enjoyed and we look forward to his return.

We all enjoyed the “Puppy Parade” pet visit which falls on the 2nd Monday of each month.

Our Dietitian, Cynthia Tandy was here to talk about “Digestive Health” and will continue her monthly informative discussions.

During Fire Prevention Week, we had Fireman Jeff speak about fire safety which was greatly appreciated.

We celebrate SHOAL Member Birthdays in the Dining Room on the 3rd Wednesday of each month, which is always a popular event.

We continue to hold an Ecumenical Service each month with the Rev. Canon Penelope Black officiating. It is a special time of friendship and singing of favourite hymns. Thank you to the members of Holy Trinity for making this possible.

Outings

Our monthly outing on “Pacific Companion” bus was a scenic drive through the pumpkin fields and a special stop to view the “giant” pigs on Lochside Trail. This was followed by a delicious treat of ice-cream!

Join Us!

Wendy would like to encourage all residents to join in the many activities offered and she is always open to suggestions.

We are always grateful for donations of :

- Bookshelves, simple musical instruments, bongo drums, small table top shuffle board
- Spare time to visit and help with our residents, especially with piano paying for sing-alongs

Christmas Luncheon

This year we will be having a Christmas Luncheon to celebrate Christmas on Dec 24 in the Auditorium. Chef Russ is preparing an amazing menu and we hear that Santa is coming! We will be inviting Assisted Living residents, Independent Living residents and their families. Tickets for Independent Living residents and their guests and Assisted Living guests will be \$12 (2 guest tickets allotted per person). More information will be posted in general areas—so stay tuned!



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

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We are presently taking names of all those who are interested in attending our free 6-session training, **Active Listening**, beginning February 8, 2010 at SHOAL. These classes are offered for all those volunteers wishing to help us with our Visitor Program. Once again, we are very fortunate to have Jean Atkinson facilitating this training. For more information, please call me at 250-656-5537.

It has come to my attention that some SHOAL Centre Volunteers may not yet have had a tour of the SHOAL Centre. I know that most of the Volunteer Services Office Volunteers were given a 'tour' when we moved into the SHOAL Centre in the Summer of 2007 – either by me or by Judith Ritson. There are some of you who have been overlooked. I do apologize. Please contact me if you have been missed. I would be more than happy to show you around. Certainly, we should all be able to give directions to anyone arriving for a class, a meeting room or wanting to go to the Dining Room.

Volunteer Services Annual Fundraiser!

Entertainment Coupon Books 2010 are now available for sale at SHOAL Centre. These make great Holiday Gifts. Still only \$30!



Welcome New Volunteers!

Visitor: Olive Baksh, Driver: Wayne Disher, SHOAL Activities: Kiera Karlenzig. New Thrift Shop Volunteers: Shannon Hollingworth, Johnena Scott, Akira Kikkohjin, April Proudlove, Kathleen Spraggett, Marie Williams, Mary Lee Gravel, Danielle Belanger, Valda Avens, Kim Scott, Rosemary Gibson, Wayne Downs, Chicoutimi Done.

Mark Your Calendars!

The Volunteer Christmas Lunch will be held at noon on Wednesday, December 9 at SHOAL Centre. More information to follow.

Important Notice: Disability Parking Placards

As many of you know, the Seniors' Hotline, now referred to as the Volunteer Services office of Beacon Community Services, has been processing Disability Parking Placards (a Victoria Disability Resource Centre program) as a public service since September 1996. The cost of these placards (or 'permits') has changed over the years, but always at the direction of the VDRC office. Currently the Disability Parking Placards cost \$18.00.

In 1996 we processed 28 permits between September and December. In 2008 our office processed 517 permits. In 2009 we are averaging 50 Disability Parking Placards per month. Processing these permits locally for Peninsula residents is a wonderful service and the Volunteer Services office at SHOAL Centre fully intends to continue offering this valuable service. However, the office time needed to process each permit, with the accompanying accounting and reports required to do so each month, has increased significantly. **As a result, beginning January 2010 the cost of processing these Disability Parking Placards will increase to \$20.00.** We believe the extra \$2.00 'administration fee' is fair. Naturally, anyone who wishes to travel to the VDRC office located at 817A Fort Street, Victoria, where the permits will be sold for \$18.00 or \$20.00 if processed by mail, may continue to do so. Thank you.

20th Annual 'First and Last Chance' Christmas Craft Shows In Support of Beacon Community Services

Date: Nov 7,8 and Dec 11,12,13 at Mary Winspear Centre

We are delighted to announce that, once again, Joyce Bezusko will donate a portion of the proceeds from these Craft Shows to Beacon Community Services, Volunteer Services programs. Thank you Joyce for your continued support!

Are you a Playtime Master and Storytime Expert?

Do you love to work with children? Do you want more experience working with non-profits that support young families? Are you dynamic and creative? If so, come and look after some amazing kids for two hours per week while their parents are connecting and learning about caring for their babies. There are two short term, casual positions to December 14th, on Monday mornings from 10am to noon. One is a paid position and the other is an on-call volunteer position. Please call Sacha Sauve, Beacon Community Services, for more information at 250-217-5797.



In Fond Memory ... We are sad to report that long time Thrift Shop Volunteer, Pat Haveruk has died. Pat had been a volunteer since December 1997 and recently moved to Vancouver to be closer to her family. We will all remember Pat with much fondness. Our thoughts are with her family at this time.

The generosity of our volunteers and their willingness to make a contribution plays a vital role in improving quality of life for many people in our community. If you would like to offer thanks for Volunteer Services through a donation, an Income Tax Receipt will be issued. Please make cheques payable to Beacon Community Services.



Youth Employment Program News

**Joanne Reuben,
YEP Coordinator**

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E-mail: jreuben@beaconcs.ca

The fall season for the Youth employment Program has been busy. On October 23 we had a full house for a Food Safe Course. This certificate course is a requirement for any food handling job.

Coming up on the 20th of this month YEP students will be attending St. John's Ambulance Emergency First Aid Level 1. If you have never taken one of these courses, I recommend finding one of the many offered in our community. Knowledge of what to do in an emergency can save a life.

Last year, YEP students and job coaches volunteered a total of 1506 hours.

Most recently, 3 YEP students helped out at our Oktoberfest event held at SHOAL. Thank you to Emily, Alex and Danielle for all your help with serving up the bratwurst and all that German fare!

Speaking of entertaining things that happen in Sidney, last month I got an e-mail from two students who undertook a research project about what is available for teenagers to do in Sidney. While I am unable to publish the entire project, I felt that it was worth mentioning a very brief summary of their research and some of their suggestions.

They listed the reasonably affordable youth rate of \$6.50 at the Star Cinema, the free Skate Park which is near local restaurants, the Pier at the end of Bevan (where youth like to hang out) and many beaches and parks. Students interviewed for the project agreed that bussing to Panorama takes quite a long time. They would really like to see a pool and rink located within walking or biking distance! Some students suggest that lighting should be installed at the Sidney Skate Park so that it can be used for longer in the darker fall months. The conclusion of the report was that, while some of these suggestions may be seen as unrealistic, some youth feel that they would prefer not to have to bus to Saanich or Victoria to find things to do. Also, it was mentioned that, while a lot of activities in Sidney are directed towards young families or the elderly, we need to put our thinking caps on to come up with a few more teen orientated ones. Thank you to the young people who undertook this project and made the effort to bring your suggestions forward.

As mentioned in my last article, I will be sadly leaving this wonderful community as I am off to finally join my husband who lives in San Francisco. As you know, it has been very difficult to say goodbye to such a wonderful community and to all the students, teachers and job coaches involved in this program. I will definitely miss everyone and, once again, I wish you all the very best for peace, health and happiness.

By the time you read this Sarah Cameron will be the new BCS Youth Employment Coordinator. As you can see from her profile she has many skills and talents to bring to the program. Stop by SHOAL and say hello to Sarah.



New Staff Profile: Sarah Cameron

Sarah Cameron was born and raised in Victoria, BC. This past August she completed her Bachelor of Arts Degree in Recreation and Health Education

with a minor in Public Administration at the University of Victoria. During her five years at the University, Sarah also competed on the Varsity Women's Soccer Team. Sarah's team won the National Championships in Alberta in 2005. She also captained the team for three years and was named as an all-star for the league. In April 2009, Sarah received the President's Cup from the University of Victoria. This award is given annually to one student-athlete for outstanding scholastic and athletic achievement.

Throughout her time in the Recreation and Health Education program Sarah worked with all demographics; however, she primarily worked with youth and senior citizens. She has been coaching soccer to youth for over six years and has worked for summer day camps. Sarah's most recent cooperative work term was as an evaluation assistant for the Nutrition for You seminars offered in the community. It was through this that Sarah had her first visit to the SHOAL Centre!

Sarah has canvassed for the Canadian Diabetes Association and the BC Kidney Foundation for over five years. She also volunteered with the Canadian Cancer Society Relay for Life and the Royal Victoria Marathon and as event coordinator for the Vikes Women's Soccer Alumni. Sarah is excited to be involved with the Youth Employment Program and is eager to meet the members of the SHOAL Centre. She is looking forward to starting a new chapter of her life with Beacon Community Services. Welcome Sarah!

More YEP News!

Congratulations to Youth Employment student Adrienne Duimering who was one of 10 women out of 300 applicants selected to attend a two week international summer school for Young Physicists in Waterloo, Ontario.

Adrienne is a busy young lady who works very hard at her studies but still makes time to volunteer. She and her sister Adele have been very active in the YEP program along with their mother, Luang who helps along side of her girls at many community events such as; Sidney Days Parades, Sidney Sparkles, YEP fundraisers, Canada Day Kick- Off dinners and the BC Centennial Day Celebration. Once again, it proves that busy people are often those who manage to find the time to help out in our community. Thank you to the Duimerings and congratulations Adrienne!



Adrienne and Adele Duimering

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 the 4th Monday of each month in Auditorium B. Next meeting is November 23 at 1:30pm. Call Roberta Ferguson: 250-656-3176.

Family Caregivers' Support Network meets on the 2nd Monday of each month, 10am–noon in the SHOAL Centre Lounge. The next Support Group takes place Monday, November 9.

Family Caregivers' Network Coffee Break is held on the 4th Tuesday of each month. Next meeting will be Tuesday, November 24. For more information call 250-384-0408. Both meetings are free of charge.

Panorama Partners

Panorama Recreation, in partnership with SHOAL Centre, offers a wide variety of programs starting in November. For a full schedule of classes and fees, or to register, drop in to Panorama Recreation Centre.

Health

Chair Yoga
Energy Fusion Fitness
Power Yoga
Chair Fit and Stretch and Strength

Computers

More on E-Mail
Surf the Net



Sidney Single Seniors 55+

Open to men and women age 55 and over (plus Caregivers of loved ones at home, in hospital or a care home).

Tuesday Morning Walkers: 10am meet inside Beacon Plaza.

Coffee: 10:30am on Tuesday, Thursday and Saturday at Dairy Queen, Bevan Avenue, Sidney.

Bowling: 2nd and 4th Monday at 3pm, Miracle Lanes in Sidney.

Darts & Pool: 1st and 3rd Tuesday of each month at the Army, Navy, Airforce Vet's in Sidney, starting at 1pm.

Neighbours' Lunch: Soup and rolls 11:30am–1pm every Wednesday at St. Andrew's Church on Fourth St.

Mark Your Calendar: SHOAL Centre Christmas Craft Fair: Sidney Single Seniors will be doing the Tea Garden and Home Baking Table - please bring baking to the table before 8:30am on November 21.

Next Meeting: Wednesday, November 18 at 1:45pm at SHOAL Centre.

Please remember to purchase your ticket for the Christmas Dinner and Party at Waddling Dog, December 3, 2009. There are only 70 tickets. There will be door prizes and an exchange of gifts valued at \$5 each. Please gift wrap.

For more details, call Kathy at 250-656-5537 ext. 106.

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.