

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

October 2010

BOUQUETS

A big thank you to Sandra M. Taylor, Department of Engineering at Camosun College, for her presentation on Geology of Gems, Rocks and Regions, to our Lapidary Activity group in September. We hope Sandra will be back for more informative sessions.

Sincere appreciation to Don Tunstall for donating a large stand-up cribbage board to Assisted Living.



Welcome New Volunteers!

Thrift Shops:

Wendy Bidgood, Heather Corke, Sue Couch

SHOAL Centre Activities:

Pamela Jardine, Lisette Cheng

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Upcoming Special Events

Out of the Rain Dinner and Auction

Date: Saturday, October 23 **Time:** 6pm **Cost:** \$65
Location: Fireside Grill 4509 West Saanich Road

Join us, along with Ed Bain from the Q radio station and CHEK News for this dinner and auction. All proceeds go to the Out of the Rain Youth Shelter to provide warm, safe shelter and a hot meal for homeless youth in Victoria.

Flu Shot Clinics

Dates: Monday, October 25 and Tuesday, November 2 **Time:** 1:30-3:30pm
Cost: Free to Seniors

Held in Auditorium A, these free clinics are offered by the Saanich Peninsula Health Unit. Dates may be subject to change.

An Evening At The SHOAL Oktoberfest

Date: Thursday, October 28 **Time:** Doors open 5:30pm **Cost:** \$25

Our annual Oktoberfest is almost here. Last year this event was a sellout. Fashioned after a German beer haus, we will feature a great menu of authentic German food, beer and some rousing German music. See you there! Tickets on sale October 1 - 23.

3rd Annual Halloween Hot Dog Day

Date: Friday, October 29 **Time:** noon-1pm **Cost:** \$2.50 per hot dog

Kids of all ages enjoy hot dogs and Halloween together. Just follow the aroma of fried onions all the way to the Tuck Shop. Extra treats for those in costume.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca

I am delighted to report that we have had 97 new members join the Centre since January. With three months to go we are confident that we will reach this year's goal. With your help, and the increasing number of great new programs being offered, we can do it! October is always an action packed month with Thanksgiving, Halloween and a full slate of programs up and running again for fall. Keep reading to discover new opportunities available for you to learn, play, exercise, socialize, and my personal favourite, EAT! I wish you a Happy Thanksgiving and a BOOtiful Halloween. What is a Mummy's favourite type of music? Wrap!



Notices

"Smoke Alarms: A Sound You Can Live With!" Fire Prevention Week is October 3 – 9

Smoke Alarms are the focus for Fire Prevention Week, but we try to focus on them year-round. A smoke alarm may be the only thing that saves your life during a fire. As smoke alarms sense smoke while the fire is very small, it gives occupants time to escape. Without working smoke alarms, toxic gases produced by the fire may incapacitate the occupants and they may never wake up or may be so disoriented that they can't get out.

The Sidney Fire Department is committed to the importance of working smoke alarms and have a program available to residents of Sidney. They will install (at no charge) a battery operated smoke alarm for any Sidney resident who doesn't have one. They will come out to check your existing smoke alarm and install new batteries (no charge). They have initiated this program because they understand from first hand experience the importance of working smoke alarms and want to ensure that our residents have the best chance of escape in the event of a fire.

Thanksgiving Day Holiday

The SHOAL Centre Reception Office will be closed on Thanksgiving Day, Monday, October 11.

The TideLines is Going Green

Effective January 2011, in an effort to reduce the number of printed copies and the cost of postage, we will no longer be mailing out the TideLines newsletter. We will still have plenty of copies available for pick up at various locations within the community, and of course at the Centre. You will also be able to "subscribe" to the TideLines via our website and receive a copy each month by email. More information will be available in the coming months.

Join the SHOAL Computer Club Today

The SHOAL Computer Club has resumed for the fall. You can join for only \$6 per month, through to June 2011. Choose from either Friday mornings from 9:30-11:30am or Friday afternoon from 1:30-3:30pm. A Volunteer Attendant will be on hand to assist you and answer your questions as you work at your own pace in the company of other members. These sessions are non-instructional, and you may wish to register for one of our great new computer classes for fall if you require more instruction in any one area. The Lab is equipped with Windows 2007. You can work at one of our machines, or bring your own laptop if you wish.

Seniors' Services Directory 2010-2012

These directories (29th issue!) are a community resource handbook for the Capital Region. They are updated and released every 2 years and we urge you to come in and pick one up. We refer to it as our 'Bible' as it's filled with vital information and contact numbers. Even if you are not a 'senior' this is an important book to have on hand - for you and members of your family.

Bingo is Back!

SHOAL evening bingo is back in full swing. Join us each Tuesday evening beginning at 6:30pm sharp! Know your limit, play within it, and good luck; you could be a winner!



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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

October is the month for autumn colours, pumpkins and all things to do with harvest. Here at the Centre we have a harvest of activities to offer adults of all ages. Did you know that membership is only 12 cents per day, and offers you many privileges, from free access to many of the Activity departments, to reduced rates for drop-ins, courses and even rentals? So if you haven't joined, why not do so today?

Beginners Clay Sculpture

Date: Thursdays, October 14, 21, 28 November 4, 18, 25
Time: 10am–2:30pm **Cost:** \$90 plus \$35 for supplies (includes HST)
(Class size limited to 8)

Learn the basics of hand building in clay, including preparation of material, design, building a three dimensional bas-relief or wall sculpture, finishing, glazing and presentation/mounting. Instructor Barbara Hirano was a founding director of the Victoria College of Art and Design.

Alzheimer's Society of BC

Date: Thursday, October 14 **Time:** 1:30-3:30pm
Cost: Members Free

This workshop is for the general public and family caregivers. Understanding what is happening in the brain is the foundation needed to cope with dementia. Caregivers say that stress is reduced when they understand the disease and the resulting symptoms. Please register by phone or in person.

Genealogy

Date: Mondays, Oct 18, 25, Nov 1 (Nov 8 Computer Lab option)
Time: 1:30 – 2:30pm
Cost: \$35 Members (Optional class \$12) \$50 Non Members (Optional class \$17) (includes HST)

Interested in researching your family history but don't know how to get started? Like to learn about what resources are available? Join Michael Kellogg, Retired Educator and Past President of the Victoria Genealogy Society, for this exciting 3 part classroom introduction to genealogy. A 4th session (optional) will be offered in the Computer Lab for hands-on research.

Acrylics Plus 1

Date: Fridays October 15, 22, 29 November 5
Time: 9:30am -12:30pm
Cost: \$ 67.50 Members \$73 Non members (includes HST)
This is a popular class by Instructor, Janet Remmer. Whether you are an absolute beginner or an experienced painter, Janet offers you new ways to work with colour and paint.

BCAA Mature Drivers Workshop

Date: Thursday, October 21 **Time:** 1:30-3:30pm
Cost: Members Free; Non-Members \$3 Admission at the door.
Learn how you can continue to drive safely by identifying areas that may need improving. Pre-registration is required in person or by calling 250-656-5537. The workshop is limited to 24 participants.

November Preview

Watercolour Plus 1

Date: Fridays November 12, 19, 26 December 5
Time: 9:30am-12:30pm
Cost: \$67.50 Members \$73 Non-Members (includes HST)
Offered by Instructor Janet Remmer, this creative class gives everyone from beginners to long-time painters the opportunity to learn in a friendly, open environment.

Alzheimer's Workshop: The Healthy Brain

Date: Tuesday, November 16 **Time:** 1:30 **Cost:** Free
Research is showing ways that all of us, including people with dementia and caregivers, can work on brain health. This workshop is suitable for people with early symptoms of dementia, caregivers and the public.

Cold and Flu Prevention Awareness

Date: Wednesday, October 13 **Time:** 1:30-2:30pm
Cost: Members Free; \$3 Non Members
Natural and medical therapies including immunization, botanicals, nutritional supplements, vitamin and mineral therapies will be discussed. Call to register.

An Evening At The SHOAL Celebrates the Navy



Date: Thursday, November 25 **Time:** 5:30pm **Cost:** \$25
A tribute to the Navy is this month's entertainment with the delightful sounds of Euphoria, a Quartet from the City of Gardens Chorus. A scrumptious buffet will be served by the Food Services team. Wine for sale by the glass. Tickets on sale November 1 – 22. \$25 Credit card/debit accepted.

News from the Activity Office *continued*

Christmas Craft Fair & Bake Sale

Date: Saturday November 30 **Time:** 10am-2pm **Cost:** \$1

Yes, already Christmas planning is upon us! Get a good start on unique gift shopping while also stocking up on some home-made Christmas baking. Door prizes, surprises and more!



Calling All Volunteers!

This year we are planning something different for our Bake Table at the Christmas Craft Fair and Bake Sale which we hope will be a huge fundraising success. We are calling on all volunteers (or as many as possible!) to bake something for our table – and/or perhaps donate one or two jars of your homemade 2010 jam or jelly. We will schedule both adult and Youth Employment Program volunteers to work together at the Bake Table. This should be lots of fun! So please consider supporting us this year. We hope to have a plethora of luscious baked goods to offer. If you have any questions please call Kathryn. So, circle November 20 on your calendar - and get out your aprons! Thank you very much for your support.

Members' Birthday Party and Meet n' Greet

Date: Wednesday, October 20 **Time:** 2pm **Cost:** Free

Happy Birthday to all our members celebrating a birthday in October! Please come celebrate with us and enjoy some live music, Birthday cake and coffee or tea. This is great time to socialize with friends and for new members to meet other SHOAL members. Get in on the fun by joining SHOAL Centre for only \$45 per year.



Chef's Korner

Chef Russ Hudson

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

Greetings once again from the Chef. Can you believe it? The months have flown

by and we are preparing for yet another Oktoberfest here at the SHOAL Centre.

Regarded as one of the best in the area, we take great pride in putting on a great evening of food and entertainment. For those of you who attended last year, you will remember well the exceptional time that was had by all.

Ticket sales commence on Friday October 1st, and they will go quickly, so be sure to get in touch with the Activities Department early.

What's for Dinner?

If you would like to plan ahead to enjoy a meal in the *Tides* at Shoal Dining Room, copies of the weekly menus are available at the Reception Desk.

Tuck Shop Fall Hours

The Tuck Shop is open from 9am to 3pm Monday through Friday and from 10am – noon on Saturdays for "Tuck and Trivia".

Food Services

October Evening at the SHOAL Menu "OKTOBERFEST"

The Menu:

Gemuste Salat
Wiener Schnitzel w/ Hunter Sauce
Grilled Bratwurst w/ Hot Mustard
Brautkartoffel
Spatzle
Braised Red Cabbage
Sautéed Green Beans
Brotchen and Butter
Warmed Apple Strudel with Vanilla Rum Sauce

Cost for the function will be \$25 per ticket. We look forward to seeing you on the 28th of October.



3rd Annual Halloween Hot Dog Day

Date: Friday, October 29 **Time:** noon-1pm **Cost:** \$2.50 per hot dog

Kids of all ages enjoy hot dogs and Halloween together. Just follow the aroma of fried onions all the way to the Tuck Shop. Extra treats for those in costume.



Active Bodies, Active Minds

Jennifer Wear, Manager SHOAL Assisted Living

Phone: 250-656-5537 ext. 111

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Wendy Hall, Activities Coordinator, SHOAL Assisted Living

Phone: 250-656-5537 ext. 119

E-mail: whall@beaconcs.ca

Happy Fall!

Residents have enjoyed the Summer BBQ's on the patio but it is now time to come indoors and get back into indoor activities.

Music

Ian Robinson entertained the residents with a great hour of guitar music and singing. The wonderful "Bunch of Thyme" singers, led by Etta Connor was enjoyed by all. We are very appreciative of them coming to SHOAL. Allan Slade from the Conservatory of Music continues his weekly "Music Exploration" classes.

Activities

"Chocolate" Bingo leads to much laughter as does our Carpet Bowling. We are very thankful to Jacki and her boys, for helping out with this activity. Our monthly visits from dogs from "Pats" bring a lot of smiles.

SHOAL member Birthdays are celebrated 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. Twice weekly chair exercises are well attended and we are now incorporating some "Chair Dance". The "Yoga in a chair" is very popular. Thank you to Kathleen.

Family members are always welcome to join in activities.

Council Meeting

Our Assisted Living Resident's Discussion and Tea was held in September. This is an opportunity every 3 months for our staff to talk about any issues that may have arisen. Residents are then able to talk and discuss any concerns they may have. This is a great opportunity to keep everyone well informed and for questions to be answered.

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

Take the Pressure Down (formerly known as CHIP)

Our popular weekly blood pressure clinics will be starting again at SHOAL Centre beginning the week of October 4th. The program that used to be called CHIP is now called Take the Pressure Down. Watch for posters stating times and locations of all fall clinics. We are always looking for enthusiastic volunteers. Please call Caroline Macey-Brown at 250-661-8792 if you are interested in this exciting opportunity.

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

*October's poplars are flaming torches,
lighting the way to winter.*

.... Nova Blair

Are you up for making a difference? And there goes September! Wasn't that a ride?! We cannot remember a month when requests for Volunteer Medical Drives came in so fast and furiously. We actually had the audacity to relax a little, thinking we might have enough volunteers standing by to handle the expected September requests. Alas, here we go again - this is an all out recruitment call for women and men on the Peninsula who will drive and offer the gift of time. Even providing one short local drive a week could make a huge difference in someone's life. Volunteer drivers are compensated for mileage costs and we promise that you will meet some very interesting people. If you are interested, please call Kathryn.

A Gentle Reminder about Gifts. When volunteer drives are provided, often the person receiving the drive is so grateful he or she will offer a 'little something' as 'thank you'. However, all monies offered to volunteers must be passed along to the Volunteer Services office and will be considered a donation to Beacon Community Services. These donations help support this wonderful volunteer program and allow us to continue to provide this remarkable service. Thank you for your generosity.

Senior Mentor Project This new program has been launched recently by Saanich Silver Threads. Volunteers have been trained to help seniors complete forms, find information, and find answers to questions about problems that are concerning them and their loved ones. Beacon Community Services is often available to help seniors with many of these issues as well, but we cannot always provide a volunteer in every situation. Some volunteers working within the Senior Mentor program live in the Peninsula area. Call Saanich Silver Threads at 250-382-3151, for further information.

In Remembrance: We were saddened to hear the news that Julia Koh, Thrift Shop Volunteer, has died. Julia was an inspiration to us all - as she lived, played and worked with illness over these past many years. We will miss her and our thoughts and prayers are with her family and friends at this time.

Farewell and Happy 'Retirement'! It is with very mixed feelings that we announce that two very long serving volunteers - Anne Johnston (32 years) and Sylvia Graham (26 years) - have retired their names from our volunteer list. Anne and Sylvia have been an integral part of Volunteer Services and this agency as a whole. Both women moved to Victoria from the Peninsula, and had been happy to make the trek to Sidney on Tuesday afternoons to work in the Sidney flagship Thrift Shop - but the time has come for them to explore other aspects of Victoria life. It is with deep appreciation that we wish them love, health and happiness and our heartfelt good wishes for what lies ahead. Please keep in touch with us Anne and Sylvia!

Volunteer Services Fundraiser!

The 2011 coupon books have arrived! Please stop by the Reception Desk and look at our sample copy. Hopefully you will find that one of these books (or more - they make great holiday gifts!) will provide you with wonderful savings. Not only do people purchase these books for 'dinners out' but they delight in using coupons for such places as the Art Gallery of Victoria, Seattle Victoria Clipper, Victoria Symphony, Belfry Theatre, Imax Theatre, Chemainus Theatre Festival and much more. The books are still just \$30, and we accept cash or cheque. Support Volunteer Services by purchasing one today.

Sidney Single Seniors 55+

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

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 barbeques. **Stay tuned the year's Christmas Party, Sunday Nov. 28!**

Next Meeting: Wednesday, October 20, 2pm, SHOAL Centre - our 7th Anniversary! Election of officers for 2010-2011. Please note: 2011 membership now due. (Still only \$10.00.) *Please no perfumes or aftershave to be worn.*



Youth Employment Program News

Sarah Cameron, YEP Coordinator

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E-mail: scameron@beaconcs.ca

September was a busy back-to-school month for the Youth Employment Program. YEP students helped with face painting and games at the Saanich Fair, ran trivia on Saturday mornings at SHOAL Centre and helped at “SHOAL Goes Country” on September 23rd. On September 27th students were invited to take a **FOODSAFE course** at SHOAL Centre. Congratulations to all students who are now FOODSAFE certified!

October is expected to be just as busy as students continue to take courses and complete certifications. All of these courses and workshops help to further develop and add to students’ resumes; the courses are preparing students for our Job Fair in March of next year.

On October 15th YEP and Volunteer Victoria will be offering a free **Community Volunteer Certificate**

Workshop from 2:30-4pm at SHOAL Centre. This workshop teaches YEP students the importance of volunteering in our community, the benefits volunteering offers and how to search a database to find volunteer opportunities based on their interests. On October 22nd YEP will be offering **Emergency First Aid** to YEP students at a reduced rate. This is a full day course from 8:30am-4:30pm. Register in advance at the SHOAL Centre. Reminder to all of those who have taken First Aid – you must renew your certification every two years!

Coming up on November 12th the Youth Employment Program will be offering a **Food and Beverage Service Certificate Course**. Nelles Shackleton will share her expertise with students on how to take food and beverage orders, communicate with customers, set tables, clean and maintain kitchen equipment and how to properly serve and clear food and beverages. This will be a great training experience and another certificate to put on your resume! Call 250-656-5537 ext. 118 for more details.

Finally, all students who are available are encouraged to join us at **SHOAL’s Halloween Hot Dog Day** on October 29th from 12-1pm. Wear your costume!



Volunteer Profile: June Chilibeck

This month we are pleased to introduce you to a wonderfully interesting woman – June Chilibeck. Many of you will recognize June as one of our friendly Tuck Shop and Evening at the SHOAL volunteers.

June was born in Newfoundland, one of 7 children. At 18 years of age, June left for Labrador and became a secretary for an iron ore company. In 1969, June moved west and has been based here ever since. June is Mom to two daughters (Julie and Melodie) who have each given her the gift of a grandchild.

June has chosen and managed to live an extraordinary and interesting life. She has lived in Edmonton, Kelowna, Vancouver and Victoria since moving from the east. She has owned 2 lingerie shops and once owned and ran a café in a Sidney marina for years. Working in the marina neighbourhood planted an interest and a desire to sail. So June took training and received her Day Skipper’s Certificate. That led to a crew position on a ship bound for Alaska where she sailed for 4 months, in and out of

glaciers. June then spent the next 9 years sailing in and around our Gulf and San Juan Islands and into Desolation Sound.

In 2002 June took TESOL training which enabled her to teach English to others. As a result, she has taught in 3 different areas of Mexico, once in the Peruvian jungle and in 6 different areas of Slovakia. June tells us that she hopes to travel and teach English again – this time taking shorter stints. When June finally left her work in Slovakia she traveled to 7 other Eastern European countries, culminating that journey with a 2 week sailing trip out of Turkey, on a 65’ vessel. When that was accomplished – whew! – she flew home.

June enjoys hiking (once hiking from the tip of N. Pender to the tip of S. Pender) and cycling (on the Malahat!). Anything that keeps her outdoors is what she loves best. She plays the ukulele (sometimes with her granddaughter Lily) and tells us that “life has been pretty good to me”. June has been volunteering with BCS since January of this year and has volunteered with the Victoria Police Department, on Reception. You’ll find June at our Stretch and Strength classes, 3 times per week.

Say ‘hello’ when you next see June and get to know this fascinating woman. Thank you June, for all you do for us!

SHOAL Wellness Programs

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

Better Breathers Program for those with breathing difficulties, is held on the 4th Monday of each month in Auditorium B. Next meeting is Monday, October 25 at 1:30pm. Call Roberta Ferguson at 250-656-3176.

Family Caregivers' Support Group meets on the 2nd Monday of each month, 10am–noon in the SHOAL Centre Lounge. The next meeting is Monday, October 18 since October 11 is Thanksgiving Day.

Panorama Partners

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



Digital Scrapbooking (18 yrs+)

Location: SHOAL Centre Computer Lab
Tuesdays, Oct 5 - Oct 12 7-8:30pm 2/\$115

After the Click - Digital Cameras (16+ yrs)

Location: SHOAL Centre Computer Lab
Saturday, Oct 30 1-4pm 1/\$59

MAC - Transition from Windows to MAC (16+ yrs)

Location: SHOAL Centre Computer Lab
Saturday, Oct 30 10am-12pm 1/\$39

Microsoft Excel 2007 Level 1 (16+ yrs)

Location: SHOAL Centre Computer Lab
Sunday, Oct 17 9:30am-3pm 1/\$135

Microsoft Word 2007 (16+ yrs)

Location: SHOAL Centre Computer Lab
Saturday, Oct 2 9:30am-3pm 1/\$135

Stretch and Strength Drop-In (\$4.50 Members/\$5 Non-Members)

Mondays, Wednesdays and Fridays at 10:15am

Spanish for Beginners (16+ yrs)

Location: SHOAL Centre All Purpose Room (*no session Nov 11)
Thursday, Oct 14 - Dec 9* 10-11:45am 8/\$95

Conversational Spanish and Reading Comprehension (15+ yrs)

Location: SHOAL Centre Board Room (*no session Nov 11)
Thursday, Oct 14 - Dec 9* 12pm-1:45pm 8/\$85

Singing in Spanish (16 yrs+)

Location: SHOAL Centre Board Room
Thursdays, Oct 14 - Dec 9 2-3:45pm 8/\$85

Empower Yourself Financially - A Workshop for Women 18+

Location: SHOAL Centre All Purpose Room
Saturday, Oct 16 9:30-12:30pm 1/\$35

Finances in a New Light (16+ yrs)

Location: SHOAL Centre Board Room
Wednesday, Oct 6 7-9pm 1/\$9 single 1/\$15 couple

Chair Fit Drop-In (\$4.50 Members / \$5 Non-Members)

Tuesdays and Thursdays at 10:30am

Fall Daytime Computer Courses at SHOAL

The flyer outlining all the Daytime Computer Classes scheduled in the SHOAL Computer Lab this fall is available at the Reception Desk and on our website at www.beaconcs.ca. Here's a sneak peek at what we're offering:

Computers Don't Byte (Level 1) with Sharon Wiegand
Computers Don't Byte (Level 2) with Sharon Wiegand
Email Basics with Sharon Wiegand
Introduction to Outlook with John Bourne
Digital Photography with John Bourne

Picasa (Level 1) with Sharon Wiegand
Picasa (Level 2) with Sharon Wiegand
Introduction to PowerPoint with John Bourne
MAC – iWork '09 with Janet Epps
Introduction to Facebook with Michelle Buchanan

Springboard to Success is an employment program for the Peninsula and Gulf Islands run by Beacon Community Services. 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 October 12th and we are actively recruiting participants. For more information about this program please call (250) 655-5303. The Government of Canada has contributed to this initiative.