

TideLines

Beacon
Community
Services

News from SHOAL Centre

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

October 2009

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BOUQUETS

Thanks to a generous donation by resident, **Art Robertson**, and labour courtesy of **Mr. Gord Gummer and the Sidney Rotary Club**, our Patio Upgrade Project has continued with the replacement of the worn and unsightly fence panels along the Patio area. The project will continue next summer with the installation of some artwork along the fence line. The residents have thoroughly enjoyed the Patio this summer thanks to the generosity of so many.

Thanksgiving Day Holiday

The SHOAL Centre Reception Office will be closed on Thanksgiving Day, Monday, October 12.

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Upcoming Special Events

Oktoberfest Evening At The SHOAL

Date: Thursday, October 22

Time: 5:30pm (doors open)

Cost: \$23

Our annual Oktoberfest is almost here. Last year this event was a sellout. Fashioned after a German beer haus, we will feature a special local beer brewed for Oktoberfest, and a great menu of German food. Ron Sera and his accordion will stroll the aisles providing rousing entertainment. See you there! Tickets on sale now. Deadline for tickets is Monday, October 19.

On Your Mark, Get Set, for the Arrival of the Olympic Torch

The 2010 Olympic Torch Relay is a 45,000 kilometer journey across Canada. On October 30th the Olympic flame arrives in Victoria to begin that journey. The Town of Sidney Olympic Torch Relay Celebrations will begin at the Mary Winspear Centre that morning with complimentary tea, coffee and refreshments being served, along with our own award winning "Sidney Slice". Everyone is welcome and encouraged to attend. The Torch is expected to arrive in Sidney just after 1pm. From the corner of the Patricia Bay Highway and Beacon Avenue the relay will make its way to the Town Hall for a brief ceremony, and continue on its way through Town to its departure point at Tulista Park. Sidney residents of all ages are encouraged to share their Olympic memories or their thoughts on what the Olympic movement means to them. For further information contact Murray Clarke, Administrator, Town of Sidney at 250-656-1139 or mclarke@sidney.ca

Hot Dog Day the United Way, with a Splash!

Date: Friday, October 23

Time: noon-2pm

Cost: \$2.50 per hot dog

Due to the success of last year's Hot Dog Day we have decided to make this an annual event. Read all about it on page 2!



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

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The September weather may not have felt like fall, but the activity level within the Centre certainly has; and there are no signs of things slowing down for October. Of course we can look forward to the usual fun around the themes of Thanksgiving and Halloween. Can a year have passed since our turkey dinner last Thanksgiving was interrupted by that massive power outage? This October also brings us the National Day of Older Persons and the Olympic Torch visit to Sidney.

We congratulate Panorama Recreation Centre on the grand re-opening of their pool. I can't wait to try that slide! Over the next few months you will see some changes in the Computer Lab as we take on a special project with Panorama Recreation, thanks to the Federal New Horizons for Seniors Program.

With Fire Prevention Week from October 4-10, it's a good time to make sure our home smoke detectors are in good working order.

We are sorry to say goodbye this month to Youth Employment Coordinator, Joanne Reuben, and wish her all the best with her future plans (see the profile on page 7). See you at Oktoberfest, Hot Dog Day and taking part in the celebrations as the Olympic Torch arrives in Sidney.



Notices

Hot Dog Day the United Way, with a Splash! - continued

This year's event coincides with a Beacon Community Services United Way Fundraiser (50 cents from the sale of each hot dog will be donated to the United Way), the grand re-opening of the Panorama Swimming Pool, and that Spooky time of year, Hallowe'en. Join us in celebrating these three events. A United Way Representative, a Panorama staff member who will be giving out 2 for 1 swim passes, and a celebrity guest will be on hand. Follow the aroma to those barbecued hot dogs with fried onions and all the rest of the trimmings.

Fire Prevention Week — October 4 - 10

Join Sidney Firefighter, Jeff for a discussion on fire safety on **Wednesday October 7 at 2pm in Auditorium A.**

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.

New Tables Compliments of New Horizons

Thanks to funding from the Government of Canada's New Horizons for Seniors Program we have purchased eighteen round banquet tables for the Auditorium. These tables will replace the existing ones that belong to the Bethel Baptist Church. The Church has been using the SHOAL Centre during the construction of their new building. We wish them well as they return to their brand new Church and thank them for the use of their tables.

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!

BCAA Mature Drivers Workshop

Cost: Free for SHOAL Centre Members / 2.75 at the door for Non-Members. Once again, due to popular demand, the BCAA Traffic Safety Foundation is offering the Living Well, Driving Well Workshop at SHOAL Centre. On Friday, October 16 from 1:30-3:30pm, learn how you can continue to drive safely by identifying areas that may need improving. Pre-registration is required by calling 250-656-5537. The workshop is limited to 24 participants.



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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October 1 is International Day of Older Persons. These days 'older' is everything from 55 to 105, so if you have not been to SHOAL Centre, please come by this month and see what we are offering for adults of all ages.

Course Registrations:

There is still time to register for some great courses in October. Sign-up for **Acrylic Painting** with Janet Remmer on Friday mornings; **Novice Level 1 Knitting** with Jean Limming on Thursday afternoons; **Absolute Beginner Bridge** on Thursday afternoons and a wonderful **Patchwork Sampler Quilting** course with designer Daphne Greig, also on Thursday afternoons. The second **Beading/Make Your Own Jewellery** class is still accepting participants for this month's session. For specific times and fees, please pick-up a flyer at the Reception Desk or call and inquire. Registration by credit card in person or by phone is quick and easy.

Table Tennis Drop-In

Date: Wednesdays **Time:** 10am-11:30am

Cost: \$1.50 Members and \$2.75 Non-Members

Remember the fun you had playing ping-pong? You can recapture that by playing table tennis here on a weekly basis. This is a lively group so wear comfortable shoes and come prepared for plenty of fun.

Cribbage Drop-In

Date: Mondays **Time:** 1-4pm in the All Purpose Room

Cost: (First Session is free) \$1.50 Members/\$2.75 Non-Members

In response to several requests, a weekly cribbage drop-in is now on our schedule. If you like the game, come on by. Sign up as a member for only \$45 a year.

Painting Drop-In

Date: Wednesdays

Time: 1-4pm

Cost: \$1.50

Last year we started this non-instructional group for those who wish to paint with others in a studio-like setting. We now have a small group hoping that more amateur artists will join them. There is no instructor and participants need their own supplies. This is a creative way to spend a Wednesday afternoon while nurturing your inner artist.

Advance Health Care Planning Workshop

Date: Monday, November 9

Time: 2-3:30pm

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

Have you thought about who would make health care decisions for you if you were unable to speak for yourself? This information session will give you the opportunity to learn more about a Living Will/Advance Directive/Representation Agreement and why they may benefit you. Please call or drop-by to register in advance at SHOAL Centre.

Family Caregivers' Network

Are you caring for a sick, disabled or aged spouse, relative or friend? SHOAL Centre hosts the Family Caregiver Network Society twice a month in the upstairs Lounge. Everyone is welcome and you do not have to be a member to attend. A time to share and helpful networking is offered in a confidential setting. Dates and times are mentioned monthly on the last page of this publication.

Members' Birthday Party and Meet n' Greet

Date: Wednesday, October 21

Time: 2pm

Cost: Free

Happy Birthday to all our members celebrating a birthday in October! Please come celebrate with us and enjoy listening to the lovely piano sounds of Michael Preece. Birthday cake and coffee or tea are served. This is time for new members to also meet other SHOAL members. Join SHOAL Centre for only \$45 per year.

An Evening At The SHOAL

Date: Thursday, November 26

Time: 5:30pm

Cost: \$23

This will be a special evening with a tribute to the songs of the World Wars. Take a journey down memory lane if you are from that era, or come and hear songs that were famous from the past. Bob and Sylvia Goodwin are a well known entertainment couple who will deliver a performance worth attending. Tickets can be purchased in advance in person or by phone, beginning Monday, November 2. Credit cards and debit accepted.





Chef's Korner

Chef Russ Hudson

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

This recipe is a perfect way to introduce Olympic visitors to the best of West Coast Canadian cuisine. Using favourites such as fresh BC oysters, maple bacon and wild salmon cream cheese, it's sure to give people a taste for Canada!

Chef Russ - World Culinary Olympian

Olympic Fever is catching on and coming to town. On October 30 the Olympic torch will make it's way to Sidney, on it's historic journey that will take it to Whistler and the start of the 2010 Winter Olympics.

So what does this have to do with my column? I have been asked to share my Olympic experience with you. Once you have become an Olympian, that experience never leaves you. For me, it was 1988, and a sporting event of a different type; the World Culinary Olympics in Frankfurt Germany

At that time I was the Team Manager for the Canadian Forces Culinary Olympic Team and stationed in Lahr, West Germany. It took two years to get the team ready, but we went on to win Gold and Silver at the Olympics. It was one of the crowning memories of my 29 years with the Canadian Armed Forces.

From that event we published a Cookbook called **World Class Canadian Cuisine**, which showcased **The Best Of Canadian Cooking From Canada's Olympic Chefs**. To this end, I have been asked to mark the upcoming event by sharing with you one of the recipes from our sold out edition of the book. I hope that you will enjoy the recipe. If you would like to view more of the recipes, a copy of the book will be at SHOAL Centre for viewing.

Our teams were presented with Olympic plates as well

as medals. Pictured here are my lasting memories of that famous place in time. Whether it be the sports world or the culinary world, an Olympian will always be an Olympian.



Pacific Oyster & Maple Bacon Canapés

Makes 15 Canapés

Ingredients:

English Cucumber	½
Green Onions (finely chopped)	2 ea.
Wild Smoked Salmon Cream Cheese	5 oz.
Maple Cured Bacon (partially cooked)	5 slices
French Bread Rounds	15 ea.
Fresh BC Oysters	15 ea.

Method:

Peel the cucumber and remove the seeds. Grate the flesh on a course grater. In a fine sieve, mix the cucumber and the green onions and set aside in a bowl to drain for 30 minutes.

Once the cucumber and green onion mixture has drained, mix it with the wild smoked salmon cream cheese and spread it on the toasted bread rounds, top with fresh oysters and place a piece of the smoked bacon on top of the oyster.

Bake in a 400-degree oven for approximately 4 to 5 minutes, serve immediately.

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. Please join us for great meals and a comfortable atmosphere.

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

Smaller Meal Portions Now Available

For those with smaller appetites, 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). You will want to pay cash for these meals rather than use your meal card as the value per meal on the meal cards is greater.



Active Bodies, Active Minds

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Wendy Hall, Activities Coordinator, SHOAL Assisted Living

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Welcome to all our new residents! We look forward to seeing you at the many activities offered this fall.

Now that October is here, the residents are enjoying having their regular programs back in full swing and looking forward to decorating for Thanksgiving.

Activities

Alan from the Victoria Conservatory of Music will be continuing his popular program of Music Exploration with the residents each Tuesday afternoon.

Residents continue to enjoy pet visits on the 2nd Monday of each month.

Our Dietician, Cynthia Tandy was here to give another inspiring talk about nutrition. The subject of "Heart Healthy Eating" was interesting and informative for everyone. Cynthia will continue to present a new topic each month for discussions.

Our monthly feature entertainer for September was Ian Robinson on guitar playing old favourites. Toes were tapping and heads were bobbing! He was greatly enjoyed and we look forward to his return.

We had two wonderful Armchair Travel adventures this month. We saw the spectacular wildlife and scenery of Antarctica as well as the Giant Pandas of China.

We are now holding an Ecumenical Service each month with the Rev. Canon Penelope Black officiating. It is a special time of friendship and singing of favourite hymns.

A special "thank you" to Alden for his work on our "Life Celebration" project and we wish him all the best in his schooling.

Thank you also to our volunteers who are so committed to the residents. We appreciate you very much.

We are always grateful for donations of :

- Bookshelves, plants, simple musical instruments, bongo drums, small table top shuffle board
- Spare time to visit and help with our residents, especially with arts and crafts



Join Us!

Wendy would like to encourage all residents to join in the many activities offered at SHOAL Centre. We are always open to suggestions about new activities.



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

Phone: 250-656-5537 ext. 106
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As we enter the Pumpkin Month, we may find ourselves feeling wistful for the warmer days of summer – and wasn't this past summer a Hum Dinger! But strangely enough, Autumn - particularly September and early October - may also bring feelings of new beginnings, much like that other change season, Spring. School has begun again, many groups that might take a summer hiatus resume, and so on. The pace of things has certainly quickened in the Volunteer Services area of SHOAL. Medical drive requests are increasing, the office volunteers are kept busy as they engage with much of the SHOAL walk-in Activity 'traffic' and monthly meetings are most definitely back on our calendars.

Welcome New Volunteers! Olive Baksh - Visitor, Heather Cameron – Thrift Shop, Romy Done – Thrift Shop, Jane Koleba – Thrift Shop, Barbara Postings – Thrift Shop, Sacha Sauve – Lay Counsellor, Benjamin Taac – Lay Counsellor, Colleen Clancy – Youth Employment Program

Congratulations! We are delighted to announce that BCS 'Volunteer Visitor' Joan Cooper was married on September 12, 2009. Joan met her new husband, Don Mills, while both were members of the Sidney Single Seniors group – not the intention of joining this group, but what a happy ending! We wish you both much happiness in your life together.

Volunteer Services Annual Fundraiser!

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



In Memory

We are very sad to announce that long time Sidney Thrift Shop Volunteer, Jewel Roberts has lost her husband, Herb. Our thoughts and prayers are with Jewel and her family, at this time.

Please remember if you are booking a **Medical Drive** with us, to allow several days between your request for a drive and the actual appointment date. This program cannot compete (nor would we want to!) with a Taxi service. And remember – the Volunteer Drive Program is for 'medical' purposes only – with some very limited exceptions. Please respect our wonderful Volunteer Drivers and do not ask them to donate even more of their time by requesting that they drive you to other destinations, on your way home. We endeavor to do the very best we can by helping you meet your medical appointment needs, but we must respect our Drivers own personal schedules and our Volunteer Services budgeted mileage costs. Thank you for your understanding.

If you, or anyone you know, might be interested in our next **Active Listening Class** (the training sessions for Volunteer Friendly Visitors) please call our office and speak to Kathy. Our next Active Listening class begins in February 2010.

Have a wonderful month everyone. We have so much to be thankful for; in this Island Paradise we call home.

Accessing Volunteer Services:

Although Beacon Community Services has many programs that serve the Capital Region, Volunteer Services such as Medical Drives are primarily delivered to residents of the Peninsula and the Southern Gulf Islands. If you are receiving Home Support by Beacon Community Services you may not necessarily be able to access all your Volunteer Services needs through Beacon. However, we can direct you to other Direct Volunteer Services agencies throughout Victoria that may be able to assist you. Please call Kathryn Mason (250-656-5537) for further information.

Mark Your Calendars!

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

The generosity of our volunteers – 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 to Beacon Community Services, 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

October is here and the Youth Employment Program is moving into its fall activities. While throughout the summer our kids are taking on casual jobs helping with gardening and outdoor chores, now that school has begun, our courses and workshops begin. They normally take place on school professional development days. This month we will have our first Food Safe course of the year on the 24th of October. Throughout the year YEP kids will have the opportunity to take quite a few courses at reduced or no cost. Other courses that we will be offering

include; Emergency First Aid Level 1, Gardening Basics Certificate, Squirrel Point of Sale Certificate, a course on volunteerism and our Retail Training Certificate. Also, please keep us in mind for your fall projects as our youth will still be available after school and on weekends.

As many of you know, I have resigned from my position as Youth Employment Coordinator as of the 24th of October. I am leaving to go and live with my husband in California (see article). I want to say what a pleasure and privilege it has been to be a part of this wonderful BCS community and to be able to write to you each month in this newsletter. I will miss you all and I look forward to being kept informed of goings-on at SHOAL. I wish you all the best of health and happiness.

Best regards,

Joanne

Best of luck ... we'll miss you!

Staff Profile: Joanne Reuben

Joanne Reuben was born and raised in Alberta. At the age of twenty, she moved to Victoria to attend UVIC's Creative Writing program. Eventually she shifted her focus and graduated with a degree in Psychology. During this time, Joanne married, and had two daughters. After her first degree, and while raising her two daughters, she pursued post-graduate studies in Clinical Art Therapy and also earned her Certificate in Business Administration. After graduation, Joanne set a career path of working as a Recreation Worker and Program Coordinator.

This lady has also had a very creative history. She is a trained vocalist, and has used her musical skills performing and teaching voice lessons. Another branch of this artistic past includes working in the film and television industry. She has written and produced several documentaries and also worked on a program called 'Community Update' for Rogers Cable 10. This involved hosting and producing news stories that were focused on community events and issues.

Before coming to SHOAL, Joanne was a long time Recreation and Volunteer Coordinator for Sunrise Senior Living. She left this job after selling her condo with plans to take a year off to travel and also spend a few months with

her soon to be husband in California. Upon announcing this intention at the border, the US Customs folks decided that they would feel more comfortable if she had a job and address in Canada and so she was unexpectedly turned around. In a scramble, she found herself house-sitting for a friend in Sidney. Here, she was hired by BCS as the Youth Employment Coordinator at SHOAL. Working with youth was a brand new experience and not quite the same as working with seniors. She says it was quite the learning curve but she grew to love working with youth. Joanne has also fallen in love with the community of Sidney. Her plans are to live with her Architect husband in California but eventually move back to Sidney when they retire.

Believe it or not, the immigration process has taken 16 months since the couple was married in May of 2008. She finally has her visa and a new adventure ahead. This lucky lady will get to enjoy the lovely climate of the state, by making lemonade right from the trees in her front yard. Her plans are to continue the creative life that she pursued during her early university years; working on creative writing, and embracing her artistic side. She warns that she might attempt to write a situational comedy about SHOAL Centre. It has been a fun place to work with "never a dull moment!"

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 Monday, October 26 at 1:30pm. Call Roberta Ferguson: 250-656-3176 if you wish to participate.

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, October 19 since October 12 is Thanksgiving Day.

Family Caregivers' Network Coffee Break is held on the 4th Tuesday of each month. Next Coffee Break is October 27.

Panorama Partners

Panorama Recreation, in partnership with SHOAL Centre, offers a wide variety of programs. For a full schedule of classes and fees, or to register, stop by the SHOAL Centre Reception Desk or call or drop in to Panorama Recreation Centre.



Arts, Dance & Culture

Landscapes in Oil
Spanish for Beginners
Social Ballroom Dance

Computers

Burning CDs on a Computer
Computers Don't Byte
Email Basics, Files, Folders, Disks & Drives

Health

Fusion Fitness, Power Yoga
Chair Fit, Stretch and Strength
Osteoarthritis – You CAN Do Something About It!

General

Bridge
Talk Topics: A Discussion Series for Seniors
Memory Improvement

Join us for the Official Aquatic Complex Grand Opening Event!

Date: October 24 **Time:** 10:30am **Cost:** Free

Join us to celebrate the Grand Opening of the Aquatic Centre, with tours, refreshments and free public swims throughout the day. Pick up tickets at Panorama Reception after October 1. Make a donation toward the Aquatic Complex Elevator Fund Raising and be entered to win a First Down the Slide Pool Party with 20 of your family and friends!

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.

Dinner Out: Thursday, October 29 at the Waddling Dog. The Phone Committee will call or email asking if you want to attend.

Next Meeting: Wednesday, October 21 at 1:45pm at SHOAL Centre. We'll be celebrating our 6th Anniversary and holding our election of officers.

Dues: Please remember, annual dues of \$10 are due now.

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.