

TideLines

Beacon
Community
Services

News from SHOAL Centre

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

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NATIONAL VOLUNTEER WEEK: APRIL 19–25

'VOLUNTEERS – FROM COMPASSION TO ACTION'

"Volunteers play a vital role in Canadian society. Across Canada, volunteers are engaged in delivering services and programs that improve and enhance the life of our communities. Volunteers are people just like you.

Volunteers are a crucial part of our social infrastructure. They strengthen the fabric of Canadian society – from healthcare to the arts, sports and recreation to religious organizations, social services to education, international development to philanthropy, and environmental groups to engagement in the democratic process. As the driving force behind many community-based initiatives, they are essential to keeping our communities livable and safe. Without volunteers, there would be huge gaps in the community programs and services we all rely on every day." *from Volunteer Canada*



Upcoming Special Events

Easter Bonnet Parade

Date: Thursday, April 9 **Time:** 1 – 2pm **Cost:** FREE

Our annual Easter Bonnet Parade is coming up soon. This is a really fun event with an opportunity to see some very creative hats! Grand prize is two tickets to our Mother's Day Tea on May 6. Volunteers in the Craft Room can help people assemble their bonnets, with straw hats and materials provided, 10am to noon. The Parade will follow from 1 to 2pm in Auditorium A.

Evening At The SHOAL

Date: Thursday, April 23 **Time:** 5:30pm **Cost:** \$23.00

This month's Evening At The SHOAL features the Ladies' Salon Orchestra, Wine & Roses. These talented musicians will play Swing and Latin music from the 1920s–1950s. Chef Russ Hudson will post a menu at the start of April. Tickets are on sale April 1–20 (while quantities last). Dinner is served at 6pm sharp.

Mother's Day Tea

Date: Wednesday, May 6 **Time:** 1 – 3pm **Cost:** \$14.50

This will be a lovely event featuring Harpist Alison Vardy, a renowned musician and entertainer. Chef Russ Hudson is preparing fancy tea sandwiches, mini scones with butter and jam and delectable sweets. Door prizes will be available, including two tickets to June's Evening At The SHOAL. Our Heritage Doll Raffle will also take place for four lucky winners. Tickets for the Mother's Day Tea go on sale Monday, April 6. Seating is limited so purchase tickets early.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

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No foolin' it's April already. In this, Volunteer Appreciation Month, the *TideLines* is dedicated to all the wonderful volunteers who make it possible for Beacon Community Services to provide a great variety of programs and services. The volunteers truly live the Beacon Community Services philosophy of People Helping People to Help Themselves. So, while we enjoy family and friends and the traditions of Easter this month, let us also remember to thank the volunteers and let them know how appreciated they are. We also appreciate those who participate in the activities at the SHOAL Centre. To ensure we are meeting your needs, we have inserted in this issue a "Satisfaction Survey". Please take a moment to complete this survey and return it to us for a free cup of coffee at the Tuck Shop. We value your feedback.



Notices

Elections BC:

Enumerator Visit

Tuesday, April 7, 9am–4pm in the 2nd floor Lounge, enumeration of SHOAL Centre Residents will take place in preparation for the upcoming Provincial Election. Please note that this is for SHOAL Centre residents only.

Provincial Election

SHOAL Centre will be a public polling station for the Provincial Election on Tuesday, May 12. Voting will take place from 8am–8pm in Auditorium A. Advance polling will take place from 8am–8pm on May 6, 7, 8 and 9 in the All Purpose Room at SHOAL Centre.

Scent Free Zone

In consideration of those who have allergies or are sensitive to perfume and scents, kindly refrain, if possible, from wearing heavily scented products to the Centre.

Visa/MasterCard/Debit is here!

We are happy to announce that we can now accept payment by Visa, MasterCard and Debit for some of our transactions at SHOAL. This service will be available on a limited basis, for memberships, Evening At The SHOAL and special event tickets, meal cards and programs. The service will not be available in the Dining Room or for the purchase of Disability Resource Centre Parking Permits.

Fee Increases Effective April 1

The following fees increases took effect on April 1:

- Membership \$45 per year
- Drop-in Activity Fee – Members \$1.50 / Non-Members \$2.75
- Tuck Shop Cookies 60 cents
- Tuck Shop Muffins \$1.00
- Tuck Shop Scones \$1.00

All other prices remain as is. Thank you for your cooperation.

Bingo Volunteers Needed

Bingo is held every Tuesday night, with games starting at 6:30pm sharp. The Bingo program relies on volunteers, and if you are interested and available to help, we would very much appreciate it. Please contact the SHOAL Centre Manager at 250-656-5537 ext. 102.

Easter Weekend Hours

The SHOAL Centre Reception Desk will be closed from Good Friday, April 10 through to Easter Monday, April 13 inclusive.





News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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It's the month of Easter celebrations and spring flowers. It's also Volunteer Appreciation Month and the Activities Office wishes to give a big THANK YOU to all the volunteers who work so diligently keeping our SHOAL Activity departments up and running. We couldn't do it without you. This also includes Tuck Shop volunteers, those who help with special events such as An Evening At The SHOAL, our seasonal events like the Christmas Craft Fair and specialty Tea afternoons, the monthly Birthday Party and numerous other things that require lots of helping hands.

Drawing Drop-In

Date: Thursdays **Time:** 9:30am – 12 noon **Cost:** \$1.50

With such a great response to the drawing class given by Cheryl Driscoll over the fall and winter, SHOAL will now offer a Drawing Drop-In weekly session. This will be a non-instructional time for those who wish to put pencil to paper in a supportive setting. Cheryl will be on hand to encourage and answer questions. This is open to SHOAL members only so if you wish to join, come in and purchase a year-long membership for only \$45.00.

Knitting

Date: Fridays **Time:** 1pm **Cost:** FREE

SHOAL Centre's Knitting Activity Department is looking for wool to continue knitting baby items. We have many fine knitters and beginning knitters who donate their time and efforts to knit a variety of items for sale to help support SHOAL programs. Please drop off donations at the Reception Desk (whole balls of wool preferred). The Knitting group meets every Friday at 1pm in the Craft Room. If you would like to participate, sign-up for a SHOAL membership and then join the group for free.

Heirloom Dolls Raffle

Draw: Wednesday, May 6 (at Mother's Day Tea)

A reminder that our raffle continues for our four Franklin Heirloom Dolls as a fundraising raffle for SHOAL programs. To be won individually, these beautiful dolls, donated by a member, come with heritage toy accessories. The head of each doll has been sculpted of fine bisque porcelain painted by hand. The clothing and accessories are hand-detailed. Please note that the dolls have been previously owned, and while in excellent condition, not all stands for the dolls are available and none come with the original certificate of sale. The dolls are on display in our reception area. Tickets are \$1.00 each or 5 for \$3.00. The four dolls will be drawn in succession at our Mother's Day Tea in May.



Members' Birthday Party and Meet n' Greet

Date: Wednesday, April 15 **Time:** 2pm

Please note that the start time has changed for the monthly Members' Birthday Party from 1:30pm to 2pm. We are also inviting new members to attend this hour of live entertainment, and enjoy cake and coffee while meeting other members.

Evening At The SHOAL

Date: Thursday, May 28 **Time:** 5:30pm **Cost:** \$23.00

Come enjoy the sounds of Perros Libres, a trio of local musicians with a unique blend of Latin Instrumental Jazz combined with French Canadian and Cajun flavors, and African rhythms and lyrics. Tickets go on sale May 1. Deadline for purchase is Tuesday, May 19. These are sell-out events so buy tickets early.

Welcome New Beacon Community Services Volunteers!

Amanda Byrne Jungen – Lay Counselling
Norma Woodcock – Lay Counselling
Maurice Myhre – SHOAL Centre

Andrew Campbell – Thrift Shop
Amber Dolan – Thrift Shop
Karen Thomas – Thrift Shop
Christine Weicker – Thrift Shop



Chef's Korner

Chef Russ Hudson

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It is April already and the first part of the year is slipping by. Being on the West Coast of this beautiful Island of ours, one of the fish items that is close to our hearts is Red Snapper. If you enjoy this fish you will love the accompanying recipe.

Happy Cooking and Happy Easter to All!

NEXT MONTH:

Herbed Loin of Lamb with Tarragon and Mint

CORRECTION NOTE: In the March *TideLines* I accidently omitted one of the ingredients for the Macadamia Nut Brownies (my apologies for that). The missing ingredient was a ¼ cup butter for the filling ingredients.

For those interested, we now have copies of the weekly Dining Room menus at the Reception Desk.

Culinary Terms

Beurre blanc: French for white butter, used to describe an emulsified butter using shallots, white wine and butter. Also known as a butter sauce.

Shallots: Native to the Middle East, it is a member of the onion family, with a head composed of several cloves, covered with a thin papery skin. It is more subtle than an onion and less harsh than garlic.

Clarify: To clear (through heating) a cloudy liquid by removing the suspended particles and sediment.

Tuck Shop

Hours: In addition to the Tuck Shop being open Monday through Friday from 9am–3pm, it is now open on Saturday mornings from 10:30am–noon, with the exception of statutory holiday weekends.

Beverages: Individual boxes of apple juice have now been added to our menu items for sale in the Tuck Shop at a price of 75 cents each. This compliments the pop, water, tea and coffee offered for sale.

Dishes: Please do not remove dishes from the Dining Room or the Lobby area near the Tuck Shop. Thank you.

Seared Red Snapper with Basil Beurre Blanc

Serves 4

Basil Beurre Blanc

In order for the beurre blanc (an emulsified butter) to be ready for serving immediately after the fish is done, you will need to prepare this first.

White wine	½ cup
White vinegar	½ cup
Chopped Shallots	¼ cup
Heavy cream (half and half)	½ cup
Unsalted butter (cubed)	8 oz.
Fresh basil (chopped)	2 tbsp.
Salt/white pepper	to taste

Method

Combine the wine, vinegar and shallots in a saucepan and reduce (on low heat) by ½, add the cream and continue to simmer until this is reduced by ½.

Remove from the heat and whisk in the butter until melted, add the chopped basil and continue to stir until the basil flavor is infused into the sauce, strain and set aside keeping it warm.

Red Snapper

Red snapper filets (4)	6 oz. each
Flour	¼ cup
Cornmeal	¼ cup
Clarified butter	4 oz.

Method

Heat a frying pan to medium temperature, combine the cornmeal and the flour and dredge the snapper filets in the coating mixture. Pan fry for approximately 4 minutes (turning only once) remove from the pan, plate and serve immediately with the beurre blanc sauce. Garnish each filet with a fresh leaf of basil.





Active Bodies, Active Minds

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Residents are enjoying looking out at the sunshine and looking forward to walks to the Rose Garden. Wendy had a wonderful family vacation to Australia and presented “Armchair Travel to Australia” on her return so the residents would not feel left out. Wendy would like to thank Glenys and Casey for doing a great job filling in for her.

March has been busy with entertainment by “Strait Up” a local quartet, Skye on piano and Shann’s sing-a-long with piano accompaniment. Residents always enjoy the monthly dog visits. Cynthia Tandy gave an informative talk on the “Vegetarian Way of Eating”. A big “thank you” to Ashley for decorating the 4th floor with the residents for St. Patrick’s Day.

Chair Fit is held twice a week and all residents are encouraged to attend this fun activity so that they keep strong. Monthly bus trips are now planned with the first one going to Marigold Nursery so residents can spruce up their lounge for Spring.

We are always accepting donations of the following:

- Jigsaw puzzles (large pieces, 500 pieces or less)
- Audio books
- Music books with old songs
- DVDs/videos of musicals/old classics
- Computer desks and bookshelves
- Plants
- Simple musical instruments (drums, bells, etc.)
- Spare time to visit with/help our residents in the following areas: carpet bowling, manicures, reading, writing, crafts, conversation, sing-a-longs with piano accompaniment, etc.

Other Happenings . . .

The annual **Inter-faith Good Friday**, 1 hour event, will be at the Mary Winspear Centre, April 10 at 11am, preceded with a walk from St. Andrew’s Church on Fourth Street. The 10th year of the event is sponsored by the Association of Peninsula Christian Churches.

The third **Sidney Classical Concert** of the season will be held on May 1 at 7:30pm at St. Elizabeth’s Church. It will feature “The Red Hot!” Piano Concerto (world premiere) with Robert Holliston; Mozart – Symphony No. 40 in G minor with Stephen Brown; and Shadow of a Leaf featuring Nancy Washeim, soprano and Marako Hockey, marimba.

The special **Young Soloist Concert** will be June 12 at St. Elizabeth’s Church.





Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

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April! Spring really must be here. Huge flocks of robins can't all be wrong! Did you know that every April, Canada (and many other countries) honours volunteers in a National Volunteer Appreciation Week (see front page).

To recognize the dedicated volunteers who give their time and energy to Beacon Community Services we are hosting our Volunteer Appreciation Lunch on Friday, April 24 at SHOAL Centre. Invitations have been mailed. As we found necessary with our Christmas Volunteer Lunch, everyone should be aware of two very important details. First, we have a firm RSVP date of April 16 for the Lunch (sorry, no exceptions). We know you'll understand that we must give Chef Russ enough time to prepare for the yummy buffet and place his orders. And secondly, we may need to keep a volunteer 'wait list' (because we are mindful that the SHOAL Auditorium's 'maximum capacity' number must be strictly followed). So, if you know that you are able to join us for this special Lunch, please respond early.

Mark your calendar for April 29, 9am–12 noon for an important community workshop here at SHOAL. "Invest Right – Take Control of Your Investments in Today's Economy" is offered by the BCS Community Awareness Network (formerly called the Community Response Network) and the Sidney/North Saanich RCMP. We are pleased to have speakers from the BC Securities Commission and BC Crime Prevention Association. This is a free event, but space is limited. Call 656-5537 early to reserve a place.

We are heading into the second busy month of Tax Time! This is one amazing program we offer. If you think that you may qualify to have a volunteer file your return, or you know someone who may qualify, please call us. But remember, this is a program offered to folks on limited incomes only, who file 'general' returns. We have to follow Revenue Canada's rules for this Community Tax Program. The Tax Volunteers get a big round of applause (CLAP, CLAP, CLAP) for the assistance they give so willingly. You're all just terrific!

I want to personally thank Ashley Medeiros (our 'wonder women' UVic Practicum student) who has worked so tirelessly at SHOAL, including with Volunteer Services, for the past 3 months. We will miss you Ashley. Please drop by and say hello whenever you can.

Volunteer Profile: Pamela Panter



The SHOAL Tuck Shop has become a very popular place. This is due to some amazing volunteers, and Pamela Panter is one them. Pamela has volunteered for Beacon Community Services since November 2006. She began by enrolling in the Active Listening course offered to volunteers

who would like to be Friendly Visitors. Since Pamela began her volunteer work with us, she has been 'partnered' with several community residents for weekly visits. Recently, Pamela has followed her current 'visiting partner' from SHOAL Assisted Living to the Saanich Peninsula Hospital, where he now resides. In addition to Visiting, Pamela has a Tuck Shop shift on Wednesday afternoons – and even 'spares' for absent Tuck Volunteers.

Pamela has also done other area volunteering – at Saanich Peninsula Hospital, with the Sparks ('wee' Girl

Guides), at Blood Donor Clinics, at the Animals for Life Thrift Shop and with the Newcomers Grad Club.

Pamela and her husband first came to Canada in 1957 from Somerset, England. They lived in Canada for several years, journeyed to Australia for a time, then returned to England. But Canada beckoned once again and this time 'it took'! They came to Manitoba in 1962 and eventually moved to BC (Hurrah!). Along the way, 4 children were born, and now, Pamela and Alfred enjoy 6 grandchildren.

In earlier years, Pamela worked as a Registered Nurse, both in England and Canada. Once in BC, Pam had her own business baking cakes – Wedding cakes, Birthday cakes – all sorts of special, heavenly cakes! She enjoys knitting, needlepoint and can often be seen walking her friendly dog Turbo around Sidney.

When Pam is pouring someone a hot cup of coffee and serving a lovely scone from our Tuck Shop, we're sure she would love to meet you. So, when you pass her way, please stop and say hello. But, let's get one thing perfectly clear – we're keeping Pam. Sorry England and Australia – you can't have her back!!



Youth Employment Program News

**Joanne Reuben,
YEP Coordinator**

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Last month I reported that we would be enjoying the spring euphoria of March blossoms and instead we had more snow and nippy weather. What an unusual time these past few months have been for us on so many fronts. This spring we find ourselves in the midst of a whirl of speculation about the economy, how politicians are allocating our tax dollars and the state of the environment.

My curiosity is how some of the coming changes will be affecting our youth; i.e. will there be more demand for our YEP services because they are more cost effective? Will students be under more pressure to earn their own spending money when families are cutting back? Will some of them feel more compelled to help the environment, or think more carefully about carbon consumption and living more sustainable lifestyles? While the debate will always exist whether humans are responsible for climate, which has always been in a state of flux, there is, at least, strong evidence to show we are influencing it by our consumption habits.

I wonder how the youth are viewing it all from their standpoint? Do they have a skeptical science teacher or one that is receptive to the possibility that some of these scientists could be right. I can imagine that, regardless of the viewpoints they are listening to, all of these youth have one thing in common...a huge stake in the quality of their future. The prevalent issues of the day alone are sure to mobilize a few of them into taking action, not only around climate change concerns, but in adapting to a new economic climate.

And while change is uncomfortable, there is also great opportunity for positive change. Having years of past experience working as a Recreation Therapist for seniors, my observation is that people who have lived through very difficult times such as the 1930s have also benefited greatly due to being forced to adapt and learn new skills of survival and frugality.

I recently had an interesting discussion with a local business owner about all of this. We both have young adult children and concurred that change will be really tough for many due to being raised in a time when it was the norm to want for nothing. This is not a bad thing, it was just our cultural norm. What inspired me is that this business owner and her husband have decided to take a different approach with their grandchildren. They give them each \$20 with \$10 to go into savings, \$5 to charity and the remaining \$5 they can do what they want with. This is a great idea because it teaches youth at an early age a relationship with money that involves giving some of it to a good cause or to those in greater need.

In the YEP program, we support a similar concept. Not only are youth given opportunities to earn money, but they are strongly encouraged to volunteer. We provide many opportunities to volunteer at community events and also at SHOAL Centre. Here, youth volunteer for activities on the Assisted Living floor. They also help at our monthly Evening At The SHOAL, and in the Tuck Shop on Saturday mornings. Many thanks to these young people and their valuable efforts. Not only does this type of volunteer participation teach youth about the intrinsic value of giving, but it also offers a way of bringing generations together which helps create a cohesive community. Young and old have a lot to offer each other in many ways, and especially through times of change, we need our communities more than ever. Meanwhile, if you need help with something as simple as a garden or household chore, keep us in mind!



Myrtle Maitland with YEP girls who were serving during the March Evening At The SHOAL (photos 1 & 2); and keen YEP volunteers helping with catering at the Hearts of the Community Awards Luncheon (photo 3).

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 April 27 at 1:30pm. Call Roberta Ferguson at 250-656-3176.

Family Caregivers' Support Group meets on the 2nd Monday of each month, 10am–12pm in the SHOAL Centre Lounge. Next meeting is April 20 (no meeting Easter Monday, April 13). A **Family Caregivers' Coffee Break** is held the 4th Tuesday of the month, 2–3pm. Next Coffee Break is April 28.

Panorama Partners

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



Arts, Dance & Culture

Sing in Spanish
Spanish for Beginners
Spanish Level 2
Social Ballroom Dance
(Level 1, 2, 3)
Ballroom Dance Practice Sessions

Computers & Photography

Computers Don't Byte
Google Docs
Word 2003
Digital Photography

Health

Tai Chi Chuan and Qigong
Chair Yoga
Fusion (Yoga/Pilates)
Nordic Walking
Power Yoga

Sidney Single Seniors 55+

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

Tuesday Morning Walkers – 10am start inside Beacon Plaza.

Coffee – 10:30am on Tuesday, Thursday and Saturday at Dairy Queen.

Bowling – 3pm on the 2nd and 4th Monday of each month at Sidney Miracle Lanes.

Darts/Pool – 1pm on the 1st and 3rd Tuesday of each month at the Army, Navy & Air Force Veterans Unit, Fourth Street.

Neighbours' Lunch – 11:30am–1pm every Wednesday at St. Andrew's Church. Enjoy homemade soup and friendship.

Our Next Meeting – Wednesday, April 15 at SHOAL Centre – doors open at 1:45pm.

Our special guests include Saanich-Gulf Island representatives for the May 12 Provincial Election.

REMEMBER ... afterward it is our **Easter Bonnets & Hats** with finger food (NO sweets) to socialize with guests and get to know each other better.

For details, call Kathy @ 250-656-5537 Ext. 106 or pick up a monthly *TideLines* newsletter from the SHOAL Centre.



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.