

TideLines

News from SHOAL Centre



10030 Resthaven Drive, Sidney, BC V8L 3G4
Monday – Friday: 8:30 – 4:30
Phone: 250-656-5537 Web: www.beaconcs.ca

March 2014

Find the Tidelines newsletter on our website at www.beaconcs.ca

BOUQUETS

Lapidary, Carving and Crafts Departments would like to thank Jon Elmquist for his many donations of equipment and tools. We appreciate these items and will make good use of them.

A very generous thank you to Terry and Carl Freitag for the donation of a new Table Tennis table, after the breakdown of one of our older tables. All the tennis table players are most grateful. If you haven't tried this wonderful game, come on by – you'll have great fun and meet lots of friendly people.

Once again, we want to thank all of those who helped make the 16th Annual Hearts of the Community Awards another success. We want to thank a number of people so please see details on page 6.

What's Inside

Coming Events	Pg. 1
Notices	Pg. 2
Activity Office News	Pg. 3
SHOAL Wellness Programs	Pg. 4
Chef's Corner/Food Services	Pg. 5
Volunteer Services News	Pg. 6
Youth Employment Program News	Pg. 6
Volunteer Spotlight	Pg. 7
Drop-in Schedule	Pg. 8

Coming Events

March is Embrace Aging Month

Be Well. Be Secure. Be Connected. Be Enriched. Each March we have the opportunity to celebrate aging. As all of the baby boomers head into retirement, beginning a brand new chapter in their lives, we will see new definitions for the term "senior" and undertake aging in entirely different ways compared to the generations before us. Just drop into the Activity Centre on any weekday to see active agers staying strong with fitness classes, having fun with table tennis, keeping minds sharp with bridge games...lots of activities to enjoy leisure and stay healthy.

Dogs for St. Paddy's! Hot Dog Day at the Tuck Shop

Date: Monday, March 17 **Time:** 11:30 – 1pm **Cost:** \$2.75
Enjoy a hot dog with fried onions and all the trimmings. Come dressed in green and receive a wee treat!

New Hours for the Tides At SHOAL Dining Room

Please note that, effective March 11, our Dining Room will be open for Lunch from 12 noon to 1:30pm. We hope this new time will better serve our Members, Residents, and the general public. See our menu posted daily on the Menu Board posted outside the Dining Room. The Dining Room is open seven days a week for both Lunch and Dinner. For all prices, please see the Chef's Page.

Thrift Shops

Spring is in the air at the BCS Thrift Shops. Please drop by any of our 7 locations to find a new spring outfit or home accessory to brighten and update your look. All 7 thrift shops are open 7 days a week. Monday to Saturday 9-5 and Sunday 10-4.

Please think of the thrift shops when you are spring cleaning. Your gently used clothing, shoes, jewelry, linen, housewares, books, DVDs, CDs, records, furniture, home décor, tools, bikes, and miscellaneous items can help support the many BCS programs helping people in our community.



**Happy St. Patrick's Day from the
SHOAL Activity Centre Staff
and Volunteers!**



From the Manager's Desk

Glenys Cavers, Acting Director of SHOAL Activity Centre

Phone: 250-656-5537 ext. 102

E-mail: gcavers@beaconcs.ca

I would like to welcome Sara Lawton as our new Volunteer Services and Youth Employment Coordinator. Sara will be responsible for coordinating volunteer services across all Beacon departments, information and referral, BCS liaison with Restorative Justice, and the Youth Employment program.

With Sara joining the SHOAL team, Deb Greenaway will begin her new role of Direct Volunteer Services Coordinator. She will be responsible for supporting the volunteers who work at the SHOAL centre, the drive desk, reception, income tax, Disability parking permits, tuck shop and the Visiting program. Both Sara and Deb will also assist with SHOAL programs and services. Anna Hudson continues in her role as Activities and Rentals Coordinator but has added Tidelines Editor to her responsibilities. I know that SHOAL members, guests, volunteers and residents as well as BCS Volunteers will be well served by this fantastic team for years to come.

Notices

Income Tax Preparation

The Community Volunteer Income Tax Program (CVITP) will be available at SHOAL Centre in Sidney, through the Beacon Community Services Volunteer Services Office, from Tuesday, March 4 to Thursday, May 1, 2014. To qualify as a CVITP client, your income must be low (single person, up to \$30,000; couple, up to \$40,000; one adult with one child, up to \$35,000; each additional dependent, \$2,500; and interest income less than \$1000). Your tax situation must be simple. All tax clients are welcome, during the following hours:

Tuesday	9am - noon and 1-4pm
Wednesdays	9am - noon and 1-4pm
Thursdays	9am - noon and 1-4pm

Please note: there are NO booked appointments. Intakes are accepted on a first-come, first-serve basis each day. For further information, please call Deb Greenaway, Direct Volunteer Services Coordinator at 250 656-5537, ext. 106.

Embrace Aging Month - Activities and Workshops

The Greater Victoria Eldercare Foundation invites you attend some of the special events, activities and free workshops being held in celebration of Embrace Aging Month. For more information contact the Eldercare Foundation at 250-370-5664 or visit www.gvef.org and click on the Embrace Aging Month link.

WorkBC

If you are looking for work, interested in a career change, a new career, or information about the local labour market, WorkBC (a program provided by Beacon Community Services) is here to offer support and services including:

- **Job Search Resources**
- **Apprenticeship Services**
- **Job Creation Partnerships**
- **Skills Training**
- **Self-Employment Assessments**
- **Wage Subsidy**
- **Personal Employment Planning**

Who is Eligible? All unemployed British Columbians who are eligible to work in B.C. can access services. (Eligibility criteria apply to some services.)

Contact Information: phone: 250-656-0134 or toll free 1-888-993-2299, email: workbcinfo@beaconcs.ca, website: www.beaconcs.ca WorkBC main office is located at 9860 3rd St.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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

OSTEOFIT

Date: Tuesdays and Thursdays, March 4 – April 10 (12 sessions)

Time: 10 – 11am **Cost:** \$95

This is a specialized education and exercise program, developed by BC Women's Hospital, as a fall-prevention program for those diagnosed with osteoporosis or at risk of falling. Provides safe and gentle strength, balance and coordination exercises by a qualified OSTEOFIT Instructor. Maximum of 10 participants per class. Forms to be completed can be picked up when you register.

The Next Step – More Bridge

Now full – wait list only!

Morning Yoga on a Mat

Date: Thursdays, March 6 – April 24 (8 sessions)

Time: 9-10am **Cost:** \$90

Now a regular feature - get your day started with an energizing yet gentle yoga class for strengthening body, mind and spirit. Instructor Kathleen Fournier.

Yoga in a Chair

Date: Fridays, March 7 – May 2 (No class April 18) (8 sessions)

Time: 12:30 – 1:30pm **Cost:** \$90

Spring is in the air and with it an urge to embrace new growth. If you have not tried this class before, helps to improve breathing, strengthen your inner core, and give you an over-all sense of vitality and aliveness.

Evening Yoga on a Mat

Date: Mondays, March 10 - May 5 (no class April 21) (8 sessions)

Time: 5-6pm **Cost:** \$90

Back once more, this end of the day yoga class will provide relaxation and energy while improving balance, flexibility and over-all well-being. Instructor Kathleen Fournier.

Minds In Motion

Date: Thursdays, March 20 – May 22 (no session March 27)

Time: 1:30-3pm **Cost:** \$50.40 (includes 2 people)

Alzheimer's Society of BC operates this program at SHOAL for anyone who is experiencing memory loss or has been diagnosed with Alzheimer's. A family friend, spouse or caregiver is invited to attend the session. Light refreshments served.

How Food Affects Your Health – "You are what you eat!"

Date: Monday, March 31

Time: 10 – 11:30am

Cost: Free for Members; \$3.25 for Non-Members

This holistic health seminar is presented by nutritionist Angela Cuscianna, RHN, who will talk about how what you eat either feeds your cells and promotes health or is toxic to them and allows disease to take up residence in your body. Call to register.

Want to Get Creative?

SHOAL has some great drop-in programs that help you explore your creative side. If you paint or draw and want to join in with others, we offer an Oil/Acrylic group that meets every Monday, or a Portrait Painting group that meets every Wednesday. Pick up a flyer for specific dates and times. Plus there are drop-ins for Crafts, Knitting, Weaving, Ceramics, Clay Works, Carving. Make sure you check it all out.

April Preview

Scooter Safety Seminar and Demonstration

Date: Tuesday, April 8

Time: 1:30pm

Cost: Free for Members; \$3.25 for Non-Members

There are safety guidelines that every scooter owner should know, especially when travelling on city sidewalks and crosswalks. This is a chance to ask questions and discover ways to operate your scooter more safely. Don't have one but thinking of getting one? Then this seminar will be of help!

Mini Spring/Easter Craft Fair

Date: Wednesday, April 9

Time: 11am – 3pm

Cost: Free admission

Held in our main lobby this year, this wee fair will have all kinds of Easter delights as a way of raising funds for our Craft/Knitting/Weaving departments. Stop by for some shopping.

Stop Your Bladder From Running Your Life!

Date: Monday, April 28

Time: 1:30pm

Cost: Free for Members; \$3.25 for Non-Members

Join Registered Physiotherapist and Pelvic Floor Specialist Jodi Ganton for a one hour workshop on bladder health. Learn how pelvic floor function and lifestyle habits impact bladder health. Jodi will introduce you to exercises and good bladder habits to help take back control of your bladder!



Volunteer Profile - Frank Watson

If you are familiar with the Drop-In Schedule for the Activity Centre, you will notice that a group referred to as “SWNAJ” meet here Wednesday evenings at 7pm. The Sidney Wednesday Night Acoustical Jam have been a part of the Centre’s activities since September 2012, and their coordinator, Frank Watson, was instrumental in having this wonderful group of musicians joining the roster of our always growing membership.

From professional musicians to tentative beginners, this energetic bunch come together to play a variety of instruments, and sing songs spanning just about every genre of music. “Our mission statement is Having Fun Playing Music Together,” says Frank, who has been playing guitar since his mid-20’s.

In high school, Frank enjoyed choral singing, and later was inspired to learn guitar when the Church service he attended introduced folk music. Since then, singing and playing music has been a mainstay in his life. Now a youthful senior, Frank has for the past 12 years in Sidney, also coordinated a group of singers called the Sunshine Singers, ranging in age from 30 to 80, who perform at local senior residences.

“We are a group of amateur singers and musicians united by a shared vision,” he explains, pointing out that the definition of the word “amateur” has to do with motivation, not quality. The Latin derivative means “to love” so the true meaning is “he or she who does a thing for the love of it.” And that pretty well sums up Frank’s philosophy about his interest in music, and could easily apply to the SWNAJ group experience as well.

“We have some very dedicated musicians who come out to play at SWNAJ every week,” says Frank, who has been part of the more than 50-member group since its inception 6 years ago. Guitar, ukulele, fiddle, mouth organ, accordion, dobro...the list goes on and on for the types of instruments played by these enthusiastic musicians. It’s one of the best ways for beginners to learn, stresses Frank. In order to follow the song lyrics while playing, Frank has compiled a song book, updated every summer, containing 100 of the most played songs the group performs during each season (which runs from September to mid-June).

If you have not had a chance to come out on a Wednesday night, you are missing out. The experience of listening and singing is free for SHOAL Members, and by donation for the general public. If you want to play an instrument with the group, call Frank at 250 656-7982. He would love to hear from you, and so would we!

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 March 24 at 1:30pm. For information please call Kelly Ablog-Morant 1-800-665-5864 at BC Lung Association.

Family Caregivers’ Support Network meets on the 3rd. Tuesday of each month, 10am – noon in the SHOAL Activity Centre Lounge. The next Support Group takes place Tuesday, March 18.

Take The Pressure Down Blood Pressure Clinic will be offered at the Sidney/North Saanich Library Friday, March 14, 10am – noon. Please check takethepressuredown.ca for other locations on the Peninsula.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beacons.ca

Top of the morning to you all! This is a traditional Irish meal which would be given to the working man after a long day. It's a hearty and filling dish.

Colcannon

- 3 cups cooked and mashed potatoes
- 2 cups chopped, boiled cabbage
- 4-6 slices lean bacon
- 2 cloves garlic, crushed and minced
- 1 large onion, chopped
- 1 leek, washed and chopped
- 4 tablespoons butter
- 3/4 cup bread crumbs.

This dish is best made using back bacon.

Combine potatoes and cabbage together in a large bowl. Season to taste with salt and pepper.

Fry the bacon in a skillet or frying pan until crisp. Remove bacon to drain on clean paper towels, fry onion and leek in bacon pan.

Add half of the butter to the pan and stir in potato and cabbage mixture. Crumble/chop bacon and add half of it to the mixture. Mix and heat through.

Transfer to a buttered oven casserole dish. Sprinkle with bread crumbs and dot with remaining butter.

Place in 425 degree oven and bake until lightly browned, about 15 minutes. Sprinkle top with remaining bacon.

Enjoy!

-Chef Karen

Dining Room Meal Card Prices

	Single Meal	Cards for 15 Meals	Two Cards for 30 Meals
Full Lunch	\$9.50	\$135	\$255
Small Portion Lunch	\$6.75	\$101.25	\$202.50
Full Dinner	\$14.50	\$202.50	\$375
Small Portion Dinner	\$9.50	\$142.50	\$285

All prices include tax and gratuities are gratefully declined.

SHOAL Activity Centre Members' Birthdays

If you are a current SHOAL Activity Member, you can drop by on the day of your birthday to receive a gift certificate for a free hot beverage and a mini muffin, at the Tuck Shop. Come during the week preceding a Saturday or Sunday if you have a weekend birthday. We would love to acknowledge your special day!

Dogs for St. Paddy

Date: Monday, March 17 **Time:** 11:30am – 1pm **Cost:** \$2.75

Enjoy a hot dog with friend onions and all the trimmings at our Tuck Shop on St. Patrick's Day. Wear green and receive a dessert treat.

Catering Menu at SHOAL

We mentioned last month that our Food Services is now offering a more convenient menu for catering events such as Memorials, Receptions, Anniversaries, and Birthdays. We have various room sizes to suit your needs, as well. Pick up a Catering flyer at Reception or make an appointment with our Activities and Rental Coordinator to plan your booking.

Tuck Shop Combo

Our new special combo is proving to be a success. Enjoy a hot beverage (includes a choice of coffee, tea, hot chocolate or hot apple cider drink) and a mini-muffin for only \$1.50. If you just want to taste one of those delectable little mini-muffins, baked fresh in the SHOAL kitchen, they are available for \$.50 each. Enjoy a bit of rest and relaxation in our lobby patio while enjoying a selection of other treats offered at the Tuck.

Lunching Out?

Does your group like to get together for lunch out and about the town? The Tides At SHOAL is one of Sidney's most affordable eating spots. Enjoy a choice of juice or coffee/tea, a main entrée and dessert for just \$9.50. Are you a small eater? We offer Small Portion Lunches that include all the same choices, for just \$6.75. A full dinner, also including beverage, main entrée and dessert, is just \$14.50; the Small Portion Dinner is only \$9.50. Hard to beat those prices! We are happy to take reservations for parties of 5 or more.

We can also arrange business or social lunches with larger numbers – call our Activities and Rental Coordinator to arrange your event.





Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

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



Deb Greenaway, Direct Volunteer Services Coordinator

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

New Staff Profile - Sara Lawton

Sara's career has spanned from sea to shining sea. She is originally from Montreal, studied in Kingston, Ontario and then began her career in the non-profit sector as a Social Worker in Cold Lake, Alberta; Employment Counsellor in Gander, Newfoundland; Volunteer Coordinator at Big Sisters in Cobourg, Ontario; Respite Care Coordinator in Hamilton, Ontario; and Volunteer Coordinator at the Esquimalt Military Family Resource Centre.

If you haven't guessed yet, Sara's career path followed that of her husband who was a pilot in the military. They lived in many towns big and small, but when they finally arrived in Victoria they knew that they had arrived at a place where she wanted to settle. Sara and her family have lived here for over 20 years now!

Sara has three beautiful children: Jason (30), Devon (25), and her little caboose Jessica (14). She feels so incredibly fortunate to have her parents, her brother and his family, her in-laws, and her children all living in the city. Her favourite thing to do is host a family dinner for the whole gang.

Working with volunteers is the most wonderful career she could ask for. She is an active member of the Administrators of Volunteer Resources B.C. Board, and was recently nominated to the 2014 Board as Coordinator of Membership. She recently completed her certification as a Volunteer Administrator with the Association for Volunteer Administration.

She loves working with so many fabulous and talented people who want to be involved in their community. She feels privileged to be able to surround herself with individuals who have a giving heart. Bringing like-minded people together to support their community is the most fulfilling career you could ask for. Sara looks forward to meeting you, learning about your roles here at Beacon and most importantly learning all about you!

New Title for Deb Greenaway

Deb is now the Direct Volunteer Services Coordinator, supervising Volunteers who are based at the Activity Centre. These will include the Volunteer Medical Drive Program Volunteers, the SHOAL Reception Volunteers, and the Tuck Shop Volunteers.

Volunteer Assistance at the Hearts of the Community Awards

This inspiring event could not take place without the help of many people. We want to extend a huge thank you to the following:

- Piper Scott Ringrose, from the Pipes and Drums, 443 Squadron, Royal Canadian Air Force;
- Kenny Podmore, Town Crier, for his generous involvement and leadership
- Sidney Shutterbugs offering memorable photography
- Stelly's Performing Arts students providing spectacular entertainment, with instruction from teachers Alicia Bate and Chris McDonald
- Students of Parkland Secondary providing lots of legwork by helping to set up the community luncheon.
- Thrifty Foods for supplying greenery and flowers through its new Thrifty's Flowers and More shop
- Panorama Recreation Centre supplying annual passes and water bottles to individual award winners;
- Clara Knight for preparing a delicious lunch
- SHOAL Activity Centre Crafts Department are making beautiful centrepieces for the luncheon tables
- Representatives of SD 63, the councils of the District of Central Saanich, North Saanich, and the Town of Sidney have providing invaluable assistance
- Mary Winspear staff and volunteers
- Beacon Community Services staff and volunteers

Sidney Single Seniors

Open to men and women. You must be single to belong to this group, or be a caregiver of a loved one who is at home, in hospital or in a care home. Members may choose to take part in a variety of activities such as morning walks, coffee meetings, bowling, golf, meals out, ferry trips, picnics and barbeques. Next meeting is Wednesday, March 19, 2 - 4pm at SHOAL Centre. For more information, please call us at 250 656-5537.

Spotlight on Volunteering - Out of the Rain

“When it comes to the shelter they’re met with warmth and absolute absence of judgement...it’s actually a pretty mellow space...many times I have walked around doing checks with volunteers and wished we could take pictures of all the sleeping angels.” - Jim Wilton, Out of the Rain.

Did you know?

- Out of the Rain provides a warm, safe and dry place for youth 15 to 25 years of age to sleep during the coldest months of the year.
- All of the spaces used as shelter during the shelter season are donated by faith-based and community organizations.
- Out of the Rain has been running for 14 years.
- 281 different youth accessed Out of the Rain last season.
- There are two staff members awake all night to ensure the safety and well-being of the clients as well as to act as a resource and provide referrals.
- Out of the Rain’s volunteers donate 312 hours on site and an additional 364 hours making meals off-site.
- An average evening meal costs approximately \$50 and a morning meal costs approximately \$20. Meal donations to Out of the Rain are equal to \$10,140.
- In addition to meals, other donations to Out of the Rain include: socks, clothing, coat, scarves, gloves, toques, hygiene supplies, blanket and gift cards.

Volunteers:

- Make Out of the Rain possible!
- Includes youth, families, groups of professionals and seniors.
- Make and deliver donated meals for 30 youth on a monthly basis.
- Are members of the Coalition and Site Coordinators.
- Sort through donations.
- Hold funding drives in their faith-based organizations.
- Serve food to the youth as they arrive after a long cold day outside.
- Make breakfast and ensure a good start to the youth’s day.
- Most importantly provide acceptance without judgement to those youth accessing Out of the Rain.



Out of the Rain Volunteers help prepare a meal for shelter youth (L), and sell toques to raise funds for the shelter (R).

Like Music?

Sidney Wednesday Night Acoustical Jam (SWNAJ) is a group of musicians, from professionals to brand new beginners, who meet at SHOAL Wednesdays, 7 pm. If you come to listen, it's free for SHOAL Members; by donation for Non-Members. If you wish to play, call Frank Watson at 250 656-7982.

Interested in Painting?

SHOAL has some great drop-in art programs such as Sidney SHOAL Portrait Painters on Wednesday afternoon, as well as an Oil/Acrylic Painting group on Monday mornings. Regular drop-in fees apply: \$1.75 for Members; \$3.25 for Non-Members.

SHOAL Activity Centre Weekly Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Balanced Strength - 9am Table Tennis - 9:30am Oil/Acrylic Painting - 9:00am Weaving - 10am Stretch & Strength - 10:15am	Faceting and Lapidary - 9am Chair Fit - 11:30am Family Caregivers Support Group - 3rd Tuesday at 10am	Balanced Strength - 9am Table Tennis - 9:30am Stretch & Strength - 10:15am Clay Works - 11am	Carving - 8:30am Silversmithing and Lapidary - 9am Chair Fit - 11:30am	Balanced Strength - 9am Table Tennis - 9:30am Ceramics - 10am Stretch & Strength - 10:15am	
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm Better Breathers - 1:30pm <i>4th Monday</i>	Pacific Palettes - 1pm <i>(by referral only)</i> Duplicate Bridge - 1pm Crafts - 1pm	Weaving - 1pm Contract Bridge - 1pm <i>Foursome Required</i> SHOAL Portrait Painters - 1pm Sidney Single Seniors - 3rd Wednesday at 2pm	"Games & Social" -1st & 3rd Thursday at 1:30pm	Ceramics - 1pm Computer Club - 1pm Knitting - 1pm Progressive Contract Bridge - 1pm. <i>Singles Welcome</i>	Duplicate Bridge - 1pm <i>(Sundays) Partner Required</i>
Contract Bridge - 6:30pm <i>Singles Welcome</i>		Duplicate Bridge - 6:30pm <i>Partner Required</i> SWNAJ Music Group - 7pm		Duplicate Bridge - 6:30pm <i>Partner Required</i>	

The Billiards Room and the Woodworking Shop are open from 8:30am-4:30pm, Monday-Friday. The Tuck Shop is open from 9am-3pm Monday-Friday. Come for lunch in the Tides at SHOAL Dining Room from 11:30am-1pm or dinner from 4:30-6pm seven days per week.

SHOAL Activity Centre Annual Membership - \$46 per year (approx. 12¢ / day!)

- Reduced rates on drop-in programs and registered classes
- Includes a Beacon Community Services Membership
- Free seminars and workshops
- A 10% discount on facility rentals
- Use of Free Wireless Internet

Registered classes and special events are listed separately each month in the Tidelines newsletter.