



THE
BONAVENTURE
BUZZ

Empowering Potential, Together!

Welcome to the **NEW Bonaventure Buzz**, our now monthly newsletter that will highlight all the happenings within and around Bonaventure Support Services. Each edition will be packed with activities and events within the communities in which we provide support, showcase one of our amazing programs, remind you of any important dates coming up, shine a spotlight on our dedicated team members (and maybe even some of our wonderful individuals!), share recipes for seasonal celebrations, updates from our Committee Teams, and loads of other tidbits of information!

BONAVENTURE
SUPPORT SERVICES

We welcome your input on future editions of the Buzz including articles you've enjoyed, favorite recipes, personal milestones, and anything else you'd like to celebrate!

From The Helm – Executive Director Christy Sudyko

Personal Reflection: Embracing Identity and Commitment to Reconciliation

As the Executive Director of Bonaventure, I find myself continually probing my relationship with my own identity while challenging my positionality in our diverse and dynamic community. In this journey, I strive to ask myself three fundamental questions: Who am I, who do I belong to, and what is my commitment?

Who Am I?

I was born and raised on Vancouver Island and spent 25 years in Montreal. My diverse experiences in these regions have shaped my understanding of cultural differences and enriched my appreciation for the multitude of perspectives that constitute our society.

Who Do I Belong To?

My heritage is a blend of Ukrainian roots from my father's side and Danish roots from my mother, who immigrated to Canada in her early years. While I identify closely with Danish culture, embracing its foods, language, and the 'Hygge' way of life, I have also grown to deeply love, honor, and respect the land and traditions of the Coast Salish people. Their wisdom and ways of life have provided invaluable insights that challenge me to reflect on my own identity and privileges.

What Is In My Heart?

Recognizing my position of white privilege, I am committed to actively working towards decolonization and reconciliation with our Indigenous population. By embracing Indigenous Knowledges and fostering a culture of respect and inclusion, I aim to empower our community and advocate for equal rights for all, regardless of race, color, gender, or ethnicity.

Through these efforts, I am dedicated to transforming our organizational practices to honor the rich heritage and contributions of Indigenous Peoples. It is through this commitment that we can build a more inclusive and equitable future, grounded in mutual respect and understanding.

Thank you for your dedication and support.

THE BONAVENTURE BUZZ

A Warm Welcome to our New Managers – From Heather Setter, Director, Youth Housing

Rhianna Street:

We are thrilled to welcome back Rhianna Street to the Bonaventure team, now serving as the Manager of our Youth housing home, Achor Place. Rhianna has returned with immense enthusiasm and passion, ready to tackle the challenges ahead. She has jumped in with full force, putting her exceptional organizational skills to work and focusing on completing overdue tasks.

Additionally, Rhianna has been dedicated to fostering a cohesive and efficient team environment, ensuring everyone is aligned and empowered to support the individuals in the home effectively.

With Rhianna at the helm, we are confident that Anchor Place will reach new heights. Welcome back, Rhianna!

Natasha Ellis:

We are excited to welcome Natasha Ellis to Bonaventure as the new Manager of our Youth housing home, Outrigger Place. Natasha has bravely taken on not one, but two programs that require significant work.

Natasha excels in working with difficult individuals and managing complex behaviors. She is highly organized and has a vision for the big picture.

With the attention that is needed with the Respite South program along with considerable challenges that exist in the North program,

Natasha has already been working creatively to address the existing needs, demonstrating her resourcefulness and commitment.

Her goal is to create a strong, cohesive team and equip everyone with the essential skills needed to excel in these programs. We are confident in Natasha's abilities and are truly excited to see the new strides that Outrigger Place will make under her leadership. Welcome aboard, Natasha!

Oreofe Kilanko:

We are so delighted to have Oreofe Kilanko, our new manager at our Youth housing home, Beacon Place join our leadership team!

In his first month as manager, Ore has demonstrated exceptional leadership skills, leading by example with great attention to detail. He is highly respected by his team, and his contributions have been greatly appreciated.

He has already stepped up and shown incredible dedication and leadership, and his proactive approach and positive attitude has allowed the program to continue to run smoothly throughout the recent transition of managers.

We are excited to see all the great things he will continue to achieve. Welcome, Ore!

THE BONAVENTURE BUZZ

Program Spotlight

Parksville CI

This month we feature our Parksville Community Inclusion Program! Under the leadership of Manager Ashley, the PVCI provides one-to-one support for 17 individuals in and around the Oceanside area. Each day, individuals are encouraged to reach their goals through the support of this tight-knit team of Dez, Amanda, Terry, Lisa, Pat, Gerrick, and Brooklyn!



And a very HAPPY Birthday goes out to EH on celebrating his 50th Birthday in July!!



BONAVENTURE
SUPPORT SERVICES

The History of Social Work

Article written by: Brooklyn Fewster, Parksville CI Team Member

The history of support work is a long and honestly saddening road. It's no secret that if many of our beloved individuals had been born years ago, they wouldn't have the supports they utilize today let alone the same quality of life. Early social work services implemented through religious organizations thus there was a big emphasis on helping those in poverty but basically no aid for those suffering with mental illness. In fact, most of these people were placed in institutions where they remained until the 1960's.

The 1900's introduced a new emphasis on medical and institutional care. As promising as that sounds, those with mental disabilities were treated much as they have been- poorly. Things began to look up for support work as in 1943 the marsh report was published outlining issues with Canada's social security and how it is being handled.

Social issues are much more open in our society now than they use to be (teen pregnancy, mental health and homelessness) and Support work is far more hands on. Social inclusion is now at its heart centre with much of the focus on providing support to individuals in the least restrictive environment possible. All those who provide support to people with disabilities play a key role in discovering, organizing, and supporting them toward physical and social inclusion.

BONAVENTURE
SUPPORT SERVICES

THE BONAVENTURE BUZZ

Upcoming Community Events

Nanaimo Street Market – Commercial St
5pm – 9pm Thursday Nights through to August 22nd

Craig Street Markets – Parksville
6pm – 9pm Tuesday Nights through to August 27th

Duncan Farmer’s Market – Downtown Duncan
9am – 2pm Saturdays (Year-Round)

Concerts in the Park – Maffeo Sutton Park 6pm
August 7th – “Piu”

August 14th - "Dublin2”

August 21st - "Mike Alviano”

August 23rd - "Sundown – The Gordon Lightfoot Experience”

Holi Party and Cultural Potluck

11:00am-2:00pm

Tuesday August 27th, 2024

In the Cove Community Garden

Arts for Inclusion – Crafts, Music, Food & Fun

September 17th, 2024, 5pm – 8pm

Community Living BC – 6531 Metral Drive, Nanaimo

Important Dates to Remember and Celebrate

August 5th – BC Day Stat Holiday

September 2nd – Labour Day Stat Holiday

September 30th – National Day for Truth and Reconciliation

3 Things You Didn't Know About Me

Jody Marshall

This month we feature our newest addition to Head Office, Jody Marshall, Director of Human Resources!
Here are 3 things you may not have known about Jody!

1. I'm the oldest of my siblings, but both of my younger sisters are taller than me—they call me their little big-sister.
2. My grandpa used to fix bicycles for the kids in the small community he lived in. Growing up, I had the privilege (or curse?) of riding these amazing "Franken-bikes" he'd concoct from spare parts. Let's just say, the kids at school were entertained with my eccentric rides.
3. In high school, I snagged a part-time job at the school library because I loved to bury my nose in any book that wasn't on the required reading list! – as an employee I got first dibs on all of the new books.



BONAVENTURE

SUPPORT SERVICES

THE BONAVENTURE BUZZ

Recreation Program

Check out what your Recreation Program has planned for you this month! Any questions, please contact Becca via email recreation@bonaventuresupport.com

	Aug 5-9	Aug 12 – 16	Aug 19 – 23	Aug 26 – Sep 30
Wednesdays	Batting Cages 1pm – 2pm	Bus Day Meet at Barons CI 1230pm	Field Day Wellington School 1230pm – 3pm	Self-Advocacy Southside CI 130pm – 3pm
Fridays	Driving Range Eagle Quest 1pm -3pm	Mario Kart Tournament 1pm - 4pm	Paradise Mini-Golf Parksville	Glenora Trail Walk Duncan

MCFD Social Luncheon

Click image below to see details.



SOCIAL LUNCHEON INVITE

Please join us in a social luncheon with MCFD and BSS Youth Workers.

We offer a platform to share concerns, information, insights, and will provide an opportunity for MCFD to explain their roles and responsibilities, and how decisions are made and why.

Tuesday, September 24th, 2024
11:00am – 1:00pm

ADDRESS
7227 Lantzville Road, Lantzville

Please let us know if you can join our gaggle of guests to your program manager or Christy Sudyko at christy@bonaventuresupport.com. We promise it'll be a quacking good time!



Committee Updates

Recruitment and Recognition Committee

In June we participated in Job fair at Country Club mall. We did team build (bowling) on May 1st for all managers and head office team at Splitsville Nanaimo for their recognition. We currently don't have any upcoming events but just hiring for open positions. In the strategic planning, we also set goals for our committee and later discussed them with Christy. Our committee is constantly trying to streamline the hiring process to open doors for people who desire to support individuals with diverse-abilities, which is our mission.

Cultural Awareness and Inclusion Committee

"As part of our ongoing resolution to foster inclusivity and diversity in our workplace, we are excited to announce our new initiative: Spotlight on Global Traditions brought to you by the Cultural Inclusion Awareness Committee.

Each month, we will highlight various culturally significant events and celebrations from around the world. These acknowledgments will include a brief blurb providing background and details about each celebration, helping us all to learn more about the rich tapestry of cultures that make up our global community.

August 2024- Nebuta Aomori Festival – Japan

Nebuta Matsuri is the biggest festival in the Tohoku Region. This 18th-century festival is held in Aomori City every year in August. The highlight of the festival is the daily parade of gigantic, colorful lantern floats accompanied by large taiko drums, musicians, and dancers.



Recipe of the Month – Carrot Cake Cupcakes (Sarah Lucas)

Ingredients

Cake batter:

- 1 cup All Purpose Flour
 - Gluten Free Variation: Replace flour with: 270 grams Brown Rice Flour
165 grams Tapioca Starch
1½ tsp Xanthan Gum.
- 1 tsp Baking Powder
- ½ tsp Baking Soda
- ½ tsp Ground Cinnamon
- ¼ tsp Salt
- 1½ cups coarse grated Carrots, loosely packed
- 1/3 cup Demerara Sugar
- 3 Tbsp Granulated Sugar
- 1/3 cup Vegetable Oil
- 2 Eggs
- ½ cup drained Crushed Pineapple

Cream Cheese Butter Cream: (makes 4 cups)

- 1¼ cups Unsalted Butter, room temperature
- ¾ cup Cream Cheese (not the spreadable kind) room temperature
- 4 cups Icing Sugar
- ¼ cup Homogenized Milk
- 2 Tbsp Pure Vanilla

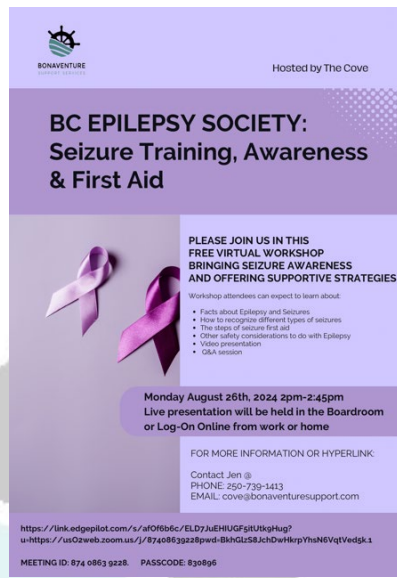
Maple Glazed Walnuts:

- 1 cup Walnut Pieces
- 1 Tbsp Maple Syrup

Directions

1. Peel and coarsely grate carrots, set aside.
2. Use a strainer to drain pineapple, press gently with your hands to remove extra moisture. Measure 291 grams of the drained pineapple and set aside.
3. Pre-heat the oven to 325°F. Line 12 muffin tins with cupcake wrappers.
NOTE: If using Gluten Free Flour recipe at the bottom, pre-mix the 3 ingredients in a separate bowl. Then go to step 4.
4. Mix the flour, baking powder, baking soda, cinnamon and salt into a large bowl. Stir in the grated carrot until flour mixture is evenly distributed and no large clumps of carrots.
5. In a separate large bowl, whisk both sugars, vegetable oil and eggs together. Stir in crushed pineapple. Add flour/carrot mixture into wet ingredients, stirring until well blended.
6. Divide the batter evenly between the 12 cupcakes, making them about ¾ full. Bake for 18-20 minutes, until a toothpick inserted in the centre comes out clean. Cool the cakes for 10 minutes in the pan, then turn them out to cool completely.
7. For the buttercream: In a stand mixer fitted with a paddle attachment, beat the butter and cream cheese on high speed until very pale in colour. Scrape down the sides of the bowl at least twice while beating to make sure the butter and cream cheese are evenly combined.
Turn the mixer to low and slowly add the icing sugar. Mix until well combined then slowly add the milk and vanilla. Scrape down the sides of the bowl again.
Turn the mix to high and let it run for at least 10 to 12 minutes, until the butter cream is light and fluffy.
8. For the maple toasted walnuts: preheat the oven to 350°F and line a baking tray with parchment paper. Toss the walnut pieces with the maple syrup and spread them evenly on the prepared baking tray. Toast the nuts for 10-15 minutes, stirring occasionally until they are evenly browned. Once the nuts have cooled, the maple syrup will have caramelized on them and they can be stored in an airtight container until ready to use.
9. When the cupcakes are cool, frost them generously, top with walnuts and serve.

Upcoming Training Opportunities



**BC EPILEPSY SOCIETY:
Seizure Training, Awareness
& First Aid**

Hosted by The Cove

**PLEASE JOIN US IN THIS
FREE VIRTUAL WORKSHOP
BRINGING SEIZURE AWARENESS
AND OFFERING SUPPORTIVE STRATEGIES**

Workshop attendees can expect to learn about:

- Facts about Epilepsy and Seizures
- How to recognize different types of seizures
- The steps of seizure first aid
- Other safety considerations to do with Epilepsy
- Video presentation
- Q&A session

Monday August 26th, 2024 2pm-2:45pm
Live presentation will be held in the Boardroom
or Log-On Online from work or home

FOR MORE INFORMATION OR HYPERLINK:
Contact Jen @
PHONE: 250-739-1413
EMAIL: cove@bonaventure-support.com

<https://link.edgipilot.com/s/af06b5c/ELD7JiEHUGFgRtUkgHug?u=https://us02web.zoom.us/j/87408639228?pwd=BNhGZlZSbUJhDzRkYkYhNEVqVedjL1>

MEETING ID: 874 0863 9228. PASSCODE: 830896

Click image above to zoom in.



SIVA – September 13th 830am – 430pm
Bonaventure Boardroom (Unless otherwise specified)



Did I scare you? Don't worry, nothing from the CARF-front just yet, but always keep in mind that our next accreditation will be due in November 2025, so check back for upcoming training and updates!