



THE BONAVENTURE BUZZ

Empowering Potential, together!

Welcome to the Buzz for August 2026! This issue of the Bonaventure Buzz, our monthly newsletter, will highlight all the happenings within and around Bonaventure Support Services. This edition features many upcoming events, the August Recreation Program, reminders of important dates coming up along with the Art Program schedule, pics from the Silly Boat Regatta, plus loads of other tidbits of information!

As always, 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!

Land Acknowledgement: "Bonaventure honors the rich heritage and traditions of the Coast Salish people, on whose lands we work, live, and play. We are committed to respecting and learning from the cultures that shape this land, as we strive to cultivate a community rooted in understanding and inclusivity."

From The Helm – Christy Sudyko

Making Waves Together

August always feels a little different. Some team members are taking well-earned vacations, others are covering shifts, the weather is finally cooperating (most of the time), and somehow, we're already talking about fall planning. I'm not entirely sure how that happened. It feels like summer just started, yet here we are pretending we're organized enough to know what September is going to look like.

Summer Connections

One of my favorite highlights this summer was our *Interagency Fun Day*. Events like this remind us that the work we do extends beyond our own programs and buildings. It was wonderful to see individuals, families, community partners, and team members come together simply to enjoy each other's company.

A huge thank you to everyone who organized, volunteered, donated, supported, transported, coordinated, set up, cleaned up, chased missing supplies, and generally made the event happen. Like most successful events, it probably looked effortless from the outside while a small group of people quietly held everything together with determination, coffee, and mild panic.

The result was a fantastic day filled with connection, laughter, and community.

One Month In

We are now more than a month into our new GroupSource benefits plan. For many of us, the transition involved new logins, new apps, new passwords, and perhaps a few moments of questioning whether technology actually improves our lives.

Thank you to everyone for your patience throughout the rollout.

As you become more familiar with the plan, I encourage you to take a few minutes to explore what's available. We invest a great deal of energy caring for others, and sometimes we're not nearly as good at taking care of ourselves. Your benefits are there to support your health and wellbeing, so don't forget to use them.

SHSS Is Back

Some team members may recall receiving updates last year regarding MCFD's new Specialized Homes and Support Services (SHSS) contract model, which was originally expected to take effect in July 2025. Shortly before implementation, MCFD paused the rollout and entered what they described as a ***recalibration period***. Since then, work has continued behind the scenes as the model has been reviewed, refined, and updated.

We are sharing that SHSS is now moving forward again, with Vancouver Island identified as the first region in the implementation rollout. While timelines can always shift, we are currently working toward a September launch.

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As part of this transition, Bonaventure will be introducing a new Youth and Family Coordinator position. The Program Manager role will continue to focus on the day-to-day operation of programs, including team leadership, service delivery, scheduling, safety, compliance, and operational oversight. The Youth and Family Coordinator will focus on service planning, Care Circle coordination, family engagement, quality assurance, and SHSS reporting requirements, helping ensure supports remain coordinated, responsive, and aligned with each child or youth's goals and needs.

Once the job descriptions are finalized, postings will be released internally. We look forward to sharing more updates as implementation approaches and are excited to see this work moving forward again after a lengthy pause

Learning, Growing, Improving

Across Bonaventure, team members continue to participate in training, mentorship, and professional development opportunities. Whether it's Ukeru (soon to come), program-specific learning, leadership development, or simply sharing knowledge with one another, we continue to build stronger teams and better supports for the people we serve.

The reality is that this work is always evolving. There is no point where we arrive and know everything. There are always new strategies, new perspectives, and new opportunities to grow. Thankfully, there is also Google for the things we should probably already know.

With Gratitude

More than anything, I want to thank our team members.

Summer can be busy. Schedules shift. Vacations need to be covered. Plans change. Individuals we support want to be out enjoying their communities. Through all of that, you continue to show up with compassion, patience, creativity, humour, and professionalism.

The work you do matters.

Thank you for the small things that nobody sees, the extra effort that often goes unrecognized, and the genuine care you bring to the people we support every day.

As we head into the final stretch of summer, I hope you find some time to recharge, spend time with family and friends, enjoy the sunshine, and create a few memories of your own.

If summer seems to be disappearing faster than your days off, you're not alone.

A handwritten signature in blue ink, appearing to read 'Christy Lundy', is positioned at the bottom left of the page.

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2026 Silly Boat Regatta

In 1984, CHUB Radio organized a fun-filled event to assist the Show You Care Society, a Vancouver-based charity that provided financial aid to children and families needing to travel to the United States to access kidney transplants. When those operations became available locally the Society closed down. CHUB Radio decided to continue with the event and selected the Nanaimo Child Development Centre as the recipient of the funds raised. In 1998, the Nanaimo Child Development Centre became the sole organizers of The Silly Boat Regatta and has continued to grow and raise much-needed funds for the Centre every year.

The Silly Boat Regatta is recognized as one of Nanaimo's premier events with over 8,000+ participants and spectators and over 150 volunteers. It is no question this event is the largest community fundraiser for the Nanaimo Child Development Centre with a number of local businesses sponsors leading the way. What makes this memorable and free family event successful every year is the staff, volunteers and community members who help make it happen! The funds raised go directly toward helping provide programs, services and equipment to children with identified special needs.



A special thank you to all Bonaventure employees, family members, and friends who participated in Bonaventure's inaugural entry into the Silly Boat Regatta. From designing and building the boat, to racing on event day, to cheering from the shoreline, your enthusiasm, teamwork, and community spirit helped make this first year a tremendous success. We are proud to support the Nanaimo Child Development Centre and grateful to everyone who contributed their time, energy, and encouragement to the Bonaventure team.

Your participation helped make a memorable day while supporting an important cause for children and families in our community.

Cultural Celebration Spotlight: Onam

Onam is the annual harvest festival celebrated in the southern Indian state of Kerala. Lasting ten days, it is one of the region's most important cultural celebrations, symbolizing gratitude, prosperity, unity, and hope.

The festival commemorates the legendary King Mahabali, whose annual return is believed to bring happiness and abundance to his people. Families and communities come together to celebrate with vibrant traditions that have been passed down through generations.

Some of the most recognized Onam traditions include:

 **Pookalam** – Intricate floral designs created at the entrances of homes, growing more elaborate each day of the festival.

 **Onam Sadya** – A traditional vegetarian feast featuring a variety of dishes served on a banana leaf.

 **Traditional Dance and Music** – Cultural performances, including the graceful Kaikottikali dance and lively folk music.

 **Vallam Kali** – Spectacular snake boat races held on Kerala's waterways.

 **Family and Community Gatherings** – A time to reconnect, express gratitude, and celebrate together.

At Bonaventure Support Services, we value opportunities to learn about and celebrate the diverse cultures that enrich our communities. Recognizing celebrations like Onam helps foster understanding, inclusion, and appreciation for the traditions that are meaningful to the people we support and our team members.

Happy Onam! (Onashamsakal!) 🎉



Happy Onam!

A Celebration of Heritage, Unity & Gratitude



WHAT IS ONAM?

- ✿ A 10-day harvest festival celebrated by Malayalis across the world.
- ✿ Honours King Mahabali, known for his kindness and equality.
- ✿ Brings families and communities together in joy and harmony.

FUN FACTS

-  Onam is believed to date back over 3,000 years!
-  The Snake Boat Race (Vallam Kali) is one of the most thrilling events of Onam.
-  Pookalam (flower rangoli) is made fresh every day during the 10 days of Onam.
-  The grand feast, Onasadya, is served on a banana leaf and can have up to 26 dishes!
-  Onam is a state holiday in Kerala and celebrated by Malayali communities worldwide.

Onam is one of the most important festivals celebrated in the Indian state of Kerala. It marks the homecoming of King Mahabali, a beloved and just ruler, and symbolizes a time of peace, prosperity and happiness.

ONAM ASHAMSAKAL!

ഓണാശംസകൾ!



WISHING YOU AND YOUR FAMILY A JOYOUS AND PROSPEROUS ONAM!

May this Onam fill your home with happiness, your heart with gratitude and your life with abundance.

DID YOU KNOW?

-  Onam is celebrated in the month of Chingam (Aug–Sept) according to the Malayalam calendar.
-  The festival begins with Atham and ends with Thiruvonam, the most important day.
-  King Mahabali is said to visit his people during Onam. People welcome him with flowers, feasts and celebrations.
-  Traditional dances like Thiruvathira Kali and Pulikali (tiger dance) are a vibrant part of the celebrations.
-  Onam teaches us the values of equality, respect, togetherness and gratitude.



ONAM IS MORE THAN A FESTIVAL,
It's a feeling that connects hearts, generations and traditions.

KOOTU CURRY – TRADITIONAL KERALA ONAM & VISHU SADYA RECIPE



METHOD

- Pressure cook the soaked black chana with 1.5 cups water till it's done, drain the excess water (refer notes).
- Grind together coconut, 3 small onion, 2 green chillies, 1/2 tsp ginger, 1/4 tsp turmeric powder, cumin (if using), 1 tsp chilli powder and 2 tbsp water to a coarse paste.
- Cook together the diced yam and raw plantain with 1.5 cups water, 1/4 tsp turmeric powder and salt. Bring it to a boil and simmer till it's cooked and three-fourth of the water is dried. Add cooked chana to this and mix well.
- Make a well in the centre of the veggie and chana mix. Add the coconut mixture to this. Cover the coconut mixture with the chana veggie mix. Cover and cook on low flame for 5-7 mins. Mix everything together. Taste and see whether more salt is required.
- Heat oil in a pan and fry the coconut till it turns golden brown. Add this to the veggie chana mixture. In the same pan, add little more oil and crackle the mustard seeds. Add sliced small onion, dried red chilli and curry leaves. Fry till the onion turns golden brown. Pour this over the veggie mix.

INGREDIENTS

1 cup Black chickpeas (kadala) (soaked overnight)
1 cup Yam (chena) (diced)
1 cup Raw Plantain (pacha kaya) (diced)
1/4 tsp Turmeric powder
1.5 cups Water
3/4 cup Grated coconut
3 Small onion / Shallots / Pearl Onion (chopped)
1/2 tsp Chopped ginger
2 Green chilli (chopped)
A pinch Cumin (optional, I didnt add)
1/4 tsp Turmeric powder
1 tsp Chilli powder

To temper
3 Small onion/ Shallots / Pearl Onion (sliced)
2 Dried red chilli
1/4 tsp Mustard seeds
2 tbsp Grated coconut
Curry leaves
Salt
Coconut oil

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Recreation Program

We had an incredibly successful July, highlighted by attending our 4th Annual Fun Day! A huge thank you to the Inter-Agency Committee for organizing such a fun-filled event. We appreciate all the hard work that went into making the day such a great success.

We also had an amazing time collaborating with the Art Program and Cooking Club at Westwood. Together, we enjoyed delicious smash burgers, painted beautiful beach scenes, and even went for a swim. It was a fantastic day filled with creativity, connection, and summer fun.

Thank you to everyone who continues to join us at our events. Your enthusiasm and participation make these experiences so special. We hope you'll join us again this month we're especially looking forward to our Skill Share event and our Blueberry Picking outing. We can't wait to see you there!

Check out what your Recreation Program has planned for you this month!

August							Sing and Sign 11:30-12:30 Every Friday		2026
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
						1			
2	closed	3	4	5	6	8			
			Wellness Wednesday Nanaimo River Leaving 12:30 Regional Park 1-3		Concerts in the park Leaving 12:30 1-3 Bowen Park Amphitheatre				
9	Swimming at Cameron lake 1-4	10	11	12	13	15			
			Bus to Waterfront 1-3		Parksville Sandcastles Leaving 12:30 1-3				
16	Minigolf Riptide 1-4	17	18	19	20	22			
			Skill Share Southside CI starting at 1-3		Blueberry picking Leaving 12:30 1-3				
23	Rathtrevor 1-4 beach walk and games in field	24	25	26	27	29			
			Cooking Club Scones and Blueberry Jam starting at 12-3		Fitness Friday Adventure Leaving 12:30 1-3				
30	Ice cream at maffeo sutton 1-4	31							

Any questions, please contact Becca via email
recreation@bonaventuresupport.com

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Parkville CI Monday Mixers

1-104 Middleton Ave

Mondays 1:00pm-4:00pm

Contact Deziree T. 250-927-8909

Southside CI Art Program

3148 Barons Rd Unit A&B

Wednesdays 10:00am-11:30am

Baron CI Sing and Sign

3148 Barons Rd Unit D

Fridays 11:30am-12:30pm

Art Program

This month, the Art program offered a variety of engaging and creative projects that encouraged self-expression and community involvement. Individuals designed and decorated their own kites before joining the Recreation team to take them outdoors for a kite-flying activity. The Art program also collaborated with the Recreation and Cooking Club during a visit to Westwood, where individuals created landscape paintings inspired by the natural scenery at the lake. The month concluded with individuals designing and crafting their own wind chimes, providing a meaningful keepsake to take home while exploring creativity through a hands-on art experience.

We look forward to another exciting month of creativity in August! Join us as we explore new projects, including colorful sand art, blueberry jar decorating, and creating personalized homemade magnets. We look forward to seeing everyone for another month of fun, creativity, and artistic expression.



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August 2026 Art Program Description



5 **Sand pouring pictures**

This week in Art Program, we're playing with sand!

Come choose a picture and create your own poured sand masterpiece. We'll be using colorful sand to fill in designs and make bright, textured works of art. Have fun experimenting with different colors and patterns while creating something uniquely your own.

Join us for a relaxing and creative afternoon of sand art

Decorate your own blueberry jars 12



We'll be decorating Jam jars that will be used by the Recreation Program during their upcoming Blueberry Picking & Jam Making activity. Participants can personalize each jar with fun designs, bright colors, and creative touches, helping make this community project even more special.

Come join us for a fun and meaningful afternoon as we create beautiful jars that will be filled with delicious homemade blueberry jam!



19 **Wild and Free**

Join us for a relaxing and creative day where you can choose an activity that speaks to you. Whether you feel like creating, exploring, or simply enjoying the moment, Wild & Free is all about following your interests and expressing yourself in your own unique way.

Come connect with others, try something new, and enjoy a day of creativity, choice, and fun. We can't wait to see you there!

Shrinky dink magnets 26



This week in Art Program, we're making our own custom fridge magnets!

Come design your own unique magnets using Shrinky Dink paper! Draw, color, and decorate your creations, then watch them shrink into durable, one-of-a-kind magnets that are perfect for displaying on your fridge or giving as a gift.

Let your imagination run wild and create something fun, colorful, and uniquely yours. We can't wait to see all of your amazing designs!

SELF ADVOCACY PRESENTS

SKILL SHARE

1-3

Get ready to
show us your
skills

We want to see your interests,
skills, Talents.

Don't miss the chance to be
part of this dazzling showcase
of creativity and skill!

AUGUST
19



Blueberry Picking

Friday August 21st

1-3

Blueberry scones
and jam

With cooking club

Wednesday August 26th

12-3



Bonaventure Support Services
Presents

VARIETY SHOW!

6100 Doumont Rd Nanaimo, BC

Wear your
hollywood
glam

SEPT 11TH | 11:30-3:30

PLEASE BRING YOUR ARTWORK,
PROJECTS, VIDEOS OR
ANYTHING ELSE YOU HAVE
CREATED WE WOULD LOVE TO
SEE IT

JOIN THE **CREW**

@

SING AND SIGN

Now Friday
Mornings
11:30-12:30

Barons Community inclusion
3148 Barons Rd

HELLO SUMMER

Welcome summer with a smile!
Welcome days full of joy

SUMMER ACTIVITIES

- **SCAVENGER HUNT ALL SUMMER LONG!**
- **FUN DAY JULY 10TH**
- **BEACH DAYS JULY 22ND & 31ST**
- **ADVENTURE DAYS JUNE 19TH, 26TH, JULY 3RD & AUG 28TH**
- **CONCERTS IN THE PARK JULY 8TH & AUG 7TH**
- **BBQ DAYS JUNE 17TH & JULY 22ND**
- **MINI GOLF JULY 17TH**
- **BLUE BERRY PICKING AUG 21ST**
- **PARKSVILLE SANDCASTLES AUG 14TH**

GET A PICTURE OF YOURSELF AT ALL THESE LOCATIONS OR WITH THE ITEM FOR A CHANCE TO WIN

Nanaimo Sign



Any Lake



Any Ocean



Eating a cold treat



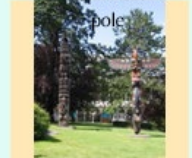
Coombs



Having a Picnic



With a Totem Pole



On a walk in the forest



Parksville Sandcastle



A Bird



A Painted rock



A Boat



WE WOULD LIKE TO INTRODUCE YOU TO OUR SUMMER SCAVENGER HUNT

- **GET A PICTURE OF YOURSELF AT ALL THESE LOCATIONS OR WITH THE ITEM FOR A CHANCE TO WIN A BASKET OF GOODIES**
- **SHOW YOUR PICTURES TO BECCA FOR YOUR NAME TO BE PUT IN THE DRAW**
- **PRIZE WILL BE DRAWN ON SEPTEMBER 11TH AT THE VARIETY SHOW**
- **MESSAGE BECCA IF YOU HAVE ANY QUESTIONS**

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Community Events

Looking for something fun to do? Explore the events below and discover some of the great activities taking place in our community.



Important Dates to Remember

STAT Holidays

Monday, August 3rd, 2026 – BC Day

Monday, September 7th, 2026 – Labour Day

Wednesday, September 30th, 2026 – BC Truth and Reconciliation Day



Accreditation Matters

Achieving accreditation shows the public and funders/regulators your commitment to continuously improve services, manage risk, and distinguish your service delivery.

These valuable benefits and unique advantages are the greatest return on your accreditation investment:

Assurance to persons seeking services and funding sources, referral agencies, and the community that a provider has demonstrated conformance to internationally accepted standards.

Person-focused standards that emphasize an integrated and individualized approach to services and outcomes.

Improved communication with persons served.

Evidence to federal, state, provincial, and local governments of commitment to quality of programs and services that receive government funding.

Management techniques that are efficient, cost-effective, and based on outcomes and consumer satisfaction.

Guidance for responsible management and professional growth of personnel.

Support from us through consultation, publications, training opportunities, and newsletters.

The value of accreditation goes beyond conformance.

Accreditation positively impacts your business and services in many ways. These benefits, combined with the strength of our internationally accepted standards and consultative peer-review model, are distinguishing factors that make CARF the accreditor of choice for health and human service providers.

Business improvement * Risk management * Funding/contract access * Positive visibility

Peer networking * Accountability * Insurance premium savings * eLearning support