



THE BONAVENTURE BUZZ

Empowering Potential, together!

Welcome to the August 2025 issue of the Bonaventure Buzz, our monthly newsletter that will highlight all the happenings within and around Bonaventure Support Services. This edition features a pics from our very successful Community Fun Day, a recipe for blackberry pie, a Spotlight on our very own Special Olympian – Miranda, and reminders of important dates coming up along with the Recreation Schedule 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 – Executive Director Christy Sudyko

As we move through the final stretch of summer, I want to take a moment to thank each of you for the dedication, flexibility, and heart you bring to your work every day. Whether you're supporting individuals, collaborating across teams, or adapting to change, your efforts continue to shape Bonaventure into a place of care, connection, and purpose.

Let's keep showing up for one another with curiosity, compassion, and a shared commitment to growth.

And just for fun—here's a little brain teaser:

Riddle of the Month

I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I? (See bottom of Buzz for answer!)

Honoring Culture & Community

Cultural humility is more than a value—it's a practice. As our team continues to grow in diversity, we should all remain committed to self-reflection, openness, and learning from one another. Cultural humility invites us to examine our own perspectives, check our assumptions, and stay curious and respectful of the many lived experiences that shape our work.

This approach calls on us to acknowledge our biases, celebrate cultural differences, and create space for others to be seen, heard, and supported in ways that are meaningful to them. It's not about enforcing personal values, but about fostering mutually respectful relationships and building a workplace where all voices are valued.

This mindset is essential to our culture and to the person-centred supports we provide. By embracing cultural differences and nurturing psychological safety, we strengthen our relationships, enrich our programs, and create a community where everyone can thrive.

As we move through change, let's continue to lead with compassion, celebrate our differences, and honor the many cultures and viewpoints that shape the Bonaventure community.

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Bonaventure Expands into Corrections with New Service Area!

We're thrilled to announce that Bonaventure has been awarded a brand-new service area following our #1 ranking in BC Corrections' scoring process! This exciting development marks the launch of our newest position: Recreation & Community Release Support Worker, dedicated to the 12-bed women's unit at Nanaimo Correctional Centre (NCC).

We're excited to welcome Keely Sills as the new Recreation & Community Release Support Worker at NCC. Keely brings deep experience in community wellness, trauma-informed practices, and the arts. Her work spans inclusive video production, aerial arts, and restorative justice. With a strong focus on healing, reintegration, and somatic-based programming, Keely's leadership will help shape this new service area with creativity and compassion.

SHSS Service Model Transition

As part of a province-wide initiative to enhance the quality of care and support for children and youth in care, Bonaventure is preparing for a likely transition to the new MCFD Specialized Homes and Support Services (SHSS) model near the end of summer.

This model introduces a structured, provincially prescribed framework with updated contract expectations, increased accountability, and a focus on trauma-informed, culturally safe practices. It also brings a restructured leadership model to support clarity and accountability.

To meet these evolving standards, we will be adding another layer of supervision and refining roles across programs. Each program will be supported through a more critical lens, with clearer guidelines and enhanced oversight.

We recognize the impact this may have on teams and deeply appreciate your patience, adaptability, and continued commitment. We remain confident in the quality of care we provide, our accountability to youth in care, and our ability to lead with integrity through this transition.

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Welcome, Chrissy Pankratz – New Manager at Mariner!

We're excited to welcome Chrissy Pankratz to the Bonaventure leadership team as the new Manager of our Mariner program, starting in early August. Chrissy is relocating to Vancouver Island from Saskatchewan and brings with her a wealth of experience supporting individuals with diverse-abilities.

With a strong background in leadership, crisis prevention, and community advocacy, Chrissy is known for her adaptability, dedication, and commitment to person-centered care. Her extensive experience as an Operations Supervisor has shaped her into a thoughtful and capable leader, and we're confident she'll be a fantastic addition to our team.

The Mariner program has been in need of steady leadership for some time, and we are absolutely thrilled to have Chrissy stepping into this important role. Please join us in giving Chrissy Pankratz a warm Bonaventure welcome as she settles into her new home and role here on the island!



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Recreation Program

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

Any questions, please contact Becca via email

recreation@bonaventuresupport.com

AUGUST 2025

SUN	MONDAY	TUE	WEDNESDAY	THUR	FRIDAY	SAT
					<div><div>Fitness Friday 1-3 Southside Cl</div></div>	12
3	CLOSED	4	KickBall @ Wellington 12-2 <div></div>	6Sing & sign 11-12	7Parksville Beach Sandcastles 12-3 <div></div>	89
10	Monday Mixer 1-4 @ Parksville Cl Movie Day Please contact Dez @ 250-927-8909 <div></div>	11	12Eaglequest Driving Range 12-2 <div></div>	13Sing & sign 11-12	14Blueberry Picking Haslem Creek Blueberry Farm 12-3 <div></div>	1516
17	Monday Mixer 1-4 Swimming at Ravensong Please contact Dez @ 250-927-8909 <div></div>	18	19Self Advocacy Caring for your pet 1-2 <div></div>	20Sing & sign 11-12 <div></div>	21Tsawassen Mills 9-8 Please Contact Becca as spots are limited <div></div>	2223
24	Monday Mixer Games @ Parksville beach community park Please contact Dez @ 250-927-8909 <div></div>	25	26Swimming at westwood 12-2 <div></div>	27Sing & sign 11-12	28Yellow Point Farms 12-3 <div></div>	2930
31						

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Community Fun Day!

Bonaventure hosted the annual Community Fun Day on July 11th – and what a day it was! After arriving at the original location of McGirr Ball Fields and finding it double-booked, with our booking being the one ousted, the organizers scrambled to find an alternate location that would be able to host us....a HUGE thank you to the **Nanaimo Hornets Rugby Club** for stepping in to save the day! We quickly transitioned all the groups a few blocks away and set up what I believe was our best day yet! A bouncy castle, dunk tank, face painting, the Canadian Coast Guard, and BC Hydro were all a huge hit with the close to 300 participants! As we were originally expecting 100 people, multiple trips to Costco, Walmart, and Country Grocer were required to supply the campers with hot dogs, drinks and chips for the day!



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Our Special Olympian!!



Huge congratulations to Miranda for her four silver medals, competing in the BC Special Olympics held in Prince George July 11-12, 2025.

She received silver in Shot Put, Mini Javelin, 1500m and 3000m runs.

Her hard work, training and dedication paid off. Congratulations Miranda.

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Important Dates to Remember

Mid Island Co-op Beachfest ROCKS– August 8th to 10th

This three-day music festival, sponsored by Mid Island Co-op celebrates old time rock and roll, classic rock and more!

<https://www.visitparksvillequalicumbeach.com/events/mid-island-co-op-beachfest-rocks/>

20th Nanaimo Blues Festival – August 8th to 10th

<https://nanaimoblues.com/>

The Raptors Birds of Prey at Malahat Skywalk – August 1st to 31st

From Wednesday though Sunday all summer long you can get up close with British Columbia's stunning birds of prey, featuring over 30 different species. Learn about these majestic creatures firsthand from The Raptor's knowledgeable team. Dedicated to education and preservation, they offer engaging experiences to connect with Vancouver Island's local birds of prey. Don't miss this chance to discover the beauty of our local birds of prey at Malahat Skywalk!

<https://malahatskywalk.com/connect/events/the-raptors/>

STAT HOLIDAYS

Monday, August 4th – BC Day

Monday, September 1st – Labour Day

Tuesday, September 30th – National Truth and Reconciliation Day



ATTENTION!

Friday August 22nd
Tsawwassen Mills
Mall Trip

We are taking the 10:15
ferry! Please make a plan
with Becca as spots are
limited

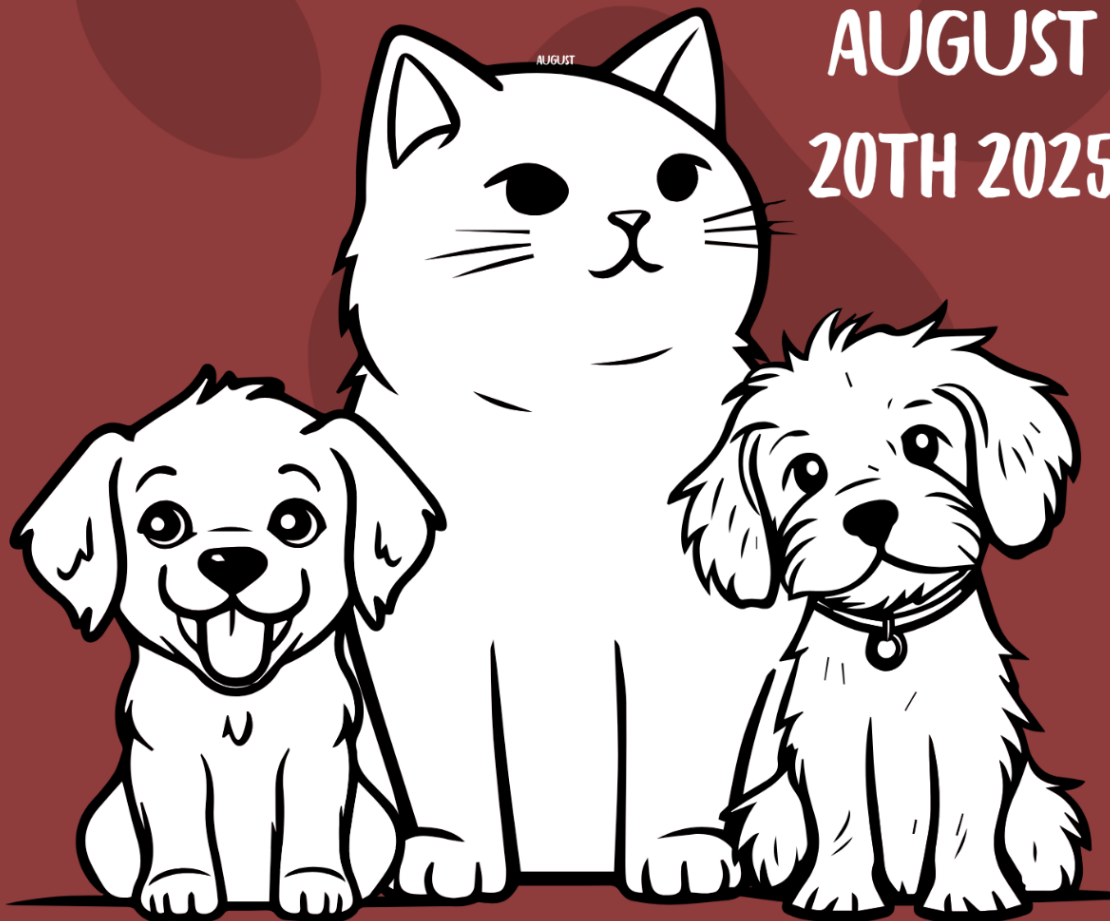


Self Advocacy

WE CARE *About* YOUR PET YOU SHOULD TOO

COME JOIN US AT SELF ADVOCACY TO LEARN MORE

AUGUST
20TH 2025



PARKSVILLE
INCLUSION

MIXER MONDAY

MONDAYS 1:00-4:00
JULY 14TH FIRST DAY BACK

ACTIVITIES - FUN - INCLUSIVE

CHECK REC CALANDER FOR
ACTIVITY FOR THE WEEK

CONTACT DEZIREE.T 250-927-8909

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LAVENDER FESTIVAL – PROVENCE, FRANCE

Smell the Summer – Celebrate the Soul of Provence

Takes place July 15 – August 5, 2025 In Sault, Valensole Plateau, and other lavender-growing villages

ABOUT THE FESTIVAL:

Every summer, the hills of Provence turn a stunning shade of purple as the lavender fields bloom—and the locals celebrate with one of France’s most charming traditional festivals! This fragrant flower has deep roots in Provence’s identity, culture, and economy.

The Lavender Festival is a time to immerse yourself in the scents, colors, and traditions of Southern France—with authentic crafts, food, and festivities.

WHAT TO EXPERIENCE:

Lavender Field Tours: Walk through the world-famous purple fields of Valensole and Sault. Learn how lavender is harvested and used—from essential oils to gourmet treats. Distillation

Demonstrations: See how freshly harvested lavender is distilled into essential oil using traditional copper stills.

Local Artisan Markets: Shop handmade soaps, perfumes, oils, dried bouquets, lavender honey, jams, and linen sachets.

Provençal Tastings: Enjoy regional specialties like tapenade, goat cheese, lavender-infused ice cream, wine, and olive oil.

Live Entertainment: Folk music, traditional Provençal dance performances, and local choirs fill the town squares.

Family Activities: Craft workshops, pony rides, face painting, and games for all ages.

Photography Tours: Capture the golden hour in the lavender fields with expert guides.

Cultural Talks & Lavender Lore: Learn about lavender’s role in local traditions, herbal medicine, and Provençal mythology.

FUN FACTS ABOUT LAVENDER & PROVENCE:

Lavender has been grown in Provence for centuries and was originally used by monks for medicinal purposes.

There are two main types: fine lavender (lavande fine) used in perfumes, and lavandin, a hybrid used more in soaps and oils.

Lavender honey (miel de lavande) is a regional delicacy, known for its floral and creamy flavor. Artists like Van Gogh and Cézanne were inspired by the colors of Provence, including its lavender landscapes.

Lavender is harvested by hand in some villages using sickles, as part of heritage preservation.

FEATURED EVENTS: Sault Lavender Day – August 1st

A one-day village-wide celebration with parades, lavender-cutting contests, traditional dress, and music.

Recipe of the Month – Blackberry Pie

Ingredients

Original recipe yields 1 pie – 8 servings

- 5 to 6 cups fresh blackberries, rinsed, picked clean, patted dry
- ½ to ¾ cup white sugar (depending on how sweet your berries are)
- 1 tsp Lemon Juice
- 1 tsp Lemon Zest
- ½ tsp Ground Cinnamon
- ¼ tsp Almon Extract (optional)
- 5 tbsps Cornstarch or all-purpose flour
- 1 (9 inch) double crust ready-to-use pie crust



Directions

1. In a large bowl, combine the blackberries, sugar, cornstarch, lemon juice, lemon zest, cinnamon, and almond extract. Gently fold the berries until they are all well coated with sugar. Let sit for 30 minutes.
2. Place rack in the middle of the oven and preheat the oven to 400° F.
3. Roll out one of the disks of pie dough on a lightly floured surface to a 12-inch diameter if using a 9-inch pie pan or roll to 13-inch if using a 10-inch pie pan. Line the bottom of the pie pan with the dough. Chill in the refrigerator while you roll out the top crust.
4. Spoon the berry mixture into the dough-lined pie pan.
For a lattice top, weave strips of pie dough over the top of the fruit-filled pie dish.
For a solid top, place the second rolled-out pie dough crust on top of the pie. Press ends of strips into the rim of the bottom crust. Use scissors to trim the edges to ½-inch from the outer edge of the pie pan.
Fold the edges back over themselves and use your fingers to crimp to seal the edges. If you are using a solid top crust, score the top several times with a sharp knife to create air vents for the steam to escape.
[How To Make a Lattice Top for a Pie Crust](#)
5. Place the pie on the middle rack of the oven. Put a baking sheet on the lower rack to catch any juices that might bubble out of the pie while cooking>
Bake the pie at 400°F for 30 minutes.
Then place a sheet of aluminum foil over the pie to protect the edges and tops from getting burnt. (A pie protector is useful here.) Reduce the heat to 350°F and bake for an additional 30 minutes or until the crust has browned and the filling is bubbly.
6. Remove from oven and place on a wire rack. Cool completely before serving.



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

Christy's Riddle of the Month Answer: An Echo!