



THE
BONAVENTURE
BUZZ

Empowering Potential, together!

Welcome to the December issue of the Bonaventure Buzz, our monthly newsletter that will highlight all the happenings within and around Bonaventure Support Services. This edition is packed with activities and events within the communities in which we provide support, remind you of important dates coming up, a recipe for a dry-brined turkey just in time for Christmas dinner, and 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!

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From The Helm – Executive Director Christy Sudyko

As the holiday season draws near, I want to take a moment to celebrate the incredible diversity of traditions and beliefs that make Bonaventure so vibrant.

This time of year is an opportunity to reflect on the values that unite us—kindness, generosity, and the importance of common-unity.

For some, this season is a time of spiritual significance; for others, it's about celebrating family and cultural traditions passed down through generations.

Whether you're lighting candles, decorating trees, sharing feasts, or simply cherishing time with loved ones, your unique ways of celebrating bring warmth and richness to our shared experience.

Let us honor each other's traditions and continue fostering an inclusive and welcoming space for all. In this spirit, may your holidays be filled with joy, peace, and meaningful moments that carry you into the New Year with renewed energy and hope.

Thank you for all you bring to our team and the people we support. Here's to a season of togetherness, appreciation, and cheer!

Warm wishes,

Christy Sudyko

Executive Director

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Tis The Season for Markets!



November 6 to December 21 | The Harbour Quay: 7-5440 Argyle Street, Port Alberni
Every Tuesday to Saturday 10:00 am to 4:00 pm

Artists and artisans from across the Alberni Valley participate in this market. You can find amazing stocking stuffers and gifts, all while supporting locals.

<https://alberni-valley-tourism.com/events/mistletoe-market/>



Aggie Hall (1110 First Ave)

Thursday, November 28 at 3:00pm | Aggie Hall: 1110 First Ave

Coinciding with the famous [Ladysmith Festival of Lights](#), the Christmas Craft Fair is not to be missed! It's a full afternoon/evening of everything Christmas!

- 3pm: Christmas Craft Fair @ Aggie Hall opens
- 4pm: Street entertainment and concessions
- 4:30pm to 6:15pm: Stage Entertainment
- 6:30 pm: Santa arrives – lights are turned on!
- 6:45pm: Light Up parade starts from 1st Avenue to Aggie Hall
 - 9:00 pm (approximate) – Fireworks

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A VERY MERRY ARTISAN CHRISTMAS MARKET

Sunday, December 1 | Qualicum Beach Community Hall: 676 Memorial Drive, Qualicum
10:00 am – 3:30 pm

The annual Very Merry Artisan Christmas Market is an all-local mid-island artisan market. You can find jewellery, home decor, wine, soaps, locally-made food, and much more. Admission proceeds go towards the Oceanside Hospice Society.

COOMBS COUNTRY CHRISTMAS MARKET

Saturday, December 7 | Bradley Centre: 975 Shearme Road, Coombs
10:00 am to 3:00 pm

Decorated with abundant greenery and twinkling lights, guests are invited to embrace the holiday spirit at Coombs Christmas Market. Peruse the abundant vendor booths, grab a bite to eat, and stop at the photo booth for a festive keepsake.

THE HOLIDAY BAZAAR

December 7 & 8 | Cedar Community Hall: 2388 Cedar Rd, Nanaimo
Sat. 11am – 5pm | Sun. 10am – 4pm

Discover the magic of the season at the Holiday Bazaar! Explore a curated collection of unique, locally crafted art and gifts that will delight and inspire from 50 local vendors.

Whether you're searching for the perfect holiday decoration, a thoughtful hostess gift, or a unique piece to brighten your own home, The Holiday Bazaar has something to delight everyone on your list. Immerse yourself in the joy of supporting local creators and bringing home gifts that celebrate the best of your community.

SANTA CLAUS on Dec. 7th from 12-3 pm

Where: [Nanaimo North Town Centre](#) – 4750 Rutherford Rd, Nanaimo, BC

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December 7, 8, 14 & 15 | North Town Centre: 4750 Rutherford Rd, Nanaimo
Sat. 10am – 6pm | Sun. 11am – 5pm

The Mom Market Vancouver Island is hosting a Christmas vendor market inside Nanaimo North Town Centre. Join them for a winter wonderland each weekend for a fantastic shopping opportunity. Free admission ~ Grand Prizes ~ Music ~ Christmas cocktails/ Mocktails ~ and so much more! And remember, this market isn't just for Moms!



December 7, 14 & 21 | Arbutus Meadows: 1515 Island Hwy E, Nanoose Bay
Sat. 4pm – 8pm

Join us for a heartwarming celebration at our Merry Little Christmas on the Farm markets. Step into our cozy event barn and immerse yourself in the festive spirit as you explore a variety of unique vendors offering handcrafted gifts, local produce, and seasonal treats. After you've explored the markets, don't miss our enchanting Walk of Lights that takes you on a magical journey through old Bethlehem, where the original Christmas story comes to life through captivating displays and storytelling. Follow the trail of twinkling lights and discover the true essence of the holiday season.

As you wander through the illuminated pathways, warm yourself by the crackling bonfires, enjoy the melodic tunes of live music, and treat yourself to delicious fare from food trucks offering a delightful array of culinary delights. Indulge in a cup of steaming hot chocolate, take a leisurely hay wagon ride through the picturesque farm surroundings, and explore the charming lavender shop for unique gifts and fragrant treasures. Experience the joy and wonder of the season with us at our Merry Little Christmas on the Farm event, where the spirit of tradition and community come together in a magical celebration that will create cherished memories for you and your loved ones. Join us for a festive gathering that promises to fill your heart with love and your soul with holiday cheer. Christmas Music

Don't Like Crowds?

If heading into a busy market isn't your thing, check out our [Vancouver Island Gift Guide](#). It showcases an amazing selection of local artisans, the products they offer and where to find them.

YOU'RE INVITED TO

CHRISTMAS OPEN HOUSE



13TH DECEMBER, 2024

12:00-3:00

3148 BARONS RD

UNIT A, B AND D

RSVP TO BECCA

778-326-0425

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Celebrating Eight Days of Hanukkah

December 25th, 2024 – January 2nd, 2025



Hanukkah (also known as Channukah) is a Jewish festival which celebrates the rededication of the Holy Temple in Jerusalem following the victory of the Maccabees over their oppressors. Similar to Diwali, Hanukkah may also be known as the “Festival of Lights”. This global holiday is celebrated by Jewish peoples all over the world. Hanukkah, like several other holidays, is based on the lunar cycle. This means that Hanukkah can start as early as late November, or as late as December, based on the cycles of the Moon. Lastly, in case you didn’t know, the word Hanukkah actually comes from the Hebrew word for “rededication”!

The origin of Hanukkah comes from events in second-century B.C.. According to legend, after driving out their Greek-Syrian oppressors from the Holy Temple, who had outlawed Judaism, the hero Judah Maccabee ordered the rededication of the temple and the lighting of the menorah. Although the Jewish people only had enough oil to keep the flame burning for a single day, miraculously, the flames lasted for eight nights. During this time, they were able to find other oil supplies, and were inspired to dedicate an eight-day festival in celebration of this holy miracle.

Hanukkah celebrations revolve around a mix of prayers, games, food, songs, and of course, the lighting of the menorah! On each of the eight days of Hanukkah, one new candle will be lit on the menorah, until the final day when all eight candles are lit, symbolizing the eight days the flame lasted in the Holy Temple. Typically, candles are lit from left to right using a “servant” candle, which is placed in the center, and slightly taller than the others. Upon lighting the candles, a brief prayer or hymn will typically be recited, to thank God.

During the eight days of celebration, children typically play games such dreidel (also known as “sevivon”), which involves a four-sided top with a different Hebrew letter on each side. Everyone starts with game pieces, such as nuts or chocolate coins, and depending on which side the top lands on, may win or lose pieces. Once someone has collected all the pieces, they are declared the winner and the round is over.

Fried foods are quite popular during the eight day celebration, such as latkes (potato fried pancakes) and jelly-filled donuts. However, these foods are not universal to all Jewish peoples, as different groups around the world will typically have their own fried foods that they eat during the celebration.

Hanukkah is a joyous time of year for many people around the world, and to those who celebrate it, Happy Hanukkah!

Recipe of the Month



Ingredients

- 1 (8-lb.) whole turkey
- 2 Tbsp kosher salt
- 1 Tbsp granulated sugar
- 3 cloves garlic, finely chopped
- 6 Tbsp unsalted butter, melted
- 2 tsp fresh thyme leaves
- Pinch of crushed red pepper flakes
- Freshly ground black pepper

1. 2 days before cooking: Remove giblets from cavity of turkey. Pat turkey dry with paper towels.
2. In a small bowl, combine salt and sugar. Rub salt mixture all over turkey, concentrating on thicker parts of meat, like the breast. Place turkey in a large roasting pan. Refrigerate, uncovered, 2 days.
3. 1 hour before cooking: Drain any liquid from bottom of pan. Pat turkey dry with paper towels and let sit at room temperature 1 hour.
4. Time to roast: Preheat oven to 425°. In a medium bowl, combine garlic, butter, thyme, red pepper, and a few grinds of black pepper. Brush about half of garlic mixture all over turkey. Tie legs of turkey together with kitchen twine. Place turkey on a roasting rack inside roasting pan.
5. Roast turkey, brushing with remaining garlic mixture halfway through and covering with foil if skin is browning too quickly, 45 minutes. Reduce oven temperature 375° and continue to roast until skin is golden brown and an instant-read thermometer inserted into thickest part of breast registers 160°, about 45 minutes more.
6. Let turkey rest 15 minutes before slicing.

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Important Dates to Remember and Celebrate

Hanukkah - Evening of Wed, Dec 25, 2024 – Thu, Jan 2, 2025

Wednesday December 25th – Christmas Day

Thursday December 26th – Boxing Day

Tuesday December 31st – New Years Eve

Wednesday January 1st – New Years Day

Recreation Program











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

Any questions, please contact Becca via email

recreation@bonaventuresupport.com

DECEMBER

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Bating cages 1-2 	5 Oliver woods gym day 1:30-3:00 	6 Christmas Bingo 1-3 	7
8	9	10	11 Bus to the mall 12-3 	12 Oliver woods gym day 1:30-3:00 	13 Christmas luncheon 12-3 	14
15	16	17 	18 Self Advocacy How to Advocate for yourself around the holidays 1-3	19 Oliver woods gym day 1:30-3:00 	20 Ladysmith light look around 5-8 	21
22	23	24 	25 Closed Christmas Day	26 Closed Boxing day	27 Christmas scvendur hunt/ cleanup Christmas movie 12-3	28
29	30	31	1	2	3	4

Oliver Woods Gym is Booked! Thursdays 1:30pm – 3pm

Upcoming Training Opportunities



We are currently discussing some options for SIVA and recertifications, so please check back in the New Year for an update!



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!

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