



THE
BONAVENTURE
BUZZ

Empowering Potential, together!

Welcome to the Buzz for June 2026! This issue of the Bonaventure Buzz, our monthly newsletter, will highlight all the happenings within and around Bonaventure Support Services. This edition features our Wazobia Celebration, many upcoming events, the June Art Program schedule, 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."

THE BONAVENTURE BUZZ

From The Helm – Executive Director Christy Sudyko

As we move into June, there's a natural shift in pace. Spring has given way to longer days, warmer evenings, and for many, time spent outdoors—camping, boating, traveling, or simply catching up with family and friends. We hope everyone is able to find moments to recharge and enjoy the season ahead.

We also want to take a moment to recognize the recent Wazobia (Nigerian) Celebration. Thank you to everyone who took the time to share, participate, and create such a warm and welcoming space. Events like this are a meaningful reminder of the diversity within our team and the importance of learning from and celebrating one another's cultures. The energy, food, music, and connection made it a really special day.

A few organizational updates to share:

Our new benefits program with GroupSource is now live as of June 1. By this point, most employees have completed their enrolment and set up access to the portal. Thank you for taking the time to work through the transition. We know changes to benefits can create uncertainty, and we appreciate everyone's patience as we moved through the setup. We will continue to share information and support as needed as people begin using the system.

We are also beginning to see movement again with SHSS. The program had been paused, and discussions have now restarted at the Ministry level. At this stage, we are aware that a new contracting model has been developed, but we are still waiting for clear direction on what this will look like in practice. As more information becomes available, we will share updates. For now, we remain engaged in early conversations and planning for what may come next.

At FairWinds, we continue to move forward with our newest licensed program. This program is designed to support youth with limited mobility and higher medical needs, and we are working carefully to ensure the right structure, staffing, and clinical supports are in place. We have recently hired a nurse who is now in the onboarding process, which is an important step in preparing the program to open safely and effectively. Thank you to the team involved in getting this off the ground—it's been a significant amount of work behind the scenes.

As always, there are many moving parts across the organization. What remains consistent is the work happening every day in our homes and programs—supporting individuals, building relationships, and maintaining stability through change.

Thank you for the care, professionalism, and consistency you bring to your work and your team.

With gratitude,
Christy

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Coffee & Careers

Our HR team recently hosted a Coffee & Careers event in Parksville as part of an initiative to build greater community awareness of Bonaventure Support Services and the work we do across the region.

The event created an informal space for community members to connect with our team, learn more about careers in community living and health care support, and gain a better understanding of what a day at Bonaventure can look like.

Discussions included Community Support Worker roles, part-time nursing support opportunities, and volunteer driving opportunities.

The initiative was also an opportunity to strengthen our presence in the Parksville community and highlight the meaningful impact our employees have every day supporting individuals in home and community living settings. Thank you to everyone who contributed to making the event welcoming, informative, and representative of our organizational culture.

We are looking to host similar community engagement events throughout our service area over the next year. If you have suggestions for communities, venues, or partnership opportunities, please reach out to our HR Director, Jody, at hr@bonaventuresupport.ca.

We welcome ideas that help us continue building connections and awareness within the communities we serve.



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Wazobia



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Nigerian Puff Puff

Puff Puff is a popular West African street snack, especially common in Nigeria. It is a deep-fried dough ball made from ingredients such as flour, sugar, yeast, water, and sometimes a pinch of salt or nutmeg for flavor. The batter allowed to rise creating a light and airy texture before it is scooped into small balls and fried in hot oil until golden brown.

It is known for its soft, fluffy interior and slightly crisp outer layer. It is mildly sweet and can be enjoyed on its own or served with powdered sugar, honey, or spicy pepper sauce, depending on preference. This snack is widely sold by street vendors and is often served at parties, gatherings, and celebrations.

Its ease of preparation and delicious taste have made puff puff a beloved treat across Nigeria and other parts of Africa, as well as among African communities worldwide.

Thank you Tolu!
For providing the recipe

Ingredients

- 3 cups All-Purpose Flour
- 1 ½ cups Lukewarm Water
- ½ cup plus 2 tablespoon Sugar
- 1 tablespoon Instant Yeast
- 1 teaspoon Baking Powder
- ¼ cup Powdered Milk
- ½ teaspoon Salt
- ¼ teaspoon Nutmeg
- Canola Oil (or another neutral flavoured oil)



PREP TIME
5 MIN



COOK TIME
15 MIN



RISING TIME
60 MIN



Puff Puff

Instructions

- In a large bowl, combine flour, sugar, powdered milk, salt, nutmeg, baking powder and yeast. Stir thoroughly.
- Gradually add lukewarm water to the dry ingredients, stirring with your hand, a wooden spoon or spatula. The batter should be smooth and slightly sticky. Cover the bowl and let it rise in a warm place for about an hour or until it doubles in size.

TIP: Cover the bowl tightly with plastic wrap and place it in a warm spot like a turned-off oven or microwave.

- Fill a deep pan or pot halfway with oil, ensuring there's enough for the puff puff to float freely. Heat the oil over medium heat aiming for 350°F (175°C).

TIP: Test the oil temperature by dropping in a small bit of batter. If it floats within 5 seconds, the oil is ready.

- Scoop small portions of batter with a spoon or your hand and drop into the oil. Fry in batches, flipping occasionally until golden brown. Avoid overcrowding the pan to ensure even cooking.
- Remove with a slotted spoon and place on paper towels to drain excess oil.

TIP: Space the puff puff when placing them on the paper towel so they can retain their shape.

- Let cool slightly. Enjoy!

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Recreation Program

What a Marvelous month we had!

Kickball to start off was a huge success we had so much fun, our cooking club couldn't have gone better, we made sandwiches for us and some to hand out to the unhoused, everyone helped so much and worked like a well-oiled machine.

We finally made it back to the Victoria Museum which was a great day trip, the exhibits were so interesting, and it feels like you're in another world. Thank you to everyone who continues to come out and joins us we love seeing everyone.

Wait until you see what we have coming up this summer, we have some big bucket list events on this calendar, like our Tofino trip! Talk about fun, please connect with Becca ASAP if you have any questions or your individual is interested!

We also have three separate pride events to educate ourselves and Celebrate the LGBTQIA+ community. We also have our last batting cage appointment before the summer so don't miss out, in addition we have a neighborhood clean up so we can maintain the trail behind our office.

On the topic of summer fun I have attached our new summer fun booklet, with a list of the must attend events of the Recreation Program this summer as well as a scavenger hunt that runs all summer long, we also have a prize that can be won. Everyone who completes the scavenger hunt before Friday, September 11th will be added into a draw and the winner will be drawn at the variety show.

We hope to see you out this summer!!

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

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Art Program

Art Program

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

3 TIE DYE

10 Parking Signs

17 Wild & Free

24 Tea Cup Fairy Houses

Bonaventure Community support Parking Only

WILD and FREE

🕒 10:00 AM - 11:30 PM

📍 3148 - B Barons Rd, Nanaimo - BC
Bonaventure community inclusion - southside

👤 For any questions please Contact -
Brittney & Becca
recreation@bonaventuresupport.com

Art Program had a fantastic month! 🎨

We created pressed flower jar bookmarks for Mother's Day, explored paint-by-numbers using paint pens, and made DIY-stained glass window decorations. It was great to see so much creativity and participation throughout the month.

We have lots more planned for next month, so come join Art—we have plenty of fun and creative projects coming up!

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Art Program

June 2026

🕒 10:00 AM - 11:30 PM

📍 3148 - 8 Barons Rd, Nanaimo - BC
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3 TIE DYE

This week in Art we are doing tie-dye! 🌈

Participants are encouraged to bring in items they would like to dye. We will also have a few items available, such as white tea towels and socks. It's a fun and creative way to add some color and make something unique to take home. We can't wait to see all the bright designs!

10 Parking Signs

This week in Art, we're working together on a group project to make parking signs for the work cars!

Come help design and paint new signs for our centre. It's a great chance to collaborate, get creative, and make something useful for everyone. We can't wait to see what we create together!

17 Wild & Free

Come and explore your creative side with Wild & Free Wednesday. Individuals are welcome to expand their creativity in a space that promotes artistic freedom. Come and create without boundaries while exploring multiple mediums, techniques, and styles. It's a great opportunity to experiment, express yourself, and let your imagination lead the way!

24 Tea Cup Fairy Houses

This week in Art we are making mini fairy houses out of old teacups! Come join us in creating fun little houses or gardens using teacups. Participants can design and decorate their own magical scenes with lots of creative touches. We can't wait to see all the whimsical ideas come to life!

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Important Dates to Remember



Recreation Program

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

Any questions, please contact Becca via email

recreation@bonaventuresupport.com

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="background-color: #0070C0; color: white; padding: 10px; font-size: 2em; font-weight: bold;">June</div> <div style="text-align: right;"> <p>Sing and Sign Fridays 11:30-12:30</p> <p style="font-size: 2em; font-weight: bold;">2026</p> </div> </div>									
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
	Maffeo Sutton park with a treat 1-4 	2	Batting cages 1-2 <p>Last one before the summer</p>	3	4	Neighbourhood Clean up 1-3 Barons CI 	5	6	
7	Visit Andys Campsite Rath Trevor 1-4 	8	9	Bus to Prime golf 1-3 	10	11	Pride themed Trivia 1-3 	12	13
14	Bird house Making 1-4 	15	16	Cooking club Long Lake BBQ 12-3 	17	18	Tofino Please connect with becca 	19	20
21	Lake day Cameron Lake 1-4 	22	23	Let me be perfectly queer 1-3 Barons CI 	24	25	Fitness Friday Adventure Little 1-3 Qualicum Falls 	26	27
28	Pride Party PVEC 1-4 	29	30						

Start of summer

BBQ

✦ *With cooking Club* ✦



June 17th
2026
12-2

Long Lake

4700 Island Highway N

- Making our own
- Ribs and sides
- at the office
- and taking it
- to the lake to
- BBQ

LET ME BE PERFECTLY QUEER

JUNE 24TH 2026
1-2 pm

Find yourself wanting a good queer centred conversation?

JOIN OUR INFORMATION CIRCLE!



OPEN TO ALL

JOIN THE

CREW

@



SING AND SIGN



Now Friday
Mornings
11:30-12:30



Barons Community inclusion

3148 Barons Rd

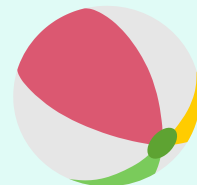
HELLO SUMMER

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 
Coomb 	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**

CHALLENGER BASEBALL

Thursdays, May 7th - June 25th

➤ WHERE: **BOWEN WEST FIELD, NANAIMO**

➤ TIME 4:45pm - 6:00pm **FREE!**



**A FUN, INCLUSIVE BASEBALL PROGRAM FOR KIDS WITH
PHYSICAL & COGNITIVE DISABILITIES! ALL AGES & ABILITIES!
NO EXPERIENCE NEEDED!**

REGISTER NOW! WWW.CAGEDATHLETICS.COM

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Community Events

With summer around the corner, our communities are preparing for some fun filled events. Click the images below for more event information.





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