

THE BONAVENTURE BUZZ

Empowering Potential, together!

Welcome to the March 2025 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 a spotlight on St. Patrick's Day, courtesy of our resident leprechaun Rich, remind you of important dates coming up along with the Recreation Schedule, 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!

BONAVENTURE

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 step into March, we are greeted by the promise of spring and the renewal it brings. This season is a wonderful reminder of the fresh starts and new opportunities that lie ahead. We are excited to embrace this time of growth and transformation. Whether it's through new projects, initiatives, or simply a renewed sense of purpose, let's make the most of this vibrant season. Together, we can achieve great things and continue to make a positive impact in our community.

Thank you for being a part of this journey with us. Here's to a bright and inspiring March!

CARF Accreditation Survey

Our next CARF Accreditation Survey is scheduled for this fall, bringing us back to our original cycle. Preparations are already underway, and it's a busy but exciting time to showcase our hard work and dedication. All departments are focusing on quality improvement processes while remaining person-centered. Stay tuned for survey dates and more updates. Thank you for your commitment and teamwork!

Annual Satisfaction Surveys

Our annual satisfaction surveys are coming out in March! Your feedback is crucial in driving positive change and ensuring that all voices are heard. These surveys are anonymous, so please feel free to share your honest thoughts. We encourage everyone to participate. The outcomes will be posted on ShareVision in the outcome report. Let's work together to make a difference!

As we welcome the arrival of March, I am filled with optimism and excitement for the months ahead. This is a time of renewal and growth, and I encourage everyone to embrace the fresh opportunities that come our way. Our annual satisfaction surveys are just around the corner, and your feedback is invaluable in helping us improve and evolve. Let's continue to work together, support one another, and strive for excellence in all that we do. Thank you for your dedication and hard work. Here's to a bright and successful season ahead!

Land Acknowledgement

Reflecting on land acknowledgments tie into transformative reconciliation. While acknowledging the traditional territories of Indigenous peoples is an important step, it is just the beginning. Transformative reconciliation involves moving beyond words to actions that address historical injustices and build equitable relationships. It requires raising awareness, committing to concrete actions, building genuine relationships, and engaging in ongoing learning.

Reconciliation is a personal journey, and each of us may be at different stages of learning and finding ways to reconcile. There isn't necessarily a right or wrong way to demonstrate reconciliation; however, it is crucial that we engage in the tough conversations and commit to continuous learning. By doing so, we honor the rich heritage and traditions of the Coast Salish people and strive to build a community rooted in understanding and inclusivity.

Changes On the Bridge

We are thrilled to introduce four dynamic managers who have recently joined our programs, each bringing their unique expertise and passion to our community.

- Housing Programs -

Jordan Reynolds – Mariner Place

Since stepping into the manager role in mid-January, Jordan Reynolds has made a remarkable impact at Mariner Place. Her effective presence with both the team and individuals is a testament to her experience working as a Senior Behavior Interventionist in her previous roles. Jordan's approach has already made a positive difference, and we are delighted to welcome her to the team.

Ashley Gray – Fairwinds Place

Many of you have known Ashley Gray as the Parksville Inclusions Manager over the past year. With a deep passion for working with children, Ashley has consistently demonstrated her skills, particularly during an emergency placement for a young boy who needed our support in his daycare. She played a key role in preparing him for his transition to Grade 1—a challenging task that she handled with dedication and care.

Ashley's passion for working with youth, combined with her strong leadership skills, has led her to our Housing programs. We are thrilled to welcome her to the role at Fairwinds Place, where her leadership will continue to make a meaningful impact. We look forward to her contributions to the housing leadership team!

Kristin Pierce – Beacon Place

Welcome back to Kristin Pierce, who previously managed Beacon in 2022. After a brief hiatus, she has returned to Bonaventure, bringing her leadership to a new group of individuals and team members at Beacon Place. Kristin's expertise in working with at-risk youth makes her the perfect fit for this home, and we are confident that her return will provide the stability and guidance Beacon needs. We are thrilled to have her rejoin our leadership team!

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Meghan O’Sullivan – Buttertubs Place

As Jasleen takes a well-deserved maternity leave, we are thrilled to announce that Meghan has stepped up to take the reins at Buttertubs Place. And let’s be honest, she’s handling the role like a pro—attentive, observant, and with a knack for working her magic with people. If there was an award for stepping into a new role seamlessly, Meghan would take home the gold (and maybe a gift card to her favorite coffee shop).

We’re excited to have Meghan join our leadership team and can’t wait to see her shine, learn more about herself, and inject a little flair into the program.

Buttertubs just got a whole lot brighter, and we’re all ready to see where Meghan’s leadership takes us, and herself.

- Inclusion Programs -

Chelsea Oaten – Parksville Inclusion

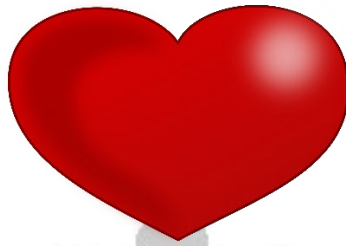
We are excited to welcome Chelsea Oaten to her new role as Manager of PVCI! Chelsea has been a dedicated member of Bonaventure for nearly five years and brings a wealth of knowledge from her previous years within our field.

She is passionate about supporting individuals and is eager to connect with the PV CI team. Chelsea is looking forward to bringing her expertise and enthusiasm to this role and continuing to make a meaningful impact.

Please join us in congratulating Chelsea—we’re thrilled to have her step into this leadership position!

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HEART MONTH



Thank you to everyone that participated in this month's activities for Heart Month! Huge thanks to Sarah and Isabelle for planning everything, and to the event hosts for facilitating each event! Congrats to the weekly prize winners, and to Avery W from Anchor winning the Walmsley Scavenger Hunt!

Employee Appreciation Draw Winners!!

Week 4: Relaxing at Home Kit
Coal Harbour - Dawn M.
Barons CI - Douglas H.

Week 2: Yoga Kit
Quarterway Place - Hanna S.
Duncan CI - Beverly T.

Week 3: Breze Salon & Day Spa
Quarterway Place - Tyler J.
Head Office - Antoinette J.

Week 1: Hiking/Trail Walking Kit
Beacon Place - Ukeme E.
Southside CI - Naythan V.

Moorecroft Park Walk Crew



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2025 Bake Off Winners!

Presentation:
Amy from Head Office



Taste:
Parksville CI Team



Creativity:
Coal Harbour Team



Heart Healthy:
Sarah from Head Office



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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

Recreation Coordinator

Becca Rodway

Recreation@bonaventuresupport.com

778-326-0425

March

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						1	
2	3		4 Batting Cages 1-2	5	6 Oliver Woods 1:30-3:00	7 Fitness Friday ZUMBA Southside CI 1-3	8 
9	10		11 Swimming NAC 12-2	12	13 Oliver Woods 1:30-3:00	14 Saint Patrick's Day Bingo 1-3 Southside CI	15 
16	17		18 Self Advocacy Being safe and healthy at home Southside CI 1-2	19	20 Oliver Woods 1:30-3:00	21 Bottle Drive 9-2 2375 Hayes Rd	22 
23	24		25 Bus Day Beach Estates 12-2	26	27 Oliver Woods 1:30-3:00	28 VR Core 1-3 1585 Bowen Rd	29 
30	31						

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Oliver Woods Gym is Booked! Thursdays 1:30pm – 3:00pm

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Important Dates to Remember

March 9th – Daylight Savings Begins
Spring Forward at 2:00am!!



March 17th – St. Patrick's Day



April 2nd – Autism Awareness Day



April 18th – April 21st – Easter Weekend



March 17 – St. Patrick's Day:

A Celebration of Irish



What does St. Patrick's Day represent today for Irish people now? It is our day to celebrate everything it is to be Irish including our Irish language and traditions which we were forbidden during the 800-year invasion and occupation by the British Empire. For some people, it is still a religious festival to feast during Lent, others just love to party and enjoy some *ceol agus craic!* (Irish for music and fun). For many, it is a day to promote Irish Nationalism

and our strive for a united Ireland as the northern corner of our land (Northern Ireland) remains under English rule. A country with a population of 5 million people today has over 70 million people worldwide with direct Irish descendency, resulting in everyone feeling like they are Irish for a day.

St. Patrick wasn't even Irish? Saint Patrick (never actually ordained a saint by the Catholic Church) was born in Britain/UK (believed to be where is now Wales) which at the time was under Roman rule. He was captured by Irish raiders and brought to Ireland for 6 years before returning to Britain where he became a priest. In a dream/vision, he was visited by a spirit that instructed him to bring Christianity to Ireland.



St. Patrick banished snakes out of Ireland?

Ancient mythology shows depictions of St. Patrick on a hill (now known as Croagh Patrick) commanding snakes out of Ireland. Ireland is an island (surrounded by water in a mild, damp climate)... not really a place snakes like to live! The snakes refer to Pagans/Druids (remember the origins of Halloween?) who had beliefs in worshipping the sun etc. St Patrick brought Christianity (Roman Catholic beliefs) to Ireland, thus driving out other faiths.

Why does everyone wear green? The original colour to represent St. Patrick was actually blue! While spreading the word of Catholicism, he used a shamrock to explain the Father, Son, and Holy Spirit to his followers to show the unity of the three believed forms of God. Irish people began wearing shamrocks to show their faith while also supporting the green uniforms of the Irish Army in the Irish Rebellion against British Rule, who were attempting to kill off Irish language, sport, music, religious beliefs, etc.



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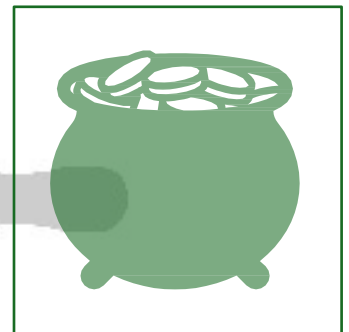


Why do people party and consume alcohol on St. Patrick's Day?

17th March (believed to be the day St. Patrick died in approx. 461 AD - yes, over 1000 years ago) occurs during the Catholic festival of 'Lent' where for 6 weeks people would fast and avoid eating meat. St. Patrick's Day became a celebratory 'Feast Day' during Lent. Historically, all businesses were closed on 17th March until 1973 when pubs were allowed to open on St. Patrick's Day. A Budweiser advertising campaign in the 1980s promoted the connection between being Irish and alcohol, which is a stereotype they utilised to sell more products, and it worked!

What did the Leprechauns have to do with all this? Who knows!

Leprechauns are one of several Celtic/Irish mythological creatures existing in legends and folklore, described as fairies known for using trickery to protect humans from evil spirits and guide them away from the leprechaun's stashes of gold. The popular versions most people imagine of leprechauns are taken from Walt Disney's creations in his films or boxes of cereal, not from actual Irish tales. The majority of today's traditions (such as the height-challenged fairies mentioned, parades, dying rivers/beer green etc.) were imaginative additions originating in the USA.



How should I greet someone on St. Patrick's Day? Happy St. Patrick's Day or St. Paddy's Day are fine. Patrick in Irish is 'Pádraig' hence 'St. Paddy's Day'. Please don't use 'St. Patty's Day' because we don't either. As *Gaeilge* (in Irish), we would say "Lá fhéile Pádraig sona dhuit" which in English phonetically sounds like "Law ayla Paw-rig son-a dits" meaning "Happy Saint Patrick's Day to you!".

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**BONAVENTURE SUPPORT
SERVICES**

Bottle Drive



Fundraiser for
Bonaventure Fun
Day

Collection Date:
March 21, 2025

Drop-off Location:
**Regional Recycling
2375 Hayes Road
Nanaimo**

Time:
9:00 - 3:30

Home pick-ups available
upon request. Please give
us a call to coordinate:

778-268-3175

Thank you for
supporting us with
your donation!



Upcoming Training Opportunities



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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