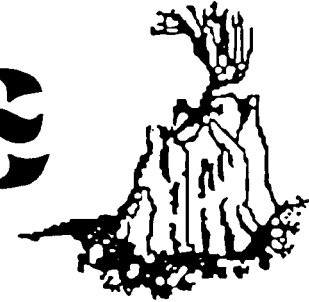




# the BARNACLE



A publication of Crescent Beach Community Services (CBCS) at Camp Alexandra  
 2916 McBride Avenue, Crescent Beach, BC V4A 3G2  
 Design and Production: Donni Klassen  
 Phone: 604-535-0015 Fax: 604-535-2720 Vine Ave Office: 604-538-5060  
 e-mail: cbc sanh@uniserve.com www.campalex.com

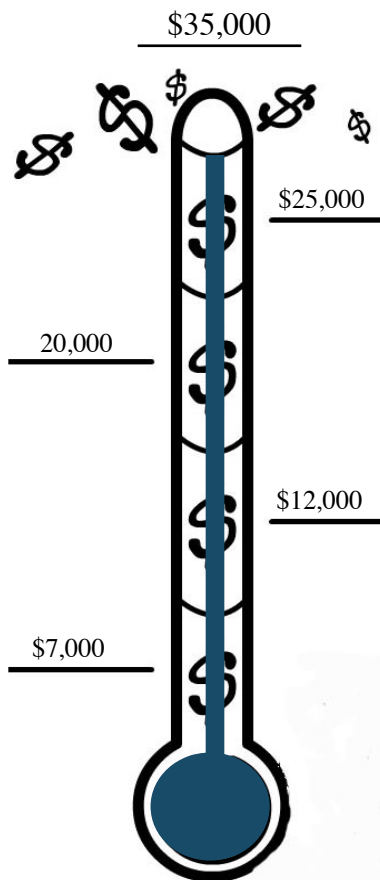
## WE'RE ALMOST THERE!

### With one month to go will we put it over the top?

Our fundraising barometer records our progress in receiving donations from individuals, service clubs, and other groups throughout the year. (Grants and donations from corporations and foundations are recorded separately and noted elsewhere in *The Barnacle*.)

Every dollar makes a difference as your support helps us provide services and programs to the community. Watch our progress here each month!

**March 31 2009**



**April 1 2008**

*Our donations goal for 2008/2009 is \$35,000*



*May (left) and Shae are creating picture-perfect pastry at Preteen Cool Cuisine. There will be one more spring session for this very popular cooking program for kids ages 9 to 12 beginning March 4. Call 604-535-0015 to register.*

**DINNER THEATRE AND SHOW ... See Page 2  
 Reserve your seat NOW!**

## WHAT'S INSIDE...

- Dinner Theatre and Show .... 2
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- Child/Parenting Programs ..... 4
- Youth & Family Programs .... 5
- Adult/Seniors Programs ... 6
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*Next Board of Management Meeting see Page 12*





# MEMBERSHIP & PROGRAM REGISTRATION

## SOMETIMES GREAT PROGRAMS ARE CANCELLED...

Don't wait 'til the last minute to register – or you may be disappointed to hear that the program was cancelled for lack of registration. Most programs and services require a minimum number of participants and program decisions are always made in advance of the program start date to allow for adequate staffing/volunteers and food purchases if required. So remember – if you snooze, you lose!

You can register for programs and purchase memberships in person at the Camp office, or by phone at 604-535-0015 or by mail. We accept payment by cash, cheque, direct debit, Visa or Mastercard.

*A current CBCS membership is encouraged or required for participation in most programs and services.*

## REFUNDS AND CANCELLATIONS

All membership fees are non-refundable

All programs and services are subject to change or cancellation on short notice. If we cancel, full refunds will be issued. Anyone who is unable to attend a program because we have had to change the date or time will be given a full refund.

If you cancel after the program start date no refund will be issued. If you cancel 14 days prior to the program start date, a full refund will be issued. If you cancel within 13 days of the program start date, a full refund will be issued only if another person registers in your place.

*Subsidies are available on a case-by-case basis for both program registration and CBCS membership.*

## Teenagers are all noisy gangsters!!! Seniors are all judgemental and out of touch!!!

Is that what we REALLY think of each other? Are we actually like that? And if not - then what's the truth of the matter?



Have some fun with our group of talented actors and writers as they show you just what they've discovered about how we see each other and ourselves.

The results might surprise you – they'll certainly entertain you!!

**Getting to Know You** is an improvised drama created by a group of amateur actors, presented under the direction of professional director Ellie King.

What do a blind man, a nun, a young mother and her small child, and a new bus driver have in common? They, and a motley crew of other passengers have embarked on a journey of self discovery. And **you** are invited along for the ride. And supper, too!

Please join us on **Sunday April 5<sup>th</sup>** at 6pm in the Camp 'A' Dining Hall to be entertained, amused and given food for thought. Enjoy this cozy Dinner Theatre-style performance - with a full dinner as well for only \$8. As seating is limited, please pre-register by phone at 604-535-0015 or in person at the Camp office.

There are also some volunteer opportunities with the performance and with set and costumes. Please call 604-535-0015 ext 232.



*Funding for this intergenerational project provided by the United Way of the Lower Mainland*

## Crescent Beach Community Services at Camp Alexandra Membership Form

Individuals: \$15/annum Couples/Families (2 voting members): \$20/annum

*Subsidized memberships are available (needs-based)*

Name(s): \_\_\_\_\_  
Last Name(s) First Name(s)

Street: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

e-mail: \_\_\_\_\_

Would you like to receive the newsletter by e-mail? \_\_\_\_\_ (Yes) \_\_\_\_\_ (No)

May We Call On You For Volunteer Work? \_\_\_\_\_ (Yes) \_\_\_\_\_ (No)

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

### Do you want to take out a membership in the Association of Neighbourhood Houses of Greater Vancouver, of which CBCS is a part?

Yes \_\_\_\_\_, I will pay an *additional* \$1 and want to be a member of ANH. I understand that I will receive notices of Annual General Meetings/Special Meetings of ANH and other related communication from ANH

No \_\_\_\_\_, I do not want to be a member of ANH

**I also want to support CBCS! Please accept my donation of: \$500 \_\_\_\_\_ \$250 \_\_\_\_\_ \$100 \_\_\_\_\_ \$50 \_\_\_\_\_ \$25 \_\_\_\_\_ Other \_\_\_\_\_**

*(Tax Receipts will be issued for donations of \$25 or more)*

Please:  do **not** send me information about fundraising activities & appeals,  do **not** publish my name in/on the newsletter (the Barnacle) or CBCS website

**PRIVACY STATEMENT:** We collect the personal information above in order to maintain contact with you, to invite you to CBCS annual meetings and to provide you with information about future programs, services, events and opportunities to support CBCS. We do not share your personal information with any external individual or group without your written permission unless required by law or in a medical emergency.





# YOUR SUPPORT IS KEY TO OUR SUCCESS

## TWO DATES TO REMEMBER!



### Monday April 27 ESTATE PLANNING PRESENTATION

This information is for everyone and could save you and your heirs a lot of headaches! Topics will include

### COMMON PITFALLS IN ESTATE PLANNING

and

### BEYOND THE WILL

Other things to consider in planning today to make a difference tomorrow.

**Presenters: Rick Singh, CRS Financial and Alan J. Benson, lawyer** (and former CBCS Board Chair)

**7 - 8:30 pm at Camp Alexandra**

**FREE.**

*Pre-register in person at Camp Alexandra or by calling 604-535-0015.*

*Everyone is welcome, refreshments served*

**Thursday, May 7**

### WITH A ROOF OVER OUR HEADS WE CAN REACH FOR THE SKY!

**Fore!**

We're excited to announce that the **Rotary Club of White Rock Millennium** has named Crescent Beach Community Services at Camp Alexandra as recipient of partial revenues from their upcoming

### May 7 Golf Tournament at Northridge.

These funds will be designate to our 'Raise the Roof' project, to provide a new roof for our Administration building.

Various levels of tournament sponsorship spots are still open, and there are still opportunities for local businesses and individuals to put together golf foursomes and contribute to the silent auction to be held on the evening of the tournament.

Contact Stuart Wilson of the Rotary Club at wilsonst@telus.net, or Lois Peterson (CBCS) at lpcbcs@uniserve.com, 604-535-0015 Extension 233 for a sponsorship package, which can also be downloaded from the club's website at www.whiterockmillennium.com.

### You've Got Mail!

In early April, we'll be launching a **pilot email newsletter** to inform donors and supporters about how their contributions are used and what current projects and appeals are underway. If you'd like to be included on the newsletter mailing list, please contact us – by email, of course! – at lpcbcs@uniserve.com. As this is a pilot project, we'd be especially grateful to newsletter subscribers who might be willing to provide feedback on the content and the format of the e-newsletter.

### Recycling is good for us all!

When you return your refundable recyclables to Choices Recycling Centre at 3248 King George Highway, you can choose to have your refund donated to one of a number of local non profit agencies. **Crescent Beach Community Services at Camp Alexandra is one of them!** What begins as just a few pennies for each bottle or can, adds up to dollars that make a real difference to our clients.

**No experience necessary!**

Create  
a work  
of art

**A FREE**  
two-session  
art workshop

at Camp Alexandra,  
Crescent Beach

**Monday, May 4 & 11, 4 – 8 p.m.**  
under the instruction of  
artist/environmentalist Ron Steven

For 12-18  
year-olds

Work to be auctioned at the  
**Alexandra Festival (Sat. May 30)**

### Registration & information

jrcbcs@telus.net  
or 604-538-5060 Ext. 26

*A fundraiser for  
Youth Programs offered through*

Crescent Beach Community Services

cbcs@campalex.com  
www.whiterockmillennium.com



at Camp Alexandra



Association of  
Neighbourhood Houses  
of Greater Vancouver





# CHILD & PARENTING PROGRAMS

Programs are partially funded by the Ministry for Children & Family Development and/or the Province of BC and/or the United Way of the Lower Mainland.



## CHILDREN'S PROGRAMS



### ALEXANDRA FAMILY PLACE



### WHAT'S HAPPENING IN BABY BEES/BUSY BEES IN MARCH



March 3: Shape Collage  
 March 5: Veggies, veggies, veggies  
 March 10: Yellow Daffodils Art  
 March 12: Bread  
 March 17: Shamrock Art  
 March 19: Milk and Dairy Food Fun  
 Celebrate Spring  
 March 24: Clean Up Day  
 March 26: Fun Food Collage  
 March 31: Sticky Tape Art

**BUSY BEES BUZZ**  
 Busy Bees/BabyBees Family Lunch  
 March 24th  
 Adults: \$5, children over 2 \$3.

We are looking for volunteers to help with children's activities at the Alexandra Festival on Saturday May 30th. If you're interested, call 604-535-0015 ext 229.

#### Parent/Child Activity of the Month-Make Playdough Together

1 C flour, 1 C water, 1/2 C salt, 2 tblsp Cream of Tartar, 1 tblsp oil. Cook until dough forms a mass in pan. Once cooked, knead on a lightly floured board until cool. Add tiny bit of flour if needed.

#### Children's Book of the Month: *Whoever You Are*, author Mem Fox

A book celebrating diversity in children

The Children's House has been providing families with opportunities for play and making friends for almost 90 years. The facility is designed to create a happy and positive environment for children.

**Moms and Tots learning Together** is an early learning school readiness group for South Asian Punjabi speaking moms and their children 2-5 years old. sessions are underway. For more info and to join the group call Shelley at 604-535-0015 ext 229.

**Right From The Start** is an 8 week program for parents with young children from birth to 2 yrs of age that focuses on attachment and the parent child relationship at its foundational level. For more information or to join an interest list for 2009 call Shelley at 604-535-0015 ext 229.

## FAMILY PROGRAMS AND SERVICES

**Parent Child Mother Goose** program is a 10 week group experience for parents and their young children focusing on the pleasure and power of using rhymes, songs and stories together, nurturing the attachment and bond that is growing between parent and child. Parents gain skills and confidence, which helps them to create new and positive family patterns during the early years of their children. Once a parent and child have done a total of 30 weeks they graduate from the program with a song kit that they can use together in their day-to-day lives. **Check the Camp 'A' website for registration dates for spring and fall.** (www.campalex.com)



**COPE-ing with Toddler Behaviour:** This popular parent education program is back! Join us for this FREE 8 week group for parents and caregivers of 1-3 year olds who want to nurture a positive relationship with their child, promote positive behavior and connect with other parents. Using video clips, discussion, and skill-building exercises, facilitators guide parents to work together and incorporate strategies. Mondays March 23-May 11 (no session Apr 13), 10-12 noon at Camp 'A'. Limited child-minding spaces available, preregistration required. For more info or to register call Cindi at 604-538-5060 ext 23.



**Parent-Connect:** This is an ongoing support group that provides parents of children 5-12 years the opportunity to share and to be heard, to learn about and discuss various parenting skills, and to receive support and encouragement. We meet the 1st Wednesday of each month from 7-8:30pm at the White Rock Library. Drop in and join us, or for more info call Dianne at 604-538-5060 ext 22.

### PARENTING WITH WIT, WISDOM & WONDER - Three Alternatives to 'No'

Do you find yourself saying 'no' more often than you would like? Save 'no' for the large issues when you really mean 'NO'. The rest of the time, see if one of these alternatives would better serve both you and your children.

1. **Yes, later.** Children expecting to hear a 'no' can be pleasantly surprised by this response!
2. **Give me a minute.** We often say 'no' without knowing why. Take the time to consider your response. If you do say 'no', at least you'll know why you are saying it.
3. **Convince me.** Let your child(ren) or teenager try to convince you for a change!

Excepted from the book "Kids Are Worth it" by Barbara Coloroso





# YOUTH & FAMILY PROGRAMS

Programs are partially funded by the Ministry for Children & Family Development and/or the Province of BC and/or the United Way of the Lower Mainland



## The Vine Avenue Child, Youth and Family Centre DROP IN YOUTH CLINIC

for teens ages 12-19 is open

Monday & Wednesday, 3:30-6:30pm  
at 15455 Vine Avenue

for confidential medical consultations

Female physicians are available

CBCS Youth workers will also work with youth around a variety of topics, including Anger Management, Stress Management, Physical and Emotional Wellness, Addiction Management and Pregnant and Parenting Teens.

Please contact Jo-Ann Morrison at 604-538-5060 ext 21 for more information.

## RECONNECT YOUTH PROGRAM

Reconnect provides services to assist youth 13-18 who are considered to be "at risk". Our outreach team makes regular visit to schools and community gathering places to provide information about resources and services. They also provide one-to-one support, as well as group programming, workshops and support groups.

Keep an eye out for our team as we do outreach at various locations about South Surrey and White Rock.

Do you feel there is something our community needs? We want your input. Please call 604-538-5060 ext 21.

*For information about youth programs and Reconnect referrals, please contact Jo-Ann at 604-538-5060 ext 21*



**LINK** is a drop in program for pregnant and parenting teens and young parents. Support, connection, education and community resource information is offered for pregnant and parenting youth. Both one-to-one and group services are available. For more information, call 604-538-5060 ext 22.

Every time you treat a child with respect,  
That child feels just a little bit taller.

When you listen to children,  
They learn they're worth listening to.

If you consider their point of view,  
They learn that it is valuable.

When you appreciate children's company,  
They become great company.

If you provide a nurturing environment,  
Children learn to feel good about themselves.

When you believe children have good things to contribute,  
They will look for ways to help.

If you open your world to children,  
Their world becomes an open one.

If you give children space they will claim it for their own.

Above all, recognize the spark in a child:  
Watch the child learn to shine brighter and brighter.

Author Unkonwn

*We want youth to have a voice in their community! We are in the process of organizing a concert/public forum for youth to talk about things they would like to see, or feel would better meet their needs in White Rock/South Surrey. Call 604-538-5060 ext 24 for more information.*

## BRIDGING GENERATIONS FIRST SHOW

Mark Wednesday April 1 on your calendar and come to the Dining Hall at noon for a sneak preview rehearsal performance of our intergenerational, story-telling theatre project. The show will follow the senior's hot lunch.

This project, funded by the United Way, brings together teens, adults and seniors who are developing a story-line that reflects their individual perspectives of life from various ages and viewpoints.

Watch the bridges being built as stereotypes crumble! Join us for a live, dinner theatre evening performance on Sunday April 5th. See Page 2 for details.

## PRETEEN COOL CUISINE



*A great group of chefs joined us in the newly renovated kitchen at Camp 'A' last month for the popular Pre-Teen Cool Cuisine program. Some of the delicious dishes they made included cinnamon rolls, breakfast burritos and fruit smoothies. Over the course of four weeks they learned what a "meniscus" is, how to crack an egg and much more!*



*Nick (above) and Jake demonstrate the fine art of pastry-rolling. The end product was cinnamon rolls - melt in your mouth!*





# ADULT & SENIORS PROGRAMS



**Drop In Lounge:** Stroll the beach, then drop in for coffee. Wed 9:30-11:30am to the end of May.

**Community Hot Lunch and Community Kitchen:** Thurs starting Sept 11 at First United Church in White Rock. Lunch is served at 11:30am and is open to anyone on a restricted income. \$3/person or 'as you can.'

## CRESCENT MOON COFFEE HOUSE

Camp Alexandra Dining Hall (Lodge)  
Come and meet your neighbour  
Bring your instruments  
1st & 3rd Sundays  
of each month, 4 pm

## NEEDLES AND PINS

A drop in knitting group meets in the lounge in the Longhouse on Wednesdays from 7 to 9 pm. Fees are \$2 per person. This is a very informal, unstructured group. Please bring your own projects and refreshments. Everyone is welcome. No registration required.



## COFFE HOUSE FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

is held the last Wednesday of each month, 6-8pm in the Dining Hall. Join us March 25th to celebrate the arrival of Spring by decorating Easter eggs, and other fun activities! Bring your caregiver, friends and neighbours and socialize with your friends (new & old). Call Lisa at 604-535-0015 or email [sacampscbcs@uniserve.com](mailto:sacampscbcs@uniserve.com) to register. \$3 per person.



Outreach services are also available for adult mental health consumers living in supported or independent settings. Please contact Lisa at 604-535-0015 or [sacampscbcs@uniserve.com](mailto:sacampscbcs@uniserve.com) for further information.

**Senior's Hot Lunch:** Wed 12-2pm. Come and join us for a delicious lunch, followed by entertainment or speakers. Rides provided in the Crescent Beach/Ocean Park area. \$6.



- March 04 Elite Hearing Services
- March 10 Free hearing test (by appointment)
- March 11 Saje Natural Wellness
- March 25 Singer "Man in Black" Bob Preston
- April 1 Intergenerational story telling performance
- April 8 Qi Gong Demonstration
- April 15 Musician Dave Jackson & friends
- May 6 Melodious Mandolins
- May 13 Plant Market and Container Gardening
- May 20 Line Dancing with Camp Staff
- May 27 Mike & Chad Musicians- Last Lunch



### Day Trips

**Tuesday March 24:** Westminster Abbey Tour and lunch \$50.

**Thursday May 21:** Winery tour Langley \$15. Lunch on own

**Wednesday March 18, Monday April 6, Thursday May 28. Shop until you drop 9:30am-2:30pm.** Call for applied fees.

### Women's Day Tea Friday May 15th

**Two sittings: 2pm or 3pm**

Celebrate mothers and all women as you enjoy the ocean view from Beecher Place. Enjoy treats, music and sample teas from around the world. Specialty teas will be available for purchase.

Call 604-535-0015 to register. Seating is limited.



**Nurse Next Door**  
Home Healthcare Services.

**Services Provided:** Companionship, Assisted Outings, Personal & Nursing Care, and Respite.

**Let us help you and together we'll help Camp A with a \$25 donation in your name!**

"Making Lives Better One Visit at Time"

604-613-7679

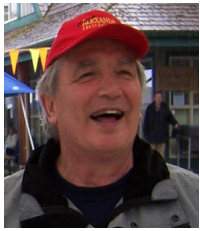


**We'd like to form an intergenerational Gardening Club to teach and learn from each other here at Camp 'A'. Call 604-535-0015 ext 232 to express interest.**





# A VIEW FROM THE BOARD...



This year has been a real challenge for the board (and for the staff I am sure) and I would like to thank all of the board members and staff for wading in and getting the jobs under control. Our board is one that works on Policy and Planning and the staff at CBCS does an admirable job of completing the real work that keeps CBCS operational. Our biggest challenge has been

operating CBCS without an Executive Director while we look for a replacement. We are now past that stage and are looking forward to developing our relationship with our new Executive Director, a key member of the board and the critical link from policy to implementation. The strategic plan that was developed by the staff and board has done an excellent job of keeping us all on the same page and building our momentum in the "same" direction.

This is my fourth year as a member of the CBCS Board and it has been a busy but very positive experience for me. It is not easy to run an operation like CBCS with the diverse needs of our communities and the restrictions we live with related to staffing and cash flow.

These challenges continue and I have taken on the co-chairing of the Funding Committee (along with John Hentschel). We are attempting to raise funds both for the operational needs of CBCS and also for the care and feeding of our Heritage buildings. These buildings and the grounds at Camp Alex form a community focus that any community would be proud to have.

It is truly uplifting to hear the stories of peoples' learning and growth by connecting with the programs at Camp Alex and we have a great responsibility to make sure our heritage and history are built on for the future. I urge anyone in our community to join with the board and staff in utilizing and supporting these fine facilities. We need to continue to build on this rich history as we pass the Camp on to future generations.

Bill Lightowers

## THE MITCHENER'S PLASKETT

By Jim Gifford

In the late sixties Governor-General and Mrs. Mitchener were present at the head table on the occasion of the inaugural meeting of the New Westminster chapter of The Canadian Club. My dad, Mayor Stuart Gifford had been the impetus behind the membership drive and on the evening of the dinner at the Royal Towers Hotel there were over 600 people in attendance. Salesmanship was Stu's forte – as well as getting things done!

During the dinner, Mrs. Mitchener passed a note to Mayor Gifford stating that she would love to get her hands on a Joe Plaskett painting. Joe was the renowned artist and ex-patriot, then living in Paris but born and raised in New Westminster. Dad immediately got the ball rolling.

He had someone find the phone number and address of Joe's mother, called her and got an okay to come by, and after the reception, a police car on standby drove the Mitcheners and my parents up to Mrs. Plaskett's apartment on Ash Street.

When they arrived at her suite the elderly woman ushered them into her place, and there they were – several exceptional Plasketts. After perusing them, The Governor-General's wife, Nora, selected one, payment was made, and after thanking Joe's mother, off they went.

In a jibe at Prime Minister Pearson's wife, Nora Mitchener remarked to my mom, Betty 'It's better than Marion's!'



### TAI CHI

Ongoing Classes

BEECHER PLACE, CRESCENT BEACH

For Information - call or email

Ph. 604-538-9128 or taiji@shaw.ca

### CANADIAN TIRE FUNNY MONEY

Do you have those coloured bucks lying around all over your house, or taking up space in every drawer in your kitchen? Why not bring them in to the Camp office and we'll put them to good use as part of our 'supplies fund'. If you'd like to pass them on for a good cause, we'll be very happy to take them. Just drop them off at the office Monday to Friday between 9am and 4pm, and THANKS!



**Sing Musical Theatre Hits!**

**Thursdays 7:30 — 9:00 pm**

**Ocean Park Hall**

**1577—128th Street**

**All Ladies Welcome — No Auditions!**

**Ivy Charyna (604) 536-0346**

**icharyna@telus.net**

**White Rock**

**Community Choirs**

**for Women**









# UNCLASSIFIED...

## WANTED

Vintage clothing circa 1850 through 1950's.  
Call Jayne at 604-538-1139

## FOR SALE

**Full size pool table, perfect felt \$200**



**604-535-0015 ext 231. (You must pick up)**



Our summer campers will be here before you know it, and by the time camps roll around our kitchen is usually in need of replenishment. If you have any extra pieces of the following items that you don't really need, we could definitely use them!

Stainless cutlery: 150 teaspoons, 100 each pie forks, dinner forks and knives  
Glass pyrex pie dishes: about 20  
Stainless pie servers: about 6  
Just drop them off at the office between 9am and 4pm, and thanks!

## THINK FOOD PROGRAM CANCELLED

Food Banks Canada is no longer coordinating the recycling of cell phones, ink jet and laser cartridges through the thINK FOOD program. The ongoing decrease in the market value of recycled inkjet and laser cartridges means the program is no longer a sustainable source of revenue for food banks under a nationally coordinated program.

So, that means that the Camp is no longer a collection point. The good news however, is that all ink cartridges can still be taken to Staples at Southpoint for recycling.

## KOLIDA'S BURRITAS

Fresh or Frozen  
6 packs \$24  
Limited supply  
**Call 604-538-5149**



## YOUTH AGED 12-18

CREATE A WORK OF ART UNDER THE INSTRUCTION OF ARTIST/ENVIRONMENTALIST RON STEVEN.

A FREE TWO-PART WORKSHOP AT CAMP ALEXANDRA,

MONDAY MAY 4 + 11, 4 - 8 P.M.

ART WILL BE DISPLAYED IN A LOCAL BANK AND AUCTIONED AT THE MAY 30 ALEXANDRA FESTIVAL - A FUNDRAISER FOR YOUTH PROGRAMS OFFERED THROUGH CBCS.

FOR MORE INFORMATION, AND TO REGISTER, CONTACT JON ROBERTSON AT 604-538-5060, EXT 26 OR [JRCBCS@TELUS.NET](mailto:JRCBCS@TELUS.NET).



## PASSAGES

The Camp lost a friend, mentor and invaluable volunteer on Christmas day when Alvina Gretschman, "Oma" passed away peacefully, in her favorite recliner.

Oma lived a life that few of us can even imagine, beginning in the Ukraine, in a typical Russian village. When the communists took over and the war began Oma eventually had to leave Russia and her husband, who was fighting in the Russian/ Finish war. She fled to Poland, surviving on little more than her wits, where she struggled to raise four children on her own. When the war ended, she reunited with her husband and they settled in a UN camp in Germany. From Germany they moved to Belgium and eventually found their way to Canada where they raised their 6 children. The years before and during the war in Europe were filled with



unspeakable hardship and the fact that Oma endured and survived is a testament to her strength of character.

Once she arrived in Crescent Beach, Oma found Camp Alexandra and made it her second home, joining the lunch program, being first to arrive at any special event, being first on the bus for every thrifting trip, and taking on many volunteer jobs. Her hands were never idle and her biggest claim to fame at Camp A was her talent working with her hands. Every year, a group of willing and well-intentioned volunteers would get together to make corsages for the Seniors Christmas Dinner, usually with dubious outcomes. Once Oma arrived and took over, our corsages were the best on the peninsula!

Her presence at Camp A was huge, and she is fondly remembered and fondly missed.





## ENTHUSIASMS...

## Camp A Retreat & Conference Centre Modern Service in a Vintage Setting

### BIRDS ON THE BAY

Celebrate Boundary Bay, Site of Hemispheric Importance & Canada's top-rated Important Bird Area of 597 sites. As a major stopover on the Pacific Flyway, this amazing area features habitats of eelgrass beds, mud flats, estuaries, salt marshes, bogs & streams that support more than 333 bird species, including some that are rare & endangered.



Join Friends of Semiahmoo Bay Society & Partners to explore these special places, see birds & local wildlife, sketch, photograph, kayak, enjoy special events & more.

Event schedule and more information are available at: [www.birdsonthebay.ca](http://www.birdsonthebay.ca)

### Spring is sprung (almost), The grass is riz I wonder where the clothing is?

Our Clothing Exchange volunteers will soon be doing their spring cleaning, and the Clothing Exchange will be ready for better weather and the introduction of our new spring line. Get that spring-cleaning done, root around in those closets and if you haven't worn it in the last year, pass it on. The Clothing Exchange is ready!

Please - no clothes in need of mending, or badly stained. Just pick up the key from the office, place items in the appropriate spot, and take what you need.

That's it!

### FRIENDLY VISITORS

Do you enjoy people? Would you like to spend a couple of hours a week visiting a senior in their own home? Senior Support Services invites you to become a Friendly Visitor, just one of the many SSS programs which are designed to help seniors to maintain their independence in the security of their own homes. Please call 604-541-9400 if you'd like to give it a try.

### WELCOME TO YOUR NEIGHBOURHOOD - ONLINE

Visit [www.crescentbeach.bc.ca](http://www.crescentbeach.bc.ca) or [www.oceanpark.bc.ca](http://www.oceanpark.bc.ca)

Explore it all, find out what's happening, find out what services are available, check out the classifieds or consult the Business Directory. It's all there.

The sites are designed to provide you with a variety of ways to connect with and communicate to your neighbours and your community, promote your events, advertise your products or services and keep track of what's happening.

For more information contact [amcinnis@telus.net](mailto:amcinnis@telus.net)

Camp Alexandra, just half a block from the beach, offers a variety of rental spaces for meetings, socials and overnight rentals with catering. For more information call 604 535-0015 ext 231 or visit our website at [www.campalex.com](http://www.campalex.com).

### Media Meeting Room

Located on the second floor of the Lodge, the Media Room accommodates 30 people in a well lit, relaxed setting. Amenities include: tables, chairs and couches, VCR, DVD, TV, cable and internet, elevator access, two washrooms

### Dining Hall

Located on the main floor of the Lodge, the Dining Hall accommodates 90 people in a heritage setting. Amenities include: tables and chairs for 90, pull down screen and projector, wood burning fireplace (presto logs), two washrooms

### Alexandra Hall

Located off Sullivan Street, Alexandra Hall accommodates 90 people in a heritage setting. Amenities include tables and chairs for 100, a wood burning fireplace (presto logs), two washrooms, mini serving bar for beverages and snacks



### Activity Room

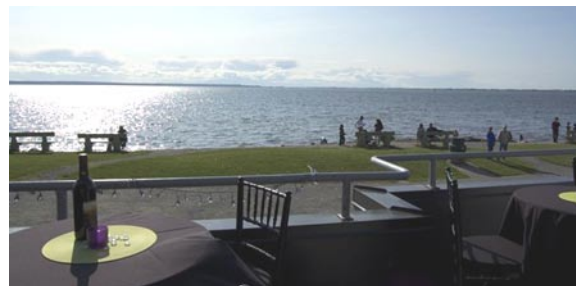
Located on the second floor of the Longhouse, the Activity Room accommodates 35 people. Amenities include tables and chairs for 35, an elevator, a wood burning fireplace (presto logs), a white board, two washrooms

### Lounge

Located on the main floor of the Longhouse, the Lounge accommodates 24 people in a casual setting. Amenities include round oak tables and chairs, a wood burning fireplace (presto logs), washrooms

### Beecher Place

Located on the water at 12160 Beecher Street, Beecher Place is the perfect setting for weddings, socials, workshops, presentations, shows and meetings. Amenities include: tables and chairs for 80 people (maximum capacity),



panoramic ocean view, pull down projector screen, mini kitchen with fridge, stove, microwave, sink and counter, two washrooms, elevator. For information please visit our web site at [www.campalex.com](http://www.campalex.com)

click on Facility Rentals, then Beecher Place or call 604 535-0015 ext 231.





# ENTHUSIASMS...

*Crescent Beach Community Services is a registered charity and tax receipts may be issued for all donations of \$25 or more.*

Estelle Bogoch graduated from Algonquin College in Ottawa with a diploma in Horticulture & Landscape Design. Originally from Montreal, she now lives in White Rock. Estelle does garden design consultations (Gardentalk) and teaches courses at VanDusen Botanical Garden, and White Rock Leisure Services. She works as a horticultural therapist at local care homes. She is a guest speaker and has written a book called 'Crosswords for Gardeners' that is available by contacting Estelle at 604-538-9466 or [estelle@gardentalk.ca](mailto:estelle@gardentalk.ca). She is passionate about living and gardening in this part of the world. Estelle contributes a monthly column to The Barnacle.



*Estelle Bogoch*

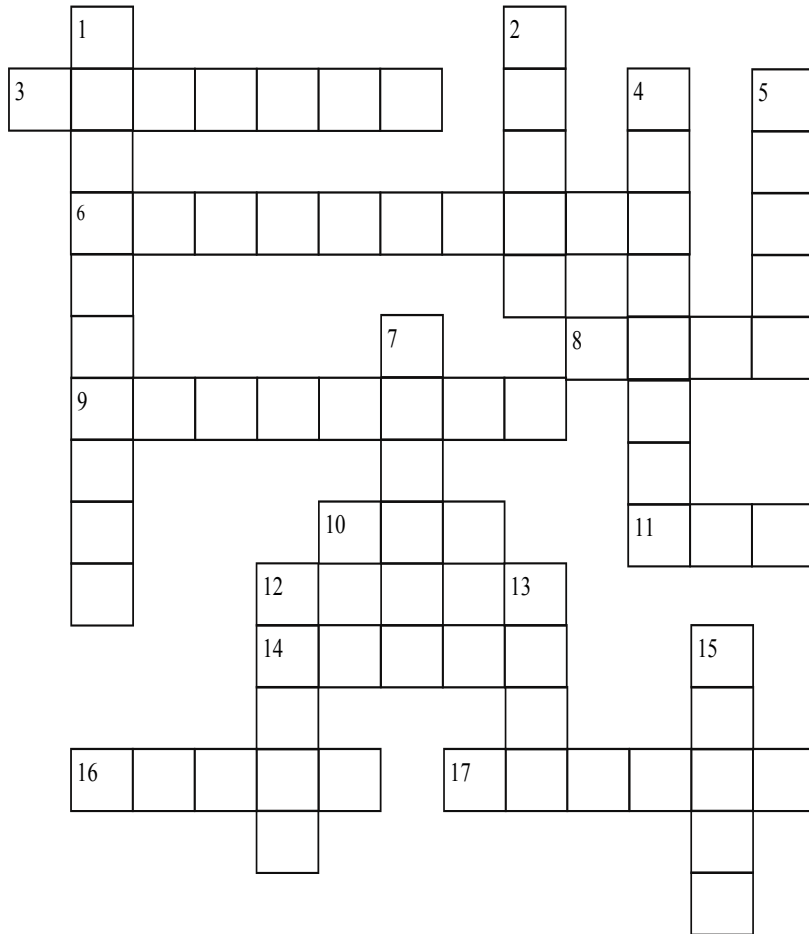
Diploma: Horticulture & Landscape Design

- College Hort. Instructor
- Garden Design Consultant
- Author
- Guest Speaker

**(604) 538-9466**

[www.gardentalk.ca](http://www.gardentalk.ca) / email: [estelle@gardentalk.ca](mailto:estelle@gardentalk.ca)

## Early Spring Gardening Chores



### ACROSS

- 3 Improve cutting ability of tools
- 6 Move plant from one location to another
- 8 Remove debris from lawns & beds
- 9 Plow through heavy garden soil
- 10 Attach vines to supporting structures
- 11 Scrape surface of soil to cut weeds & turn over soil
- 14 Improve soil with compost or manure
- 16 Place cool season annuals into ground
- 17 Loosen compacted lawns

### DOWN

- 1 Take 'before' pictures of your garden
- 2 Add fungicide to rose leaves that show signs of Black Spot
- 4 Remove straw-coloured, dry grass roots from lawn surface
- 5 Cut dead, diseased, dying, & damaged woody branches
- 7 Dig up, separate, & replant perennials
- 12 Add colour to wooden structures
- 13 Create clean distinction between lawn & garden beds
- 15 Moisten dry, growing plants

**BUY-LOW FOODS**  
Hillcrest Mall in White Rock



Community Spirit  
**Check and Save**  
CBCS Supporter

## WHO DO I CALL?

We can link you with the service you need!

**Information and Referral** **604-542-4357**  
(HELP)

**Monday - Friday 8:30 to 4:30**  
A Program of Peace Arch Community Services





**Deadline for contributions to the April Barnacle is Tuesday March 24th.**

**STATEMENT OF DIVERSITY**

- We are children, youth, adults and seniors of all races, all religions, all cultures, all abilities and all economic levels
- We speak many languages
- We are men and women of all sexual orientations
- We value diversity
- We endeavour to reflect the diversity of our neighbourhoods in our membership, our Boards of Mangement, our volunteers and our staff
- We respect all our neighbours
- We expect that all who come to our Houses, all those who provide or receive our services, will extend the same respect to all those they meet here
- Therefore, we will act to promote the inclusion of all in our Association and in our community

**THE BARNACLE**

*Advertising Rates*

Business Card Size: One month \$10, Three months \$25

Crescent Beach Community Services at Camp Alexandra  
 2916 McBride Ave Crescent Beach, BC V4A 3G2  
 Phone: 604-535-0015 Fax: 604-535-2720  
 e-mail: cbsanh@uniserve.com www.campalex.com

Executive Director: Penny Bradley  
 Program/Communications Director: Donni Klassen  
 Director, Core Operations: Rita Frederiksen  
 Manager, Facilities & Catering: Ginny Loudon  
 Property Manager: Mark Klassen  
 Fund Development Officer: Lois Peterson  
 Manager, Family Programs, Services: Dianne Schwartz  
 Manager, Food Programs & Services: Stella Buttner  
 Manager, Youth Programs/Services: Jo-Ann Morrison  
 Community Services Manager: Maxine Larmour  
 Reception/Admin: Barbara Stevenson, Moira McVey  
 Seniors Worker: Carol Ann Shannon  
 Caterer: Diane Kolida  
 Youth Outreach Worker: Danielle Kreutzer  
 Youth & Family Worker: Jon Robertson  
 Coordinator, Childrens Programs/Services: Cindi Mercer  
 Early Childhood Dev Prog Coordinator: Shelley Cranstone  
 2nd Cook: Sandy Marantz  
 Supported Adults Program Worker: Lisa Catalo  
 Parent/Teen Mediator: Ian Blatchford  
 Custodian: Don Akhurst  
 Caretakers: Lisa Lucow, Jayne Baxter

**MISSION STATEMENT**

As a unique neighbourhood house that is rooted in a heritage facility, Crescent Beach Community Services (CBCS) provides programs, services, facilities and community-building events that address the evolving needs and aspirations of diverse people on the Semiahmoo Peninsula and beyond. CBCS engages, educates and empowers in order to foster community spirit and participation, build supportive relationships, and nurture individual, family and community well-being.



**BEECHER PLACE**

Waterfront Room, Unobstructed Ocean View  
 Ideal for Weddings, Parties, Workshops, Classes, Seminars  
 Available to 11pm. Seats 80  
 Call 604-535-0015 Ext 231

**Caretaker Emergency  
 604-790-4051**

*The next meeting of the CBCS Board of Management will be held from 5pm to 7pm Tuesday March 31 . All CBCS members are welcome to attend. Please RSVP to to 604-535-0015.*

**CBCS BOARD OF MANAGEMENT**

- Mike Sheeshka •Drew Ratcliffe •John Hentschel
- Bill Lightowlers •Dana Gill •
- Jane Bird •Ruth Sebastian •Jordan Phillips

*CBCS Office Hours  
 Monday to Friday 9am -4:30pm  
 (June - August 9am-4pm)*

**CBCS STAFF PHONE DIRECTORY**

**Camp Alexandra 604-535-0015**

**Vine Ave Child Youth & Family Centre 604-538-5060**

Barb Stevenson/M McVey	221	Shelley Cranstone	229
Donni Klassen	223	Stella Buttner	228
Penny Bradley	227	Carol Ann Shannon	232
Rita Frederiksen	222	Lois Peterson	233
Mark Klassen	226	Ginny Loudon	231
Kitchen:	225		

Jo-Ann Morrison	21	Ian Blatchford/Aux. Workers	28
Candace Matthewson	22		
Cindi Mercer	23		
Danielle Kreutzer	24		
Maxine Larmour	25		
Jon Robertson	26		

