

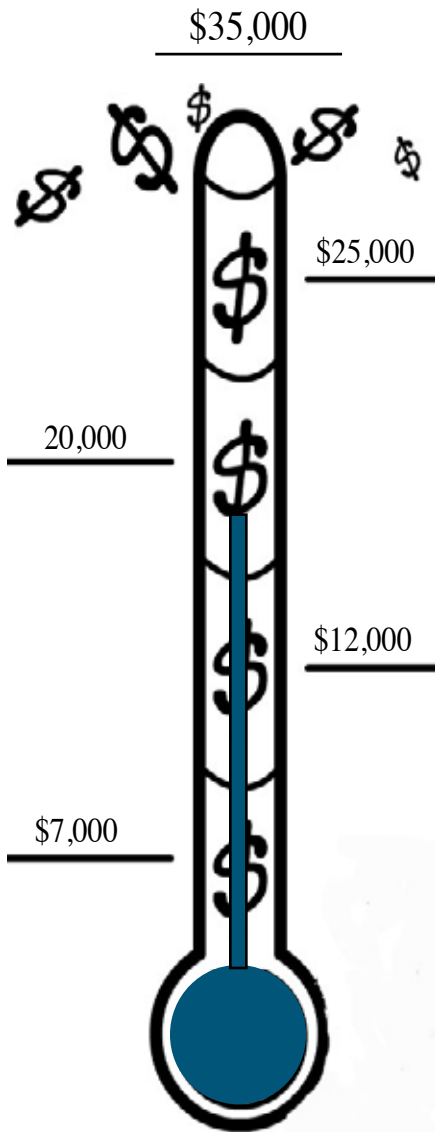
the BARNACLE



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

HELP US PUT IT OVER THE TOP AGAIN!
Our goal for 2009/10 is \$30,000. Although these are challenging financial times for everyone, we're confident that we'll achieve this with YOUR help.

March 31 2010



April 1 2009

Crescent Beach Community Services
in collaboration with South Surrey/White Rock
Early Childhood Development Planning Committee
PRESENTS

'IT TAKES A NEIGHBOUR ...'

FALL FAIR



Sun Oct 4th 2009

2-5pm

Sing-a-long
with Nelson
at 3pm

at Camp Alexandra

2916 McBride Avenue in Crescent Beach

In celebration of National Family Week
families are invited to
this fun, intergenerational, community event.

Join Us For:

- An Early Childhood Resource Fair with Information & Fun Activities
- Games • Bouncy Castle • Face Painting
- Music • Beading • Balloon Animals

ALL WELCOME!

For information call 604-535-0015 ext 229



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YOUR SUPPORT IS KEY TO OUR SUCCESS

Contribute to Camp A's Community Cookbook



Help us raise \$10,000

to support CBCS at Camp Alexandra
Programs & Services

Contact Lois Peterson: ipcbs@uniserve.com
604-535-0015 ext 233
or Dee Walmsley" dee74@sha.ca
for more information or to volunteer

Submit yor recipe on the form below.

Submit a favourite recipe

Join our volunteer cookbook

- Solicit recipes
- Check recipes
- Type up recipes for the Desktop Publisher
- Promote the Cookbook

- Find cookbook advertisers and sponsors
- Contribute art for the cover and inside
- Plan the Cookbook launch

Recipe Form

Your Name: (please print _____)

Please do do not include my name in the book when you publish my recipe.

Email: _____ Phone # _____ (day) _____ (eve.)

Recipe Name: _____

Category: Please check all that apply

- Appetizers or soup Main Dish - meat & fish Snacks Baking
- Family favourites Cooking with children Drinks Candy

Other category _____

Ingredients - please list in order they are used

Please use fluid ounces, cups, teaspoons, and tablespoon measurements

Recipe Instructions - please type or print clearly. Use a numbered list to describe the steps involved in creating your recipe. *Please use a separates sheet of paper if necessary.*

Cooking Time _____ Temperature _____ Accompaniments/Suggestions _____

Recipes will not be kitchen tested but will be checked by the cookbook committee for completeness.

Drop off this completed form to 'Camp A', or mail it to
Crescent Beach Community Services, 2916 McBride Ave, Crescent Beach, BC V4A 3G2.
You can also download a form from our website at www.campalex.com



YOUR SUPPORT IS KEY TO OUR SUCCESS

GENEROUS DONORS AND FUNDERS BRING GOOD TIMES TO SUMMER CAMPS

Summer Camps at 'Camp A' bring out the best in people – not only the campers who throng to our heritage site to enjoy their time with old friends and new, exploring a variety of activities with the support of energetic, enthusiastic camp counsellors – but also the many funders and donors who contribute cash and in kind support. **Thank you all!**

This year, we'd like to recognize:

- CKNW Orphan's Fund
- The Kiwanis Club of White Rock
- The Lower Mainland Christmas Bureau
- The Semiahmoo Rotary Club
- The White Rock /Peace Arch Rotary Club
- The Vancouver Optimist Club of BC
- The Peace Arch Monarch Lions Club
- Soroptimist International of Surrey Delta
- Soroptimist International of White Rock
- The Surrey Foundation
- Save-On Foods, Southpoint
- Lois Bewley
- Donni Klassen
- Donna Mercer
- Kathleen Mitchell
- Joyce Ellis
- Lois Peterson
- Ruth Sebastian
- Christine Ellerback

Turning the Camera on Maria Peterson, Photographer

A new friend of CBCS is local photographer Maria Peterson, who through her company Frozen Reflections, contributed significant prize packages to the Rotary Club of White Rock Millennium's Charity Gold Tournament Silent Auction and to the 2009 Alexandra Festival.

We're pleased to include Maria and her company in our list of supporters, and encourage Barnacle readers to check out her website where you'll find examples of her lovely work. www.frozenreflections.com.

The Madisons were the happy winners of a \$500 portrait session donated by Frozen Reflections at the Alexandra Festival in May



Local Rotary Clubs Helps us Raise the Roof



When you have a roof over your head, you can reach for the stars! Sol Hurak

On August 12, the Rotary Club of White Rock Millennium made a formal presentation of \$14,000 to Crescent Beach Community Services. This represents a significant portion of the proceeds of the club's May Charity Golf Tournament, and

is designated to support the costs of replacing the roof on our Administration Building.

Watch for the October 2009 issue of The Barnacle for a special feature on this local service club, in which we'll also recognize the many local businesses who contributed to the golf tournament's success.

At that time we'll also provide more formal recognition of a generous grant from the Envision Charitable Foundation towards the roof replacement project.



It Takes a Lot of Eggs to Make a Cookbook

It's time to get cracking on our fundraiser community cookbook, and we need YOUR help.

We're looking for your favourite recipes – whether they're old family favourites, or new discoveries that you'd like to share with friends, neighbours and the community.

We also need volunteers who can help with the legwork involved in soliciting recipes from local business and dignitaries, vetting submissions, designing the cookbook, identifying potential advertisers, developing a plan for a special launch in spring 2010 – (hopefully possibly at the May Alexandra Festival), and the other myriad tasks that make up this project.

For more information check our website at www.campalex.com or contact Lois Peterson by e-mail at lpbcbs@uniserve.com or by phone at 604-535-0015 ext 233.

Our goal is to raise \$10,000 from cookbook sales to support renovations and upgrading to the Camp Alex Dining Hall.



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



WHAT'S HAPPENING IN BABY BEES+BUSY BEES IN SEPTEMBER

Busy Bees is a wonderful opportunity for you to connect with other parents and caregivers. Parent information and resources on child development, health and parenting issues are always available.

- September 8 African Animal Tale
Zebra Painting
- September 10  African Animal Tale
Puppets
- September 15 Celebrating Generations
Activity
- September 17 "The Little Mouse, the Red Ripe Strawberry and the BIG Hungry Bear".
Authors: Don & Audrey Wood
Painting
- September 22 "Brown Bear Brown Bear
Author: Eric Carle
Print Art
- September 24 "Brown Bear Brown Bear
Author: Eric Carle
Storybook Making
- September 29 "Rainbow Fish"
Author: Markus Pfister
Sparkly Fish

• **Coming soon:**
"Creativity and Play Workshop"
will be held in October. Play is a child's work. It is how they learn and is crucial for their development. Come and learn about play and take a step into a child's world of discovery and exploration. This is a hands-on experience so come prepared to get messy! Parents and caregivers will learn with a toolkit of FUN activities that promote play, creativity and development. Date TBD. If you are interested, call 604-535-0015 and leave your name and number.

• We have books of 10 tickets for \$30 available for AFP drop-in. See Barb or Moira at the Camp 'A' reception desk for more information.



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.** (www.campalex.com)

To kick off National Family Week we are hosting
"It Takes a Neighbour ..."
Early Childhood Development Fair
October 4, 2-5pm.



Families are invited to this fun, intergenerational, community event in celebration of National Family Week. The event will include an Early Childhood Resource Fair with fun activities AND a bouncy castle, face painting, music, beading, popcorn, balloon animals and a sing-along with Nelson at 3pm. For more information call 604-535-0015.

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. The program runs Sept 1-Oct 30. For more information call Shelley at 604-535-0015 ext 229.

Coping with Toddler Behaviour

Join us for this **FREE** 8 week evening group for parents and caregivers of 1-3 year olds who want to nurture an attachment relationship with their child, promote positive behaviours and connect with other parents This fun and informative group uses video clips, discussions and skill-building exercises to share ideas and incorporate strategies. Wednesday Sept 30-Nov 25, 6:30-8:30pm in the Lodge at Camp Alexandra. Please call Cindi at 604-538-5060 ext 23 to register and for more information. Pre-registration is required and limited childminding spaces are available.



More Tools for Your Parenting Toolkit

FREE 6 week parent education group for parents and caregivers of children ages 4-12. This course is all about building strong relationships with our kids, understanding children's behaviour, providing encouragement and communicating clearly. Join other parents in an interactive, positive environment and develop your skills as a parent. To express interest in our upcoming fall evening group please call Diane at 604-538-5060 ext 22.

Parent Connect

This is an ongoing support group that provides parents of children 5-12 the opportunity to share, 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.



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



VINE YOUTH CLINIC


DROP IN
MONDAY & WEDNESDAY
3:30 – 6:30



DOCTORS AND YOUTH WORKERS ARE AVAILABLE TO SUPPORT YOUTH AROUND ISSUES OF WELLNESS

Addictions - Eating Disorders - Depression
- Sexual Health -
- General Health & Wellness -

15455 VINE AVENUE, WHITE ROCK
604 542 3926 (Clinic) or
604 538 5060 (CBCS Child, Youth, and Family Centre)
www.vineyouthclinic.com




LINK is a drop in program for pregnant and parenting teens and young parents. Support, connection, education and community resource information is offered to pregnant and parenting youth. Both one-to-one and group services are available. For more information, call 604-535-0015 ext 229.

For information about youth programs and Reconnect referrals, please call 604-538-5060 ext 21

YOUTH ADVISORY COUNCIL



Want to have fun, make new friends, increase your leadership skills, gain volunteer experience or build your resume, all while making a difference in your community?

Then come join our Youth Advisory Council this September. ALL Welcome.

For more information contact Maxine at
604-535-0015 ext 238
or email mlcbcs@telus.net

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.



Lily and Amanda took full advantage of the glorious summer weather at Teen & Young Moms Camp in July.



Estelle Bogoch

Diploma: Horticulture & Landscape Design

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

(604) 538-9466

www.gardentalk.ca / email: estelle@gardentalk.ca

RECONNECT

Reconnect provides services to assist youth 13-18 who are considered to be "at risk". Our outreach team makes regular visits 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.



ADULT & SENIORS PROGRAMS



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

Community Hot Lunch and Community Kitchen: Thurs starting Sept 16 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 & 5th Sundays
of each month, 4 pm
Starts Sept 20

NEEDLES AND PINS

A drop in knitting group meets in the lounge in the Longhouse on Wednesdays from 7 to 9 pm starting Sept 23. 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.



BODY BY DESIREE

Mon/Wed/Fri 9:45-10:45am starting Sept 14.
Come and join an energetic, fun exercise group in Alexandra Hall.
The emphasis is on stretch, flexibility, strengthening and toning with some cardio (no bounce).
Work at your own level, drop-ins welcome.
Call 604-536-4607

BUILDING WELCOMING & INCLUSIVE NEIGHBOURHOODS (BWIN) ADVISORY COUNCIL

Interested in connecting with your neighbours and building an increased sense of belonging, trust and well-being in our community?
We're looking for like-minded people to come together to start an Advisory Council to guide the BWIN Project.
To find out more, join us at our 'Celebrating Community' Dinner
Wednesday September 23 at 5.30pm.
For more information and to register for the dinner, call Maxine at 604-535-0015 ext 238 or e-mail mlcbcs@telus.net

SENIORS LUNCH & OUT-TRIPS

Start date for Hot Lunches Sept 16, 2009
Out trips: Register with Camp Alexandra at 604-535-0015

1. Steveston's Historic Gulf of Georgia Cannery, and afterwards enjoy shopping and lunch on the water front before tasting tea at historic London Farm.

Date: Sept 28, 2009 – travel by camp van so no walkers
Cost: \$25 not including lunch
Time: 9:30am - 4pm departing from Sullivan St in Crescent Beach

2. Westminster Abby in Mission, lunch at Mission Hills Brewery then visit Fort Langley.

Date: October 19, 2009 - travel by bus so walkers OK
Cost: \$55 including lunch
Time: 9:30am- 4:30pm departing from Sullivan St in Crescent Beach

3. VanDusen Festival of the Lights and dinner at the Old Spaghetti Factory

Date: Dec10, 2009 - travel by bus so walkers OK
Cost: \$55 including lunch and hot chocolate afterwards
Time: 4pm-10pm departing from Sullivan St in Crescent Beach

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 238 to express interest.

SAIL THE OCEAN BLUE!

On November 25th, hop on board the Nor Siglar for an amazing armchair voyage! In 1986, Anne Brevig and Martin Venesland sold most of their worldly belongings and moved onboard their new sailboat which they named "NOR SIGLAR", meaning "Northern Sailor" in old Norse. For 5 years they lived onboard their 40 foot French sloop in Spruce Harbour Marina in Vancouver, to save money and prepare themselves and the vessel for an offshore adventure, which started in 1991 and ended in 2000. Share their journey and their many adventures. Everyone is welcome to come for the journey - not just seniors! Call 604-535-0015 ext 232 for more information. See more of their adventures at www.norsiglar.com.



ENTHUSIASMS...

IT'S ALMOST TURKEY TIME!



Make sure you book your place early at the Camp 'A' Thanksgiving Dinner table!

Once again, we'll be hosting our Community Thanksgiving Dinner on Monday October 12th, 5:30pm.

You don't need to shop or cook or clean up afterwards! Just preregister at the Camp office or call 604-535-0015 and join us for a harvest feast with turkey and all the trimmings. Bring your whole family!

Remember - advance registration only and seating is limited, so please register early. Adults: \$10, children 6-12 \$6, under 3, free.

EVERYONE IS WELCOME

THE FALL COLLECTION



As much as we hate to see it go, summer is over for another year and the Clothing Exchange is in need of fall and winter wear, clean and in good repair. Contributions are most welcome – just pick up the key at the office, place your clothing - clean and in good repair - neatly on the appropriate shelves, and take what you need. That's it!

CBCS ANNUAL GENERAL MEETING ADVANCE NOTICE

**Tuesday October 27 2009 5-7pm
Dinner at 5pm Meeting 5:45pm**

Dinner (free) for all CBCS members and staff
Please RSVP by calling 604-535-0015 ext 227
by Friday October 20th if you'd like to come for dinner.
Watch for a full agenda in the October Barnacle

PSSST! Don't Forget!

The Social Fun Club

for adults with developmental disabilities
will be starting up again in September

Bring your caregiver, friends and neighbours for an evening of fun activities and socializing with friends
We look forward to seeing you there!

For more information please contact Maxine at
604-535-0015 ext 238 or email mlcbcs@telus.net

We're also looking for volunteers to help out with this evening program. If you are interested in volunteering for the Social Fun Club please contact Maxine at 604-535-0015 ext 238 or e-mail mlcbcs@telus.net





VOICE & DRAMA Instructor

- Popular styles for all ages
- 20 years in White Rock
- BC Teachers Federation
- RCM Voice, Speech Arts & Drama, Piano, Theory

604.536.0346 icharyna@telus.net



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 colored 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!

'TWEEN' JOURNALING PROJECT

Coming This Fall to Camp Alexandra

Creative Arts Sessions
For Young Women 12-15 years
Be Inspired!

Embrace Your Inner Creativity!
Express Yourself!
Have Fun!

Sessions will be run by Violette,
Author of Journal Bliss: Creative Prompts
to Unleash Your Inner Eccentric

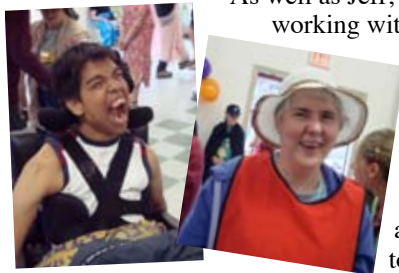
For more information please contact
Maxine at 604-535-0015 ext 238
or email mlcbcs@telus.net



SUMMER CAMP 2009...

Coming to Canada from the UK several years ago, I had never experienced a 'summer camp' before – not as a participant or as a camp counsellor. So, despite many year's youth and community work, I will admit to being a little apprehensive about what to expect...

As with all community projects the prep and behind the scenes work takes up a great deal of time and my summer camp to-do list seemed endless! Luckily, I had Penny Bradley, our new ED, who has lived (and survived!) camp for three seasons now to fall back upon and even luckier... Jeff Brose returned as Camp Coordinator – yeah! Those first few weeks of getting camp organized - hiring, budgets, sending out 700 brochures, registration, training, programming, just trying to 'get' camp - were very chaotic. Having Jeff's never-ending support and boundless enthusiasm made life so much easier for me. I am eternally indebted to you Jeff!



As well as Jeff, I had the pleasure of working with a truly exceptional and dedicated team of counsellors. Their spirit, compassion and readiness to throw themselves, literally at some points, into anything and everything to ensure the campers had the time of their

lives, and always with a huge smile on their face, blew me away on a daily basis. So, many thanks to Christine Tough Ass't. Camp Coordinator, Michelle Marasco Camp Administrator, Dell Doria Camp Health Officer, Fiona Doyle, Iain Graham and Emery Warner, this years Team Leaders and Camp Counsellors, Ria George, Hank Han Jien, Janine Gleeson and Marina Vaysman. Our relief counsellors Mark Bradshaw, Sonja Wildhaber and Stefanie Coutu, were also remarkable, and did a fantastic job working with our Supported Adults Camps.

We had the good fortune to have practicum students, Tanya Wehrens, Sylvia St. George, and Mindy Lidder and volunteers, Mark Collins, Lorene Douchette, Bobbi Wilkinson and Robert Taddi with his SEA students join us this year. Both students and volunteers provided a tremendous amount of support to counsellors and campers and we are grateful for their enthusiasm, time and energy.

I would also like to thank the staff of CBCS for supporting me through my 'induction' and for their contribution to the smooth running of camp. A special thanks to Ginny and Donni for stepping in at the last moment to drive the van.



Congratulations to our dedicated young people who successfully completed the Counsellor-In-Training (C.I.T.) program: Alison, Andrew, April, Celia, Eric, Mercedes and Selena. The C.I.T. certification program provides training and volunteer experience for students aged 13 to 15 to develop essential leadership skills, while having fun



and making new friends. Throughout their training, the C.I.T.'s worked towards planning, organizing and leading an activity for the children at Family Camp. This year they did animal crafts, taught the children how to line-dance and put on a show for their parents. The program was simply awesome!

Community support is essential to the fun and enjoyment of summer camp and we would like to thank Aru Spa and Salon and The Blanch MacDonald Centre for providing makeovers for Teen and Young Mom Camp and Family Camp; Burnaby Summer Theatre Troupe and BC Hydro Storytelling Group for entertaining Family Camp, South Pointe Exchange Save-on Foods for goodies and Pacific Video for supporting our movie nights. We also had a bit of a musical theme running through camp and were graced with the talents of Sonora Strings Touring Ensemble and fun sing-a-longs with Nelson Beavington. The Skepasts Family band and Band on the Run rocked out for Family Camp.

Bringing camp together is truly a team effort! A huge thank you to all the counsellors, volunteers, staff and community members who supported the program!

As one can imagine, financing camp is a gigantic undertaking. Because campers often have limited resources, the support of individuals, families, agencies and service clubs is crucial in allowing us to provide our camp programs. So, a **BIG THANKS** to all our donors and sponsors.

The campers reported an amazing time and wanted to know when the registration forms would be sent for next year!

And so, as I reflect upon my time supporting camp; the counsellors and *their* traditions (a whole other story!), meeting the campers, hearing their stories and sharing their memories of camp here, steeped in history and tradition... as I start to build my own camp memories, I remember Jeff's words of wisdom as he tried to help me 'get' summer camp all those many weeks ago... "you can't really explain camp, you have to *live it* – you'll see, *camp has a life all it's own*" and now, I truly understand what he means.



Thanks to everyone.

Maxine, Community Services Manager



UNCLASSIFIED...

WANTED

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



CRESCENT BEACH HOUSE FOR RENT

Oct 1-April 30
3076 O'Hara Lane
Call 604-541-2542

White Rock Community Choirs for women

Sing-along Christmas songs
COMMUNITY CHRISTMAS CHOIR rehearses
Mondays at 7pm Sept 28 to Dec 7
Music and practice CDs provided 11 weeks/\$99
icharyna@telus.net Ivy @ 604.536.0346

FIREPIT DEDICATION TO ROLF



Most people who are remembered, do not seek out the notoriety thrust upon them. Rolf Jonsson's notoriety was his connection to community. Every memory of Rolf Jonsson is one of community. We all remember individual moments with our Rolf that reflect his concept and devotion to the community.

It was therefore very fitting, that on the August holiday Monday, at 3pm precisely - Crescent Beach time - at the site of the former firepit, did we dedicate a new gas-fed fire in honour of focus of a pyrotechnical nature (not fireworks folks!) here at Camp Alexandra. Refreshments and small noshes were available to the assembled crowd and thus the conversations took us back. As we recall, Rolf was in charge of fires at all camp functions. Recent valid safety concerns, raised by the Fire Marshall, demanded a change if Camp Alexandra were to retain the comfort of campfire while residents of Camp enjoy camp. After all, what is camp without a campfire?



At the dedication many moments were relived. We fondly realized Rolf will always be a treasure which we will regularly view each time we see the fire.

When the fire was turned on, we all hailed our friend in the manner in which we all remembered him with a sip of Blackberry(or Blueberry) "tea", to be sure. Donni Klassen spoke to Rolf's honour, saying something which stood on its own as memorable. She said "Rolf Jonsson is one of those people who was comfortable in his own skin". How many of us look in the mirror and can be as kind to ourselves or albeit to others in our midst?

So when this passage is finished, dear reader, whether you choose blackberry tea or something else, raise a glass to Rolf. The warmth of his friendship will always be felt.

Chris Magnus

SUMMER MOVIE NIGHT AT CAMP 'A'



It was a perfect evening for an outdoor movie, and as the sun set, the neighbourhood began to arrive with an assortment of blankets and chairs -some in PJ's - to watch the outdoor screening of Pink Panther 2.

Popcorn and drinks were available and the evening got a resounding 'thumbs up' from about 55 assorted kids, teens and adults.

We may have just started a new summer tradition at Camp 'A'!

ODDS 'N SODS...



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 teaches the part-time 18-course Horticulture Diploma Program at Surrey College, design and gardening courses at VanDusen Botanical Garden, and courses for White Rock Leisure Services. She is a guest speaker at garden clubs and other organizations. She has written a book called 'Crosswords for Gardeners', containing anecdotes, crossword puzzles, and gardening tips, that is available by contacting Estelle at 604-538-9466 or estelle@gardentalk.ca. She is passionate about living and gardening in this part of the world. Estelle contributes a monthly column to The Barnacle.

SEPTEMBER GARDENING

What a summer we've had! From cool, gray conditions to hot and humid, this year kept us guessing. Eventually, plants grew, but many seemed to be at their peaks at the wrong time of the season.

Fall begins this month and with it, these traditional fall gardening activities.

- Photograph the flower and vegetable gardens
- Create a garden plan, noting all permanent plants if you move plants around, be sure to mark the new locations on the final plan
- Divide perennials and replant them in different locations for a distinctive look next season
- Buy and plant new perennials
- Cut back all perennials to the ground and compost the cuttings
- Compost annuals as they die back
- Buy and plant daffodil bulbs, to give them time to develop roots
- Build a compost bin with at least 2 separate sections
- Hoe the garden beds weekly
- Paint wooden structures during a 'good weather' spell
- Remove tomato plants and ripen green ones indoors

Lawn care includes:

- sodding large areas or adding seed to bare patches
 - cut grass to 1 1/2" at the end of the month (the last cut of the year will be to 1")
 - dethatch, if necessary
- Until next month...



Our youngest campers got their first taste of summer camp cuisine. Pablum anyone?

CRESCENT WALKERS 'REACH' NEWFOUNDLAND

It took three years to make it across the country from Crescent Beach, British Columbia to Corner Brook, Newfoundland, but a group of seniors finally made it. Mind you, they only walked on Wednesdays. The Crescent Walkers, a group of two dozen seniors from the White Rock/ South Surrey area, set out in the fall of 2006 to walk across Canada to commemorate the 2010 Olympics. They had hoped to reach their goal sometime in 2009. On June 3, 2009, they made it. Now they weren't actually walking along the Trans Canada, over the Rockies or around the Great Lakes or anything. The walk was a virtual journey but the steps were real. Every Wednesday for the past three years, the group met



Doug Burry - real Newfoundlander Bestows Honour with the Kissing of the Cod

at Crescent Beach to walk a few kilometers along the shoreline trails. They kept track of the distance covered each week, and Ed Parker, the group's statistician tallied up their steps, calculated the mileage, and plotted their accumulated progress on the map of Canada. Jean Roe, the group's defacto organizer, and a Newfoundlander by birth, kept their spirits high and their goal in sight. She also came up with the idea to commemorate their achievement with a Newfie Screech In. This is the traditional ceremony welcoming non-Newfies into the Royal Order of the Newfoundland Screechers. To be honoured in such a way is an extremely great privilege. Also you have to kiss a cod and drink some screech (Newfoundland Rum). With a live "kitchen band" and a lovely pot-luck luncheon complete with Partridge Berry Jam tarts and other Newfie treats, the Newfie Screech In was nothing short of a perfect celebration of the group's monumental achievement. 6,654 km of steps taken by 24 friends, some more steps than others, but all with the enthusiasm and determination to do something special in their lives. The average age of the Crescent Walkers is 81. They are all most definitely young at heart, and now official Newfoundland Screechers.



Rev. George Searcy gets ready to Kiss the Cod. Jean Roe has his official certificate. Doug Burry is holding the Cod. Cod Fish is paper mache art created by one of the walkers, Marilyn Dyer-Seidel.

Jean Roe



ENTHUSIASMS...

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

WELCOME TO YOUR NEIGHBOURHOOD - ONLINE

Visit www.crescentbeach.bc.ca or 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



Friendships are always a big part of summer camp, and good-byes are always tough!

Welcome Wagon

New To Your Community?

Be sure to call Joann

604-538-3740

Our hostess will bring gifts and greetings along with helpful community information

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

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.

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

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.

WANTED Gently Used Books By Donation

Please contribute your gently used books written by women authors to

Soroptimist International of White Rock

Donated books will be sold as part of a Women in Film Fundraiser, October 24th at First United Church in White Rock in support of Project Sierra: Hope for Homes in Sierra Leone, Africa



Books may be dropped off at:



Camp Alexandra, 2916 McBride Ave

or

**South Fraser Women's Services Society
15318 - 20th Avenue**

For amounts of 20 books or more, we can pick up from other locations in South Surrey, White Rock.



For additional information please contact Jane at janebryson@shaw.ca

Project Sierra (www.projectsierra.com) helps to strengthen families at risk, provides opportunities for young children living on the streets to return home and offers education.



Teen and young moms and their babes had a wonderful time at camp, relaxing, making new friends and learning some parenting skills to help them in their day-to-day lives.

LETTER FROM THE ED



It is hard to believe that summer is nearing an end, and soon my 5 year old (Keagan) will be stepping into his first day at Kindergarten! But right now, I am more preoccupied with the drizzle of rain that carried me from my car into the office. Donni assures me that this is just a 'blip', and that the sunshine will return. I'm hopeful that my two weeks off that begin at approximately 4pm today will not be overshadowed by rain. I am taking what is currently called a 'staycation', meaning I'll be spending it in my backyard! I'm also hoping that I can sleep in, even to 9am would be a positive development.

This truly has been an amazing year, lots of learning and growth! The summer has gone by quickly, but has been marked by a very successful Summer Camp season. Our dedicated team of counselors carried on traditions that started many years ago, and introduced a few new ideas. The volunteer support for camp was truly remarkable, we had practicum students, youth, and an international student who supported our campers and counselors.

Our first annual Outdoor Movie Night went extremely well thanks to everyone who participated. The evening was beautiful, the movie was 'Pink Panther 2' and was 'um interesting' (although our family crowd seemed to enjoy it). Keagan sat patiently watching the movie, and every so often would turn to me and say 'where's the cartoon, isn't it time for the cartoon part?' Sadly, I couldn't break it to him at the time that it wasn't a cartoon, however it does explain why he had been excited to see it. For a small, word of mouth marketing campaign, the turn out assured us this is a summer event well worth continuing! (I have lots of ideas germinating about the potential for arts based summer day camps for a 6-12 community members!)

The fall is chock full of activities –

- 'It Takes a Neighbour...' Fall Fair on October 4
- Building Welcoming and Inclusive Neighbourhoods Multicultural Dinner
- Thanksgiving Community Dinner
- Winter Festival

Through the year we will be sharing information about our Building Welcoming and Inclusive Neighbourhoods Project, and are currently looking for volunteers interested in shaping the project.

Enjoy the changing seasons!

Penny Bradley, Executive Director

**The CBCS office will be closed
September 7, Oct 12, Nov 11
and Dec 24-Jan 1**



Deadline for contributions to the October Barnacle is Monday September 28th.

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 Management, 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

CBCS STAFF

Executive Director: Penny Bradley
 Program/Communications Director: Donni Klassen
 Director, Core Operations: Rita Frederiksen
 Property Manager: Mark Klassen
 Fund Development Officer: Lois Peterson
 Manager, Facilities & Catering: Ginny Loudon
 Manager, Family Programs, Services: Dianne Schwartz
 Manager, Food Programs & Services: Stella Buttner
 Manager, Youth Programs/Services: Jo-Ann Morrison
 Community Services Manager: Maxine Larmour
 Coordinator, Childrens Programs/Services: Cindi Mercer
 Early Childhood Dev Prog Coordinator: Shelley Cranstone
 Reception/Admin: Barbara Stevenson, Moira McVey
 Seniors Worker: Carol Ann Shannon
 Caterer: Diane Kolida
 Youth Outreach Worker: Danielle Kreutzer, Eric Rice
 Youth & Family Worker: Jon Robertson, Christine Christensen
 Supported Adults Program Worker:
 Parent/Teen Mediator: Ian Blatchford
 Building Service Workers: Trevor Grimston, Terry Sargent
 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.

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

Caretaker Emergency
 604-790-4051

The next meeting of the CBCS Board of Management will be held at 5pm Tuesday September 22nd. 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
	236	Maxine Larmour	238
Kitchen:	225		

Jo-Ann Morrison	21	Christine Christensen
Dianne Schwartz	22	Ian Blatchford/Aux. Workers
Cindi Mercer	23	
Danielle Kreutzer	24	
Jon Robertson	26	
Eric Rice		

