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Saanich Volunteer Services Society

# THE FRIENDLY VISITOR

NEWSLETTER

Spring 2001

McRae House • 1445 Ocean View Road • Victoria • V8P 1J8 • 595-8008

Sometimes in life, usually too rarely, one meets a very special person; one who has a major and lasting impact that changes one's attitude and behaviour in profound ways. For Isobel, my wife, and for me, Rory Kirby, William F. Christian was such a man. Late in 1999 we asked the Saanich Volunteer Services Society if we could help by visiting people in their homes. In January 2000, Ilona invited us to meet a man who was nearly 95 years old and lived alone. She thought we would be a good match. How right she turned out to be!

At first we treated each other formally, but soon we started to build bridges of intimacy as we freely shared stories about our families and ourselves. We learned about this remarkable man, with his eye for every detail. He spoke of his wife Gladys, who has Alzheimer Disease and lives in a care home, and of his two sons, who had become blind. This remarkable man regularly invited his local son Bill to Sunday dinner, which

he cooked himself! We spoke of our five children and their children, and where they live and what they do. Bill quickly recalled all their names and activities as we mentioned them. We talked of Bill's illness and the major surgery that he had in the fall of 1999; of his slow but steady recovery against what many thought were very long odds. Though unsaid, we came to realize Bill's enormous courage and determination to live.

In March we met Bill's son Charles and his wife Eda and were invited to celebrate this life of 95 years. Cards, photos, and birthday cake made this a memorable day. One sunny day, we took Bill to Butchart Gardens. As usual he was worried that he was being too much trouble! He also secretly wondered how he was going to be able to manage such a long walk with just his walker! He was delighted to discover that we had arranged for a wheel chair.

Isobel quickly took over as chief guide, helping Bill to revisit the wonderful garden of memories, where many years ago he and Gladys had strolled. As usual we ended the visit by stopping for tea, with Bill's favorite - chocolate cookies!

On another occasion we visited Gladys. Bill, as ever perfectly dressed, had his suit and tie on, and looked very smart and far younger than his 95 years. This visit was very touching as Bill struggled with the reality of Gladys's present condition and his memories of past, happier days.

Continued on page 2

Thanks to Bob Clarke for making the new SVSS sign (complete with new logo!) for the front of McRae House.

# ***Volunteer Profile***

by Susan Zerb and Kathryn Bennett

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“I’ve met the most interesting people,” says volunteer and our Board of Directors President, Theresa Vogel. Theresa has been on the board of Saanich Volunteer Services for four years and brings a variety of experiences and a great sense of humour to our agency.

Raised in Central Alberta, Theresa learned early the reality of “neighbours helping neighbours”. From washing the town doctor’s Packard to picking up groceries for a shut in neighbour on those cold winter days she quickly discovered how good it felt to help others.

Big Brothers and Big Sisters have had the benefit of her giving nature for the past 25 years. As a regional and national board director, she chaired task forces to negotiate the amalgamation of Big Brothers and Big Sisters in the region and in the country. Seeing the difference their programs make in the kids lives has encouraged her to remain active. As well, she volunteers with United Way, Salvation Army, and St. Andrew’s Cathedral. Her contributions include volunteer leadership training, workshop facilitation, house to house fundraising, and securing a significant financial donation for a major non profit organization’s building campaign.

Describing herself as “someone who is better off cleaning the basement than taking tea with the ladies” Theresa began her career as a rehabilitation psychologist but later switched to a recreational therapist and is currently employed at the Cubbon Adult Day Care Centre of the Capital Health Region. She has an undergraduate degree from the University of Victoria and a graduate degree from the University of California at San Diego. Theresa changed careers in order to find a more authentic way to help people.

## ***A Tribute to Bill Christian***

***Continued from page 1***

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As summer turned to fall, Bill’s health started to decline. Our visits to his home turned to visits to the Victoria Hospice and on November 12<sup>th</sup> 2000, comforted by their wonderful palliative care, Bill Christian died.

Throughout the many times we shared with Bill, Isobel and I always came away feeling that we had been made to feel special. Every thing we did was always against a backdrop of his solicitous concern. We felt that we mattered to him. In turn his acceptance gave us new energy and a sense of purpose in caring for him. He lived his life unswervingly in accordance with his beliefs and values. His personal discipline called in turn for high standards from all that came in contact with him. Perhaps Bill’s age is the clue, as he came from times when attitudes and expectations were so different.

He remains as an example of what was once seen as the better side of mankind. He reminded us that the more precious aspects of life are still worth developing and holding on to. All who knew Bill were enriched by his thoughtfulness, humour, generosity of spirit, and his magical smile. We miss him very much.

Isobel and Rory Kirby  
November 2000

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A “Swing Sister”, Theresa and singing friends bring cheer to many nursing homes, churches, and special events with their repertoire of fine songs.

A mentor, a coach, and a model volunteer, Theresa inspires others to pull together and make a difference in the community.

At SVSS we have “a most interesting person” as President of our Board.

**CALLING ALL VOLUNTEERS!  
HELP WANTED**

**Friendly Visitor.** Non-smoking male/female companionship is wanted by 90-year young man. Mike lives in the Harriet Road/Gorge Road West area and has a passion for guitars, fiddles, and banjos. Mike has a great sense of humour, listens to country and western music, and used to work on farms and ranches in the U.S.A. and western Canada.

**Friendly Visitor.** 87-year young woman seeks female companionship. Florence is of Scandinavian heritage, a smoker, and lived in Halifax and Calgary. Florence is very social and is a member of the Eastern Star. Go for a walk, share tea and conversation, and get to know this interesting woman.

**Friendly Visitor.** 90-year young woman desires female companionship. Mabel lives in the Admirals Road area, and enjoys art and museums. She would like to go for walks, visit the library, and share tea.

**Volunteer Craft Fair Coordinator.** Do you have great organizational skills and a talent for crafts? Responsibilities include: work with the organizing committee, seek original crafters, design a floor plan, organize and attend set-up and dismantling of the event, make phone calls, send thank you cards. Interested?

**Reassuring Phone Calls.** Need a friendly phone call? Check out our Reassuring Phone Calls Program. You can receive a call as often as you need: daily, weekly, or when friends and family are away.

**See a job  
YOU can do?  
Call Ilona  
595-8008**

**Off the  
Beaten  
Path**

by Barbara Baldwin



Great blue herons are on the wing at Portage Inlet. Harbingers of spring, they loudly announce their arrival by fighting amongst themselves over who will get the best spot in the fir trees. They vie with each other for the best fishing spot and do not appreciate company. Herons prefer solitude and only converge during mating season.

If I am very quiet and slow moving, I can position myself within view of their fishing haunts. I love to watch them standing as still as a reed in the water.

Herons spend long minutes silently awaiting a meal. Their patience is remarkable and always rewarded. While watching them I am reminded of the old adage that patience is it's own reward.

Whenever I become impatient with the slow unfolding of events in my life, I imagine the tall, elegant herons practicing patience. They have become a symbol of trust for me and I surrender to the knowing that all of life is unfolding in it's own time.

**Looking for a  
Dishwasher**

We are looking for a portable dishwasher in good working order to use at McRae House, the office of Saanich Volunteer Services Society. Please call our office at **595-8008** if you are able to donate this item.

# *Happy International Year of Volunteers 2001*

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In November 1997, the United Nations General Assembly proclaimed 2001 as the International Year of Volunteers. The International Year of Volunteers (IYV) 2001 provides an unprecedented opportunity to celebrate the contributions of volunteers in recognition of their enormous social and economic contribution. Over 7.5 million Canadians are proud to say "I Volunteer." Volunteers are people who give their time, without pay, to help others, and they can accomplish great things. Volunteers make a difference! The gift of volunteerism improves the lives of those who are helped, but also affects those who are helping. Volunteers receive as much as they have given. Volunteering has been part of virtually every civilization and society and the need for increased voluntary action is greater than ever.

Volunteers are students, workers, and retirees. People of all ages helping in health and social services, education, the environment, in faith organizations, arts and culture, in sports and recreation. The contribution that volunteers make is estimated at \$16 billion annually, or 8 per cent of Canada's gross domestic product. Volunteers contribute 1.1 billion hours of their time yearly—the equivalent of 578,000 full-time jobs.

Statistics provided by Volunteer Victoria (1997) show that 89,000 Victorians volunteer. The average volunteer contributes a gift of 149 hours annually, amounting to 13,261,000 hours. At a cost of \$17.60 per hour this amounts to a financial contribution of \$233 million. B.C. has the highest participation rate in the country, and Victoria residents were more likely to donate and volunteer than residents of British Columbia as a whole. Nearly eight out of ten people living in the census metropolitan area (CMA) of Victoria, made financial donations to charitable and nonprofit organizations, according to the National Survey of Giving, Volunteering and Participating

(NSGVP). On average, donors in Victoria gave \$252 annually, for a total of \$52.3 million. Not only do Victoria residents give their time and energy, but also they generously give financially with their hearts.

Saanich Volunteer Services Society is proud to acknowledge our 250 volunteers who provide services to more than 650 Saanich residents, contributing almost 11,000 volunteer hours. You do an awesome job!!! In your honour, and to show our appreciation, we invite our volunteers to a celebration Garden Party on Saturday, July 21, 2001, from 2 p.m. – 4 p.m. You are invited to submit a story or an anecdote that you wish to share regarding your volunteering at our Agency. All submissions will be entered into a draw the day of the Garden Party and three entries will receive prizes. Submissions may be mailed, emailed, or dropped off at the office from now until Monday, July 16, 2001. Your stories will be printed in future newsletters.

*Happy National Volunteer Week,  
April 22 – 28, 2001.*

## **The Saanich Volunteer Society Newsletter**

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**Editor:** Kathryn Bennett

**Composition:** Dot Stutter

**Contributors:**

Barbara Baldwin

Iлона Douglas

Susan Zerb

To make a contribution to the newsletter,  
please contact us at:

**Saanich Volunteer Services Society**

**1445 Ocean View Road,**

**Victoria, BC. V8P 1J8**

**Tel: 595-8008 Fax: 595-8005**

**email: [svss@pacificoast.net](mailto:svss@pacificoast.net)**

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# *Applause*

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Thank you to the businesses that support Saanich Volunteer Services by donating to our successful Silent Auction and to our Raffle. Businesses like these are proud to help their neighbours. Our thanks to: Smithbooks, Bartholomew's Bar & Grille, Thrifty Foods, David Gray, Bird of Paradise Pub, The Rockhound Shop, Joan's Cakes, Canada Safeway, Royal Oak Golf Club, Master Clean Dry Cleaners, James Bay Tea Room, Bliss Esthetics, Cordova Bay Ridge Golf Course, Five Star Whale Watching, Ultra Esthetics Studio, The Romance Shop, Cutting Nook Hair Design, Shear Magic Pet Grooming, 2nd Look Esthetics, Changing Times Hair Studio, Star-Lite Cleaners, Romano's Macaroni Grill, Saanich Commonwealth Place, Butchart Gardens, Days Inn Vancouver Downtown, Smuggler's Cove Pub, Asrayy Jadid Enterprises, Purdy's Chocolates, BC Ferry Corp, Heirloom Linens, Fitness World, Royal Oak Gallery & Custom Framing, Frances Litman Photography, Olympic View Golf Club, Mark's Work Wearhouse, Esso Checkpoint Automotive Service, Kerrisdale Cameras, Victoria Operatic Society, Langham Court Theatre, Trio Ready Mix, McMorran's Beach House, Victoria Symphony, Rogers Video, Gorge Vale Golf Club, Fairmont Empress Hotel, Belfry Theatre, Compusmart, Coast Harbourside Hotel, Crystal Gardens, Maude Hunters Pub, Gatsby Mansion, West Coast Air, Cadboro Bay Mohawk, The Westcoast Grand Hotel on Fifth Avenue(Seattle), Victoria Carriage Tours, Executive House Hotel, Victoria Clipper, Terrific Victoria Jazz Party, McDonald's Restaurants, Ocean Pointe Resort, Neil Murray/Cedar Hill Golf Course, Accent Inn, Swan Lake Chalet Bed & Breakfast, Prince Of Whales, Columbia Fire & Safety, J.J. Morgan, Japan Camera, Cinecenta, Lewis Craft, McBeans-Mayfair, Solutions Hair Design, Shandley & Tuson, Bolen Books, The Phoenix

Theatres-Uvic, Bank of Montreal, True Colour Photo Image Centre, The Bay-Mayfair, Nail Systems, Orange Julius, Ruffell & Brown, Oak Bay Rec Centre, University Heights Jewelers.

A sincere thank you to our corporate supporters who continue to believe in the work that we do: Saanich Kiwanis, Provincial Employees Community Services Fund, Municipality of Saanich, The Victoria Foundation, Pacific Coast Savings, Water Pure and Simple, The Saanich News, Pacific Coast Net, and The Capital Health Region.

And, of course, we want to thank the individual donors who continue to support us financially. Thank you to Virginia Lamont, Barbara Leonard, Chin Liew, Lorraine Gardner, Mel Kitson, Rory Kirby, Joann Keating, Ursula Kasting, William Jackson, Jean Hunter, Jack Hunter, Dorothy Horne, Jackie Heaslip, Bob Gray, Katherine Manning, David Gee, Ian Hill, Linda Frizzell, Anne Forsyth, Joan Fletcher, Colleen Falconer, Jean Espie, Jennifer Dilbert, Pam Dickinson, Peter Clifton, Bernice Charters, Tony Chang, Nadine Ozubko, Carla Boe, Elizabeth Gordon, Donna Vogler, Noel Robertson, Fran Rothman, Leona Russell, Phillippa Sloan, Roy Small, Pat Smith, Janet Renton, Rennie Thomson, Mel Williamson, Moira Wightman, Margaret McKay, Donna Zwiers, Francine Halle, Chris Dicken, Alan Spearman, John Preston, Andrew Reid, Marjorie Morden, Henry & Pat Muzyka, Jim Pickup, David Pretty, Bev Provost, Elsie Pugh, Darcy Delgatty, Maxine Reed, Rean Meyer, Debby Neville, James Robertson, Herb Baker, Jean Fenger, Leigh Bailey, Jeto Sangara, Nickolas Turchniak, George Anderson, Anne Pugliese, Beverly Bain, Catherine McDiarmid, Inga Webster, Kathleen VanDusen, Bev Smalley, Jeanette McKendry, Dorothy Whittington, Reta

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We have endeavoured to make this list as complete and accurate as possible and apologize for any errors or omissions.

## ***Upcoming Events/Meetings***

“All About Fibromyalgia & Arthritis”

“Beating Brain Attacks” (Strokes)

“Substance Abuse and Aging”

Annual General Meeting

Volunteer Garden Party

April date T.B.A.

Tuesday, May 9, 2001

Wednesday, June 13, 2001

Saturday, June 23, 2001

Saturday, July 21, 2001

# ***Cystic Fibrosis***

## ***A Killer of Children and Adults***

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First described as a disease only in the late 1930s, and recognized as an inherited affliction, Cystic Fibrosis (CF) affects mainly the lungs and the digestive systems of children and adolescents. As of today, it is still incurable and the tragic fact is, eventually everyone with Cystic Fibrosis dies of lung or liver disorder. The average age of survival of patients with CF is 29 to 30 years. CF develops when a child inherits a defective CF gene from his/her parents. Approximately one in every 25 Canadians is a carrier of this defective gene. Those who are carriers do not have Cystic Fibrosis, they are not even aware of it as they have no symptoms. When two persons who carry the gene have a child, there is a 25% chance the child will be born with CF, 50% chance the child will be a carrier (like the parents) and 25% chance the child will neither have CF nor be a carrier. It is estimated one in every 2,500 children born in Canada has CF.

There are a variety of symptoms: constant cough followed by an expectoration of a thick mucus; weight loss, despite excessive appetite; repeated and prolonged bouts of pneumonia and various lung infections. CF afflicted individuals cannot expel the excess salt from their lungs or pancreatic tissues (this is why it leaves a salty taste on the lips when you kiss a CF afflicted child). The accumulation of salt in the tissues

can cause formation of a thick mucus layer in the bronchial tubes hindering the exchange of carbon dioxide with the life giving oxygen. Similarly, the mucus blocks the secretion of several digestive enzymes in the pancreas and prevents their transport to the intestines and most of the essential nutrients in food are expelled unutilized. This is the primary reason why the patients appear so thin and undernourished. With lungs affected by thick mucus, activities which healthy people take for granted can be exhausting for a person with CF. As the disease progresses not even an abundant supply of pure oxygen will elevate their strength and energy. Eventually their blood is saturated with carbon dioxide to a critical level and the patient succumbs to oxygen starvation. Infectious bacteria such as *Pseudomonas aeruginosa*, a highly destructive, miniature killer notoriously resistant to many known medications is a real threat to persons whose immune system has been compromised (like the CF patients). The microbe finds an optimum environment in the thick, warm, moist, mucus layers that line the lungs, gradually and unremittingly destroying the tissues of the bronchial tubes. Eventually there is not enough bronchial surface to breathe, leading to a premature death.

In 1989 Canadian scientists discovered the defective CF gene. The discovery created the optimism that cure is at hand. Many believed that all the scientists have to do now is to find a way

Continued on page 9

### ***Attention Volunteer Drivers***

*There are changes in the way we reimburse you for the kilometers that you claim. We will no longer write cheques for amounts under \$5.00. Unfortunately, the system that we use does not allow us to carry forward these amounts from quarter to quarter. To our volunteers who donate the kilometers to SVSS please remember that we do not issue tax receipts for amounts under \$10.00. The Board of Directors has decided to increase the mileage reimbursement amount to \$.30/km effective April 1, 2001.*

# 2001 Saanich Volunteer Awards

by Susan Zerb

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The Kiwanis Club of Saanich invites you, fellow employees and friends to join the Kiwanis Club. Participation in Kiwanis provides opportunities to become more involved in community activities, as well as to develop new acquaintances and friendships.

The Club meets on Tuesdays at 6:15 pm, at Tillicum Terrace, a housing project it manages at Tillicum Rd. and Obed St. An inexpensive meal is served, followed by a meeting usually featuring a guest speaker. Part of the meeting is devoted to planning and preparing for various Club projects and activities. The meeting ends at approximately 8:00 pm. During the year a little relaxation and fun is available when regular meetings are replaced by 'outings', such as a golf tournament, a barbecue, a card party and other social events.

At present the Club membership numbers 24 men and women of various ages. Club funding for community undertakings is derived from the operation of food concessions in Saanich Parks at Beaver, Elk and Thetis lakes. These do not require volunteer help. Some funds are also provided from the B.C. Gaming Commission. The Club needs active members to help with the various projects in the community. This letter is an invitation to you to consider joining the Kiwanis Club. Come as a guest to our meetings. Please feel free to contact the undersigned at any time.

(Signed) Bob Adams,  
652-5202

On April 23<sup>rd</sup> we'll be celebrating the achievements of six Saanich Heroes. We're proud to have co-organized the third annual Saanich Volunteer Awards. Initiated by the Healthy Saanich Committee, these awards are aimed toward promoting volunteerism and recognizing individuals making a difference in our community. We'll be recognizing worthy youths, an adult, and a senior who are exemplary volunteers right here in Saanich. We are able to make cash awards to our four youth leaders because of the very generous support of McDonald's and Save-On-Foods. The Saanich News contributes weekly promotion and coverage of the award ceremony at the Municipal Hall. My

thanks to Kelli-Ann Armstrong of Saanich Community Services for collaborating with SVSS to make this program a success. Together we distributed posters and brochures to Saanich recreation centres, libraries, schools, and more than sixty volunteer agencies and service clubs so that the entire community would have an opportunity to nominate their favorite volunteer. Watch for details on the winners in our next newsletter.

## ***Cystic Fibrosis***

***Continued from page 7***

to replace the faulty gene with a healthy one. Unfortunately, when the gene replacement therapy was applied to humans, it did not work. The harmless virus, that carried the healthy gene, was immediately recognized by the immune system as a foreign material and it was destroyed before it reached the lungs. Scientists still don't know precisely how the actual exchange of genes will take place in the cells; how many modified viruses with healthy genes are needed for an effective treatment; or, how many times the treatment should be repeated, or more importantly, what will be the unwanted side effects.

The Canadian Cystic Fibrosis Foundation is a national non-profit, voluntary health agency, established in 1960, led by volunteers in 52 Chapters across Canada. The Foundation supports 35 CF hospitals offering specialized treatments for children and adults. We are fortunate to have the internationally acclaimed singer Celine Dion as our Celebrity Patron and Mrs. Mila Mulroneu as our Honorary Director. The Foundation's income is based on contributions from many generous donors, with contributions ranging from pennies to dollars.

We have seen a remarkable progress in CF research during the past decades. A child born with CF in 1960, when the Foundation was established, stood only a 50% chance of living long enough to start school. In a short 40 years, life expectancy has tripled, and at present, 40% of Canadians with Cystic Fibrosis are over 18 years of age. Although recently a concern was expressed that the life expectancy of CF patients has reached a plateau, many of us, patients as well as volunteers, fervently wish to believe that the cure is just around the corner.

Alex Ronay, President, Victoria CF-Chapter,  
Canadian Cystic Fibrosis Foundation

***If you do not want*** to receive our newsletter, please call Kathryn at 595-8008, and we will remove your name from the mailing list.

“Volunteerism has little to do with being a ‘do-gooder.’ It is about...self-esteem and freely sharing one’s talent and wisdom; being valued, not paid; empowerment, growth and creativity; enhancing the community’s quality of life. It is also about having fun in the process.”

Michael L. Hadley,  
Center for Studies in Religion and Society.

### ***Calling All Cooks*** ***\*\*\*\*\*Last Chance\*\*\*\*\****

Long to see  
your favorite original recipes in print?  
S.V.S.S. is planning its first cookbook of  
***your*** recipes and household hints!

So sit down with a cup of tea  
find your favourite original recipes  
and household hints.

A panel of volunteers will select  
a good variety  
from those recipes received.

Send your recipes NOW marked  
*Attn: Cookbook*  
by email to [svss@pacificcoast.net](mailto:svss@pacificcoast.net)  
or drop them off at McRae House

### ***Confidentiality***

We respect your right to privacy, so please be assured that our agency does not share our membership list with any outside individuals or organizations.

# The Joys of Driving

Ever wonder if you had to take a repeat driver's test how you would perform? That question most likely was floating through the minds of volunteers who attended a recent lecture, "Safe Driving Tips" by Ian Weighton, owner of the **Ian Weighton Driving School**. Ian was eager to share his many years of experience and expertise with us. His energy, enthusiasm, and knowledge encouraged attendees to ask questions and contribute comments. Ian's presentation confirmed and refreshed our memories regarding our driving skills. The feeling was unanimous that we make Ian an "annual event". The following are a few important points to remember:

- Cross Walks – Stop and allow pedestrians to proceed; never pass another vehicle stopped at a cross walk. It is permissible to proceed once the pedestrian has cleared the front of the vehicle and before reaching the opposite curb.

*Satisfied clients referring their friends, family, and co-workers to me are the foundation of my business.*

The only way this has come about is by consistently delivering professional, caring service.

My goal is for you to be so thrilled with your home and so happy with the selling process that you would feel more than confident in referring me.

*My goal is to earn the right to be your trusted Real Estate Consultant for Life, focusing on your needs and desires, explaining your options, guiding you through your real estate transaction!*



I don't just help you buy and sell a house,

I develop a lifetime relationship *one client at a time.*

*Diana*  
DEVLIN  
595-3200



*Making Your Real Estate Dreams Bloom*

- Uncontrolled Intersections –When there are no signs or traffic lights at an intersection, slow down, cover the break looking left, then right, yielding to the right.
- Leaving Parking Lots – Always stop before entering the roadway even though there is no Stop sign.
- Playgrounds – Observe signs from dawn until dusk every day. There are two types of signs: posted and unposted. If there is a speed limited posted underneath the playground sign, do not exceed the posted limit. If no speed limit is posted: proceed with caution.
- School Zones – Speed limit in posted zones is in effect 8 a.m. – 5 p.m., Monday to Friday on school days. When no speed limit is posted underneath the school zone sign: proceed with caution.
- Yellow Traffic Islands – It is illegal to drive on painted yellow traffic islands. It is imperative to shoulder check when driving beside a yellow island.
- Left Turns – Only one vehicle is permitted out in the intersection. Keep your wheels pointed straight ahead.
- The Two Second Rule – Keep a safe distance from the vehicle ahead by counting: one thousand and one, one thousand and two.
- Safe Stop Behind a Vehicle – We can see 1" (2.5 cm.) of pavement over the hood of our vehicle.
- Signaling – Begin signaling 100 feet (2 house lengths) before turning right or left. Begin signaling 500 feet (5 house lengths) when driving on a highway.
- Approaching Emergency Vehicle – Stop or if possible move over to the right whether the Emergency Vehicle is coming or going.

by Ilona Douglas