

www.saanichvolunteers.org

Saanich Volunteer Services Society

THE FRIENDLY VISITOR

NEWSLETTER
← s p r i n g 2 0 0 2 →

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

SVSS Has Joined



LEAVE A LEGACY
BRITISH COLUMBIA

many other British Columbia non-profit organizations by taking the lead in promoting the Leave a Legacy education campaign. Our membership includes print material that we can distribute to our clients and volunteers. The articles were developed by the professional advisors that are also members of Leave A Legacy. Our goal is to provide you with information about the different opportunities that you have to leave a legacy, including things to consider when making your will. This is

the first in a series of articles. Leave A Legacy (LAL) is a campaign to increase public awareness about the importance of charitable giving through wills or other estate gifts. Canadians are very generous people, donating \$4.51 billion to charitable organizations of their choice. Charitable organizations provide essential services ranging from education to arts and disaster relief (and those provided by SVSS). Only 3% of charitable donations are made through bequests. LAL will help us discover ways to make contributions through thoughtful, well-planned wills and other gift techniques. We

can make a difference long after we are gone. Gifts may be in the form of money, property, investments, or a portion of an estate. They can be given simply as a thank you to a beloved organization or to ensure the continued vitality of the community for generations to come. Tax benefits may be derived from these gifts. A lawyer, accountant, or financial advisor can help determine the type of gift that is right for each individual. Leave A Legacy – a promise made by one generation to succeeding generations that valued institutions will be there for them.

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Happy National Volunteer Recognition Week

April 21 – April 27

Volunteers are the heart of our organization.
 We acknowledge and recognize the wonderful work you do.
 A humongous thank you goes out to our
 254 caring, dedicated Volunteers.

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Applause

Many thanks are extended to those wonderful individuals who continue to support us financially. Your donations of any size are much appreciated and used to support our programs. Your ongoing financial support is necessary to the continued growth of SVSS.

Dave Hobson, of Viewmont Installations, for all his help setting up Ilona's new computer and for his continued help with the networking.

Mel Williamson, who remembered SVSS when he moved and donated many useful household articles to McRae House.

Joan Stubbington for going beyond what we expected of her. Joan recently took a day surgery client home with her overnight when she found out that the client had no one to check in on her.

McRae House has a piano! We want to acknowledge the generosity of the **Sisters of St Ann at Queenswood House** for their wonderful donation to our agency. Many of you who attended our Christmas party will have already experienced the difference this beautiful instrument made at our gathering! Thank you, Sisters of St. Ann, for contributing such a joyful item that will enhance gatherings in our lovely old home for many years to come.

A hearty round of applause to the many local businesses that supported our agency by generously donating to our Internet auction held this past November. Without the support of community minded business people these kinds of fundraisers wouldn't take place. We really appreciate the following:

Executive House Hotel, BC Transit, Ramada Huntington Manor, Diane Riddell/Mary Kay Consultant, Butchart Gardens, Bird of Paradise Pub, Bank of Montreal, Petals Plus Florist, Harbour Towers Hotel, Four Mile Roadhouse,

Are you interested in receiving the newsletter via email?

Send Kathryn an email at

contactus@saanichvolunteers.org

Include your name and email address and future editions of the newsletter will be emailed to you.

Fifteen Fifty's Restaurant, Chez Terry's Pet Food, Blethering Place, McMorrans Beach House, Peter Lockie, Trio Ready Mix, Lyle's Place, Horticulture Centre, Framing & Art Centre, Garth Homer Society, West Coast Air, Victoria Operatic Society, Rockhound Shop, Crystal Gardens, Coast Harbourside Hotel, Cinecenta, Gregory Arnott, Wine Kitz, Lewis Craft, Richard Reed, Scrapbook Parade, Royal Oak Golf Club, Changing Times Hair Studio, Accent Inn, Bliss Esthetics, Cadboro Bay Mohawk, CN IMAX Theatre, Royal BC Museum, Connie's Petites, Esso Checkpoint Auto Service, Five Star Whale Watching, Fitness World, Grey Line of Victoria Ltd, Cedar Hill Golf Course, D's Bed 'n Breakfast, Victoria Operatic Society, Smuggler's Cove Pub, Terrific Victoria Jazz Party, The Bay-Mayfair, Belfry Theatre, Fairmont Empress, The Romance Shop, Shear Magic Pet Grooming, Saanich Recreation, Ridge Golf Course, Harbour Ferry Tour, VQA Wine Shop, Saanich Commonwealth Place, Rogers Video, Prospect Lake Golf Course, Mark's Work Wearhouse, J J Morgan, Hollywood Pet Centre, Frances Litman Photography, Merle Norman Cosmetics & Esthetics, Romano's Macaroni Grill, Ridge Golf Course, and Fabutan.

Keep your face to the sunshine and you cannot see the shadow.

Helen Keller

Volunteer Profile

by Bonnie Bacica

It is true that good things come in small packages. This must be said of **Joan Stubbington**, a diminutive woman who is loaded with motivation, full of energy, and big on ideas.

Joan heard from a friend about the need for volunteer drivers at Saanich Volunteer Services. She inquired and was soon given assignments, which she says make her feel good about “giving a little bit to help out.” Joan donates her time and driving skills once or twice a week to assist people who need help to get to a doctor’s appointment, to go shopping, or to be driven to and from day surgery. She enjoys the people she meets and looks forward to seeing them again and finding ways to assist them further.

Joan was born in a small town in rural Saskatchewan and is the second of four children. Her father was a member of the Northwest Mounted Police and the family moved around every few years because of his job. When WW2 began her father moved the family to England and he enlisted in the army. During this time, Joan attended school and when finished began working in a fish market. Soon though, she joined the army herself (with her father’s permission) at the tender age of 17. In the army she was trained in gunnery and instruments, and it was there that she met Eric, a Canadian, whom she soon married. While still in England her first child was born and when the war was over the family moved back to Saskatchewan and then to Ladysmith, B.C. Eric took up construction and began building houses along with some logging. Three more children were born to complete the family.

While they were living in Ladysmith Joan was

involved in a very serious car accident that led to her spending much time in hospital in surgery and recovering. The family moved to Victoria where the children attended school and Joan spent, what she says amounted to, ‘years’ in and out of rehab at Gorge Road Hospital. She recalls being there so much that she began to lead the exercise groups for the patients.

Later, Eric developed Parkinson’s disease and became increasingly dependent, eventually passing away. Joan has not let these unfortunate events get her down; in fact, she is quite an amazing woman with a strong will and determination to do and see as much in life as she can. She has held a variety of jobs, including a position with the Red Cross, a job as a cashier/bookkeeper, and was trained as a Real Estate agent just prior to her accident. In between surgeries and rehab she was employed with BC Ferries where she eventually became assistant paymaster.

With her children living in Vancouver, the Queen Charlottes, and Phoenix, Arizona Joan has opportunity to travel. Her family now consists of three grandchildren and one great grandchild. She owns a 24 foot motor home that she is very comfortable driving all over the place, often taking a family member with her. Last summer she and her grandson drove to Alaska and back including the ‘Top of the World Highway’. Three years ago, she decided to take her four adult children (spouses and grandchildren stayed home) on a holiday visiting Turkey, Greece, and Africa. Recently, she made trips to Mexico, Scotland, and England.

Joan loves the outdoors, and has stories to tell about camping and fishing. With a twinkle in her eye, she recalls trips she took to Babine Lake, where she would drive the boat, bait the line, and net the fish while her friend did the fishing.

Besides being a Saanich Volunteer Services volunteer, Joan is a Homestay Host to Asian and

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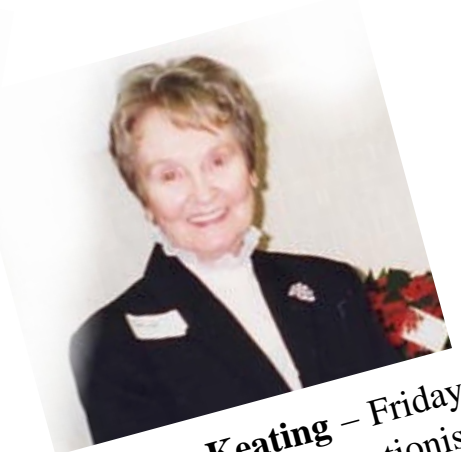
We are proud to acknowledge 11 of our finest, committed, caring Volunteers who recently received a Five-Year Award. Congratulations!!



Bernice Charters – Friday Morning Receptionist



Flo Cronsberry – Special Events and Newsletter Folding and Stuffing Volunteer



Joann Keating – Friday Afternoon Receptionist



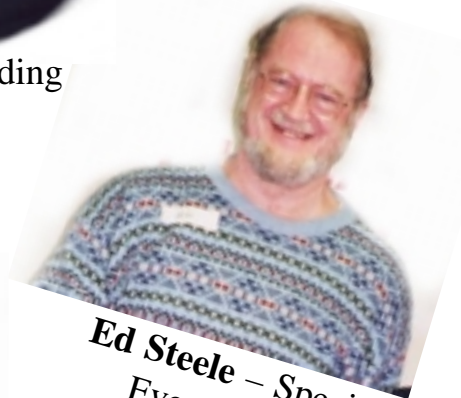
Ron Sterling – Volunteer Driver



Sean Stewart – Newsletter Folding and Stuffing Volunteer



Pamela Dickinson – Volunteer Driver and Friendly Visitor



Ed Steele – Special Events Volunteer



Alan and Olive Cobb – Special Events Volunteers



Pat Muzyka – Tuesday Morning Receptionist

Nadine Ozubko – Volunteer Driver and Friendly Visitor (Nadine was not able to be at the presentation so there is no picture)

'Friends of Music' *Hit A High Note* *at Christmas Party*

by Pam Dickinson

The several members of the **'Moodswing Chorus'** who entertained at the SVSS Christmas party found their ranks swelling when a number of volunteers decided to join in. What fun! The participants thoroughly enjoyed themselves - - and the partygoers too, if the applause was any indication.

The Friends of Music Society is a non-profit, charitable association that aims to help people with mental illness form supportive musical partnerships with individuals from the community. The Society strives to promote mental health through maximizing the potential for rehabilitation and integration. It offers a variety of musical opportunities for members to perform and practise together, to work, socialize, and entertain others through day and evening programming as well as organized public concerts.

In 1989 a small group of dedicated musicians gathered to create a group that has since grown into a thriving society that numbers over 220 paid members! That initial small group called "Moodswing" has now evolved into: the Moodswing Orchestra, a big band numbering 25 musicians; the Moodswing Chorus, a mixed choir of 12-15 voices; the Eclectics, a modern band that plays a wide variety of music as selected by its members; Minds at Work, a classic rock band; and a Music Drop-In Program that brings music to people in a fun and relaxed atmosphere.

'Friends' music touches the hearts of many – from weekly concert audiences at the Eric Martin Theatre, to seniors at residential facilities and seniors' centres, from patients at the Eric Martin Pavilion to patrons of the Victoria Foundation. Venues have included the Empress Hotel, University of Victoria, Victoria Eaton Centre, Garth Homer Centre, Luther Court, Silver Threads, Crystal Gardens, and the Schizophrenia Society among many others!

The Friends of Music Society has an important continuing role to assist individuals restore their hope for the future thus increasing their ability for independent living. Our partnership programs offer real life opportunities to our members and enrich people's lives by enhancing their personal enjoyment, sense of control, self-esteem, social relationships, and the ability to cope with stress. Monday Magazine refers to Mood Music - - *"You tend to forget that you are playing with profoundly ill people, and maybe the profoundly ill people forget as well."* The Times Colonist states that Moodswing Reaches Out to Troubled Minds - - *"Music may have charm to soothe the savage breast, but it can work its magic on troubled minds too. People with a mental illness suffer from a major loss of self-esteem . . . they may have lost a job, a spouse, their independence . . through drugs and other things they may get their illness to a manageable level, but it's the social component that is the toughest to replace."*

The Moodswing Chorus/ Saanich Volunteer Services/ Pam Dickinson Connection

In June 1996 a decision changed Pam's life. She walked into McRae House and registered as a volunteer driver and friendly visitor. On one of her volunteer drives in 1997 she met Tamara, a member of the Moodswing Chorus, and they discussed their mutual interest in music.

That September a new director started with the Chorus and was looking for a piano accompanist for the group. Tamara immediately thought of Pam, who had trained in music at U.B.C. and in London, England, but since arriving in Victoria in 1990 had little contact with musical circles. Thus began a joyful endeavour for Pam, which led to her being chosen as the Friends of Music Society's Volunteer of the Year 2000. By bringing the Moodswing Chorus - - now under the capable direction of Brian Martin - - to McRae House, Pam has come full circle, so to speak, and is very much 'at home' in both settings.

To learn more, become a member, or join an ensemble please call the Friends of Music office at 592-5114.

Were you aware that 50,000 Canadians have MS?

Did you know that MS affects women more often than men? Prevalence rates range from one case of MS per 500 people to one in 1,000. Canada is at high risk for the disease, which occurs more often in countries, like Canada, which are further away from the equator. Nearly three people a day in Canada are diagnosed with MS. Symptoms may include numbness, tingling, lack of coordination, weakness, loss of balance, visual problems, and extreme fatigue. These symptoms may range from mild to severe, but the disease is not fatal and most can expect to live normal or near normal life span thanks to treatment of symptoms and therapies. The average age of diagnosis is 30, however, some are diagnosed in childhood and some in their fifties. There is some evidence that a common virus may trigger MS and certain people are more susceptible to because of genetic factors. There is no evidence, however, that MS is a directly inherited disease.

Bonnie Pashak, from the Multiple Sclerosis Society of Canada, recently provided us with an interesting, informative, and educational presentation on Multiple Sclerosis. MS is an inflammatory disease that attacks the central nervous system.

The B.C. Division of the MS Society of Canada's main objectives are:

- to ensure the delivery of services locally and regionally
- to promote public awareness and understanding of the illness
- to raise funds for research and services
- to support and develop existing and new chapters throughout the province

Need information or support? Please contact the Multiple Sclerosis Society of Canada, Capital Region Chapter, at 1004 North Park Street, Victoria, B.C., V8T 1C6 or Telephone 388-6496, Email: infor.bc.@mssociety.ca or check out the MS Web Site at: www.mssociety.ca

Do You Need Help With Your Income Tax Return?

Our trained volunteers will complete your income tax return for a donation to Saanich Volunteer Services. This service is available to individuals residing in Saanich whose total income is \$20,000 or less, or couples whose total income is \$25,000 or less. Please call Kathryn at 595-8008 to confirm that you qualify and to arrange an appointment.

Work and live to serve others, to leave the world a little better than you found it and garner for yourself as much peace of mind as you can. This is happiness.

David Sarnoff

Volunteer Profile

Continued from page 3

other students visiting Victoria to learn English. She maintains a spacious comfortable home filled with souvenirs, knickknacks, and memories of her interesting life. Her home is always open to family and friends. She loves to cook and at Christmas it is not unusual for her to prepare dinner for 20 or more people - some of who may be friends of friends. If someone needs a place to stay, they just might end up at Joan's, as it is important for her to make people feel at home. In the future, Joan plans to continue with SVSS, she has a wish to visit Italy, an invitation to attend an ex-service woman's reunion, and a trip planned on the U-Chuck II from Gold River.

Joan views volunteering as something you just do! Growing up as she did on the prairies, her family, friends, and neighbours looked out for each other and gave help where it was needed. It was not looked on as 'volunteering' - - it was a natural thing to do. That has been and still is today, Joan's way.

Off the Beaten Path

by Barbara Baldwin

When I moved into my present home six years ago there was not a squirrel to be seen. I would notice them a few blocks away but never in this area. About two years later the first squirrel arrived on the scene, scampering through the yard in pursuit of acorns. When the neighbours saw them, they augmented the acorns with peanuts. That gesture started an influx of squirrels. They have become bolder in recent years and will venture into my neighbours house when the patio door is open. I am willing to share outdoor space with the critters but draw the line when it comes to my personal property.



Recently I was having problems with the electrical circuits in my car. My defrosters and dome light wouldn't work. I had the fuses checked and they were fine, so I took my car to my youngest son Craig, the family master mechanic. He rechecked the fuse panel and moved on to inspect under the hood. Immediately he called me over, remarking that he'd found the problem. Stacked on top of the wiring was a large pile of acorn debris.

We are giving the squirrel the benefit of the doubt in this situation and feel it was probably munching on acorns when it missed and chewed through a few wires. I am happy to report the wiring has been repaired and all is well. Now when my car is not in use I put a cloth or rather a squirrels' tablecloth over the wires to prevent further damage and create an ambiance for fine dining.

Happy Spring, and may the squirrels be kind to you.

We're Working on a New Web Site!

Thanks to the generosity of Rob and Hans of Navas Bros Design Ltd our web site will soon have an exciting new look. As well, we have a new web address. Keep watching www.saanichvolunteers.org to see the changes.

Back By Popular Demand

Need a little refresher regarding your driving skills? Come and join us on

Saturday, April 6, 2002

**Cedar Hill Recreation Centre
(Seniors Wing)**

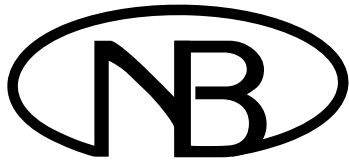
10:00 a.m. – 12 noon.

Mr. Ian Weighton, from Ian Weighton Driving School, is giving a presentation that includes questions and answers to keep us safe on the road. There is no charge.

Seating is limited, so please RSVP by Monday, April 1, 2002, by calling 595-8008.

Testimonials

Please accept this small donation. Thank you. Your system is very well organized. Mrs. S. This small amount comes with many thanks for such a wonderful service, which I very much appreciate. Mrs. C. Please accept the enclosed cheque with my sincere appreciation of the help and support network you are providing in my life. Ms. B Just a little Thank You for helping me get to hospital and having my doors storm proofed. Mrs. P.



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Let us be grateful to people who make us happy—they are the charming gardeners who make our souls blossom.

Marcel Proust



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The Saanich Volunteer Society Newsletter

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please call Kathryn at 595-8008,
and we will remove your name from the mailing list.

*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

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and sell a house,
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relationship
one client at a time.



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Making Your Real Estate Dreams Bloom