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Saanich Volunteer Services Society

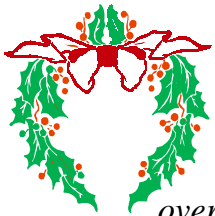
THE FRIENDLY VISITOR

NEWSLETTER

Winter 2000

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

From the President of the Board



*FOG
The fog comes
on little cat feet
It sits looking
over harbour and city
on silent haunches
and then, moves on.*

Oftimes, a sure sign of winter and the Christmas season in this locale is the fog which blankets the city, and brings a quiet feeling of comfort, peace, and security to many. In the same way, I think of the many devoted volunteers, supporters, and friends of the Saanich Volunteer Services Society who quietly bring a feeling of comfort and security to the citizens of Saanich who need it.

On behalf of the Board of Directors, let me take this opportunity to thank all the friends and supporters of the society for their continued dedication, and to pass along the very best wishes for joy at Christmas, and health and happiness in the New Year.

Theresa Vogel, President, SVSS Board of Directors

From the Executive Director

It's been a very hectic few months at our Agency. Staff and Volunteers have graciously risen to the challenges and demands of a number of fundraising events. I am overwhelmed by the enthusiasm and the level of commitment that I have observed. The "behind the scenes" effort for tag day involved box assembly, scheduling, collecting, and counting and rolling all those coins! We had our auction and raffle ticket sales promoted at Hillside Mall, Commonwealth Place, and the Municipal Hall, involving more phoning, scheduling and hauling around the display. Finally the Craft Fair and an outstanding example of how generously our Volunteers give of themselves. The Committee Leaders, Kathryn Bennett, Pat Smith, Linda Donohue and Maxine Reed, have earned my respect and gratitude for the fine job they do managing the huge amount of work it takes to make this a successful event. Our Volunteers were out in full force, cleaning, moving furniture, putting out signs, fixing

signs after the rain, baking, serving, and more cleaning!

These events have been very strongly supported by the community. We can all take tremendous pride in the response we receive because we have consistently demonstrated the value of the services we deliver and the integrity of our agency.

Your Board and Staff have recently worked together to develop a Strategic Plan that will ensure we remain a strong resource and continue to support existing programs and have the ability to grow with the needs of our community. I am personally excited and gratified to be a small part of this vision and look forward to working with the many talented members of our Agency.

We wish the best in the Holiday Season and a wonderful New Year!

Holiday Office Hours

The office will close
Friday, December 22 at 4pm
and will reopen on
Tuesday, January 2, 2001.

Sincerest Thanks

---to the local businesses who supported us by donating to our Silent Auction and Raffle:

Bank of Montreal, Bolen Books, Changing Times Hair Studio, Cinecenta, Columbia Fire & Safety Ltd., HMV Canada-Mayfair Mall, JJ Morgan, Japan Camera-Mayfair Mall, Lewis Craft, McBeans-Mayfair Mall, Nail Systems, Oak Bay Rec Centre, Orange Julius, Pier 1 Imports, Sbandley & Tuson, Solutions Hair Design, The Bay-Mayfair Mall, The Phoenix Theatres, The Tie Rack-Mayfair Mall, True Colour Photo Image Centre, University Heights Jewelers, Ruffell & Brown, Asrayy Jadid Enterprises, Royal Oak Gallery, Bartholomew's Bar & Grille, The Belfry Theatre, The Bird of Paradise Pub, Bliss Esthetics, The Butchart Gardens, Changing Times Hair Studio, Cordova Bay Golf Course, The Coast Harbourside Hotel, The Crystal Gardens, Cutting Nook Hair Design, Days Inn Vancouver, David Gray & Dr. Mary Conley, Esso-Hillside Avenue, Fitness World, Frances Litman Photography, The Gatsby Mansion, Gorge Vale Golf Course, Heirloom Lines, James Bay Tea Room, Kerrisdale Cameras, Langham Court Theatre, McMorran's Charters Restaurant, Romano's Macaroni Grill, Master Clean Dry Cleaners, Maude Hunters Pub, Neil Murray, Olympic View Golf Club, Purdy's

Chocolates, Rock Hound Shop, Royal Oak Golf Club, Saanich Recreation, Saanich Commonwealth Place, SVSS Board of Directors, Safeway, 2nd Look Studios, Smugglers Cove Pub, Pacific Wilderness Railway, Rogers Video, Smithbooks, Star-Light Professional Cleaners, Trio Ready Mix, Ultraesthetics Studio. Victoria Carriage Tours, Victoria Clipper, Victoria Operatic Society, Victoria Symphony, The Empress, BC Ferries, Shear Magic Pet Grooming, Cadboro Bay Mohawk, Mark's Work Wearhouse, Compusmart, Joan's Cakes, Terrific Victoria Jazz Party, Ocean Pointe Resort, The Romance Shop, and Theresa Vogel. These Grill, Master Clean Dry Cleaners, Maude Hunters Pub, Neil Murray, Olympic View Golf Club, Purdy's Chocolates, Rock Hound Shop, Royal Oak Golf Club, Saanich Recreation, Saanich Commonwealth Place, SVSS Board of Directors, Safeway, 2nd Look Studios, Smugglers Cove Pub, Pacific Wilderness Railway, Rogers Video, Smithbooks, Star-Light Professional Cleaners, Trio Ready Mix, Ultraesthetics Studio. Victoria Carriage Tours, Victoria Clipper, Victoria Operatic Society, Victoria Symphony, The Empress, BC Ferries, Shear Magic Pet Grooming, Cadboro Bay Mohawk, Mark's Work Wearhouse, Compusmart, Joan's Cakes, Terrific Victoria Jazz Party, Ocean Pointe Resort, The Romance Shop, and Theresa Vogel. These businesses

Calling All Cooks

Chance of a Lifetime!

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 and 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
or drop them off at McRae House

care about helping others in our communities. Please support them whenever you can.

Thank you to M & M Meats

.....for generously hosting our first Bar B Que on October 28th at the Royal Oak Shopping Centre. Despite the wind and the threat of rain volunteers, Kathryn Bennett, Mary Jo Sharkey, Alan Kneale, and Jean Espie, served up more than 200 hot dogs and hamburgers - complete with fried onions (Thank you Vi Ross for chopping 6 pound of onions!). Shawn & Ange at M & M Meat Shops are actively involved making a difference in our Neighbourhood!

What Is the Right Term ?

On October 18, 2000 it was our pleasure to welcome Patty O'Connor from the Island Deaf and Hard of Hearing Center. Patty addressed the issue of "Volunteering With The Deaf and Hard of Hearing". She made us aware that loss and loneliness can come together to hard of hearing people. Too often they begin to feel isolated. Often others stop talking to them simply because they do not know how to "get through". Many times, hearing loss is invisible. Hearing aids are hard to see. Patty amazed us with the number of different aids that are available to hard of hearing persons to enhance the quality of their life.

There are so many different terms and labels for the deaf and hard of hearing. What do they all mean?

- "Deaf" with a capital "D" is a reference to people in the Deaf community who use American Sign Language (ASL)

- When "deaf" is spelled with a small "d" the term refers to those individuals with a severe to profound hearing loss. They do not identify themselves as being part of the cultural Deaf community and usually do not use sign language but rely on lip reading and voicing instead.

- The term "hard of hearing" refers to those with a mild, moderate or severe hearing loss. They usually use speech as their primary mode of communication, but may be involved in the Deaf community.

- The term "late deafened" refers to those individuals who lose their hearing later in life after the normal acquisition of speech.

- The term "deaf-blind" refers to those who have a visual impairment in addition to a hearing loss.

- The term "Deaf-plus" is used mostly by professionals in the field of deafness to refer to those who are Deaf and have an additional disability.

When you are communicating with a hard of hearing person it is helpful to remember:

- Slower please, not louder. Shouting is embarrassing—and unnecessary. In fact, it can cause discomfort to a hearing aid wearer.

- The nearer, the clearer. Speak clearly and naturally, perhaps a little slower than usual. Come closer when you speak.

- No one has eyes at the back of the head. Many hard of hearing people rely on lip-reading. Wait for them to look at you before you speak. Be careful not to cover your face as you talk to them.

- Keep it light. Make sure your face is not in a shadow. Standing with your back to a window or other light source will cause your face to be shadowed. Candlelight is not for lip readers.

- Take sides. Find out if he or she has a "good" ear. Speak to that side.

If you have any questions or need further information, please call the Island Deaf and Hard of Hearing Center at 300 - 1627 Fort Street, Victoria, B.C., V8R 1H8, telephone 592-8144 or Tty 592-8147.

**The Fall Raffle will be
Drawn at 3pm
Saturday, Dec 9
at McRae House
Annual Christmas
Open House
for Volunteer & Friends**

Quilted Santa Stocking
*(stuffed with Gifts
for the Whole Family!)*
Tourist Package
Quilted Wall Hanging
Original Acrylic Painting

Ringy-ding-ding!

All of you are familiar with the friendly voice of Jessie inviting you to Volunteer Training Workshops at our office, McRae House. These meetings have included a variety of topics presented by informative guest speakers.

It has come to our attention that not everyone wants to be invited to these (almost) monthly meetings. If you do not welcome future calls, please let us know and we will remove your name from the calling list. Call the office or Ilona at 595-8008.

CALLING ALL VOLUNTEERS! HELP WANTED

Is photography your hobby? Looking for a picturesque assignment? We could use your skills at special events such as: Volunteer Christmas Parties, Agency Birthday Parties, annual Christmas Craft Fair etc. Call our office for more information.

Non-smoking female companionship is sought by 81-year young woman. Margaret resides in the Tattersal/Maplewood area and was born in Helena, Montana. Margaret is a widow who would like to reminisce, read, go for a drive, and share tea.

Grandparent(s) wanted share your time with two young children, male and female, under the age of five. Activities might include going to the park, the beach, doing puzzles, etc. A vehicle would be an asset.

Walter lives in the Quadra/McKenzie area, is 62 years young, a non-smoker, and has a disabling type of arthritis. He uses crutches and a motorized scooter. Walter would like to share conversation, go for outings, shopping, and is open to new experiences. Male or female companionship is welcome.

Don is 57 years young, lives in a group home, and is in need of male companionship. He is very independent, enjoys sporting events such as hockey and lacrosse, and swimming. He would love to go shopping. Don has a great sense of humour and is easy to talk to. A volunteer with a vehicle would be appreciated.

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

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.



Off the Beaten Path

by Barbara Baldwin

wild creatures on and around a young fir tree situated within easy viewing from her cabin window. She was snowed in, unable to celebrate with friends as planned. Instead of moping, Gilean decided to entertain her guests in the wild. She strung berries and popcorn, hung cones covered in seeds and peanut butter for the birds, cooked porridge for the coyote and flung out pieces of canned fish for a bear. The animals feasted and she enjoyed the sight while munching a sandwich.

A few months ago I read a delightful new book entitled, *Gilean Douglas, Writing Nature Finding Home*. Gilean Douglas was a writer, born in Toronto in 1900, who eventually made her way to British Columbia. Here she lived a solitary life in the Cascade Mountains, finally settling on Cortez Island. She continued to write, homestead, and advocate care taking the land until her death in 1993.

You may remember Gilean's writing. Each Sunday her column, entitled *Nature Rambles*, appeared in the *Times Colonist Islander*. I enjoyed her writing so much that I corresponded with her for a couple of years. I lost contact with her; years went by and then recently I discovered this fascinating book on her life and writing written by Andrea Lebowitz and Gillian Milton.

My favorite story is about a Christmas feast Gilean prepared for the

This beautiful story has inspired me to create an outdoor goodie tree for my bird and raccoon friends. My simple fare will be a bowl of cat food for the raccoons and fir cones covered in peanut butter, rolled in seed, and hung on the lilac tree for the birds.

May you and yours have a most festive holiday season, and if you want to please a nature lover on your list buy them this locally published book. I guarantee they will love it. Happy feasting to all!

From Linda and Kathryn, the Craft Fair Coordinators

At this time we offer our heartfelt thanks to the Volunteers who gave so generously of their time and talents (not to mention their delicious baking!) at our recent Christmas Craft Fair and Silent Auction. To Maxine and Leona who coordinated the Tea Room; to Dot who once again created the posters, handouts, raffle tickets, Christmas stocking, and wall hanging; to Jeto, Donna, and Jean for soliciting raffle items; to the ladies who helped in the tea room: Pat, Joann, Lorraine, Anne, Marion, Donna, Pam, Bonnie, Muriel, Moira, Fran, Dorothy, Rennie, Elaine, and MaryJo; to Peggy, Karen, Jean, Barbara, Bernice, Inez, and Susan who assisted at the various tables; to Karen and Ron and Karen's mom who put out the signs and to Sonya who picked them up; to Sue and Pat who decorated McRae House so beautifully; to those who moved furniture: Charlie, David, Henry, Boyd, Jennifer, Patti, Ilona, and to Herb who removed our fire doors; to Jim, Mark, Tyler, and Randy who distributed the posters to various locations; to the Board of Directors for their support: Jean, Allan, Keith, Rean, Pat, Theresa, Karen, and Mel; to Pat who spent so much time soliciting and organizing the Silent Auction; to Greg and Swanny from the Cedar Hill Golf Course who assisted with signage; to Kent from the Cedar Hill Recreation Centre for delivering the tables and chairs; to all those who supplied baking for the tea room and bake table: Laura, Barbara, Bernice, Bev, Bonnie, Cindy, Donna, Donna Z., Dorothy, Elaine, Elfreda, Flo, Fran, Galen, Helen, Ilona, Inez, Jean, Joann, Kathy, Leona, Madeline, Marion, Marjorie, Maxine, Moira, Muriel, Pat, Rennie, Susan, Theresa, Jennifer, Ann, Vi, and Phillipa.....thank you, thank you, thank you. We are truly blessed here at Saanich Volunteer Services with our great bunch and we appreciate everything you do to help us help our neighbours. If your name was omitted please call Kathryn and I will remedy that in the next newsletter.

The Saanich Volunteer Society Newsletter

Produced three times per year.

Distribution: Members of the Society,
Supporters, and the Community.

Editor: Kathryn Bennett

Composition: Dot Stutter

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To make a contribution to the newsletter,
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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.

Income Tax Preparation

Oh no! Not already! Just a small reminder that Saanich Volunteer Services has trained volunteers to complete your tax return provided you meet our requirements. The program will be ready to help you with your tax return by March 1, 2001. Mark the date on you calendars and call Kathryn at the office to set up an appointment.

Peer Counseling

To find out more about the peer counseling program, call Seniors Serving Seniors, 382-4331.

Home Security Check

For a home security check call

**Constable Ian Ritchie, Crime Prevention,
Saanich Police, 475-4346.**

To become involved in the Block Watch Program call

**Karen Wallis, Coordinator of Volunteers,
Saanich Police, 475-4365.**

From The Editor

The Volunteers and Staff at SVSS have just completed a very busy fall! September saw a successful Tag Day; in October volunteers advertised our Craft Fair/Silent Auction/Raffle at Community Bazaar Days in Hillside Mall, the Commonwealth Pool, and at the Saanich Municipal Hall, and we held a Bar-b-que at M&M Meats. And, of course, we were kept very busy with the Craft Fair/Silent Auction on November 4. Every event was successful. The Board of Directors and Staff sincerely thank the Volunteers that assisted us in these fundraising ventures. Volunteers are the heart of our agency and we could not assist and support our clients without our wonderful volunteers. A big thanks to all of you who helped.

Our annual fund raising campaign, The President's Appeal, is included with this edition. Last year we provided over 39,000 services to our clients. We accomplished this through donations from generous clients, volunteers, and other supporters. Your donations assist us in maintaining skilled and dedicated staff that work very hard to coordinate volunteer services. If you have already donated, we thank you again for your support. If you want to donate now, please do so by sending your donation along with the bottom part of the letter. All donations are greatly appreciated and income tax receipts will be issued for amounts over \$10.00.

Only a few tickets left for the draw on December 9. Call the office to get in on four great prizes!

to all our volunteers,
supporters,
& clients



Merry
Christmas
& a Happy New Year!

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



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*Patricia Towne,
Berwick House Administrator.*



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