

33 YEARS  
OF SERVICE

# OAK BAY VOLUNTEER SERVICES



Newsletter

VOL. 30 NO.2

AUGUST 2010

## ANNUAL GENERAL MEETING AWARDS

The air became electric as a record number of volunteers gathered at the May 2010 AGM to be recognized for their years of service! Fifty-nine individuals and also one dog were recognized for years of service ranging from 5 years and up to 30 years. See inside of newsletter for more photos.



**Back:** Barry Kelly, Cathie Ballard (Office Coordinator), Gerry MacDonald, John McMullan, Dan van Stolk, Nigel Mountifield, Hugh Quetton, Glen Urquhart, Bert Dinsmore, Wendy Behnsen, Pendril Brown, Ken MacEachern, Eric Nielsen, William Vandermale

**Middle:** Mayor Christopher Causton, Jacquie Storey, Ruth Platts, Bob Carter, Carin Gallie, Antoinette Hesse, Anne Krutzmann (with son Xzavier), Akiko Kamitakahara, Anneke Rubingh, Honora Bowring, Ena Vandermale, Joan Halvorsen (Executive Director)

**Front:** Stanley Petley-Jones, Frances Petley-Jones, Barbara Leonard, Laurene Levinson, Madeline Barnes, Doris Dinsmore, Cynthia Ayles, Nan Walmsley

**Front Floor Centre:** Savvy (Barbara Leonard's dog)

## ----- Annual Donation Campaign -----

In recent years government and other grants to non-profit organizations have been hugely diminished to say the least, and in many instances have been deleted entirely. OBVS has definitely suffered from these cuts. Our Provincial funding was reduced from \$30,000 annually to \$10,000 two years

ago and then to zero last year. Vancouver Island Health Authority has reduced its grant by one-quarter to just under \$8,000. Oak Bay Municipality increased its grant for 2010 by \$1,000 to \$25,000. Our Government funding has been largely cut, yet we strive to provide the same services to our clients.

Funding losses mean we need to rely even more on personal donations, or legacies, in order to provide the services our clients depend on to maintain their independence. Please generously support our annual donation campaign which runs from now through December. Charitable tax receipts are issued.

*Volunteer Awards*

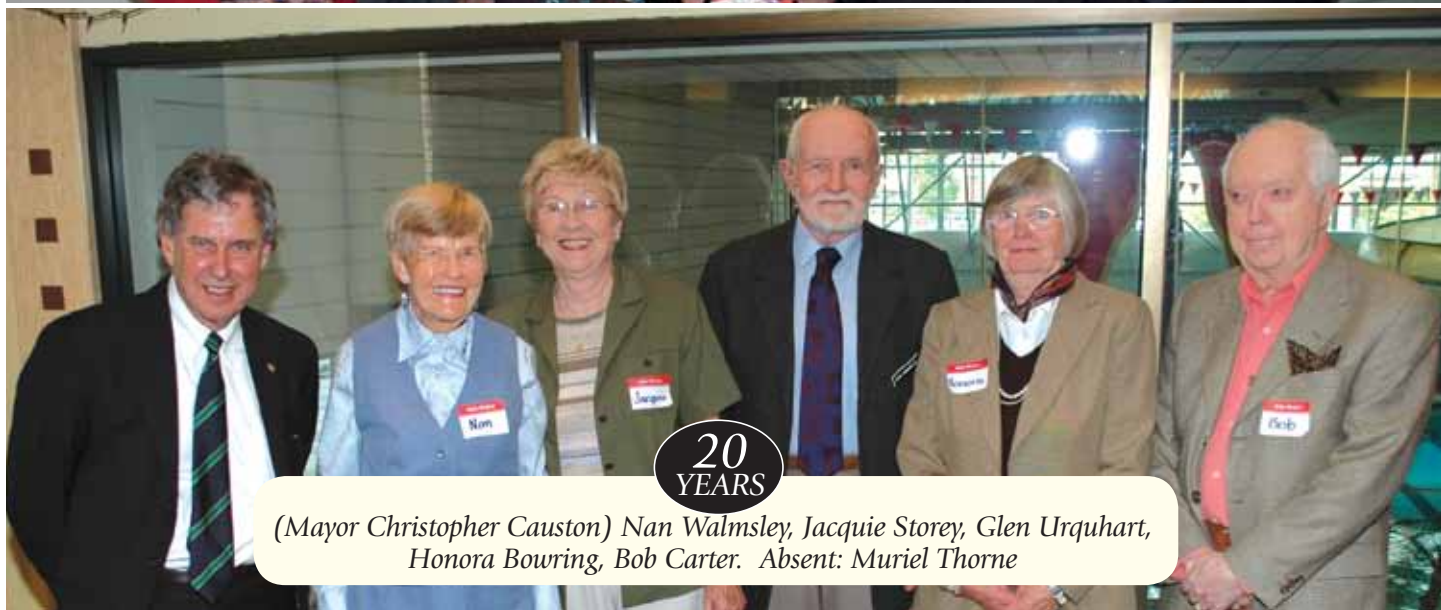
presented at the  
May AGM  
at the  
Oak Bay Rec Centre



*Pendril Brown, Frances Petley-Jones,  
William Vandermale*



*Cynthia Ayles, Bert Dinsmore, Doris Dinsmore, Ena Vandermale,  
Dan van Stolk, (Mayor Christopher Causton)*



*(Mayor Christopher Causton) Nan Walmsley, Jacquie Storey, Glen Urquhart,  
Honora Bowring, Bob Carter. Absent: Muriel Thorne*



(Mayor Christopher Causton) Barry Kelly, Stanley Petley-Jones,  
Absent: Cynthia Pinckard, Rob Vanderham

*Volunteer  
Awards*  
presented at the  
May AGM  
at the  
Oak Bay Rec Centre



(Mayor Christopher Causton) Carin Gallie, Laurene Levinson,  
Akiko Kamitakahara, Hugh Quetton, John McMullan



*Back:* (Mayor Christopher Causton) Wendy Behnsen, Ken MacEachern, Gerry MacDonald, David Mills,  
Nigel Mountifield, Ruth Platts, Eric Nielsen *Front:* Anne Krutzmann (with sons Quinn[standing] and  
Xzavier [in arms]), Madeline Barnes, Antoinette Hesse, Anneke Rubingh, Barbara Leonard  
*Absent:* Richard Adams, Gordon Alexander, Helen Arnott, Cynthia Bennett, Malca Casiro, David Cattrall,  
Ruth Dyck, Ann Feyrer, Kit Filan, David Finnis, Bette Gallander, Art Gamble, Jill Geddes, Josephine Lee,  
Robin McNeil, Maarten Prinsze, Mila Puharich, Shirley Tsumura, Ray Webber

## DRIVERS WORKSHOP

As traffic volumes increase in the CRD, do you ever think about ways to stay safe on our roads? On June 28, a group of our volunteer drivers attended a "Living Well, Driving Well" workshop at the Oak Bay Recreation Centre, sponsored by the BCAA Traffic Safety Foundation and led by Peter Gray. The purpose of the workshop was to provide "practical tools and information to help you and your family be safe on our roads at each of life's key stages," in this case as a mature driver.

It was a worthwhile exercise as we were given tips applicable to all ages, as well as accommodations for the natural changes to our bodies as we age, and what precautions we all need to take in order to continue to drive safely and carefully along the way.

A few comments from volunteers attending were:

- Reminder of importance of regular health check-up
- Will be more conscious of safe driving practices and rule changes
- Need to check peripheral vision
- Will partly open driver's window in town
- Make sure I'm doing shoulder checks
- Will look into health issues - eyesight & exercise
- Will focus on paying more attention
- Will slowdown to be more observant
- Will check around car, tires, etc.
- A very good overview

The BCAA Traffic Safety Foundation will be presenting similar workshops which are open to the public and are free.

Two upcoming ones in Oak Bay will be:

- Oct. 13 and Nov. 24
- Monterey Recreation Centre - 9:30 am-11:30 am
- For more information or to register, call 250-370-7300.

## Other Free Workshops

Oak Bay Emergency Preparedness Program offers a variety of workshops throughout the year.

Pre-register at 250-592-9121 or [coordinator@oakbayemergency.com](mailto:coordinator@oakbayemergency.com) or check the OB Emergency Preparedness website for upcoming meetings, training and workshops at: [www.oakbayemergency.com](http://www.oakbayemergency.com)

This fall's line-up includes:

**Sept. 23**

*Emergency Preparedness Begins with You*

**Sept. 25, Nov. 27**

*Fire Extinguishment Training*

**Oct. 20**

*Seniors Preparedness Workshop: Keeping You Safe*

---

**Yakimovich Wellness Centre** (at the Hillside Health Centre) focuses on the wellness and social support needs of seniors and caregivers. They offer a number of free health and wellness sessions each month.

Check their monthly calendar at [www.viha.ca/hshc/yakimovich\\_wellness\\_centre.htm](http://www.viha.ca/hshc/yakimovich_wellness_centre.htm) or call 250-370-5641.

## New Volunteers

We always welcome enthusiastic volunteers, especially drivers. If you or someone else you know could drive even once per month to take a client to an appointment, that assistance would be greatly appreciated.

Also welcomed are volunteers to do daily reassurance phone calls, walks, visits, odd jobs, and a myriad of other services. Volunteers often remark that what they get back from volunteering is much more than what they give.

## Annual Fundraising Dinner

Once again, Oak Bay Volunteer Services is partnering with Blighty's Bistro on Oak Bay Avenue to present a gala fundraising dinner: fabulous food, draw prizes, auction and more.

**Call us and reserve Feb. 10, 2011  
on your calendar now!**

## OAK BAY VOLUNTEER SERVICES

101-2167 Oak Bay Avenue Victoria, BC V8R 1G2 • 250-595-1034 • Hours 9-12 & 1-4 pm weekdays  
[obvs@oakbayvolunteers.bc.ca](mailto:obvs@oakbayvolunteers.bc.ca) • [www.oakbayvolunteers.bc.ca](http://www.oakbayvolunteers.bc.ca)

Editor: Joan Halvorsen • Writers: Bronwyn Taylor, Joan Halvorsen • Design: Dan van Stolk, Photos: Ivan Watson