

Fall 2025

COMMUNITY ACTION

**SAANICH VOLUNTEER
SERVICES SOCIETY**



Neighbours

Helping

Neighbours

DONORS AND PARTNERS

Amica - On The Gorge
 Beacon Community Services
 Better at Home
 Black Press
 Camosun College
 Canva
 Capital City Volunteers
 Coast Capital Savings Credit Union
 Community Volunteer Income Tax Program
 Co-op Gas
 Country Grocer
 District of Saanich
 First Metropolitan United Church Foundation
 Greater Victoria Savings and Credit Union
 Hamber Foundation
 Island Health
 James Bay New Horizons
 Sovereign Order of St. John of Jerusalem
 Luv-A-Rug Services Inc.
 Oak Bay Volunteer Services
 Pro-Bono Law Students, UVIC
 Provincial Government Employees Community Services Fund
 Sara Spencer Foundation
 SVSS clients, volunteers, supporters, legacy donors
 Thrifty Foods - Hillside location
 United Way of BC
 United Way of South Vancouver Island
 Victoria Foundation
 Volunteer Victoria
 Wellesley Retirement Community
 Yakamovich Centre

To all who have given to SVSS by donation and volunteering: The care you have for our community is truly appreciated. Thank you!

IN THIS ISSUE

Page

- 3. CONVERSATIONS WITH CAROL
- 3. GRATITUDE
- 3. FALL SVSS CLOSURE DAYS
- 4. THOUGHTS ON VOLUNTEERING
- 5. VOLUNTEER NEEDS
- 5. WELCOME NEW VOLUNTEERS
- 6. CLIENT SERVICES COORDINATOR CORNER
- 6. COMMUNITY CONNECTOR
- 7. FALL RECIPE
- 8. PROGRAM GUIDE
- 12. SEPTEMBER TO DECEMBER CALENDARS
- 14. PUZZLES AND PUZZLES WITH ANSWER KEYS
- 16. WAYS TO SUPPORT SVSS



Executive Director - Carol Turnbull
Manager of Volunteers - Caroline Herbert
Client Services Coordinator- Sharon Parker
Office Coordinator - Erin Lumley

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Social Media

Facebook Saanich Volunteer Services Society

Instagram @saanichvols

LinkedIn Saanich Volunteer Services Society

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Conversations with Carol

Welcome to our fall season, which is full of fun, friendship, and connections. We hope you will enjoy all of the programming that our team has put together considering client and volunteer feedback this past season. You will see new programming options, that we are doing in collaboration with other organizations. We hope you will take advantage of these opportunities. Our office at McRae House will continue to be used as an extreme weather centre, where well-behaved dogs and cats are welcome.

We are encouraging as many people as possible to get the newsletter via email. We want to be more environmentally friendly while also keeping our funds directed to programs and services rather than towards the increasing cost of printing and mailing.

This summer SVSS Board ended our contract with our bookkeeper, Janet. We hope she will drop by with her dog, Ella, on their romps around Cedar Hill Golf Course! Our Board is pleased to announce that it has hired Cameo Bookkeeping for our new bookkeeping company and will be working directly with the owner, Debra. Welcome to our team.

Sincerely,

Carol Turnbull,

Executive Director



Gratitude

Thank you to all of our fall program speakers. We appreciate you giving your time and sharing your expertise with our community.

Thank you to our gardeners from Garth Homer. It's a pleasure to have you here each summer.

Thank you Board 2024/5 for your hard work and commitment to SVSS.

Thank you Saanich for having McRae House painted. It looks great!

Closure Days

Please note that the office will be closed on:

Monday, September 5

Labour Day

Tuesday, September 30

National Day of Truth and Reconciliation

Monday, October 13

Thanksgiving

Tuesday, November 11

Remembrance Day

Wednesday, December 24 (noon) to Friday, January 2 for Winter Break

(Re-opening on Monday, January 5, 2026)

Thoughts on Volunteering

In January, we launched the SVSS Walking Group — and every Monday at 2 PM (excluding holidays), we walk the scenic chip trail at Cedar Hill Golf Course. Volunteers and clients are all welcome to join. Whether we head to the duck pond, complete a full loop, or turn back halfway, the pace and distance are up to you. Take breaks or head back whenever you like.

Walking offers so much more than just exercise — it's fresh air, beautiful views, and good company. According to the Mayo Clinic, even a brisk daily walk can have a powerful impact on your overall health. It can help you maintain a healthy weight, lower your risk of heart disease, stroke, diabetes, and certain types of cancer. Regular walking also boosts your energy levels, supports cardiovascular fitness, and strengthens your bones, muscles, and immune system. Beyond the physical benefits, walking can lift your mood, sharpen your memory, improve sleep and coordination, and ease stress and tension.

So, lace up your shoes and come walk with us! Mondays at 2 PM, departing from McRae House. Dogs are welcome. You'll be glad you did.

Cheers,

Caroline Herbert,

Manager of Volunteers



Fall 2025 Community Action



Volunteers: providing warm light and guidance for our SVSS Thanksgiving seasons!

Volunteers needed

We are always looking for volunteers to fill a wide variety of roles that support community and SVSS success. Find out more on our website or contact Caroline Herbert, our Manager of Volunteers, at caroline@saanichvolunteers.org.

Receptionists: If you want to be part of the hub of our organization this is the place for you. Tasks include answering phones, responding to enquiries, booking drives, emailing drivers, and being a friendly presence at the front desk.



Workshop for current receptionists on Tuesday, November 25. Please RSVP at least one week in advance



Drivers: If you are a person who can give a few hours a week to driving clients to appointments, we want to hear from you. We are looking for people with a current criminal records check, current driving abstract, a love for supporting community, and a willingness to meet some great people.

Workshop for current drivers on Tuesday, October 14. Please RSVP at least one week in advance.



Friendly Visitors: If you want to make a new friend and support your community we want to hear from you. Friendly visitors are matched with specific clients for a regular visit which could include chatting, going for a walk, or playing games. It is up to each pair.

Workshop for current visitors on Tuesday, October 28. Please RSVP at least one week in advance.



Volunteer Advisory Committee (VAC): This is a fun way to learn more about SVSS and influence programs and services. Talk to Caroline to find out more.

Welcome, New Volunteers!

We are pleased to welcome the following people to our team of volunteers since our last newsletter:

Amandeep J
Barb R
Caelen R
Delia V,

Francis D
Jessica M
Kaleigh W
Krizzelle M

Marcus T
Reighley J
Rhea S
Sherri G



Client Services Corner

Since our founding in 1992, our volunteers have come together with a shared purpose: to support people living independently while navigating various life challenges. As the Client Coordinator, my role is to explore how our dedicated volunteers can best support each individual. While we are often able to provide meaningful assistance, there are times when a client's needs extend beyond our services. In these cases, I'm frequently asked about other community resources that may be helpful. That's why I'm especially excited to introduce our new Community Connector, Emma Goulding. Emma's role, outlined in more detail below, will help Saanich residents, who are over 65 years of age, explore support available in our community beyond SVSS. When we are unable to provide a direct solution, Emma will serve as a valuable resource for me in identifying alternative options and services within the community.

We also welcome new clients to SVSS! If you or someone you know might benefit from our services, I'd love to connect. Please feel free to reach out to me at sharon@saanichvolunteers.org or call me directly at 250-853-2667. Email is my preferred method of initial contact.

Warm regards,

Sharon Parker

Client Services Coordinator



Introducing Emma, Community Connector

We're pleased to introduce Emma, our Community Connector, who helps link SVSS clients with a wide range of community-based services and activities that promote health, wellbeing, and independence. This approach is known as social prescribing for those who are 55+.

Interested in learning more? Emma can guide you through eligibility, the application process, and what participation looks like.

To book an appointment, please call 672-974-2323 (local Victoria number) or email connector@oakbayvolunteers.org. Please note: appointments are required—no walk-ins, thank you.



LET'S DO LUNCH
There is such a thing as a **FREE** lunch!

Every Thursday
11am to 1pm

**Clients RSVP
Today!**

Saanich Volunteer Services Society

TUSCAN BEEF STEW

Recipe from Taste of Home

Directions

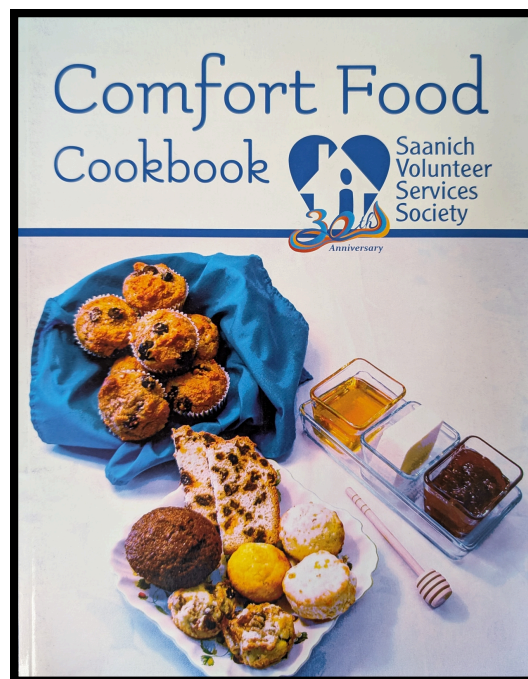


1. In a large shallow dish, combine flour and $\frac{1}{2}$ tsp pepper. Add beef, a few pieces at a time, turn to coat. Shake off excess.
2. In a Dutch oven, brown beef in 2 Tbsp. oil, drain. Remove and set aside. In the same pan, sauté the zucchini, onion, celery and carrots in remaining oil until tender. Add garlic, oregano, basil, and marjoram. Cook 1 minute longer.
3. Add broth, stirring to loosen browned bits from pan. Return beef to pan. Add the tomatoes, broth, sugar, and remaining pepper. Bring to a boil. Reduce heat. Cover and simmer until beef is tender, 1 $\frac{1}{2}$ hours. Add tortellini and spinach. Return to a boil. Cook until tortellini are tender, about 7 to 9 minutes.

Ingredients

$\frac{1}{3}$ cup All Purpose Flour
1 tsp pepper, divided
1 lbs beef stew meat cut into 1 inch cubes
3 Tbsp Olive Oil, divided
2 medium Zucchini, cut into $\frac{1}{2}$ inch pieces*
1 large onion, chopped
3 cloves garlic, minced
2 Celery ribs, sliced
3 small carrots, sliced
1 $\frac{1}{2}$ tsp each oregano, basil, and marjoram
 $\frac{1}{2}$ c beef broth
1 can (28 oz) crushed tomatoes
1 tsp sugar
1 pkg (9 oz) refrigerated cheese tortellini
1 pkg (6 oz) fresh baby spinach

* If you aren't a fan of zucchini you can substitute with pumpkin, yellow squash, eggplant, Patty Pan squash, celery, carrots, or bell peppers.



Cookbook Fundraiser

Find familiar and delicious recipes with this fundraising cookbook. This cookbook was compiled by our volunteers. Only \$25 for family favourites at your fingertips

SVSS Programs & Services Guide

Call or email to register for all services and programs
250-595-8008 | contactus@saanichvolunteers.org



Our programs and services are free, however, we gratefully accept donations. Any donations over \$25 are eligible for a tax receipt. All money is used to support SVSS.

FOOD SECURITY



Let's Do Lunch

Clients, join us for a warm and welcoming weekly lunch at McRae House. Enjoy a simple meal and good conversation—it's a great way to connect with others in the community.

Thursdays 11:30 AM – 1:00 PM

Please RSVP by Monday to attend Thursday's lunch. Register each week to ensure your seat.



Food Hamper Delivery

Our drivers deliver hampers for eligible clients on a regular monthly schedule. *There will be no hampers delivered on statutory holidays.



Grocery Shopping Support

It can be hard to get out to do your own shopping. Our volunteers can come to your home and help you order your groceries online. For delivery all you will need is online access (computer, tablet, phone, etc.) and your credit card. Other possible ways to order may be announced this fall.



Shopping Bus

Shopping bus outings offer the chance to go shopping with a dedicated bus. Clients are picked up and dropped off at their homes. Note that there is limited space and routes are area specific. There is now a 48 hour cancellation policy, as there is a minimum number to run this program. For more details contact Sharon at sharon@saanichvolunteers.org

CELEBRATIONS



AGM & Milestone Awards: Mark your calendars so you don't miss our Annual General Meeting on Tuesday, September 16 at 6pm. This year we will be at the Yakimovich Centre on Hillside Ave.



Decorating Day: Help us get McRae House decorated for the festive season on December 4 from 1pm to 3pm



Undecorating Party: Tuesday, December 23 from 11am to 1pm.



CONNECTION PROGRAMS



Appointment Drives

If you have an appointment and need assistance getting there, let us know and we will do our best to arrange a volunteer driver for you once a week



Walking Group

Join us for a Cedar Hill Golf Course stroll every Monday at 2pm. Meet at McRae House. If you are new to the group you will need to complete an activity waiver.



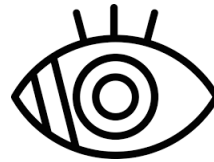
Friendship Calls and Visits

Our volunteers call to chat or visit with clients, talking with them about past and current events, family, hobbies, or other subjects of mutual interest.



Men's Roundtable

All self-identified men are invited to join our men's discussion group. This casual group talks about current events, topics of interest, and enjoy general conversation on the first Tuesday of the month from 10am to 12noon.



Macular Degeneration/Low Vision Group

Join us for our monthly gathering, offering a welcoming space for low vision clients to connect, enjoy guest speakers, light refreshments, and meaningful conversation. Third Wednesday of each month from 2 to 3:30pm

September 17: Chair yoga

October 15: Beat the Fraudster

November 19: Elsie Dufrane Musical Afternoon

December 17: Festive Celebration



Tea and Talk

Join us for a relaxed, welcoming drop-in where everyone—from long-term clients to newcomers and new Canadians—can gather over coffee or tea, enjoy casual conversation, and maybe play a game or two. Everyone is invited to drop in—no registration required.. On the fourth Wednesday, we feature a guest speaker or a special activity to spark conversation and connection.

September 10: Summer catch up

September 24: Janie's Armchair Travels to the Artic

October 8: Conversations

October 22: Golden Age of the Detective Novel

November 12: Conversations

November 26: Harm Reduction with Paige

December 17: Festive Celebration



Better At Home Program

In partnership with the United Way BC and Beacon Community Services, we help clients access support through Better At Home, a program that provides adults over 65 years with non-medical needs.



Minor Home Repair

Hanging pictures, putting up or taking down curtain rods, or fixing a stuck drawer, these are just a few of the things our volunteers can do. If our volunteers are unable to make the repair, they will refer to professionals. Please provide all items necessary for the repairs.



Garden and Yard Work

Pulling weeds, doing minor pruning, or tidying up the yard are all the ways volunteers help. We offer two appointments per person in each of two seasons. Clients provide the gardening tools. Please note that our gardeners are not able to climb ladders.



Community Volunteer Income Tax Program

If your income is lower (\$35,000 for individuals or \$45,000 for couples), live in Greater Victoria area and have simple taxes, our CRA approved volunteers will help you file your tax returns. Email for details at incometax@saanichvolunteers.org.

Community Information & Referral

Our team provides free, confidential Information & Referral assistance for clients and their families. If we're unable to meet a need directly, we'll connect you to trusted community services that can help.

COMMUNITY PARTNERSHIP PROGRAMS

Men's Support Group (new)

Our Men's Shed style programming is expanding with a support group for men who want to become the best versions of themselves in a supportive atmosphere. Join this group on Thursday nights from 6 to 9pm. Admission by donation, drop-in on Thursday nights to learn more and to participate.

Women's Support Group (new)

Join Dawn for a women's support group where healing, spirituality, and connection come together monthly from 6 to 9pm. Admission by donation. See calendar for dates.

Art Hive (new)

Come and get crafty with us and our partners at Cedar Hill Recreation Centre. The experience will be led by a professional artists and instructor. This is an introductory session to explore what an Art Hive is and experience the joy of community art and craft making. No experience necessary!

Watch for registration and program dates in our Winter Program Guide!

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 1 Closed for Labour Day	2 Men's Roundtable	3	4 Men's Group (eve)	5	6
7	8 Walking Group	9	10 Tea & Talk	11 Men's Group (eve)	12	13
14	15 Walking Group	16 Annual General Meeting	17 AMD/Low Vision Group	18 Men's Group (eve)	19	20
21	22 Walking Group	23 Volunteer Advisory Committee	24 Tea & Talk	25 Let's Do Lunch Men's Group (eve)	26 Women's Support Group (eve)	27
28	29 Walking Group	30 Closed for National Day for Truth and Reconciliation 				

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Let's Do Lunch Men's Group (eve)	3	4
5	6 Walking Group	7 Men's Roundtable	8 Tea & Talk	9 Let's Do Lunch Men's Group (eve)	10	11
12	13 	14 Driver Workshop	15 AMD/Low Vision Group	16 Let's Do Lunch Men's Group (eve)	17	18
19	20 Walking Group	21 Volunteer Advisory Committee	22 Tea & Talk	23 Let's Do Lunch Men's Group (eve)	24 Women's Support Group (eve)	25
26	27 Walking Group	28 Visitor Workshop	29	30 Let's Do Lunch Men's Group (eve)	31	



November

2025



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1
2	3 Walking Group	4 Men's Roundtable	5	6 Let's Do Lunch Men's Group (eve)	7	8
9	10 Walking Group	11  Closed for Remembrance Day	12 Tea & Talk	13 Let's Do Lunch Men's Group (eve)	14	15
16	17 Walking Group	18 Volunteer Advisory Committee	19 AMD/Low Vision Group	20 Let's Do Lunch Men's Group (eve)	21	22
23	24 Walking Group	25 Reception Workshop	26 Tea & Talk	27 Let's Do Lunch Men's Group (eve)	28 Women's Support Group (eve)	29
30						

printacall



DECEMBER 2025



SUN

MON

TUE

WED

THU

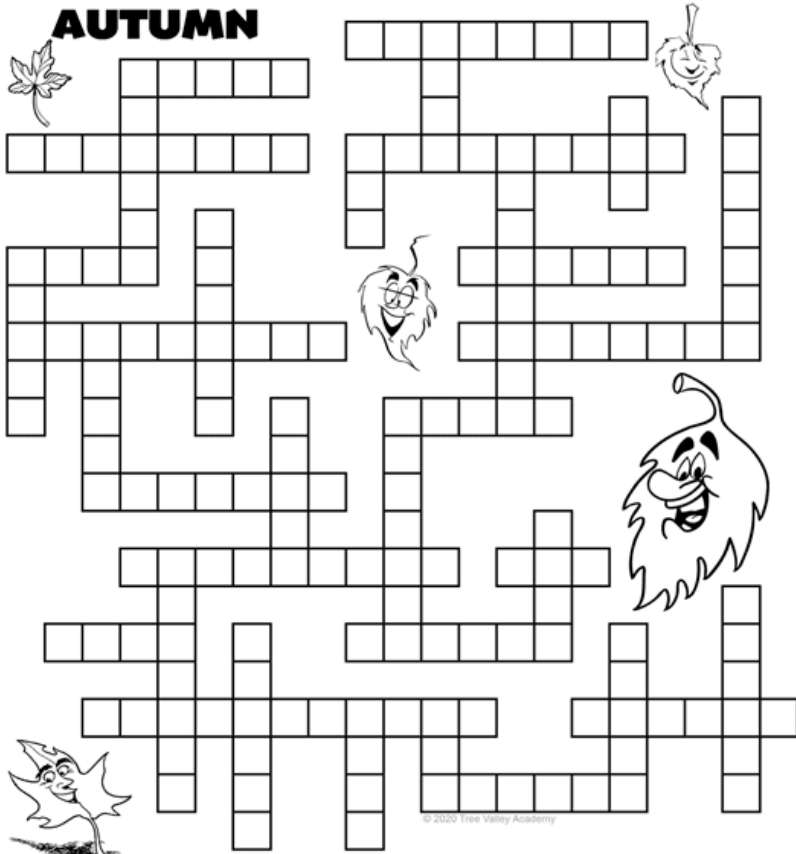
FRI

SAT

	1 Walking Group	2 Men's Roundtable	3 Decorating Day	4 Let's Do Lunch Men's Group (eve)	5	6
7	8 Walking Group	9	10	11 Open House Men's Group (eve)	12 	13
14	15 Walking Group	16 Volunteer Advisory Committee	17 AMD/Low Vision Group & Tea & Talk	18 Let's Do Lunch Men's Group (eve)	19 Women's Support Group (eve)	20
21	22 Walking Group	23 Undecorating Day	24  Christmas Eve	25  Christmas Day	26 	27 
28 	29 	30 	31 			

Fall Puzzles

AUTUMN



REBUS PUZZLE

CLOUDY

CA SE
CASE

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MACBETH
WORDS

NIGHT

REVIRD TAEs

HEAD / ACHE

CHOICE X 3

DOUBT
DOUBT IT DOUBT
DOUBT

A DOUBT

WRONG
WRONG
RIGHT

MEAL
MEAL
MEAL

1. glance
2.
3. glance
4. glance
5. glance

spring
summEr
autumN
winTer

3 letters hay
4 letters cool
owl
corn
pie
maze
red
pear
rake
5 letters cider
crisp
quilt
socks
spice
trees
6 letters apples
autumn
colors
leaves
orange
school
season
7 letters falling
harvest
pumpkin
sweater
8 letters chipmunk
mushroom
orchards
rustling

9 letters
chestnuts
deciduous
pinecones

11 letters
wheelbarrow

JUMBLE

Unscramble these four Jumbles,
one letter to each square,
to form four ordinary words.

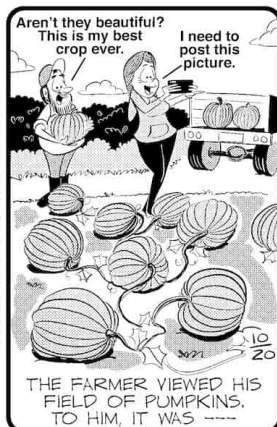
GRYOL

PRUEP

SEOUDX

EYXNOG

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek



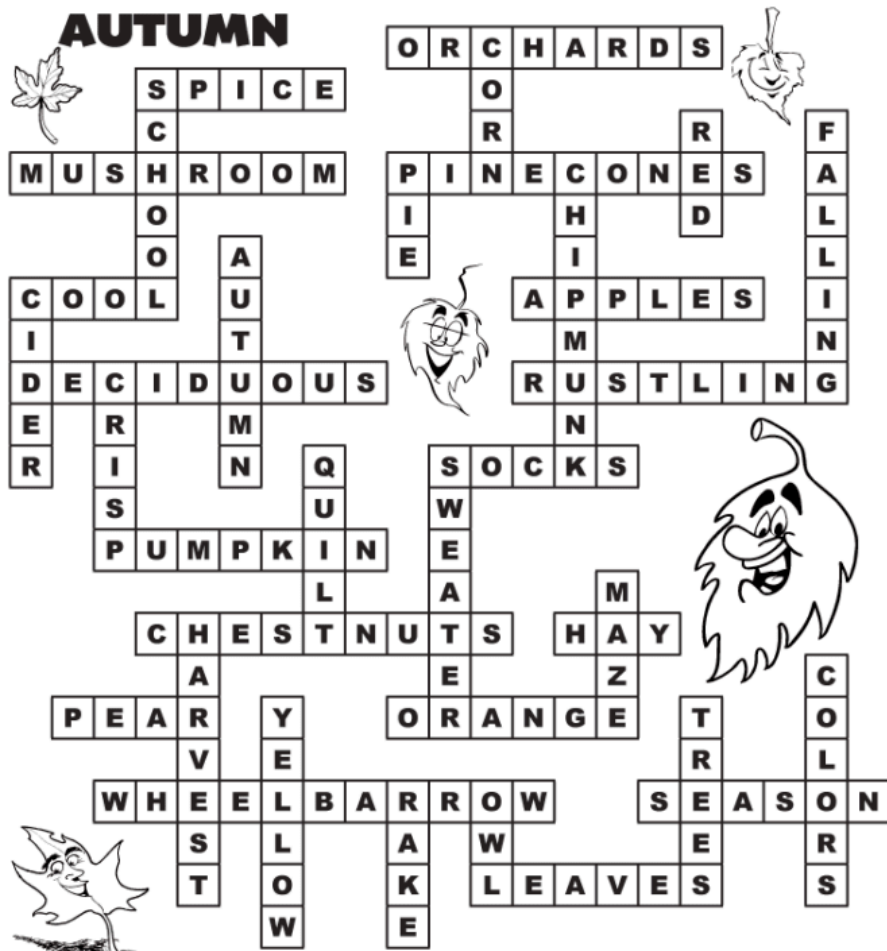
Now arrange the circled letters
to form the surprise answer, as
suggested by the above cartoon.

W T Z B A C K T O S C H O O L H D
B X Y W A S Y J E O G W S Z D I N
M N Q J E D R I U O C T O B E R R
R X O V M D P R X A S R B P K B O
S B A V D B R O W N Y A Z K R U C
M E H H E O Q O O I A K V Q U X A
L J P G L M E F R V D E I J M S C
Y E L L O W B S T A W M D O L W L
S X C X T R E E S O N U A L J L R
E N D O R Z Y E R I X G E V A T E
P M Y C R N G C Y O B R E F S I D
T U E U Z N E Y F Y R O A E T S G
E T F X C R U G A I C B V B Z E G
M U M E A S G G U W V R K J Z L M
B A T C Y W E Q X X A Q B W R P U
E I S E K U S A F H D H V D M P F
R L H K M W P U M P K I N S X A J

Scarecrow	Apples	Autumn	Fall
November	Leaves	Acorn	Squirrel
Harvest	Red	Brown	Pumpkins
September	October	Orange	Yellow
Trees	Back To School	Rake	Corn

" [] [] [] [] [] - [] [] [] [] [] "

Answer Key



Rebus

Answers go from left to right

- Partly Cloudy
- Open and Shut Case
- Jack in the Box
- What's up with That
- Play on Words
- Middle of the Night
- Back Seat Driver
- Splitting Headache
- Multiple Choice
- No Doubt About It
- A Shadow of a Doubt
- Two Wrongs Don't Make a Right
- Three Square Meals
- Without a Second Glance
- Man of all Seasons

Classic Jumble

GLORY

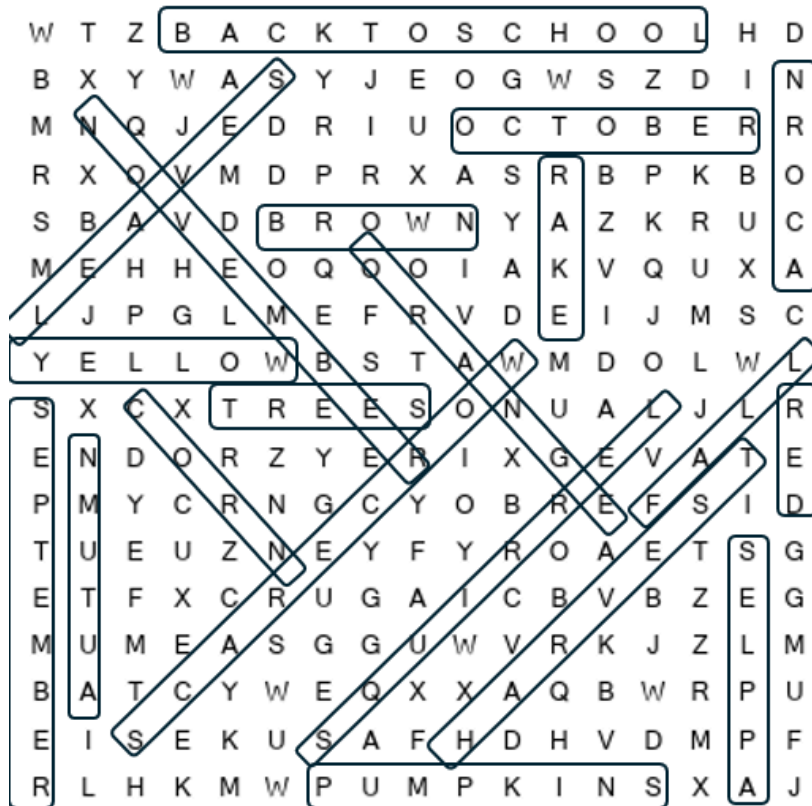
UPPER

EXODUS

OXYGEN

Surprise puzzle answer

The farmer viewed his field of pumpkins. To him, it was – "GOURD-GEOUS"



WAYS TO SUPPORT SVSS



Volunteer!

We want you to join our volunteer team. There is always room for more volunteers, as the number of clients is steadily increasing.

For more information check out our website and page 5 of this newsletter for opportunities.



Legacy/Planned Giving

A planned gift is a way to leave a lasting legacy and long term investment in SVSS.

Interested in leaving a gift in your will to SVSS? Contact our office for more information.



Benevity

If you worked in the banking industry you can help SVSS. Log your volunteer hours and SVSS will benefit, up to \$650 a year!



Your donations support the planning, administration and use of our programs and services. Any donation of \$25 and greater will be eligible for a tax receipt. We can accept donations by CanadaHelps, e-transfer (via carol@saanichvolunteers.org, cheque, or cash.



Save a Tape Program

For every \$5,000 in receipts collected, SVSS receives a donation of a \$50 grocery card from Country Grocer to help cater for our many events. Please provide our office with full receipts indicating date you shopped and amount paid. You may tear off any banking information. Thank you, Country Grocer, for supporting your community!



Co-Op Rebate Program

When shopping at any Co-op location including gas stations, car washes, convenience stores and liquor stores, use our Co-op number (52823) and SVSS will benefit from the rebate!

Contact SVSS to choose your support option today!

1445 Ocean View Rd., Victoria, BC, V8P 1J8, 250-595-8008,
contactus@saanichvolunteers.org www.saanichvolunteers.org