



## **OIFS Summer Highlights**

Heartfelt thanks to all of the OIFS members for making the first year of the Oceanside Integrated Fitness Gym a huge success. The Board appreciates your confidence and looks forward to another year of supporting your fitness goals and achievements.

### **Up Close and Personal with Kaeden Letcher, OIFS Fabulous Trainer!!!**

(Interview by OIFS Board Member, Kim Longmuir)



**1. Where did you grow up and go to school?**

I am home grown, born and raised in Qualicum Beach and I went to school at Kwalikum Secondary School.

**2. What motivated you to begin a career in Fitness Training?**

Growing up, I was always very active in sports. I played hockey, baseball, soccer and basketball. I also loved spending time in the gym, weightlifting. Transitioning into becoming a personal trainer was an easy decision, because it allowed me to share my

love of being fit and active with other people and support their fitness goals and wellness.

**3. Would you like to share anything about your family?**

Absolutely! I am happily married to Katie, and we have a wonderful, very busy, 11 month old son, named Brooks. Katie and I live in Parksville and we both enjoy finding time to play hockey and stay fit. Brooks keeps us very active!

**4. What are some of the activities and hobbies you enjoy on your rare days off?**

My favourite, of course, is family time with Katie and Brooks. I also like to golf and Katie and I play in a co-ed hockey league. I am also a volunteer firefighter with the Parksville Fire Department.

**5. Why do you enjoy working with clients in the OIFS Gym?**

It really makes me happy to see how motivated and happy everyone is when they are working out in the gym. It is exciting to see firsthand the progress people make, particularly in their strength and confidence.

**6. Could you describe a few of the adapted fitness pieces of equipment that have made a big change in clients' fitness abilities?**

If I had to pick my favourite, it would be the SciFit, because of the accessibility for people in wheelchairs. A person, not able to transfer to a seat, can still have a challenging workout.

**7. What would your words of advice be for anyone wanting to start a fitness program in the OIFS Gym?**

START NOW!!!



Patrick having a great workout on the SciFit.

## What Some of the OIFS Clients Have to Say About Kaeden



Patrick wanted people to know that Kaeden is attentive, reliable, knowledgeable and (with a chuckle), "Open to playing different music."



Judy wanted people to know that Kaeden is very patient and a wonderful trainer.



John said that coming to the gym and working with such a knowledgeable trainer was helping his strength.

### **Fundraising Updates**



OIFS Board Members, Linda Feil and Darwin Fraser, greeting people.

1. **Eaglecrest Community Yard Sale:** The OIFS Board cleaned out their garages and participated in the annual Eaglecrest Community Yard Sale, May 24, 2025, at the home of Board Chair, Linda Feil and Board and Client Member, Darwin Fraser. After all the dust settled, \$736.55 was raised for the OIFS Gym. The yard sale also gave Board members a great opportunity to raise awareness about OIFS. It was decided that because the 2025 yard sale was such a success, that in 2026, the Board would be encouraging OIFS members to join in the fun at the sale, by donating items, helping at the event, and having a lot of fun together.
2. **Gaming Grant:** OIFS Board Chair, Linda Feil, will be applying for a Provincial Gaming Grant. OIFS, as a registered Charitable Society, meets the criteria to apply for a Human and Social Services grant. Stay tuned!

### **OIFS Board Members**

OIFS would like to extend a big thank you to the following OIFS Board Members, Bev Harrison, Pamela Hadikin and Mary Ellen Campbell, who volunteered their time, expertise, and enthusiasm, with OIFS, and have now moved on to other adventures. Watch for an upcoming newsletter getting up close and personal with the OIFS Board members.

### **OIFS Thanks the Community**

Operating the OIFS Gym would not be possible without the generous donations, grant funding, support, and kindness from the following community groups, businesses and organizations.

OIFS would like to publicly acknowledge and extend gratitude and thanks to:

- ◆ QCEWS (Qualicum Community and Education Wellness Society)
- ◆ Knox United Church- Parksville
- ◆ Parksville-Qualicum Community Foundation
- ◆ Coastal Community Credit Union
- ◆ The Gardens at Qualicum Beach
- ◆ Qualicum School District
- ◆ Town of Qualicum Beach

OIFS would like to leave you with one of Kaeden's jokes of the week and wish all of you a successful and happy start to the fall season.



**Keep in Touch with OIFS**

**Website:** [www.oifs.ca](http://www.oifs.ca)

**Email:** [info@oifs.ca](mailto:info@oifs.ca)