



OIFS Spring Highlights

The flowers are in full bloom, the birds are singing, and the long warm evenings of spring keep everyone smiling.

OIFS is definitely smiling after a rollercoaster of a spring, with all of the unsettledness of not knowing whether or not the OIFS Fitness Centre would have a home after the end of June. OIFS is very pleased to let you know that the bumpy ride is over and the gym will continue in Qualicum Commons for the next year. Thank you to The Town of Qualicum Beach, to the Save Qualicum Commons Society, and to all of the OIFS members for your ongoing support.

Welcome to OIFS Newest Board Member



Pauline Martin, Yard Sale Service with a Smile

OIFS is pleased to welcome newest Board member, Pauline Martin. Pauline brings a wealth of expertise and enthusiasm to the Board. Pauline has been a physiotherapist since 1993 and is the founder and owner of NeuroMotion Physiotherapy and Rehabilitation. She enjoys helping people set small achievable goals and maximize their physical potential.

Fundraising/ THE BIG NEWS!!!



Board Chair Linda Feil and Board Director Darwin Fraser

100 Fine Gentlemen of Oceanside Who Give a Damn

Board Vice Chair, Ken Fanning, a member of the 100 Fine Gentlemen of Oceanside Who Give a Damn, nominated OIFS to be considered for their group donation. OIFS was ecstatic to be pulled, as one of three nominees, from the large number of not-for-profit organizations in the group's bucket. Board Chair Linda Feil, and Board Director, Darwin Fraser, were asked to make a presentation at the 100 Men's June 3rd meeting, along with the other two nominees selected. Following all three presentations, the members vote on the organization that they think should receive the funding. OIFS was selected and was awarded a cheque for **\$19,000!!!**

OIFS extends heartfelt thanks to Ken Fanning, Linda Feil, Darwin Fraser and the 100 Fine Gentlemen of Oceanside Who Give a Damn.

Second Annual OIFS Fundraising Yard Sale/Saturday May 23, 2026



Our smiling volunteers, Sue and Keith Billington



Thank you to volunteers, Randy Longmuir and Anne-Marie Lafleur.

Heartfelt thanks to everyone who donated, helped to organize and clean up, and purchased items at the OIFS Second Annual Yard Sale. The sun shone, the wind stayed calm and people came out in large numbers. The final tally was **\$1356.45**, almost double from last year.

Special thanks go to Linda and Darwin, for filling their garage with donations for months and for Linda's tireless work and patience sorting and organizing items to host the sale. OIFS would also like to express their gratitude to Board members, Karen Freeman, Pauline Martin and Kim Longmuir, for their dedicated work, and to hard working volunteers, Darren Freeman, Randy Longmuir, Anne-Marie Lafleur, Sue and Keith Billington and Nancy Cameron, who lifted, sorted, priced, greeted and worked tirelessly to make the yard sale a success. 2027 here we come!



Parksville Qualicum Community Foundation Grant

OIFS was proud to be selected as a recipient of the Parksville Qualicum Community Foundation grant. The amount received was **\$3500**.

How Will This Generous Funding Be Used?

OIFS is incredibly grateful for all of the support and funding raised in recent months. The OIFS Board will be meeting to discuss the allocation of the funds. Expenses include insurance, Telus, custodial, trainer pay, equipment maintenance and the purchase of new equipment.

Catching Up with OIFS Member Judy Pascall



Trainer Kaeden Letcher, OIFS Gym Member, Judy Pascall and volunteer Sue Billington. (With thanks to Bernie Pascall for the photos.)

Board Secretary and Newsletter creator, Kim Longmuir, had the pleasure of speaking with OIFS Fitness Centre member, Judy Pascall, and appreciated Judy taking the time to answer some questions about the gym.

How did you hear about the gym?

My physiotherapist, Pauline Martin, suggested I attend the OIFS Gym and arranged for me to meet with Kaeden to devise a program for me. It has been most beneficial.

What changes have you found in your strength, fitness and confidence after starting at the gym?

There are many benefits working out at the OIFS gym. It is a low key, friendly atmosphere, resulting in an overall personal confidence of recovery in meeting the various challenges of improving strength and rehabilitation.

How would you describe Kaeden, as your trainer?

Kaeden is the perfect trainer for the group of primarily senior citizens, recovering from various ailments. He is knowledgeable, expresses a keen interest in my recovery path and offers a very positive approach in the overall recovery plan.

Are there any other people you would like to mention who volunteer at the gym?

Volunteers are a vital part of the recovery program. Many of the patients are quick to support each other in our respective challenges. Kaeden, supported by Sue and Linda, make it a fun environment.

How would you describe the gym to people?

I find the gym to be a very welcoming venue. You work on various apparatus at your own speed, timing and comfort zone.

What has been your biggest personal success from working out in the gym?

I find the biggest personal success from working out at the gym is regaining and strengthening mobility issues and basically improving stamina and my overall health.



You will really have to think about Kaeden's Joke of the Week!

Keep in Touch with OIFS

Website: www.oifs.ca

Email: info@oifs.ca