



OIFS Winter Highlights

The buds on the trees, daffodils swaying in the wind, and some warm sun on our faces, tells us that the short, cold days of winter will soon be behind us.

Wonderful news to share is that personal trainer, Kaeden, his wife, Katie, and big brother, Brooks, welcomed their new son, Luka, on February 20, 2026. Big congratulations to Kaeden and his family!

OIFS Volunteer Appreciation

A not-for-profit organization can only be successful with a dedicated group of volunteers. The fall newsletter highlighted and introduced you to the OIFS volunteer Board of Directors.

This newsletter would like to turn the spotlight on three outstanding OIFS volunteers, to recognize, and thank them, for their dedication and contribution to OIFS.

Sue Billington

Sue began volunteering in the gym, on Friday afternoons, in the fall of 2025. Sue works closely with Kaeden, to help members with adjusting fitness equipment, monitoring workouts and encouraging members with her always kind words and big smile.



Sue, and Board Director and Gym member, Darwin Fraser.

OIFS caught up with Sue, to ask her a few questions about why volunteering is important to her, and her answers capture her compassionate personality.

1. What motivated you to volunteer your time at the OIFS Fitness Centre?

I had been looking for an opportunity to volunteer somewhere in the community and when Kim mentioned her involvement in the OIFS Fitness Centre I knew that this was a perfect fit for me. Before retiring I spent many years working in gyms and I loved seeing people progressing towards their fitness goals.

2. What do you like best about your time in the gym?

Seeing people overcome serious obstacles and regain some lost mobility that improves their quality of life. I really relate to our clients as I have suffered from a debilitating injury myself and know firsthand how much hard work and perseverance are required to keep improving.

3. What have you learned from volunteering in the fitness centre?

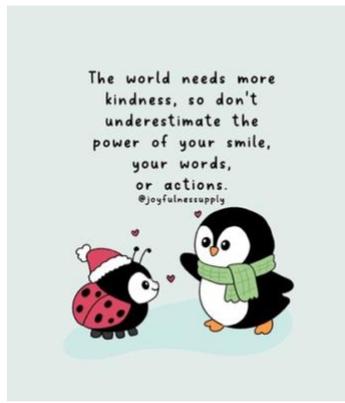
I have been inspired by the positivity and friendliness of everyone despite the challenges they face. I have realised the value of gathering with other people in the same situation working towards improvement!



Sue and Gym member, Patrick Brownrigg, sharing some Friday afternoon laughter together. When Patrick was asked to say a few words about Sue, he said, "Sunshine Fridays, with Sue and her smile. Always helpful in the sometimes busy Gym, thank you Sue."

Isabel Balakwit and Juliet Gevera

This is the dynamic duo that keeps the OIFS Fitness Centre sparkling clean. Both of these wonderful people work full time, and yet stepped forward to volunteer their time, because they strongly believe in the benefit of the gym and the value of paying it forward.



Although OIFS was not able to catch up with these busy women to take their photo, Isabel was able to answer a few questions about why volunteering is important to her.

1. What motivated you to volunteer your time at the gym?

I am always looking for meaningful ways to spend my vacant/free time. Moving to the Island, I have to start routines that are fulfilling and will give me a sense of purpose and belonging. I need to find ways to fight boredom and homesickness since I am alone here in Canada. I would like to help those who will openly reciprocate my help without judgement and doubts.

2. Why do you enjoy volunteering?

I enjoy volunteering because it is a part of my offering for the goodness of my Creator. In giving my time, I am praying and hoping that God will send someone to help my loved ones in times they need a helping hand.

Catching Up With an OIFS Graduate



Jim Wallace and Kaeden

Jim would like people to know: "The rehab that I received was very good. Kaeden chose a program of things that really helped to strengthen the muscles and help with my balance. This was also great preparation for my recovery from hip replacement surgery done December 8, 2025."



Our ever busy and dedicated OIFS Board Chair, Linda Feil, completing paperwork in the gym.

OIFS Annual General Meeting

Mark your calendar! OIFS Annual General Meeting is coming up **Wednesday, April 15, 2026, 2:30pm**. The meeting will be held in The Community Room, in The Gardens, 650 Berwick Road. OIFS invites all members to come out, meet the Board Members, share in the discussion and enjoy some refreshments. Members will be receiving an email invitation to the Annual General Meeting in late March.



Board Chair, Linda Feil, and Board Director and Gym Member, Darwin Fraser, are open for business.

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

Following the huge success of the 2025 OIFS Fundraising Yard Sale, OIFS will be once again be taking part in the 2026 Eaglecrest Community Yard Sale, **Saturday, May 23, 2026, 9:00am-1:00pm**. The yard sale will be held in the driveway of Board Chair, Linda Feil, and Board Director, Darwin Fraser's home at **1163 Blind Bogey Drive, Qualicum Beach**.

How Can Members Help?

1. **You Can Donate:** It's time to spring clean and donate anything you have that is in good working condition. For safety reasons, no large furniture or car seats will be accepted. **Donation Drop-off: Thursday, May 21, 2026/ 10:00am-2:00pm** Donations can be dropped off to Linda and Darwin's home, 1163 Blind Bogey Drive.

2. **You Can Volunteer:** If you are able to volunteer your time to help set up, take-down, sell on sale day, please call Linda at 250-752-7312 or email her at darlinem1019@gmail.com to let her know how you can help.
3. **You Can Spread the Word:** Please let your family and friends know about the yard sale. They might have items to donate, or would like to come out and support the sale.



This weekly joke of Kaeden's is a real groaner, but Kaeden's jokes, music, and kindness, make the gym a welcoming place for the clients to spend time.

Keep in Touch with OIFS

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