



OIFS Fall Highlights

It has been a busy fall season in the OIFS Fitness Centre. A warm welcome to all of the new OIFS members. It is wonderful to see firsthand how strong and confident you are becoming, with Kaeden's professional and compassionate training program, and your hard work.

Meet the OIFS Board of Directors



From Left to Right Front Row: Darwin Fraser; Linda Feil; Karen Freeman; Kim Longmuir

From Left to Right Back Row: Debra Nixon; Ken Fanning; Ryan Watson

What Inspires the OIFS Board of Directors to Volunteer Their Time

Chair/ Linda Feil: "Witnessing the courage, commitment and appreciation of our clients makes taking part as a board member a very rewarding experience!"

Vice-Chair/ Ken Fanning: "When invited to join the Board, I visited the gym and was extremely impressed with the facility, the special equipment, the comments of clients and of course Kaeden with his unique ability to provide individual assistance. It was an easy decision to agree to do what I could to support the OIFS by making the community aware of this very special and much needed gym, and to work with the other Board members on the necessary fundraising to ensure this community service will continue well into the future."

Treasurer/ Debra Nixon: "I became a member, as a colleague of mine had a stroke and used the OIFS facilities in his recovery. While he has since passed, I try to carry that forward so that other people can benefit from these specialized pieces of equipment during their own recovery."

Secretary/ Kim Longmuir: "I have always been passionate about fitness for all, no matter the person's limitations. It is an honour to be able to support people to be active, gain strength and confidence, and build new friendships, in a safe and caring environment."

Director at Large/ Karen Freeman: "I am very grateful to be a member of the OIFS Board. I hope to assist in getting this much needed and valuable service more well known in the community so that as many people as possible are aware of the programs and services we can offer. We are fortunate to have such a personable and skilled trainer at the gym in Kaeden Letcher, supporting and guiding all of our hard working clients."

Director at Large/ Darwin Fraser: "As a disabled individual who has benefitted from regular exercise, I wanted to help offer that to others."

Director at Large/ Ryan Watson: "It means a lot for me to support OIFS's mission of providing a unique fitness service that the Oceanside community currently lacks. With an education in kinesiology and experience as the original facilitator of the gym, I aim to bring my personal passion into my tasks of managing our digital presence and strengthening our connection with those we serve."

Catching Up With Some of the OIFS Clients



Ali Mohajer working hard on the recumbent bike. When Ali was asked what he enjoyed about the gym, he answered, "Simply, with the activity and exercise, I feel much more alive. The gym helps me to see life more positively."



Derek Baldwin is warming up on the vibration plate. Derek would like people to know that, "Kaeden is a good trainer, and all the other members are fun to be around."

Halloween Fun



Big thanks to OIFS dedicated volunteers, Isabel and Juliet, for their spooky Halloween decorating. No tricks in the gym, only treats!



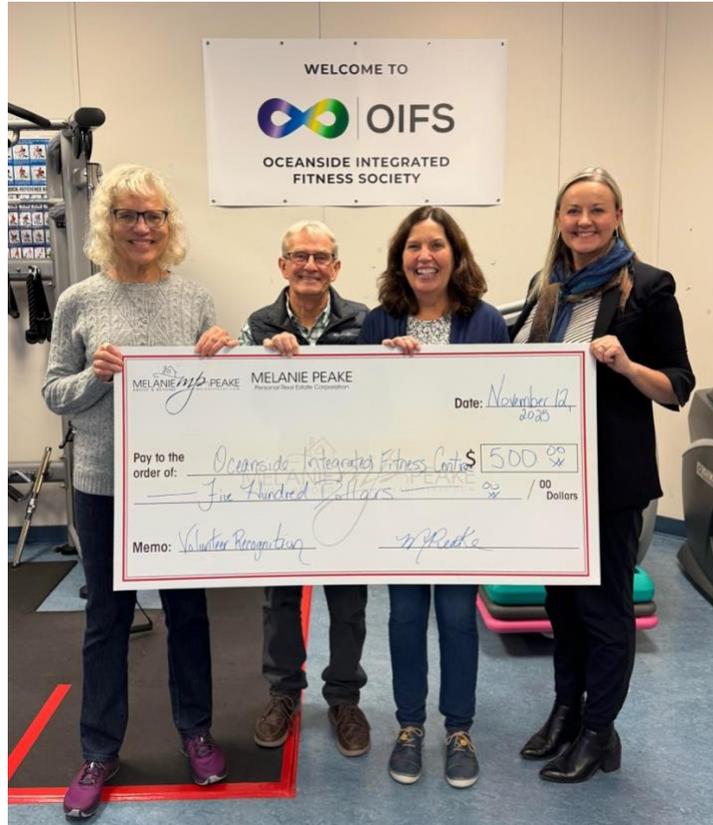
The OIFS clients continue to get a chuckle out of Kaeden's weekly jokes.



OIFS Board Chair, Linda Feil, trying out the recumbent bike. Contrary to popular belief, Linda doesn't live in the gym, but she does spend many hours visiting and making sure everything is running smoothly.

Fundraising Updates

- Gaming Grant:** OIFS Board Chair, Linda Feil, has submitted the OIFS application for a Provincial Gaming Grant, specifically a Human and Social Services grant. OIFS, as a registered Charitable Society, met the criteria to apply for a Provincial Gaming Grant. OIFS will hear in February if the application was successful.



From Left to Right: Sue Billington; Randy Longmuir; Kim Longmuir; Melanie Peake

- Espresso Your Gratitude on the Beach:** OIFS Board Director, Kim Longmuir, and her husband, Randy, were nominated by OIFS volunteer, Sue Billington, for the “Espresso Your Gratitude on the Beach Community Volunteer Spotlight”. This award is generously sponsored by realtor, Melanie Peake, and 88.5 The Beach Radio Station. In Sue’s nomination application, she shared about the many years Kim and Randy coached track and field, and cross country, locally, provincially and nationally, as well as their over 20 years of dedicated work to bring a new track to Oceanside. Kim is also one of the original OIFS Board members and continues to be the OIFS secretary. The best news is that Kim and Randy were selected by 88.5 The Beach as the winners of the volunteer appreciation award, kindly being awarded \$500 by Melanie Peake. Kim and Randy chose the Oceanside Integrated Fitness Centre, to be the recipient of the \$500 award. OIFS extends a big thank you to Sue, 88.5 The Beach, Melanie Peake, and of course, Kim and Randy.



OIFS wishes all of our members, and their loved ones, a happy holiday season!

Keep in Touch with OIFS

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