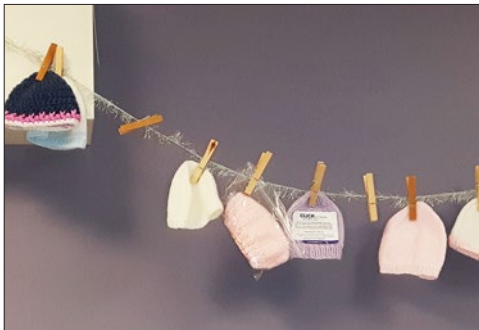


WELCOME Jacqui Jones-Cox

Our original writer, Judi Lees is moving to Victoria and we want to thank her for making "Life in the Sunshine" such a great way of communicating with our members. Judi has found us a willing and experienced replacement in Jacqui. Please welcome her if you see her around taking pictures or doing interviews.

THOUGHT FOR THE DAY

"Be an encourager. The world has plenty of critics already."
~ Dave Willis



"Who knows where and what this is?"

(Answer over page)

EVENTS CALENDAR

July 1st – Canada Day parade: Sechelt

– All members welcome to walk in the parade with the bus.

July 14th - Halfmoon Bay Fair:

Coopers Green – HMB branch pancake breakfast – 9 to 11:30.

August 10th – Higglely Piggledy

parade – Roberts Creek Daze: All members welcome to walk in this very short parade (all downhill).

DID YOU KNOW

It is time to start working on the 2019/2020 budget for the Sunshine Coast Healthcare Auxiliary. We thought it would be a good opportunity to provide some specific information to members so that everyone has a clearer picture of how the money we raise from our community is invested and dispersed.

These are some of the commitments we currently have in our budget.

Projected Income

- Thrift Store: \$450,000
- Gift Shop - \$40,000
- Branches - \$30,000
- Interest & Miscellaneous: \$10,500
- **Total: \$530,500**

Expenditure / Selected Expenses

- Totem/Shorncliffe total: \$27,800
- Activities: \$14,400
- Gardens: \$800
- Music Program: \$12,600
- **Total: \$27,800**
- We have also added some extras over the year.
- Music therapy for the residents of Gardenview with dementia: \$4000
- New window treatments for Totem common room: \$7100
- Activities specifically in Gardenview: \$500
- Support for residents unable to afford the cost of extra outings: \$250
- **Total: \$11,850**

Bursaries

- High School: \$7,000
- Junior Volunteer: \$1,000
- Mature Student: \$3,000+

HEALTH CARE ADVENTURE

If hard work and dreams come true, Ella Nya Goulett will certainly achieve her goal of a future in healthcare. This outstanding Pender Harbour High School student recently attended a four day "Adventures in Healthcare" programme, hosted by the Rotary Club of Prince George. Her expenses were jointly sponsored by the Rotary Club of Pender Harbour (Madeira Park), as well as by the Sunshine Coast Healthcare Auxiliary.

The nearly fifty students that attended were housed in the University of Northern British Columbia (UNBC) student dorms. They toured the campus and the hospital, as well as extended care facilities. There were a series of guest speakers (nurses, med students) that highlighted what courses they are taking to reach their goals. They practised drawing blood and staple removal from the medical training 'dummy'. Throw in many small 'ice-breaker' activities and the experience passed quickly.

Ella will be entering her graduating year with a full schedule of activities. She has qualified and

continued on back



Words of wisdom from a young volunteer

Isurika Bandar, a 17-year-old grade 12 Chateltech Secondary School student and Auxiliary junior volunteer, is wise beyond her years as she has already experienced a life changing event. She says this occurred when she visited Sri Lanka with her family five years ago.

"My perspective suddenly changed. I was exposed to an enriched culture that I could not remember before coming to Canada," says Isurika, who was only a year old when her family immigrated to this country. On one occasion, Isurika noticed an elderly woman in the gutter missing two limbs and it appeared that she was also blind.

"Seeing others suffering made me want to understand and learn more about the healthcare field in order to help others in need," says Isurika. She is a volunteer at Shorncliffe and Totem Lodges, is president of the Chatelech Interact Club, fundraises for Habitat for Humanity, volunteers at the library and is her school's representative on the SD 46 Student Leadership Team.

"I know that the compassion that I developed during this trip motivated me to become a junior volunteer with the auxiliary. It made me want to provide and assist the residents in my community." She does this well spending three to four hours per week at the Sechelt seniors' residences.

Lisa Parry, Program Co-ordinator at Shorncliffe, says, "Isurika is an amazing volunteer. She spends one on one time with the residents, doing crafts, reading to them, taking them out for walks, even doing their nails. She also helps around the lodge, decorating for special events and gardening. Isurika is very understanding for a young person. She is so patient, stopping to listen, never rushing."

It is evident that Isurika feels rewarded for her volunteer time. She recalls one rainy afternoon when she and a resident, instead of walking in the garden, stayed inside to play scrabble. "Little did I know that I would have the privilege of listening to her incredible stories. It



was fascinating to learn what life was like generations before. After that day, we made it a weekly event to play scrabble and share stories. These are some of my best moments of volunteering."

This energetic teen plans on a career in medicine in the future. "I will always cherish my memories of volunteering at Shorncliffe and Totem where I have learned to express compassion. They will stay with me the rest of my life."

continued from front

is currently working part-time as a lifeguard, as well as a volunteer firefighter. She is a member of the school soccer team, girls empowerment club and environmental club. All this while maintaining a straight "A" average!

Ella feels this great experience has confirmed her future direction. "I know what I want to do now!"

She is looking seriously to applying at University of Victoria, in their BSC Nursing Programme following

graduation. Her ultimate goal would be to become an Emergency Room nurse. We applaud such a dedicated student and would love her to bring her skills back to the Coast!

Submitted by Carole Murray

 **Rotary**  **ADVENTURES**
Club of Pender Harbour
Madeira Park **IN HEALTHCARE**

Answer
Sechelt Hospital Maternity ward
Auxiliary knit hats for newborns.



"The Belles of St Marys"

Performed once at a Christmas party and at a Brown Bag lunch. They recently donated their instruments to a therapy program run at the Pender Harbour Health Centre.