



AUTUMN 2016

# PARTNERS

OF THE SAANICH PENINSULA HOSPITAL FOUNDATION

## A NURSE ABROAD:

*SPH's own Barb Daykin on  
volunteering in Guatemala*

*...continued on page 2*

This is a young mother and her child, who is holding a doll that I gave her. She is selling fruits and vegetables to help support her family. Our time is not only spent working at the hospital but also distributing items such as toys, toothbrushes and toothpaste to those in need on the streets of Antigua.

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**BARB DAYKIN** | SPH Emergency Room  
Clinical Coordinator

Four and a half years ago a good friend asked me if I would be interested in volunteering as a nurse in Guatemala. I immediately responded, "Yes!" Volunteering is a way of life for me as I grew up in a family that was always helping those in need. In some ways, choosing nursing as a career was an extension of what I was accustomed to growing up.

The Canadian Team of Medicos-en-Accion has been providing volunteer services at Hermano Pedro Hospital for over 26 years, which I think is outstanding. For two weeks in

February, the Canadian Team services surgeries and hearing clinics to the less fortunate people of Guatemala. Patients and their families travel for hours - sometimes even days - by foot or local bus to come to Hermano Pedro for care from the Canadian team. Even the locals will tell you they



This is the hospital, called Hermano Pedro, that is attached to a catholic church in Antigua where we do our volunteer medical work.



This is an example of what the hospital hallway looks like on any given morning. These are people arriving for assistance - surgery, the hearing clinic, medical imaging, or medication. Many of these patients have travelled many hours from their villages to receive healthcare. They are some of the poorest of the population. They never complain and are so grateful for everything that is provided for them.



wait for our team to come. We have become friends with the hospital staff who support us in our work. The staff is very patient and flexible as approximately every two weeks a new team arrives at their hospital and they have to adjust. The hospital is supported by other volunteer surgical teams throughout the year. There are many American teams as well as teams from Brazil, that fulfill the needs of this very busy hospital.

This coming year I will be volunteering at the Santo Hermano Pedro Hospital in Antigua for the fifth time. I absolutely love it! The Guatemalan people are wonderful. It is amazing to see how they manage following surgery or how they react to hearing for the first time when fitted with a hearing aid. They are not demanding in the least and are grateful for everything you do for them. The recovery room team provides a gift bag for every patient as they leave recovery. The gift bag contains

practical items like toothbrushes and toothpaste as well as fun items such as small games, barrettes or knitted dolls. Our team acquires donations of these gift bag items so that we can provide every one of our patients with a present. It is also quite remarkable that a donation of just \$75.00 will pay for one surgery!

Our patients are privileged at Saanich Peninsula Hospital where we endeavour to give excellent care to anyone who seeks our help. Our Foundation and the many that support its work are commendable. Working with those less fortunate just reminds me of how lucky we are to live where we do and to have excellent healthcare available to us. I find my volunteer work humbling and rewarding. For me, nursing is enriching but volunteering is more. It's what keeps my life in balance. ■

*By Barb Daykin,  
SPH Emergency Room Clinical Coordinator*

# High Tea

at Saanich Peninsula Hospital



The 'Volunteens' and Shelagh Bell at a special afternoon tea party

Here at SPH, it's no question that volunteers make a positive impact on each and every one of us every single day. They give of themselves endlessly, bringing smiles and compassion to each patient, visitor and staff member. Many of these volunteers have been doing so for several years or even decades while others are newer to the hospital - but regardless of circumstance, every one of these volunteers brightens the world with each kind word and generous action.

In an effort to show them just how much they mean to us, we sat down with a few volunteers from very different generations. At an afternoon tea party, 88 year old Shelagh Bell – an avid volunteer at SPH since 1992 – and four of our 'Volunteens' enjoyed tiny sandwiches and delicious scones while getting to know one another and sharing their mutual passion for volunteering. The Volunteens are

an enthusiastic, outgoing crew comprised of four recent graduates of Stelly's Secondary School: Emma, Abby, Shaughnessy and Chantal. Excited to share their volunteering wisdom, they tucked into the tea while Shelagh served as their interviewer.

"So," Shelagh began, adjusting her tea party hat. "Tell me a bit about yourselves."

In a conversation reminiscent of a first date, the four young women began to list their occupations, backgrounds and dreams. All four grew up here on the Peninsula and have known one another as classmates and friends for as long as they can remember. Sharing similar passions, it seems that life is taking them down parallel paths. Emma and Chantal both hope to attend medical school at UBC someday although they are currently working towards their undergraduate degrees. Emma is particularly interested by neo-natal

and maternal healthcare while Chantal is passionate about becoming an orthopaedic surgeon. Having recently returned from several months volunteering at a hospital in Japan, Chantal is a year behind the studies of her peers, but inspired and invigorated by her adventure. Abby and Shaughnessy on the other hand both wish to become registered nurses. Abby is excited that, as an RN, she would be able to experience many different specialities, while Shaughnessy hopes to work in pediatrics. In discussing their futures, however, there is a common thread of anxiety about the competitiveness of their chosen fields. It is getting more and more difficult to get into medical and nursing schools where high grades are of greater value than personality or work ethic.

“Well I think you’re all amazing,” Shelagh finally interjected. “When I graduated from high school, the idea was that you work, marry, have babies and that’s it. I came to volunteering late in life, after my family was grown.” Then in typical fashion, she pointed out the ironic side of things. “Although I’ve been volunteering here longer than any of you have been alive.”

The four laughed, and helped themselves to more tea while Chantal divulged another funny fact: nineteen years ago, our current Chief of Staff, Dr. Ambrose Marsh, was the doctor who delivered her right here at SPH. Two decades later, Chantal and the others

*“You get that one person who holds your hand when you leave and thanks you for being here, and that makes it all worth it. It really teaches us about communication and empathy.”*

spend much of their free time here, chatting with residents in the ECU and helping the Foundation with its events. It isn’t simply a route to gain references or volunteer hours for a résumé but something that they genuinely enjoy.

“When I was seven,” Abby began, “my grandma was in palliative care here for many months. As a result I spent a lot of time here as a kid, and it stuck. Sure, we all have days when we’re tired or don’t feel like coming, but afterwards we feel so much better.”

Emma agreed with her. “You get that one person who holds your hand when you leave and thanks you for being here, and that makes it all worth it. It really teaches us about communication and empathy.”

They all pointed out that for them, volunteering is far from a chore, but instead

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# FORGET THE GOLDEN GIRLS:

## MEET THE GOLDEN GUYS OF SAANICH PENINSULA HOSPITAL

The title of “Men’s Group” is a bit of an ambiguous one. It could refer to just about anything, from a group of friends who hang out and watch sports to other varieties of clubs. As a result, when Garry Upton dropped by the Foundation office a few weeks ago and mentioned that he was on his way to “Men’s Group” I was quite curious and a little apprehensive. I would soon find out what it entailed however, because it was quickly suggested that I attend a meeting to make the acquaintance of “The Guys”.

That is how I found myself wandering the wings of SPH’s Extended Care Unit in an attempt to find the sunroom where the group was meeting. When I knocked and let myself in, I found several male residents circled around a table laughing as they teased Jim, who had fallen asleep.

“Wake up Jim, there’s a girl here!” Sleepy Jim opened his eyes a crack and I sat down at the table with them. It was clear that I did not fit in; at twenty years of age, I am a fair bit younger than the typical attendee. I was also the only woman present. Garry quickly made the introductions with a wide smile, and the meeting commenced.

Exactly when Men’s Group began here at SPH is a contested topic, but Garry began hosting the meetings a year and a half ago.

A Rotarian who began to volunteer at the hospital in his free time, Garry was helping out with lunch one day when hospital staff asked if he could stay a bit later in the afternoon. There was a Men’s Group scheduled and they needed a volunteer to chair the meeting. Garry agreed and the rest is history.

It did not take long for me to feel at ease with the guys.

Welcoming and friendly, they made several jokes at

Garry’s expense. At one point, Garry

turned to me and swore me to secrecy, “Men’s Group is like Vegas. What happens in Men’s Group stays in Men’s Group.”

There is no topic off limits in a weekly meeting. The group of guys is a close-knit circle of friends, and while they love to laugh together, there have also been trials and tribulations to face. They shared with me the promising medical news of one of the members and touched on how they have lost some friends during their time together. Jokes, tears and everything in between, these members go through life as a team. The support and care filling the room was tangible.

*“Men’s Group is like Vegas. What happens in Men’s Group stays in Men’s Group.”*

We talked about quite a few things during my visit. The guys have all led fascinating lives and bring a diverse array of experiences to the

table. Take Leo for example. Leo – who is known as the “Blackberry Guy” around here used to be a rock mason. He helped build the Alaska Highway, refurbished the masonry on Buckingham Palace and



even explained to me how earthquake-proof cement is made. Then there is Frank. Frank loves race cars and boats, and has built a kayak for each one of his grandchildren. He also used to build “elf doors,” tiny artistic

doors that people buy and prop against tree trunks for their local gnomes.

I was also debriefed on one of their long-running schemes: in an effort to fund a boat tour in the Mediterranean for the group, they have decided their best course of action would be to put the hospital up for sale. They have their entire vacation planned out down to the minutest, most extravagant detail. I was solemnly informed that the Mediterranean is a beautiful destination and not to be missed.

Big dreams aside, I was interested to learn that just like twenty year olds, the residents of the ECU have relationship woes – some of which are the talk of the town. The other week at sing-a-long for instance, a lady resident held onto Frank and simply would not let go! It was decided she must have a crush on him; except that at the next sing-a-long, she did the exact same thing to another resident in the Men’s Group, Gary! Alex on the other hand is currently dating a fellow resident named Dell – but that did not stop him from asking for my phone number!

It was disappointing when the afternoon finally drew to a close. Men’s Group is really just a circle of supportive friends with excellent senses of humour, and I could not be more grateful to have sat in with them. Their words changed how I saw the ECU; it doesn’t feel like a hospital. It feels like a home and the strong sense of community is the best evidence of that. ■

*By Stephanie Siddon,  
SPHF Summer Co-op Student*





## BOARD MEMBER SHOWCASE:

*Paul Hames*

Paul Hames joined the Saanich Peninsula Hospital Foundation in 2005. He is now a well-seasoned Board Member but even back then, he was more than prepared for the role. A hard-working traveller with a giving heart, Paul's entire life has been built upon the importance of community.

Born in Montreal, Paul attended primary school in Calgary and eventually graduated in Brampton, Ontario. Upon completion of secondary school Paul knew exactly what he wanted to do: join the RCMP. It was something he had always dreamed of but at the time, the acceptance age for the force was nineteen and Paul was only eighteen. With a year to wait, Paul made his application and

travelled in Europe for several months. Young and eager, he arrived in Regina on the day of his birthday to commence the rigorous RCMP training process.

Life in the RCMP was perhaps more structured than he had anticipated but he soon adapted to the routine. Upon graduation he stayed in Regina to be part of a group featured in an RCMP recruitment movie. Afterward Paul was posted to beautiful Lake Louise and the movie team followed him there to film the different experiences an officer would encounter. Paul continued his career in and around Alberta but after being promoted to Inspector he was transferred to headquarters in Ottawa. It was there, tasked with



implementing a new alternative dispute resolution program, that he found his niche. He was interested in conflict management, team building, and the importance of dealing with grievances and discipline within the RCMP in a positive way. His position in headquarters also gave him the opportunity to study, travel, and work with other organizations. Armed with a Bachelor of Arts in Criminology from the University of Alberta, Paul found that these times abroad killed two birds with one stone; he had both the opportunity to learn and the chance to teach.

Down the road Paul decided to go back to school and obtain his Master's Degree in Leadership and Training from Royal Roads University. While attending courses, Paul put in an application for Chief of Central Saanich Police and shortly thereafter was offered the position! His family relocated to the Island and Paul worked for Central Saanich for 16 terrific years until his retirement in 2015. He loved his job but wanted to give more time to his volunteer work and family of two sons, a daughter and five grandchildren.

Today, Paul still loves to travel. One of his sons is a pilot for Cathay Pacific and lives in Hong Kong where Paul has travelled to see him. He and his wife Barb also love to visit Hawaii each year. There he paddleboards and surfs to pass the time. When reflecting on why he loves travelling, Paul concludes that it is because through travel he has learned so much. For example, during his tenure in the RCMP, he spent time in South Africa. It was only about ten years after the end of apartheid and through speaking with several young police officers, Paul learned that back then the police did as they were told, not as they wished they

could do. They knew some of their actions were wrong but they worked under fear of death and retribution on family members. Hearing from these officers was an extremely moving moment for him and still sticks with him to this day.

Paul's reasons for supporting the Saanich Peninsula Hospital Foundation are the same given by many. It was a wonderful place for Barb's mother when she was in Palliative Care and it doesn't feel like a hospital because everybody is so pleasant and welcoming. He has also observed the pride that donors feel in regards to advancements in the hospital. He recently attended the opening event for the new CT scanner and at the celebration he noted that donors were truly happy that they had helped fund the purchase of leading edge medical equipment.

Paul continues to serve on the Saanich Peninsula Hospital Foundation Board because he wants to continue to give to the community. Throughout his life, team building and community relations have been strong influences. He has had so many outstanding opportunities in his own life that he feels a keen need to give back for the betterment of the people around him. Supported in all he does by Barb and his children, Paul recognizes the privilege that their support provides him and wants to ensure the same for others. ■

*By Barbara Harwood*



Millennial golfers have never seen anything like it—afros, plaid suits and platform-heeled knee high boots (as sported by the eternally groovy Dr. Ambrose Marsh). On June 16th, the Saanich Peninsula Hospital Foundation's 28th Annual Tee Off for Technology Golf Tournament took everyone back to the disco era, and it was a huge success!

We'll be honest, it was difficult to top last year's pirate theme. But away with the swords, and in with the karaoke! (YMCA, anybody?). Our players were able to purchase 'backstage pass' mulligans to boost their golfing game and they boogied from hole to hole while sporting the sickest digs. Players even encountered a disco ball as big as a golf cart! Everyone got into the spirit and even the volunteers who were easy to spot (their psychedelic tie-dye shirts stood out against the greens).

With a huge thanks to Peggy Yelland and Escape Solutions we were able to continue with the balloon-popping madness this year! It was outta sight!

At dinnertime we were treated to a lovely video starring Dr. Marsh and RN Barb Mollberg. With them we travelled back in time to the 70s to visit SPH's Surgical Daycare wing. It's amazing how much surgery has evolved since then! With the support from our generous donors we're hoping to bring in some funky new threads for this area of the

hospital (threads meaning renovations, of course). But everyone's eyes were on Dr. Marsh (who knew he used to be brunette?!). It's pretty far out, eh Barb?

The evening was hosted by Kevin Bell who, as always, proved to be an awesome emcee. He also gave out some pretty rad prizes including Best Costume! Everyone had such a groovy day, and to top it all off we raised over \$68,000! It's incredible what a community can do when they get together to boogie.

The event would not have been possible without the support we received from all of our donors, sponsors, and volunteers. A huge thank you goes out to all of our annual sponsors, silent auction and in-kind donors, our awesome volunteers (great dance moves, ladies) and of course the golfers themselves! We could not be more grateful. The pirates have been outshone and the memories made at the golf course that day will surely remain celebrated and unforgettable – just like the disco era. ■





# The event raised \$68,385!

The Saanich Peninsula Hospital Foundation Board of Directors and the Golf Committee wish to thank the supporters of the 2016 **Tee Off For Technology** Golf Tournament.



SAANICH PENINSULA  
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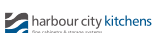
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## Getting to Know You, Getting to Know All About You:

*An Interview with Legacy Donor, Philip Goodhall*

Philip was born in Haslingden, north of Manchester, in Lancashire. He was educated at Baines Grammar School which had been established in 1717 for, 'the promotion of Godliness and good learning'. A memorable school motto indeed.

Philip had hoped to become an engineer with Bristol Aviation but that was not to be. There was a desperate shortage of male teachers in Britain after World War II, so after completing his three year compulsory National Service in the army, Philip was sent to teacher training. He loved teaching and after marrying Sheila (a nurse from Calgary working abroad in London) he received a call from an old school friend, suggesting that the couple should relocate to Canada. Philip had a pre-arranged job in an elementary school in Calgary and he began the job the day after Sheila and he

arrived. After obtaining his Bachelor and Masters in Education from Canadian universities, it was not long before he was appointed principal of an elementary school.

He modestly remarked that he had progressed in his career and was even invited to study further at London University. Philip and Sheila subsequently moved back to England, but not for long. After completing the course they returned to Calgary and Philip was given a two year post as head of the Language Department for all Calgary schools.

A love of good wine led Sheila and Philip to the Opimian Society, is a non-profit wine purchasing co-operative based in Montreal. It was not long before Philip became the Alberta agent and thus travelled the world meeting other enthusiasts, growers and vintners all over



Europe, South Africa and Australia. Philip remarked that, “a little lad from cotton and coal in Lancashire met the best vintners in the world”.

After a brief bout of illness Philip was persuaded to take early retirement from his career in Alberta. Sheila’s sister was living in Victoria at the time and Philip knew they wanted to be closer to each other. After years on the prairies he and Sheila relocated to Brentwood Bay where they lived happily for nearly twenty years.

Later on, Sheila became very ill and was brought to Saanich Peninsula Hospital under the care of Dr. Ambrose Marsh. While she was here Philip visited her every day. He remembers the kindness and the care shown to Sheila by all staff. He is grateful that her last few days were spent in that wonderful atmosphere and he recalled how on one visit he had a small bottle of wine with him. He asked Sheila if she would like a glass of wine and her reply was, “Why not? We are on holiday, aren’t we?” Philip has continued to foster his relationship with Saanich Peninsula Hospital and Foundation and believes that legacy gifts help to ensure an organization’s long term success. A long-time donor with a fascinating past, it is clear to see that he has a heart of gold; one only has to look to his lifetime dedicated to education, his care for his family and his generous support of our hospital. If you would like to learn more about how your legacy can help our hospital please contact Karen Morgan at [karen.morgan@viha.ca](mailto:karen.morgan@viha.ca) or 250-652-7531. ■

*By Barbara Harwood*

*...continued from page 5*

the good part of the week. They look forward to it, and it inspires them. “My family is all in the medical field,” Shaughnessy offered as an example. “My dad is a pharmacist, and several of my grandparents and great grandparents were doctors. They all absolutely loved their jobs.” Today this is something she experiences everyday through her volunteer work. It’s something that she loves.

Clearly impressed, Shelagh quickly began recruiting. “Do you have brothers and sisters? Are they as good as you?” Her question was met with laughter and headshakes.

As the tea party wrapped up, the age difference separating the Volunteens from many other volunteers at SPH dissipated. Despite their youth, the wisdom of lessons imparted on them by their volunteer experiences was apparent. “Being here has taught us to know why people are the way they are,” Emma concluded. “It has taught us to empathize, to persevere and to be positive.” At the end of the day volunteering means everything to these girls. With wide smiles they all agreed. “It facilitates what we need to feel fulfilled.” The positive effects of their efforts are twofold; they benefit not only themselves, but the lives of everyone they meet. ■

*By Stephanie Siddon,  
SPHF Summer Co-op Student*

# Donor NEWS



TELUS team members and retirees are passionate about giving back to communities and embracing a philosophy to give where they live. TELUS matches all eligible team member and retiree donations dollar for dollar up to \$2,500. This year TELUS Director of Enterprise Solutions Malcolm Crow presented SPHF's Karen Morgan with a cheque for \$5,584.16.

In addition to performing for our Extended Care residents the Peninsula Singers also know how to rule the stage of the Charlie White Theatre. The exuberant group of singers (led by choral dynamo Glenda Korella) delighted crowds with three knock-out

## Newsletter e-version

Email either Karen or Lesley at [Karen.Morgan@viha.ca](mailto:Karen.Morgan@viha.ca), or [Lesley.Webb@viha.ca](mailto:Lesley.Webb@viha.ca) to receive your newsletter via email.



performances of their spring show, Life Journeys We Take, all while raising funds and awareness for Music Therapy Programs at Saanich Peninsula Hospital. (Karen Morgan pictured with Glenda Korella and Louise Jovanovic)



From everyone at SPHF, we would like to extend a HUGE thank you to Shoppers Drug Mart for their donation to support Women's Health on the Saanich Peninsula. Here, Shoppers Drug Mart dream team (and sisters to boot!) Klio Tziouvaras and Sasa Kosmas are pictured with SPH's Surgical Services Clinical Nurse Leader Barb Mollberg, who is holding a crucial piece of laparoscopic equipment we were able to purchase with this donation. ■





Please join us at Church and State Winery on October 22nd, 2016 for our Annual Gala Evening presented by Peninsula Co-op. It will be an enchanting night of sumptuous dining, magical entertainment and thrilling auction items. For sponsorship information and ticket sales, please contact Lesley Webb at [lesley.webb@viha.ca](mailto:lesley.webb@viha.ca) or 250.652.7531. (Pictured: Peninsula Co-op's Marketing & Community Relations Manager Penny Sopel presents SPHF's Karen Morgan with a cheque for \$15,000). ■



This summer we held our first-ever bocce ball tournament! It was an amazing event complete with food trucks, beverages and perfectly sunny weather! We partnered with the Saanich Peninsula Chamber of Commerce in hosting the tournament on Friday, July 15th at Viscount Aero Centre. And our tournament winners? It's a bit embarrassing; they were members of our Foundation Board, called "The Ball Bustin' Board Stars"!

Our special thank you to the Event Sponsor Peninsula Co-op, and sponsors Stantec Consulting, McTavish Academy Of Art, Viscount Aero Centre, Nuttycake Photography and media sponsors CTV Vancouver Island, Peninsula News Review, Seaside Magazine and Used.ca. We could not have done it without you!

A special thanks to Nuttycake Photography for these beautiful photographs. A great time was had by all! ■

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