



CONGRATS RANDY - KAL TIRE CONTEST WINNER!

Randy Scharf has been a Meals on Wheels (MOW) meal courier volunteer for 9 years – he was recently selected as one of the top prize winners of Kal Tire’s “Road Heroes” contest. Congratulations Randy, and thank you for your years of service!

Randy has always been quick to lend a helping hand. For many years he would assist the older residents in his own apartment building, running errands for his neighbours when needed. After volunteering for the Vancouver 2010 Olympics, he decided to continue with a more regular role. He found out about the MOW opportunity through Volunteer Richmond. Randy said “I had the spare time, and I’ve always felt it’s better to be busy than idle.”

In his role as a courier, Randy transports batches of meals from the kitchen in Richmond to depots around the city 3 times a week, usually in Vancouver’s downtown Eastside near Oppenheimer Park or Strathcona. Delivery volunteers then pick up the meals to deliver directly to the clients.

Randy grew up in Richmond and knows the city very well. When he was working, some of Randy’s responsibilities involved delivering month-end statements to clients around Vancouver. He’s become even more familiar with the city in his time as a volunteer. When asked if much has changed during his near-decade of volunteering, Randy says “in some places, the traffic has gotten worse. And there are entirely new neighbourhoods and streets in Richmond as the city continues to develop.”

Helping out the community has been a tradition in his family – even though Randy only learned about some of this history very recently. “Hunger and access to food has always been a concern for me,” Randy said. He remembers, even as a child, that the thought of people going hungry made him uneasy. “I was chatting with my Mom and she mentioned that my grandmother was also very concerned about the



well-being of her neighbours. She would bring food to those in her community if she was aware that someone was in need.” Randy said he wasn’t surprised to learn this about his grandmother. “I’m glad I can continue a family tradition – even though I didn’t know about it for a long time!”

Randy admits that there are times when he’s less enthusiastic – like when there’s heavy rain or inclement weather – but overall his experience is overwhelmingly

positive and rewarding. Now that he is retired, he looks forward to volunteering because it motivates him to get up and feel productive about his day. “When I was working afternoon shifts, I tended to stay up late after work and then sleep in the next morning. It was easy to slip in to a routine where you’re less connected to the community – outside of the people who worked the same schedule.”

Randy has been pleasantly surprised about the community he has experienced, even in Vancouver’s most vulnerable neighbourhoods. “It’s true that there are places where people have many problems, and it can be distressing to see. But we shouldn’t forget that there is a very close-knit community of people living there, like all of us, just trying to get by.”

Speaking of inclement weather - Randy mentioned that his new tires from Kal Tire will help him feel more confident during winter conditions – he joked that “Richmond is already quite flat so you’re usually okay if you leave lots of room between you and the driver ahead during snow.” But thanks to Kal Tire’s Road Heroes contest, Randy will feel even more comfortable on his regular routes throughout the year. Thanks Kal Tire, and thanks again Randy for your years of support!

Read more about Randy and the other contest winner volunteers making their communities better: info.kaltire.com/road-heroes.



JOIN OUR VOLUNTEER TEAM!

We wouldn’t be able to operate our charitable programs like Meals on Wheels (Western and Chinese) without help from our team of almost 400 volunteers. Many of them, like Randy, are retired; volunteering allows them to stay active and give back to the community, for just a few hours per shift (between 10:30am - 1pm). But there are more volunteers who work outside of ‘office hours’ who are also helping out.

Lindsay (*pictured at left*) and Geneviève (*right*), who both work at the Fairmont Pacific Rim Hotel, help out in the Cedar Cottage area every Friday. Volunteering in the late morning/early afternoon suits their work schedules perfectly. “When you work evenings/nights, sometimes you feel that you’ve sat around the house all morning”, says Lindsay. She describes their commitment as “only a couple hours a week”, but it’s a very meaningful experience for them both - and we’re very appreciative for the help!

*Learn more about Care BC volunteer opportunities at www.carebc.ca/volunteering.
Read more stories about our volunteers at www.carebc.ca/volunteer-profiles.*



FAMILY RESPITE CENTRE UPDATES

Thank you to all the guests and their family members who attended our Annual Summer Lunch. Thanks also to the *Spirit of the South Seas* dance group (*above*) who performed at the event.

We are also continuing to work, and keeping all of our options open, for expanding our respite services on the North Shore.

At the City of North Vancouver's Regular Council Meeting on May 27, the following recommendation was approved - "That a significant non-profit housing component be incorporated into the North Shore Neighbourhood House Feasibility study and that this be explored in partnership with Hollyburn Family Services, Catalyst Community Housing Society, and Care BC." At our Annual General Meeting (in June), Wendy Tse and Robert Skene from the City of North Vancouver gave a presentation about the study process. The results will be reported back to Council in December.

Meanwhile, in the District of North Vancouver, staff presented the results from the Delbrook Lands 2019 Planning and Engagement process at a Regular Meeting of Council (July 22). At the meeting, Council directed staff to continue engaging with the community to create a detailed design for the neighbourhood park and begin design work for a four-storey building located on the current parking lot on the southeast corner of the Delbrook Lands site. The building is envisioned to include one storey of community services (seniors' respite care) and three storeys of social housing above. Planning staff will begin to prepare the bylaws to implement Council direction and bring it forward for Council consideration in fall, 2019.

Thank you! The 2019 Golf Tournament, hosted by the Marine Drive Golf Club Tuesday Ladies Group in June, raised over \$26,000! We extend special thanks to organizer Sue Biddle, a dedicated Meals on Wheels volunteer for more than 17 years, who ensured the event was a success. Thank you to all those who attended for your support!

**MARINE DRIVE CHARITY
GOLF TOURNAMENT
RAISES \$26,000!**

If you would like to support Care BC's charitable programming with a donation, please visit www.carebcfoundation.ca/donate.

**11TH ANNUAL
FUNDRAISER
OCT. 17,
2019**

There's still time to buy tickets for our **11th Annual Fundraising Dinner & Auction, Thursday Oct. 17th, 2019**. Join us as we celebrate 120 years of service to the community at the Kirin Chinese Restaurant (City Square Mall).

Tickets are \$98 (with a \$50 charitable tax receipt); tables of 10 are available for \$980. The event features live and silent auctions, and a 50/50 draw. Check out our available prizes and purchase your tickets online: www.carebcfoundation.ca/oct-17-2019-fundraiser

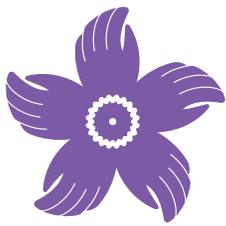
KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between May 10th, 2019 and August 9th, 2019 by making a donation of \$500 or more to our charitable programs.

- Alexander Holburn Beaudin & Lang
- Army, Navy & Airforce Veterans in Canada, Unit #284
- False Creek Community Assoc.
- JAG Management Ltd.
- Kal Tire
- The Lohn Foundation
- Mount Pleasant War Memorial Community Cooperative Assoc.
- Rick and Sandy Young Foundation
- Vancouver Shaughnessy Lions Club
- The Wolrige Foundation

We also thank our individual donors, program partners (Fair Haven Homes Society, the Vancouver Foundation, St. George's Place Society, Vancouver Coastal Health), and acknowledge the financial assistance of the Province of British Columbia.

If you or your company would like to support our charitable programs, call 604-733-6614 or visit www.carebcfoundation.ca
Charitable Tax No.: 71276-8696-RR0002



恭賀RANDY 獲KAL TIRE選為最佳《路上英雄》



Randy Scharf 9年來一直是卑詩護理會的送餐（MOW）義工，他最近獲Kal Tire選為最佳《路上英雄》（Road Heroes）得獎者之一。在此特別恭賀Randy，感謝他多年的服務！

Randy是一位樂於助人的義工表表者。多年來，不管在自己社區或其他地方，他都樂意伸出援助；例如幫助一些老人出入門戶，為需要的鄰居辦理差事等等。在2010年，Randy在溫哥華冬季奧運會當義工完畢之後，他就決定參與義工工作變為常規。於是透過列治文義工招募組織加入了卑詩護理會當送餐義工。他說“我退休後有很多空閒時間，而且我總覺得忙碌比閒著更好”

現在 Randy的送餐角式是每週有三天幫助我們從廚房將數十份餐食送到溫哥華東區轉接站，讓其他義工從轉接站再送到客人處。在退休前，他工作需要送各種文件給不同客戶。所以他對溫哥華街道非常熟識。不過，原來Randy本身是列治文居民，對列治文當然不會陌生；問他對於列治文的轉變時，他說“現在列治文城市轉變很多，有些地方交通非常劣，不過隨著城市的不斷發展，列治文有了全新的社區和街道”

另外，“幫助別人”原來是Randy家庭一直的傳統，Randy說“從小當我看到其他人沒有東西吃的時候，我會感到不安，我記得媽媽提及祖母時，她說祖母也是非常樂於助人的，當祖母還小時，知道有人有需要幫忙或缺乏食物時，她都會第一時間拿食物給他們或伸出援手。事實上我對祖母的行為並不感到驚訝，我很高興我能夠延續這個家庭傳統！”

Randy也跟我們分享到有些時候會被一些外來因素影響心情，變得低落。好像惡劣天氣或看到一些邊緣人仕的遭遇，都會影響心情。Randy說“在未退休前，因工作關係，有些時候會工作到凌晨才可睡覺，所以很困難與其他人聯繫，好像與社會隔離一樣。到今天退休後，我會盡量參與義工工作，讓外來的動力推動自己積極的生活。當然我知道現實生活中確實存在許多問題，令人不安，但當我一再想起這是生活中不能避免的，到底還是幫到有需要的人，積極的意念又湧在心頭，於是又可繼續向前走！”

這次獲得Kal Tire選為最佳《路上英雄》（Road Heroes），Randy一方面感到開心，另一方面也感謝Kal Tire送贈的車軔非常有用，特別在下雪天，在路上開車的時候更覺安全！Randy強調當然車與車適當的距離也是重要的一環！

在此，感謝Kal Tire《路上英雄》的選舉，當中能表揚傑出義工。還有感謝Randy多年來支持卑詩護理會的送餐工作，將關心與愛心幫助有需要的人。閱讀更多關於Randy和其他義工故事，請到網址 (<https://info.kaltire.com/road-heroes/>)。

我們熱切需要你加入我們義工團隊！



沒有近400名義工團隊的幫助，將無法營運我們送餐服務。義工團隊中的許多人如Randy一樣，退休後，每週幾小時（上午10:30至下午1點）當義工來保持與社區聯繫。另外，還有些義工在日常工作中，也會抽時間參與義工工作。好像Lindsay(左圖)和Geneviève(右)，她們本身在Fairmont Pacific Rim酒店工作，她們選擇每個星期五在Cedar Cottage地區幫忙送餐。她們說“上午義工工作非常適合上班時間。“有時晚上須要輪班工作，第二天早上就休息，好多時利用這個時候做義工最好不過。Lindsay說“每星期只需幾個小時的參與，對需要幫忙的人伸出援手，是非常有意義的體驗”我們感謝他們的幫助！閱讀更多關於卑詩護理會義工故事，請到網址 www.carebc.ca/volunteer-profiles。



北溫哥華家庭暫託中心擴展計劃

感謝所有參加我們夏季午餐派對的各位來賓及其家人。感謝在此次活動中表演的 *Spirit of the South Seas* dance group 南海舞蹈團 (上圖)。

我們仍然繼續努力跟進位於北溫哥華(North Shore)的家庭暫託中心擴展計劃。

在2019年5月27日在北溫哥華 (North Shore)舉行的常務理事會會議上，正式批准了以下建議 - “一項建於北溫哥華市非牟利多元房屋組合計劃現已通過，合作單位包括: Hollyburn Family Services, Catalyst Community Housing Society 及 Care BC。在Care BC 6月的週年大會上，來自北溫哥華的Wendy Tse和Robert Skene一同介紹了整個研究過程。研究結果將於12月向理事會報告。

同時，在北溫哥華地區，工作人員在理事例會 (7月22日) 上介紹了關於Delbrook Lands 2019的城市規劃和參與過程的結果。在會議上，市議會表示工作人員將會繼續與社區合作，為鄰近公園創建詳細設計，並開始計劃位於Delbrook Lands東南角現有的停車場設計四層樓的建築組合。該建築組合包括一層社區服務 (老年人的暫託服務) 和三層以上的社區可負擔房屋。規劃人員將開始準備章程以落實理事會的指示，並在2019年秋季提交理事會審議。

謝謝！謝謝 Marine Drive 高爾夫球週二女子組於6月份舉辦2019年高爾夫球錦標賽籌務超過\$26,000元！我們特別感謝 Sue Biddle，她是卑詩護理會的送餐義工工作超過17年，Sue帶領此活動取得圓滿成功。感謝所有參與及支持的朋友！

MARINE DRIVE 慈善高爾夫球錦標賽 - 共籌得 \$26,000元!

如果想透過您的活動來支持Care BC的慈善項目，請到卑詩護理基金會網址：www.carebcfoundation.ca/donate-chinese

第十一屆 卑詩護理會 籌款晚宴 - 2019年10月17日

門票正在熱賣中！請參與我們慶祝120週年第十一屆卑詩護理會籌款晚宴將於2019年10月17日(星期四) 於麒麟海鮮酒家舉行(City Square Mall, Van) 餐券\$98(\$50可獲退稅收條)。此活動將進行現場和無聲拍賣，以及大抽獎 - 所有收益將捐助卑詩護理會各項慈善項目。詳情請到網址：

www.carebcfoundation.ca/oct-17-2019-fundraiser

歡迎加入MACAULAY CLUB

感謝以下商號在2019年5月10日至 2019年8月9日成為我們 Macaulay Club成員 (捐助超過\$500元或以上)，幫助Care BC各項社區服務。

- Alexander Holburn Beaudin & Lang
- Army, Navy & Airforce Veterans in Canada, Unit #284
- False Creek Community Assoc.
- JAG Management Ltd.
- Kal Tire
- The Lohn Foundation
- Mount Pleasant War Memorial Community Cooperative Assoc.
- Rick and Sandy Young Foundation
- Vancouver Shaughnessy Lions Club
- The Wolrige Foundation

同時亦感謝我們以下的項目伙伴，包括：Fair Haven Homes Society, The Vancouver Foundation, St. George's Place Society, Vancouver Coastal Health 及鳴謝卑詩省政府的財務支援。

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