



VENC SPRING NEWSLETTER

Presidents Message



Sunny days and spectacular blooms are here again! For very good reason we are known in Victoria as the ‘city of gardens’. And we have a gardening group at VENC – kudos to them and everyone who is contributing to the floral beauty of Victoria.

This issue of our newsletter is dedicated to all our club volunteers. While many members have dedicated volunteer roles, many also pitch in and help when they are needed. Without the enthusiasm, time and effort of our volunteers’ members, we would not be the thriving organization we are today. I am impressed by the fact that we have 214 active members in VENC. The altruism and community spirit of so many of our members I believe, is key to the success of our club.

I especially want to acknowledge and thank those folks that have volunteered for years. And those of you who are coming forward for the first time and bringing your fresh ideas and wealth of skills. I am filled with awe and gratitude for our volunteers as we recognize & celebrate our 25th year of creating community in greater Victoria.

With gratitude, Alanna

Message to our Volunteers

Thank You

For being amazing, making a difference, giving your time and energy to VENC. Thank you for making VENC a community. The success of VENC is due to you. Our appreciation goes to the VWNC 2022-2023 volunteers:

Bernadette Allen Connie Allen	Deb Jackson Ali Lorhan	Renee Roy Mary Rose Ruggles
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Lia Ashbrook	Anne McNab	Janice Scharff
Eleanor Bell	Crea Milroy	Connie Scheurer
Ginny Bryce	Mary Newman	Val Shazly
Peggy Burns	Lisa Ochsner	Valerie Stirling
Karin Buss	Margaret Olson	Alanna Smith
Alison Clark	Lorraine Paik	Inga Sheane
Julie Cohen	Lynda Phillippsen,	Laura Shushkewich
Janine Czerniak	Kari McLeod	Christie Ulmer
Linda D'Angelo	Ann McRae	Edie Ungstad
Sherrill Davis	Donalda Rossman	Rene Roy
Janine Gliener	Beata Siwinski	Faye White
Maureen Goyeche	Stephanie Staples	Mary Wilson-Smith
Josiane Herman	Donalda Rossman	Carol Yanisch
Diane Hopkins	Gina Panattoni	Beth Young

2023 AGM: Your club, Your vote counts

This year's AGM is being held electronically. This has been a successful format for the club, enabling more members to vote. We encourage everyone to participate. We will be voting on the candidates for the Executive Committee and by-law amendments. The Executive proposes eliminating the clause requiring members to re-register for activities each September and adding a new clause permitting electronic meetings. The call for nominees was emailed out on April 14 and will close on May 14th. The voting package will be sent out mid May and voting will be possible on-line until June 17th. The results will be announced in the spring newsletter. Please vote – your participation is valued!

**“We make a living by what we get,
but we make a life by what we give” Winston Churchill**

Time or energy to spare? Consider volunteering. The benefits of volunteering is well documented by the scientific studies: better physical and mental health, life satisfaction, self esteem and happiness, for example.¹ Volunteer Victoria provides a wonderful service for people looking for volunteer opportunities. Their advisors will meet with you one-on-one to identify and understand your interests and suggest opportunities that may suit you. If you are interested in exploring options and opportunities for volunteering in the Victoria community, you can call (250) 386-2269 or sign up for a virtual interview on their website: <https://volunteervictoria.setmore.com/>

¹ J. Yeung et al, Volunteering and health benefits in general adults: cumulative effects and forms (2018) BMC Health 10; 8