



## 2015 Kamloops Volunteer Recognition Awards



*May winner Faith Bailey, Literacy in Kamloops*

We would not be where we are today without the thousands of volunteers who have come through our doors over the past 30 years, many of whom are still volunteering for your organizations today!

To highlight and recognize 12 amazing individuals in Kamloops during our 30th anniversary year, we created a Volunteer Recognition Award with one volunteer recognized each month throughout 2015.

From sorting shoes to tutoring international students, managing volunteers for a seniors' grocery shopping program to a four-footed therapy dog, and from aiding literacy programs to promoting the arts the incredible diversity of volunteerism going on in the greater Kamloops community is truly inspiring! We had winners from all age groups, cultural backgrounds and income brackets and this is proof positive that anyone

can volunteer, and that no matter how large or small their individual contribution, their efforts are valued and recognized.

Thank you to all those volunteer coordinators who submitted nominations throughout the year. The volume of applications we received is heartwarming and there were many more nominees than awards to give out. Whether you were nominated or not, keep up the great work and know that the organizations you help are counting on you!

Here is the full list of all 12 Volunteer Recognition Award winners:

### **January**

Chris Karpes,  
Oncore Seniors Society

### **February**

Anthony Gaewehn,  
Salvation Army

### **March**

Sandy Van Camp,  
Kamloops Therapeutic  
Riding Centre

### **April**

Mary Baker,  
RCMP Victims' services,  
CanGo Grannies, Hospice

### **May**

Faith Bailey,  
Literacy in Kamloops

### **June**

Lynn Mugford,  
Kamloops Art Council

### **July**

Mollie & Bridget,  
St. John Ambulance Therapy  
Dog Program

### **August**

David Eisan,  
Speed Watch and  
Citizens on Patrol

### **September**

Pat Fair, CNIB

### **October**

Yueqi (Annita) Wu,  
TRU Writing Centre

### **November**

Eija Cryderman,  
OnCore Seniors Society

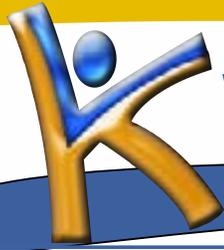
### **December**

Shawna Patterson,  
Volunteer Kamloops

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## Benefits of volunteering as a family

Volunteering in general provides an opportunity for learning, developing life skills and civic responsibility. One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the backbone that holds a community together. Volunteering allows you to personally connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And, volunteering is a two-way street: It can benefit an individual and their family as much as the cause they choose to help. Dedicating time and efforts as a volunteer helps making new friends, expanding one's network, and boosting their social skills.

Volunteering together is a productive way for families to enjoy each other's company while making a contribution to the community. Family volunteering strengthens families by creating a common goal and improving communication. Volunteering, as a family

amplifies one's impact on the cause and gives families some quality time together.

Children are the future. By participating in volunteer activities, children experience the satisfaction and other benefits that are a result from freely offering their services to help others. When volunteering becomes a natural part of a child's life at an early age, it adds an important dimension to the process of growing up and, ultimately, shapes the adult that child will become. Volunteering also strengthens a child's value systems because children see parents are involved and this has a strong impact on their understanding of volunteer work. Children can also get involved—and learn the value of volunteering—at an early age by donating toys, books and school supplies they've outgrown.

Volunteering together could be just what the doctor ordered for hectic and busy family lives. While it might be a challenge to coordinate everyone's schedules, volunteering as a family has many worthwhile benefits. Children watch everything adults do. By giving back



to the community, one can influence children firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It is also a valuable way for one to get to know organizations in the community and find resources and activities for their children and family.

### Fun facts about volunteering

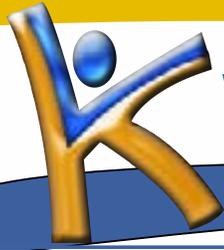
- Volunteering gives adults the opportunity to explore a new career or to discover a new talent.
- For those who have recently moved, volunteering provides you with networking opportunities to gain a better understanding of your community.
- The research shows that those who gave social sup-

port to others had lower rates of mortality than those who did not (Brown et al., 2005). And, providing support was found to have a stronger relationship with longevity than receiving support from others (Brown et al., 2003).

- Kids who see their parents and grandparents volunteering are more likely to volunteer.
- Volunteers live longer! (Harvard School of Public Health, 2004)
- Altruistic (other-regarding) emotions and behaviors are associated with greater wellbeing, health, and longevity (Post, 2005).
- Volunteers live healthier lives! (Moen, Dempster-McCain, & Williams, 1993)

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# Volunteer Kamloops

Connecting Volunteers  
Building Community

Serving Kamloops over 30 years

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## Highlights of AGM - May, 2016

*Sarah Ladd, President, Volunteer Kamloops*

Thank you to all who attended our Annual General Meeting on May 3; it was wonderful to see you all out to support us!

The past year has been one of many great successes, changes and additions to our team. We saw two Board members depart to pursue other life and career goals, and had three join (welcome Claire, Debbie and Trista), a new part-time staff person (Cicy Dunstan) has been hired to assist with the Focus Program one day per week, and we have several strongly talented volunteers helping in specialized areas (Zach, Nancy, Tanuj, Santi, Thomas, Michael, and our many wonderful office admin volunteers too!).

Volunteer Kamloops staff saw over 150 individuals come through our doors for volunteer referrals through the Link Program, and many more for the Focus Program, and our Current Volunteer Opportunities page sees hundreds of hits per month.

It has been an excellent year for public relations and we've been actively promoting volunteerism through a successful colouring contest, monthly newspaper features, and an interview on CJFC.

I am pleased to say that we are meeting or exceeding most of the year-one targets we set out in our three-year strategic plan, and will be spending the next year focusing on fundraising and organizational sustainability. As I move into the second year of my two-year term as President of Volunteer Kamloops, I am optimistic about our financial success, and confident in the team we have put together as we strive to continue to engage a community that volunteers. I invite all of you to reach out to me at any time with questions, comments or concerns at 250-571-9170 or sladd27@gmail.com.

Thank you to all of our non-profit organizations and to all the volunteers in our great city!

**Social Media Re-branding:**  
Check out our Facebook, Twitter and Instagram pages on May 11th for a new look and feel!



## Upcoming workshops



**Volunteer Kamloops Culturally Welcoming Volunteer Program workshop**

Thursday, May 19, 5 - 7 pm at 448 Tranquille

RSVP to:  
sladd27@gmail.com

**Volunteer Kamloops with Volunteer BC and AVRBC present: Regional Training Roadshow - Volunteer Retention and Creating Family-friendly Volunteer programs.**

June 16, 9 am - 3 pm at TRU, IB 1007

RSVP to:  
info@volunteerkamloops.org

## FAMILY VOLUNTEERING - CONTINUED FROM PAGE 2

- Volunteering can make you feel great about yourself as you contribute to the lives of others and your community.
- Every year in Canada, over 12.5 million volunteers give their time, energy and skills to make our communities better.
- People who routinely help others often experience a “helper’s high” - a euphoric rush that releases endorphins, the body’s natural painkillers. In addition to this “feel-good” rush, the health benefits of volunteering include a reduced risk of cardiovascular disease and diabetes as well as lower cholesterol levels and improved immune functioning.
- Mental functioning gets a boost from volunteering, too. The brain needs exercise as much as the body, and performing acts of kindness and making new social connections help keep the mind stimulated (Volunteer Canada, 2011).
- In a recent study, researchers found that retirees older than 65 who volunteered had less than half the risk of dying during a four year follow-up period as compared to their peers who did not volunteer their time (Boyle, 2009).

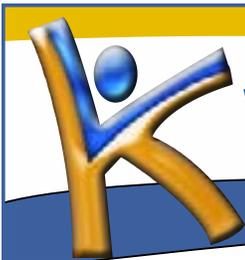
**Reference:** <http://www.volunteerdufferin.ca/i-want-to-volunteer/adults/facts-benefits/>

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## Highlighting present and upcoming volunteer opportunities in Kamloops

### **Kamloops Arts Council**

Art in the Park Volunteers – The Kamloops Arts Council is looking for outgoing, energetic, and cheerful volunteers to help prepare for Art in the Park from June 30 to July 1 at Riverside Park. Many different positions: set-up/pack-up, prep, fundraisers, and “Ask Me”/Greeters. 14+ to volunteer and family volunteering friendly. Fundraising volunteers must be 19+ to volunteer. If you volunteer more than a total 4 hours for Art in the Park we'll provide lunch for our onsite volunteers. 250-372-7323

### **Kamloops Dragon Boat Club**

Dragon Boat Festival Volunteers – The Kamloops Dragon Boat Festival is looking for volunteers to help out with this year's festival on Aug. 6! Positions include: Boat Loaders, Registration/Info Table, Timer Assistants, Results Runners, and Security. A brief description of the jobs are below. 13+ to volunteer. Location: Riverside Park – Beach. 250-377-5813 or 250-376-7181

### **Kamloops Hospice Association**

Cook/Baker Volunteers – The Volunteers will assist in cooking an assortment of baked goods, homemade soups, and other meal prep on a daily basis for our patients, families, and visitors. 19+ to volunteer. The volunteers must possess FoodSafe Level 1. Address: 72 Whiteshield Crescent South, Kamloops BC V2E 2S9. 250-372-1336

### **Interior Community Services**

Child minding Volunteers – The volunteers will help watch children while their parents are in learning sessions Tuesday and/or Thursday mornings 10am – noon. The volunteers will assist the staff in the children's area to watch the children, and be an extra set of eyes and ears.

Experience with large groups of children, and first aid are assets. 19+ to volunteer. Address: 396 Tranquille Road. 250-376-3660 or 250-554-3134

### **Kamloops Heritage Railway**

Onboard Attendants – The Kamloops Heritage Railway (Steam Locomotive 2141) is looking for onboard attendants for our Spirit of Kamloops Railtours (Jul. and Aug). Duties: passenger safety and relations, helping passengers to board the train & seating them, watching for ongoing safety infractions, interacting and taking photos with the passengers, and serving drinks & snacks. 19+ to volunteer, must be physically fit, and proficient in English; shifts are Thursdays, Fridays, & Saturdays. manager@kamrail.com

### **BC Wildlife Park**

Family Farm Assistants – The BC Wildlife Park is in need of volunteers to assist our zookeepers in maintaining a safe environment at our Home Hardware Family Farm. The volunteers will be interacting with the park guests as they interact with our goats! The Volunteers will also be keeping the barn area clean. 16+ to volunteer and family volunteering friendly (Ages 11 – 13 can volunteer with a parent). The volunteers should be physically fit, able to work in the heat, and comfortable around livestock. 250-573-3242 Ext: 226

### **Kamloops Heritage Railway**

Entertainers – The Kamloops Heritage Railway (Steam Locomotive 2141) is looking for entertainers for our Spirit of Kamloops Railtours (Jul. & Aug). Duties: singing, dancing, and acting; no experience necessary. Period costumes are supplied. All ages are welcome & family volunteering friendly; minors require parental or guardian written permission; shifts are Thursdays, Fridays, & Saturdays. manager@kamrail.com

### **Arnica Artist Run Centre**

Furniture Building Volunteers – Arnica is in need of volunteers to plan, and build some stools and benches for our art gallery. The volunteers will use their own woodworking tools & equipment in their own workshop. The volunteers will have to confirm their woodworking skills, and be able to collaborate on the project. 18+ to volunteer. Please note that the materials will be paid for by Arnica. arnicaarc@gmail.com

### **Simply the Best Thrift Store**

Thrift Store Volunteers – A variety of positions are available: sort/organize donations, cashiers, maintain retail displays, assist customers and more. There will be a hands on orientation and training available to all volunteers. Due to dedicated individuals like you, Simply the Best is able to provide affordable housing and operate personalized services to benefit individuals in our community. 18+ to volunteer. 250-377-8335

### **Arnica Artist Run Centre**

Public Media Volunteers – The volunteers will visit businesses in Kamloops to confirm if Arnica is allowed to place event posters at their business. The volunteers must be polite, have good communication skills, and have an interest in the arts in our community. 17+ to volunteer. arnicaarc@gmail.com

### **Kamloops Heritage Society**

St. Andrews Volunteers – The Kamloops Heritage Society is looking for volunteers at St. Andrews on the Square for various events & duties. Duties might include: event planning & participation, set-up/take down, building maintenance (inside/outside), signage, janitorial, and kitchen duties. 19+ to volunteer. 250-372-0468 or 250-377-4232

### **Kamloops Arts Council**

Fundraising Volunteers – The Kamloops Arts Council is looking for individuals with fundraising or sales experience to join its fundraising committee and assist with its fundraising initiatives. The volunteers should have a passion for arts and community, friendly, outgoing, personable, persistent, and enjoy engaging people in conversation. 19+ to volunteer. 250-372-7323

### **Kamloops Community Safety & Enforcement**

Citizens on Patrol – Assist the police by providing extra eyes and ears in monitoring criminal activity. Volunteers are paired with a partner. Equipment and training are provided. Volunteers report crime, locate stolen vehicles, and assist in patrols of areas of interest to help make our community a safe place to live. Great experience for those interested in pursuing a career in policing. 19+ to volunteer. 250-828-3818

### **Alzheimer Society of B.C.**

Support Group Facilitators (Chase, Ashcroft, & Merritt) – Are you interested in making a real and profound difference in the lives of people caring for a family member with Alzheimer's disease or a related dementia? The support group facilitators organize caregiver meetings, communicating with the Alzheimer Society of B.C. staff, maintain group attendance records and use Alzheimer Society materials to provide information to the groups. The objective of our groups is to strengthen the coping abilities of caregivers and reduce the impact of dementia on the community. \*Please note that we're looking for facilitators in Chase, Ashcroft, and Merritt at this time. Extensive training is provided. 19+ to volunteer. 250-377-8200 or 1-800-886-6946.

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