

AUGUST 2018 ISSUE 8



*Your Free Monthly Newsletter*

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

- Dr. Seuss from "The Lorax"

[www.volunteerkamloops.org](http://www.volunteerkamloops.org)

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# A Mental Health Moment

Emotional pain is not something that should be hidden away and never spoken about. There is truth in your pain, there is growth in your pain, but only if it's first brought out into the open.

STEVEN AITCHISON

HealthyPlace.com



**BECOME A MEMBER**

Becoming a member of Volunteer Kamloops has benefits. Learn more at [www.volunteerkamloops.org](http://www.volunteerkamloops.org)



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EMAIL PROGRAM@VOLUNTEERKAMLOOPS.ORG



Your Free Monthly Newsletter

## New Volunteer Opportunities

**KAMLOOPS IMMIGRANT SERVICES** – Various Positions as follows- Computer Mentor– Works with newcomers and established immigrants who have basic computer questions. Helps mentee with programs such as MS Office, email, internet, typing, and other basics. After School Club Facilitator– Works with a small group of children from newcomer family's grades 1-4. Help plan games and crafts, provide homework help, and help children practice English.

**KAMLOOPS HOSPICE ASSOCIATION** – Flutter Buys Thrift Store – Various Positions as follows- Cashier, sorters, and floor. Volunteers will sort/organize donations, use the cash register, and use customer skills.

# Organisations in Need of Volunteers



Canadian Mental  
Health Association  
Association canadienne  
pour la santé mentale



## Snow Angel Volunteers are Needed



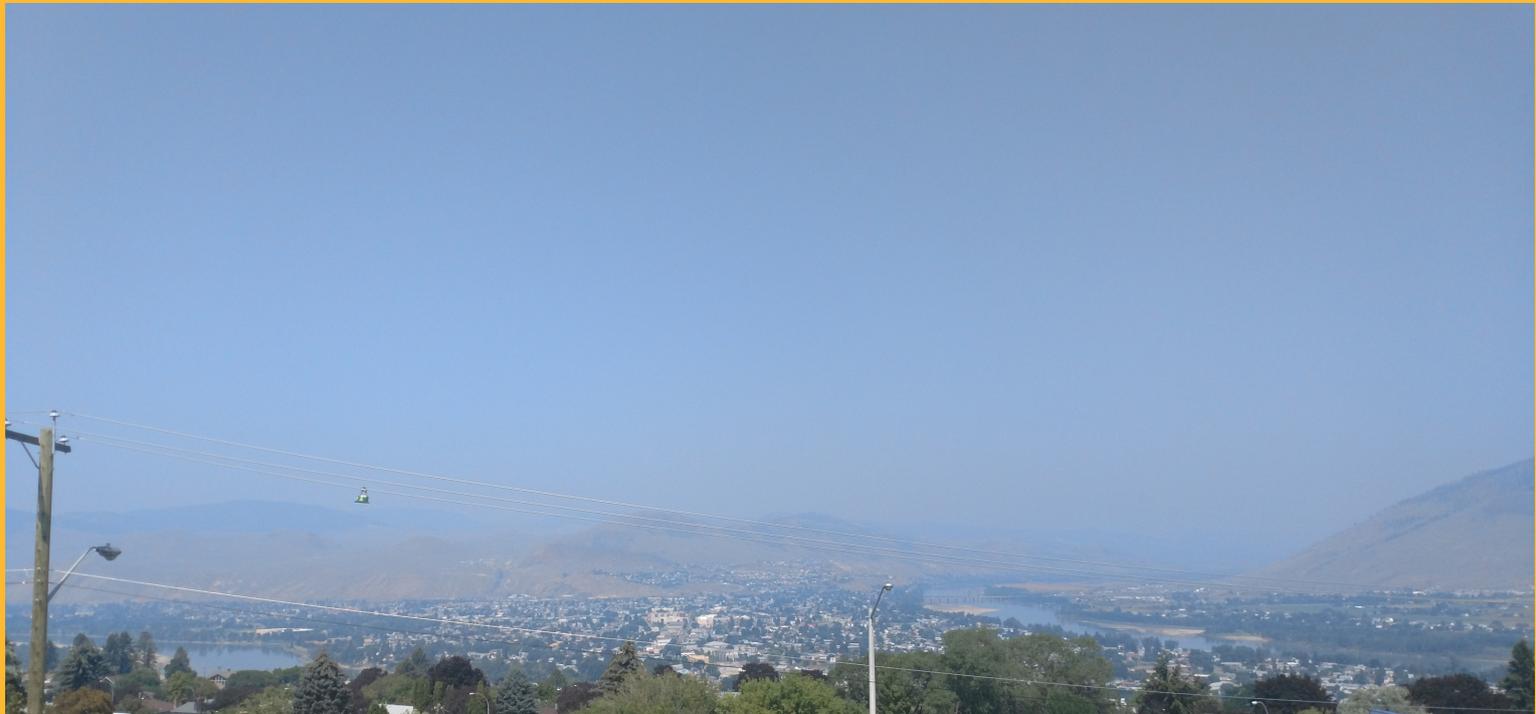
The Snow Angels Program gears up every November to help seniors and individuals with mobility challenges by removing snow from their driveways and sidewalks. Each year, Snow Angels volunteers assist over 100 seniors and individuals with mobility challenges in Kamloops with snow removal services.

### Volunteers:

- Shovel snow from the driveway and sidewalk within a 24-hour window
- You must be physically fit to complete the job and be reliable
- Must be ready/prepared to shovel snow when needed
- Family volunteering welcome (children ages 14 and under must have supervision)
- Volunteers will be matched with seniors in their area
- Criminal Record Check is required

### How to get started:

- Please complete an application form either beforehand or at our office and write "Snow Angels" under the section – "Are you looking for a specific volunteer opportunity" and if you can shovel more than one place in that area, please let us know how many you would like to assist with.
- Once your application is complete contact Taylor Rae, the Snow Angels Program Coordinator, at 250-372-8313 to learn more about the program and get a letter to have your Criminal Record Check (CRC) completed
- Complete a CRC by using our link or by taking the CRC letter to the local police department. The process can take 2 to 10 business days.
- Once the Criminal Record Check is received back from the RCMP you will get matched to seniors or individuals with mobility challenges in your neighbourhood.



## How to Prevent a Wildfire

There is not much we can do if lightning strikes but plenty of wildfires start because of human error or neglect.

National Geographic has compiled a list of tips you can utilize to help prevent a wildfire.

If you see a fire burning out-of-control or left unattended you should contact 911, your local fire department, or the park service.

In Kamloops we currently have a campfire ban, however, even when we are able to have campfires you should never leave it unattended. It is important to completely extinguish the fire before leaving. Make sure to put out the fire using plenty of water but remember to stir the ashes until they are cold and to spot any embers.

Even with all the smoke, some people may wish to go camping. If you choose to do so be careful when using and fueling lanterns, stoves, and heaters. The National Geographic article states before refuelling check your equipment to make sure its cool. It is also safer to store fuel away from all heat sources.

All over social media you can find videos, picture, or people saying how they've seen another motorist or pedestrian toss a cigarette out of a car or onto the sidewalk. If you smoke please do not litter your smoking materials. They can easily start a fire and this is a simple way to prevent one! Completely extinguish cigarettes before disposing of them.

Lastly, it is important to follow the fire ban restrictions. Please don't burn any materials until safe to do so!

We must all work together to prevent wildfires. If you would like to read more of the National Geographic article please follow the link:

<https://www.nationalgeographic.com/environment/natural-disasters/wildfire-safety-tips/>



RESTORING  
RESPONDER  
RESILIENCE  
PROGRAM

# Restoring Responder Resilience

**ATTENTION EMERGENCY RESPONDERS:**

**Are you feeling burnt out? Stressed?**

**Struggling with irregular behaviours or personal relationships?**



In the spirit of building resilience among those dedicated to keeping Canadians safe, The Happyness Center — in collaboration with Volunteer Kamloops and with support from the United Way — is very pleased to announce an upcoming **FREE 12-week Restoring Responder Resilience workshop.**

Receive personalized tools to help relieve grief, trauma, anxiety, and burn-out and experience a sense of restored mental, physical and emotional well-being, allowing you to refocus on what matters most - continuing to serve and assist those in need.

12 Week Program

Saturdays & Sundays, September 8th - November 3rd, 2018

8:00am - 11:00am

#203 - 242 Victoria Street, Kamloops, BC

**LEARN MORE AND REGISTER @[thehappynesscenter.ca](http://thehappynesscenter.ca)**



United Way  
Thompson Nicola Cariboo  
Change starts here.

THE **happyness**  
CENTER



# VOLUNTEER OF THE MONTH

Volunteer winners provided by:



## Congratulations **JAMIE CHUDYK!**

*I was looking for a place to offer my time, with my love of horses the Kamloops Therapeutic Riding Association was a perfect fit. I groom and prepare the horses for the children and adults that will be enjoying them.*

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**If you would like to learn about volunteer opportunities please call Taylor at 250-372-8313.**



**Jamie received her \$100 Gift Certificate from Nuleaf.**

BROUGHT  
TO YOU BY:



740 FORTUNE DRIVE, KAMLOOPS

**250-376-8618**

**FRESHLY PICKED PRODUCE DAILY**

*Space provided by Kamloops This Week & Kamloops This Week Digital*

Nuleaf Grocery store on the North Shore is sponsoring a volunteer on a monthly basis.

They highlight one volunteer in our community in an ad in KTW as well as by providing the volunteer with \$100 gift card.

We help identify the volunteers that make a difference in our community.

Thank you NuLeaf for making this possible!

# KTW of the TIMERAISEr month

## Deb Press



### What piece of art did you buy?

*SOUTH* by Nancy Donnithorne

### What organization(s) did you volunteer with to pay for your art?

1. Four Paws Food Bank
2. Canadian Cancer Society
3. BC Winter Games
4. Boys n Girls Club- Powerstart breakfast program at Beattie School
5. Kamloops Women Resource Society
6. United Way / A Way Home- youth homelessness

### What do you like best about the organization you volunteered for?

I love how they help our communities and bring together people from all walks of life. I love meeting new people and to help where ever I'm needed, and the organizations that I volunteer with give me purpose. I feel I have been able to do some good in our community and the feedback from those using the organizations' services has been very positive. I am so grateful to have involved myself with these amazing organizations and meet the people which we serve.

### What do you like best about your artwork?

I love the blues, my favourite colour palette. Those quiet shades are what drew me to the painting. The cool serenity in the vastness of the outdoors, mountains, and an open road just makes me happy.

### What do you like about the Timeraiser event?

I love the opportunity it gives you to meet new people, to find out more about some of the agencies in Kamloops that need volunteers, and what they do. And well the art is amazing!! That volunteer time is the currency linking the art to the need for volunteers is brilliant! This event came at a perfect time for me as I had just started with Urban Systems earlier in 2017 and they made me aware of the event. My wife is new to Kamloops, so this was a great way for her to meet people and for us to find out where we could be of service in our community. Timeraiser has given me an opportunity to explore something I have been meaning to do but didn't know how to go about it. Urban as a company, is very community oriented, so working here has given me wonderful opportunities to help out in the community in so many different ways. It's been awesome.

## HOW TIME RAISER WORKS



Local artwork is selected and purchased for auction



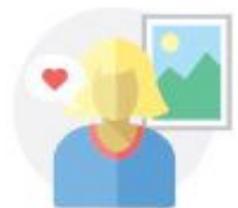
Non-profit agencies gather at the time raiser event



Participants bid volunteer hours on works of art they are interested in



The winning bidders complete their volunteer pledge over a year



Bidders bring their artwork home!

## SPONSOR of the MONTH

# URBAN systems

## Volunteer Kamloops Current Hot Opportunities

**Hot Nite in the City**  
Barricade & Security Volunteers

**Provincial Winter Fair**  
Kid Zone with Petting Zoo  
Volunteers & Parking Volunteer

**Highland Valley Copper**  
Open House Volunteers (Parking & Concession)

**North Shore Business Improvement Association**  
Event set up, Nickel Games, Bike Lockup, Photo Booth, Food Tickets, & Event Cleanup volunteers.

**Camp Grafton**  
Volunteer Head Cook

**FOR DETAILS VISIT**  
[www.volunteerkamloops.org](http://www.volunteerkamloops.org)  
or call 250-372-8313

## The next KTW TIMERAISEr

**FRIDAY  
NOVEMBER 16**

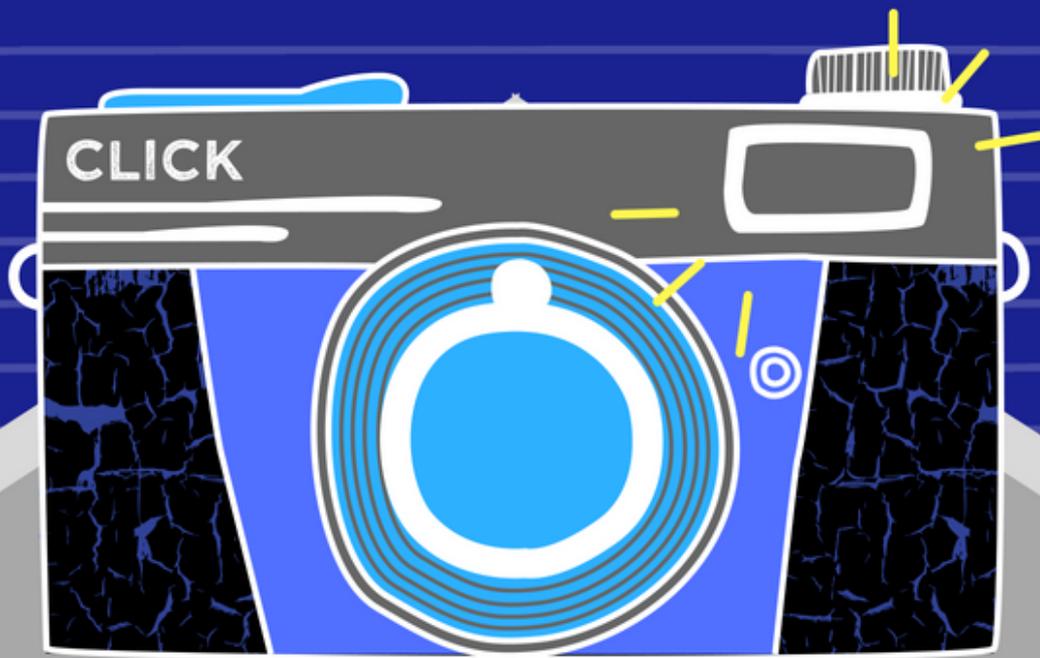
**7:00 - 11:00 pm**

**The Rex Hall  
417 Seymour St.**

Live Music ~ Appies ~ Art

**EVERYONE  
WELCOME**

*No obligation to volunteer*



Say Cheese!

We want to see how you volunteer!

We want to show off your hard work. Share your volunteer pictures with us.

Email them to [program@volunteerkamloops.org](mailto:program@volunteerkamloops.org)

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Our mailing address is:  
705 Seymour St.  
Kamloops, B.C.  
V2C2H4

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list by emailing [program@volunteerkamloops.org](mailto:program@volunteerkamloops.org)