



Your Free Monthly Newsletter

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A Mental Health Moment

SOMETIMES THE
SMALLEST STEP IN
THE RIGHT DIRECTION



ENDS UP BEING THE
BIGGEST STEP IN
YOUR LIFE

- STEVE MANABOLI -

Project Connect 2018

PROJECT CONNECT

Everyone is welcome to come connect with community!

Live Music • Open Mic

Free BBQ provided by the
Valleyview Overlanders Lions Club

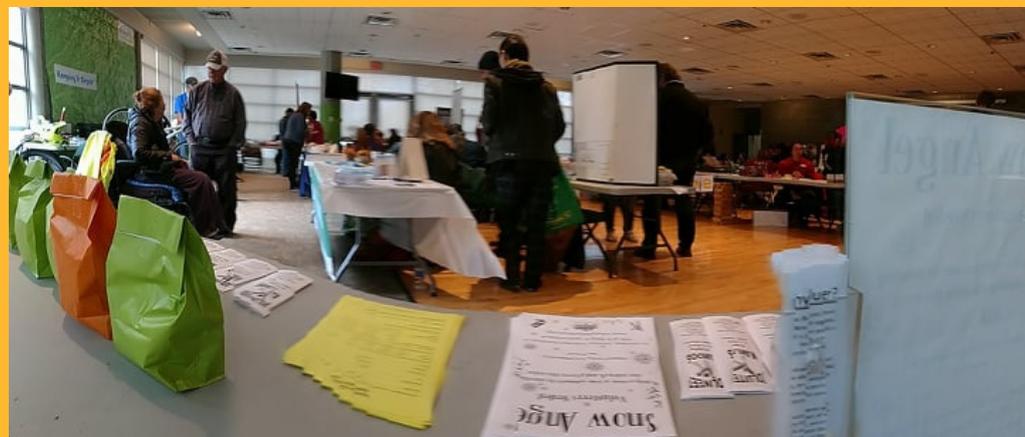
Games • Activities • Give-Aways
with Community Agencies

Free Flu Shots by Interior Health

Prizes &
Draws!

Wednesday
OCTOBER 11 2017
10:00 am-2:00 pm

SPIRIT SQUARE
Yew St & McKenzie Ave
Kamloops North Shore



The City of Kamloops invited us at Volunteer Kamloops to attend Project Connect during Homelessness Action Week. The goal of Project Connect was to connect people experiencing homelessness with local services and organisations that can help them improve their lives. This was done in an exciting atmosphere with food, live music, and games. The event was free for anyone to attend and will offer a variety of activities and giveaways from community organisations and the City.

This year's event was held indoors for the first time at the Valley First Lounge at the Sandman Centre. It was a great way for people to connect with resources.

We would like to recognise the City of Kamloops, our member organisations and our other community partners that made Project Connect possible. We met a lot of new people and made more connections in the community.

It was a pleasure meeting everyone and we look forward to next year!

Helping you get Hired



By Taylor Rae, Link Program Coordinator

Volunteer experience is a great way to go about becoming more employable! How does volunteering make you more employable is a question I hear a lot as the Link Program Coordinator at Volunteer Kamloops. I myself struggled with finding employment after university. So, I know firsthand how volunteering can help.

Having volunteering experience on your resume helps you become more employable because your volunteer experience has the potential to showcase your skills within your field. You get practical hands-on experience as a volunteer. However, the benefits don't end there because showcasing your volunteerism demonstrates your compassion and thought for others. These are great qualities a manager could be looking for. While practising your skills and gaining experience you may be surprised by the new skills you learn along the way.

These new skills could help you fill in any gaps you may have on your resume! Taking the time to volunteer can also literally help you fill gaps between employment. So instead of getting that dreaded question about what you've been doing these last months or years, you can say volunteering. You can also mention any accomplishments, achievements, or awards you received for your service.

In addition to building your practical skills, volunteering is also a great way to build connections in the community. The staff at Volunteer Kamloops has seen some of our volunteers ladder into employment. Sometimes, employment comes from the agency that needed you as a volunteer! Networking is essential in finding employment. Especially when it seems like it is a "whom you know" kind of world.

There are many ways volunteering can help you get hired. It's never too late to start and you never know what it might lead to.

Grandpa's Boy

By Justin Bourke, Volunteer Kamloops Board Member



At 9 years of age, I was adopted. During that time, the family can have visits with the child pre-adoption. The first people I met were my Grandma and Grandpa. At that time I did not know the impact they would have on me or that they would teach me a love for my community that has continued 20 years later. My Grandpa would always tell me to leave the world better than when I entered it and instilled a sense of community in me. I remember him taking me to help set up the church for activities and telling me that he appreciated community more after being a “war child” and getting a second chance in Canada. 4 years later at 49, my grandpa started to get early onset Alzheimer’s, but still volunteered until the day his memory started to go. Through my teens, Grandpa battled this horrible disease and would always ask me what I did that day.

He would be so impressed when I told him always ask me what I did that day. He would be so impressed when I told him about working with Community Connections in Revelstoke as a peer support person for youth with disabilities, he loved that I decided to show Japanese student’s a love for the community that he had instilled in me, and he smiled when I went off to become a social worker. In my second year of University and after becoming a health care aide, my Grandpa had become bedridden, and a shell of the man I remember. I had told him during a visit that I had started a food drive with the fraternity at TRU and that they give back to the community. As a healthcare professional, I knew that my Grandpa may not have known what I had said, or at least what was going on. As I got up to leave, I stopped to help feed a few individuals in his group home. As I look over and my Grandpa, I see a huge smile on his face and a thumbs up. At that moment, I knew that he was proud of me. In 2010, at age 70, my Grandpa passed away after battling Alzheimer’s for most of my teenage and adult years. Since then I continued with the food drive, helped with wildfire relief, sit on board of directors, work in the social services field and volunteered through my collegiate years. Every time I start a new volunteer activity or give back to the community in some way, I look up to the heavens and say “Grandpa, this is for you.” I know he is probably smiling down at me with the biggest smile and a thumbs up. Volunteer experience is a great way to go about becoming more employable!

How does volunteering make you more employable is a question I hear a lot as the Link Program Coordinator at Volunteer Kamloops. I myself struggled with finding employment after university. So, I know firsthand how volunteering can help.

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resume helps you become more employable because your volunteer experience has the potential to showcase your skills within your field. You get practical hands-on experience as a volunteer. However, the benefits don't end there because showcasing your volunteerism demonstrates your compassion and thought for others. These are great qualities a manager could be looking for. Volunteer experience is a great way to go about becoming more employable!

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Having volunteering experience on your resume helps you become more employable because your volunteer experience has the potential to showcase your skills within your field. You get practical hands-on experience as a volunteer. However, the benefits don't end there because showcasing your volunteerism demonstrates your compassion and thought for others. These are great qualities a manager could be looking for.

Still in Need of Volunteers



There are plenty of organisations that need help finding volunteers to provide services to their clients or the community. The following are only a few of the organisations that are either starting up again this season or are still in need of volunteers.

Operation Red Nose is looking for volunteers for their seasonal campaign. There are various opportunities such as Designated Drivers, Navigators, and Dispatch

volunteers. This is a great way to help ensure a safe holiday season!

Out of the Cold is starting up and they are looking for Shift Support Volunteers. Out of the Cold is a great program that helps get people off the streets and into a safe and warm bed during the bitter cold season in Kamloops.

At Volunteer Kamloops we are actively seeking Snow Angel Volunteers for this upcoming snow season. The benefit of this program is you will get paired with a senior in your neighbourhood needed help clearing the snow from their driveway and sidewalks so there is no travel. Also, Dominoes has partnered with us again so when you volunteer you will get a pizza as a treat! There are many seniors in need so we hope you can spare a bit of time to help others in need.

If you like to ski or snowboard you are in luck because Adaptive Sports at Sun Peaks is looking for volunteer Ski and Snowboard Instructors. What a great way to help others and hit the slopes!

Calling all yoga instructors!!! A certified Yoga Instructor volunteer is needed at the Canadian Mental Health Association. The CMHA needs the volunteer to hold a 45-min. class twice a month.

The John Howard Society has a volunteer position that is just right for you. This program is designed to help people reintegrate from the criminal justice system so a wide range of volunteers are needed. There are various positions including peer support, counselling, addictions, nutrition, cooking skills, and more. No matter your skills or education, the John Howard society can work with you.

In addition to these opportunities, local thrift stores are in need of volunteers. Duties range from cashiers, floor personnel, and organisers. These opportunities are great ways for you to gain customer service experience, meet new people, remain active, improve your English and more.

VOLUNTEER OF THE MONTH

Volunteer winners provided by:



Congratulations **DEB McDOUGALL**

"I spread my volunteer time over four societies; the Heffley Creek Community Rec Association, Heffley Creek Gun Club, Kamloops Highland Games and the multicultural society.

*It feels good to help others."
Not only does Deb work full time, but she lives on cattle ranch and is a beekeeper.*

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



Deb 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 TIMERAIKER month



Brendan shaw

What piece of art did you buy?

CONNECTION 5

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

1. Elizabeth Fry Society (Kamloops)
2. Kamloops Central Business Improvement Association
3. Rotary Club of Kamloops Daybreak
4. United Way Thompson Nicola Cariboo
5. Pit Stop
6. Juvenile Diabetes Research Foundation (Kamloops)

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

This is a tough question to answer! Each charity and organization has their own best qualities, so by having the ability to volunteer at different ones I was able to enjoy different aspects of governance, advocacy, fundraising and hands on work. My most memorable experiences were: helping to develop 2nd Stage Housing for Elizabeth Fry Society, participating in Ribfest with Daybreak Rotary, fundraising and presenting financial awards for smaller charities with United Way GenNext and working in a team environment to serve food to a marginalized population with Pit Stop.

What do you like best about your artwork?

I like everything about it. The size, shapes, tones and overall abstract feel to it really stood out to me right from the beginning. As soon as I saw this piece of artwork at Timeraiser, I knew I had to do what I could to get it.

What do you like about the Timeraiser event?

I learned a lot attending Timeraiser. The social setting allowed me to get to know each non profit organization and learn more about the great work that is being done in our community. Additionally, I thought the concept of volunteer hours to pay for art was a great idea which brought in a lot of like minded individuals and made the event fun to participate in.

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

"We built a highly organized wealth management process that we follow to ensure real advice and straightforward direction for business owners, high net worth individuals and their families."



THE CONSENHEIM GROUP

201 - 242 Victoria St.,
Kamloops, BC V2C 2A2
250-372-8117 or 1-800-669-8489
les.consenheim@scotiawealth.com
www.consenheim.ca



Volunteer
Kamloops

Current Hot Opportunities

Adaptive Sports at Sun Peaks

Ski and Snowboard instructors
John Howard Society

Volunteers to help reintegrate people into society

Phoenix Centre
Story Harvesters

Kamloops Hospice Association

Snow Removal Volunteers
Salvation Army

Thrift Store Volunteers

FOR DETAILS VISIT

www.volunteerkamloops.org
or call 250-372-8313

The next KTW TIMERAIKER

FRIDAY
NOVEMBER 16

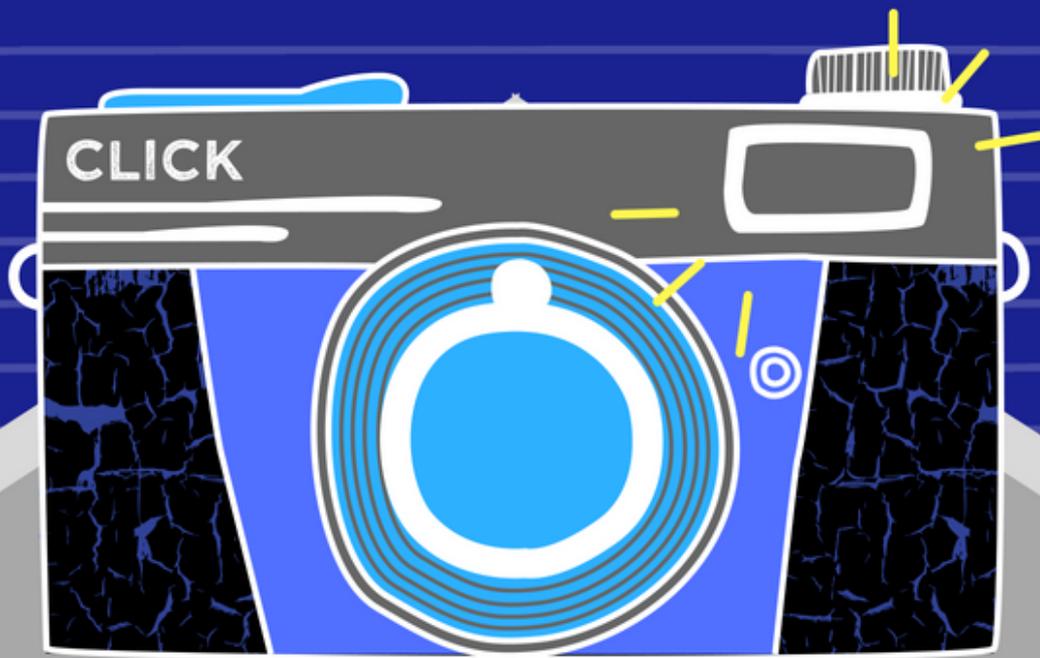
7:00 - 11:00 pm

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

FOLLOW US ON SOCIAL MEDIA



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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