



Your Free Monthly Newsletter

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Leading the Way not Managing the Day



Overlander Long-Term Care invited Volunteer Kamloops to the Leading the Way Not Managing the Day conference that brought together volunteer managers from across Canada and the US. Together we took part in a lecture and participated in activities designed to help people go from managing their jobs, duties, and activities to becoming community leaders by engaging people, inspiring staff and volunteers, having a defined vision and communicating successes!

This conference lead up to International Managers Day where we celebrated managers across the world.

We want to thank Overlander for sharing this amazing experience with us!

Restorative Justice



By Taylor Rae, Link Program Coordinator

Earlier this month we I attended an Interior Restorative Justice Network event in order to learn more about Restorative Justice and how Volunteer Kamloops could become more involved.

For those who might not know anything about Restorative Justice, it is a system of criminal justice that focuses on the rehabilitation of offenders through reconciliation with victims and the community. There is more of a focus on healing instead of punishment. Also, this program is meant to help the victims and the offenders. Sadly, throughout the event, we learned that many people seem to believe the program help the perpetrators, which is not the case. It is meant to help them, however, the focus is on helping the survivor!

At the event, we heard stories from a survivor and how Restorative Justice helped her transform her horrible experience. She said there is no such thing as closure, however, the Restorative Justice program helped her move on from the traumatic event instead of feeling revictimized by our traditional justice system.

I feel as though I learned a lot at the event about a program I barely knew; a program that does a lot of good for people who have been victims of crime.

One of the largest takeaways I had from this event was that I could apply the principles of Restorative Justice in my daily life to make ammends and restore justice to the people I hurt in my daily life.

Please take the time to learn more about this program and how to implement it in your life!

VOLUNTEER OF THE MONTH

Volunteer winners provided by:



Congratulations **THOMAS RAMSTHALER**

"I'm 16 years old and want to be known in my community as a good citizen. I do a lot of volunteering and loved being apart of the MS Walk, I will definitely be doing it again next year."

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



Thomas received his \$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

Kara Wright

What piece of art did you buy?

The unnamed piece was painted by Wayne in an art therapy workshop at the Canadian Mental Health Association.

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

I volunteered coaching triathlon clinics, organizing community triathlon races and serving as Communications Director for the Kamloops Triathlon Club.

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

Triathlon is a microcosm for life. It's an opportunity to repeatedly put everything you have into reaching a goal, and fail, but get back up and try again. You don't get to the finish line alone either, there are countless volunteers, coaches, bike mechanics, family and friends that you rely on along the way. It's a reminder that it takes a village, and the Kamloops triathlon community is there to support you.

What do you like best about your artwork?

I love the bright colours and the anarchy of it. If you've ever struggled with your mental health, you can probably appreciate that there is beauty to be found in the messiness of trauma and recovery. I bought this piece at a time when I was recovering from a brain injury and it helped to remind me that we are all worthy and make an impact in ways that we may never know. I hope that Wayne reads this and knows that he had an impact on me.



What do you like about the Timeraiser event?

In addition to being a proud owner of Timeraiser artwork, my day job is managing business education programs for youth with Junior Achievement (JABC), a proud Kamloops Timeraiser volunteer agency.

At last year's Timeraiser, I met Cassandra Brake from Sun Life Financial and Nicholas Adams, from Kamloops Makerspace who are now JABC volunteers. They have each mentored several JABC programs, helping hundreds of Kamloops youth gain financial literacy, work readiness and entrepreneurship skills. Now that's a win-win-win!

HOW TIME RAISER WORKS



Local artwork is selected and purchased for auction



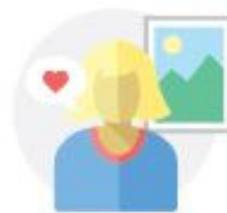
Non-profit agencies gather at the time raiser event



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



PROUD TO SUPPORT LOCAL INITIATIVES
1370 Summit Dr • 250-434-2333

Volunteer Kamloops Current Hot Opportunities

Volunteer Kamloops
Snow Angels
Canadian Red Cross
Help Technician
Kamloops Hospice Association
Snow Removal Volunteers
Diabetes Canada
Diabetes Information Table Volunteers
Habitat For Humanity Restore
Restore Volunteers
Canadian Mental Health Association Clubhouse
Certified Yoga Instructor

FOR DETAILS VISIT
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.

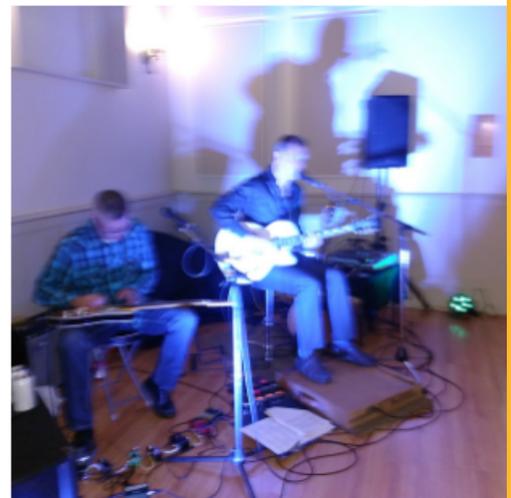
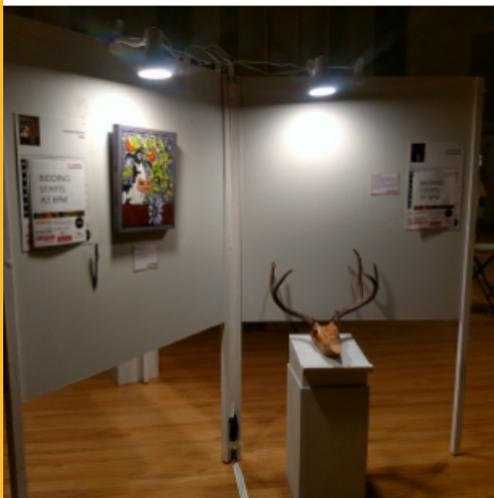
Live Music ~ Appies ~ Art

EVERYONE
WELCOME

No obligation to volunteer

2018 KTW Timeraiser

By Taylor Rae, Link Program and Snow Angels Program Coordinator



The 2018 KWT Timeraiser event was a success and together all participants raised 1645 volunteer hours for the 2018/19 season!

This year Timeraiser was held at The Rex on November 16th. Many organisations and community members came together to make this night a success.

Many of the art pieces got multiple max bids of 100 hours so they had to go to raffle in order to determine the winner of each piece!

In addition to building volunteerism in our

community, this event was also a valuable way for community members to connect and build relationships.

We would like to thank all of the community members, organisations, sponsors, and artists that came together to make this event a success. Without all of your support, time, and participation this event would not be a success!

We are looking forward to seeing many of you again next year and hopefully it will be an event greater success.



The Snow Angels Program gears up every November to help low-income seniors and individuals with mobility challenges by removing snow from their driveways and sidewalks.

Volunteer Kamloops Snow Angels Program



Each year, Snow Angels volunteers assist over 100 seniors and individuals with mobility challenges in Kamloops with snow removal services.



Who is helped by the Program
Seniors & people with mobility issues



Volunteers

Your responsibilities

- 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 on an as needed basis
- Family volunteering welcome (children ages 14 and under must have supervision)
- Volunteers will be matched with seniors in their area
- Criminal Record Check Required

- The first step is completing our Volunteer application form 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.
- Contact the Snow Angels Program Coordinator to learn more about the program
- Complete a Criminal Record Check

How to get Started
Apply Online: volunteerkamloops.org

SHARE!

SHARE YOUR PICTURE WITH US VIA EMAIL OR ON SOCIAL MEDIA FOR A CHANCE TO BE FEATURED AS THE VOLUNTEER OF THE MONTH!

PROGRAM@VOLUNTEERKAMLOOPS.ORG



We want to see how you volunteer and show off your hard work.

Share your volunteer pictures with us.

Email them to program@volunteerkamloops.org

FOLLOW US ON SOCIAL MEDIA



Like us on Facebook



Follow us on Instagram



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

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