

DECEMBER 2018 ISSUE 12



**Volunteer Kamloops** *Connecting Volunteers*

*Your Free Monthly Newsletter*



WISHING YOU A MERRY

**CHRISTMAS,**

and a

**HAPPY NEW YEAR!**

## In This Issue

- |   |                                  |   |                         |
|---|----------------------------------|---|-------------------------|
| 2 | Mental Health Moment             | 5 | Timeraiser of the Month |
| 3 | Volunteer of the Month           | 6 | 2018 Year in Review     |
| 4 | Thank you Nu Leaf Produce Market | 7 | Christmas Cards         |

# Housekeeping

First off, all of us from Volunteer Kamloops would like to wish all of our readers a Happy Holidays and a Happy New Year!

Secondly, we would like to let the community know that our office will be closed from Saturday, December 22nd 2018 until Tuesday, January 1st 2019.

Also, to all of the people needing Snow Angels, please keep in mind that some of our volunteers will be away for the holiday season. Volunteers, please reach out to your client to inform them if you have any plans that would stop you from making it to their homes over the holidays.

Finally, due to our office closure for the holidays, our Snow Angels Coordinator and Link Program will also be a way, however, she will be back on Wednesday, January 2nd, 2019. Once she returns to the office it might take some time for her to respond to volunteer applications or Snow Angels requests but she will try to get to you as soon as possible.

Happy Holidays!

## Mental Health Moment

### New Year's Resolutions to improve your mental health

- Resolve to Love Yourself the way you are: You deserve to feel good about yourself right now, no matter where you are on your journey.
- Live in the moment: There's nothing wrong with self-improvement and plans for the future. But if that is all you can think about, you'll miss out on the wonderful moments life has to offer today.
- Give up defensiveness: If you want better relationships this year, resolve to give up defensiveness.
- Engage in self care: Commit to an act of self-care every day, and engage in larger acts of self-care on a weekly or monthly basis.

to read more visit:

<https://www.psychologytoday.com/ca/blog/when-your-adult-child-breaks-your-heart/201801/five-new-year-s-resolutions-improve-your-mental>



# 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!

# Thank you Nu Leaf



# NULEAF PRODUCE MARKET

**VOLUNTEER OF THE MONTH**

**Congratulations DWAYNE AUGER!**

*"I really like working with seniors and giving of my time brings me joy. I volunteer 3 days a week at Overlander Residential Care helping with Bingo."*

Volunteer winners provided by:  


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



Edith Farrell - Volunteer Kamloops presents Dwayne Auger with a \$100 Gift Certificate for Nuleaf.

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**VOLUNTEER OF THE MONTH**

Volunteer winners provided by:  


**Congratulations LISA NIELSEN!**

*I was the head grounds keeper at TRU and upon retirement wanted to use those skills so I am now in charge of the gardens at Marjorie Snowden Hospice House. It is so rewarding to create these beautiful gardens for family, friends, staff and patients to enjoy. I have been doing it for 10 years and love every minute of it.*

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



LISA received her \$100 Gift Certificate from Nuleaf.

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**VOLUNTEER OF THE MONTH**

Volunteer winners provided by:  


**Congratulations BARB LUNDSTROM!**

Barbs passion is in food security, food recovery, and food share and she does this in many ways through her volunteering. Barb works at the Kamloops Food Bank, SSQJ organic Farm, Community Kitchens, MT Paul Church, Kamloops food policy planning program and lastly Ask Wellness Shop program.

*"I love Volunteering at Ask Wellness preparing a meal for the communities marginalized citizens. I use the foods recovered from the food bank to prepare nutrient rich meals for these people. Life is all about food security."*

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



Barb received her \$100 Gift Certificate from Nuleaf.

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**VOLUNTEER OF THE MONTH**

**Congratulations JO BRISTOL!**

*"I have been volunteering at the food bank for at least 8 years. I have met the most amazing people including my fellow volunteers, I love being a part of the food bank family."*

Volunteer winners provided by:  


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



Jo received her \$100 Gift Certificate from Nuleaf surrounded by her fellow Food Bank Volunteers.

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 FRESHLY PICKED PRODUCE DAILY

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**VOLUNTEER OF THE MONTH**

Volunteer winners provided by:  


**Congratulations DAVE HALLINAN**  
 CANADIAN MENTAL HEALTH

*I have been involved with Ride dont hide campaign for 6 years and recently taken on the role of Vice Chair on the board of directors for the canadian mental health association. My wife works in the field and our family has been touched by mental health so its a natural place for me to offer my time.*

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



Dave received his \$100 Gift Certificate from Nuleaf.

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 FRESHLY PICKED PRODUCE DAILY

Space provided by Kamloops This Week & Kamloops This Week Digital

**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.*

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



Jamie received her \$100 Gift Certificate from Nuleaf.

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 FRESHLY PICKED PRODUCE DAILY

Space provided by Kamloops This Week & Kamloops This Week Digital

Thank you Nu Leaf for highlighting some of Kamloops' exceptional volunteers.

There are many people in our community that work hard to make Kamloops a better place to live and we appreciate you taking the time to show many of them off to our community.

# KTW of the TIMERAISEr month



## Bonnie McBride

### What piece of art did you buy?

I have successfully bid twice. I have 2 beautiful and vibrant paintings by local artists that hang in my home.

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

I volunteered with Project X Theatre, The BC SPCA, Four Paws Food Bank and my children's PAC to complete my hours over the two years. What's best about the organization? I met a lot of new people and developed some great friendships volunteering over the last few years. The fires in 2017 were particularly intense and the other volunteers I met during that time have become very important to me and my family. I've always gotten so much out of volunteering that it's hard to feel like I am giving back. I've also learned a lot about our community and some of the projects and programs I didn't know existed. Even just connecting with the groups that attend the evening is an eye opener.

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

Both of my pieces are vibrant works with lots of feeling. I love the texture both artists were able to achieve with their techniques. I can't wait to add to my collection in subsequent auctions!

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

I've attend the Timeraiser both as a bidder and a community partner. I love seeing all the people interested in giving back to our community. The people that attend range in age and background and belief systems greatly. With Four Paws Food Bank, it's been great to be able to connect with people and have a real opportunity to talk to them about what it is we do and how they can be part of it. Some of our most engaged volunteers have come to us from the Timeraiser!

## 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

**ARROW**  
ARROW TRANSPORTATION SYSTEMS INC.

400-970 McMaster Way  
250-374-3831

1805 Mission Flats Road  
250-374-6715

## 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](http://www.volunteerkamloops.org)  
or call 250-372-8313

## The next KTW TIMERAISEr

NOVEMBER  
2019

7:00 - 11:00 pm

The Rex Hall  
417 Seymour St.

Live Music ~ Appies ~ Art

EVERYONE  
WELCOME

No obligation to volunteer

# 2018 Year in Review

## VOLUNTEER READINESS WORKSHOPS

TIMERAISER

PROJECT  
CONNECT

## BIG MOMENTS

### THREE WORDS TO DESCRIBE OUR YEAR

- *Eventful*
- *Energizing*
- *Inspiring*



*"Volunteers will get you through times of no money better than money will get you through times of no volunteers."*

*- Ken Wyman*



## NOTABLES

*Volunteer Kamloops Monthly Newsletter*  
*New Community Partnerships*  
*Additions to the Volunteer Kamloops Team*

We had another exciting year at Volunteer Kamloops and we hope to bring the fun, community, and support into the new year!

Thank you to all of the members of Volunteer Kamloops who help us bring volunteer opportunities to our community.

Thank you to all of the volunteers who are out there inspiring us every day and making Kamloops a better place to live.

We are excited for 2019 and are looking forward to seeing you all again in the new year!

# Christmas Cards

# Happy Holidays!

THANK YOU FOR  
BEING A MEMBER OF  
VOLUNTEER  
KAMLOOPS THIS  
SEASON!



.....

For all the volunteering you  
did we know you've been

**NICE!**

We look forward to the new  
year with you as a part of  
the team

.....

**Happy Holidays  
and have an  
amazing New Year**



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](mailto:program@volunteerkamloops.org)

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