



# Volunteer Kamloops

*Connecting Volunteers*

*Your Free Monthly Newsletter*

*“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.”*

-ERMA BOMBECK

## In This Issue

- |   |                        |   |                                       |
|---|------------------------|---|---------------------------------------|
| 2 | Mental Health Moment   | 5 | Timeraiser of the Month               |
| 3 | Snow Angels            | 6 | Organisations in Need of Volunteers   |
| 4 | Volunteer of the Month | 7 | Become a Member of Volunteer Kamloops |

# Mental Health Moment



**"I WISH PEOPLE  
COULD  
UNDERSTAND  
THAT THE BRAIN  
IS THE MOST  
IMPORTANT  
ORGAN OF OUR  
BODY. JUST  
BECAUSE YOU  
CAN'T SEE  
MENTAL ILLNESS  
LIKE YOU COULD  
SEE A BROKEN  
BONE, DOESN'T  
MEAN IT'S NOT  
AS DETRIMENTAL  
OR  
DEVASTATING  
TO A FAMILY OR  
AN INDIVIDUAL."**

-Demi Lovato

# Snow Angels

By Taylor Rae, Snow Angels Program Coordinator



With this dump of snow vulnerable citizens in Kamloops need the help of volunteers. The Snow Angels Program matches volunteers willing to shovel driveways and walkways with seniors and people with mobility issues.

The season runs from November 1st to March 31st. With only a month to go we are still in need of volunteers. We have had a good turnout this year, however, there are still around fifty seniors and people with mobility issues in need of a volunteer.

We are seeing the same trends as last year with a high need in Westsyde and on the North Shore. We also have some seniors in Rose Hill with no help and no one in that area has enrolled in the program.

In addition to the volunteers that commit time to help people in need, we also have a great partnership with Domino's Pizza. Every time our Snow Angels volunteers go out to shovel snow, Domino's provides them a free medium pizza.

Also, to show our appreciation to our volunteers, Volunteer Kamloops is giving away a free toque as a form of appreciation to those who spend the winter months helping others in need.

The program is also fairly flexible. Volunteers have a 24-hour window to go out and shovel snow. The program is also family friendly. Children ages 14 and under must have supervision from a parent but it is still something the family can do together.

We also try to match volunteers with seniors in their area. We want it to be as easy as possible for the volunteer to help their assigned client.

If this program interests you please visit [www.volunteerkamloops.org](http://www.volunteerkamloops.org) to apply.

# VOLUNTEER <sup>OF THE</sup> MONTH

## Congratulations ERIN GILBERT

*I only recently started volunteering. I had my Human Service practicum at VK last fall and was introduced to all the program has to offer. I was able to assist Taylor in coordinating the Snow Angels program. After speaking to multiple seniors I was hooked I wanted to be a snow angel. My mom, partner and kids and I have five homes in a trailer park in town and we all participate in clearing the snow. We have made it a family activity.*

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

Volunteer winners provided by:



**Erin 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 TIMERAISEER month



## Del Press

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

I volunteered mainly with Fours Paws Food Bank. I also volunteered for the BC Winter Games, Kamloops Women's Society (Vagina Monologues), North Shore Business Improvement Association, Kamloops This Week Raise-a-Reader, and Brennan's Ugly Sweater Run.

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

I get a sense of connection to our community through my volunteer work, particularly with Four Paws. I am still fairly new to Kamloops so it's easy to get caught up in all the good things about the city but volunteering with the less fortunate reminds me that every community needs support. To me as a citizen it just makes sense to give back. Volunteering where people can come to get help keeping their pets is so rewarding. I know I would be devastated to be separated from my pets so this is important work.

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

My piece of art, Shell on North Beach by Bill Fell, reminds me of the stark beauty of the absolute simplicity only found in nature. You can almost hear the water on the shoreline. It also reminds me of my love of being near the water, be it a lake, river or ocean. It's my happy place!

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

The Timeraiser event brings different communities together. It is a wonderful way to present the need for volunteerism in our city through the lens of local artwork. And likewise, it's an event that showcases the talent of local artists through the generosity of volunteerism. It's a good match. And it's just plain fun!

## HOW TIME RAISER WORKS



Local artwork is selected and purchased for auction



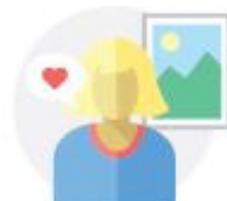
Non-profit agencies gather at the time raiser event



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

KAMLOOPS  
THIS WEEK



[www.kamloopsthisweek.com](http://www.kamloopsthisweek.com)  
[www.ktwdigital.com](http://www.ktwdigital.com)

PH: 250-374-7467 • FAX: 250-374-1033  
1365B Dalhousie Drive

## Volunteer Kamloops Current Hot Opportunities

Volunteer Kamloops  
Snow Angels

Canadian Mental Health  
Association Clubhouse  
Certified Yoga Instructor

MS Society  
Friendly Visiting Program

Out of the Cold  
Shift Support Volunteers

Kamloops Hospice Association  
Snow Removal

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

## The next KTW COMMUNITY TIMERAISEER

FRIDAY,  
NOVEMBER 15

7:00 - 11:00 pm

The Rex Hall  
417 Seymour St.

Live Music ~ Appies ~ Art

EVERYONE WELCOME  
*No obligation to volunteer*

# Organisations in Need of Volunteers

By Taylor Rae, Link Program Coordinator



Every week we try to highlight new volunteer opportunities and those that are in need of volunteers. This month we've seen a few new special events or organisation that need volunteers to fill vacancies.

Upcoming Special Events include the MS Society of Canada who's looking for volunteers for their 2019 MS Walk 2019. The event is taking place on May 26th. The Walk is the MS Society's largest fundraiser that happens every year. They are looking for volunteers to participant at their event check in, volunteer check in, food tent, kids tent, set up, clean up and more.

Also, the Arthritis Society of B.C. is looking for volunteers for their Walk for Arthritis Committee. The Walk for Arthritis is on Saturday, June 1st, 2019, however, committee members work behind the scenes to plan and organise the event. If you have event planning skills or just want to help out this great cause you can volunteer.

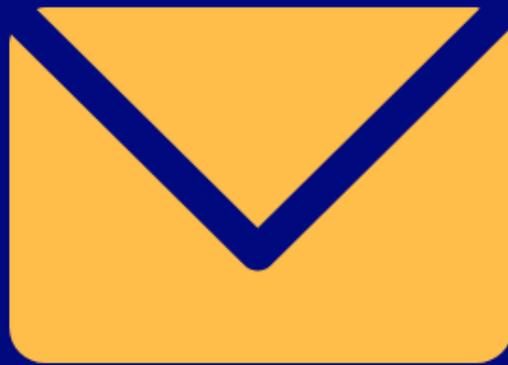
In addition to special events, there are events that recur regularly. Some of these include Volunteer Kamloops' Snow Angels Program but there are many organisations and volunteer positions to choose from. We can help you find the perfect volunteer opportunity and meet any goals you wish to fulfill. Volunteer opportunities range from animals to office work or mental health to sports and recreation. No matter why you choose to volunteer we can help you find the perfect fit for you.

If you aren't sure how to get started you can call our office at 250-372-8313 to book an appointment to learn about organisations or visit [www.volunteerkamloops.org](http://www.volunteerkamloops.org) to see what opportunities are out there.

We love volunteers and hope we will see you soon!

**BECOME A MEMBER  
OF  
VOLUNTEER  
KAMLOOPS**

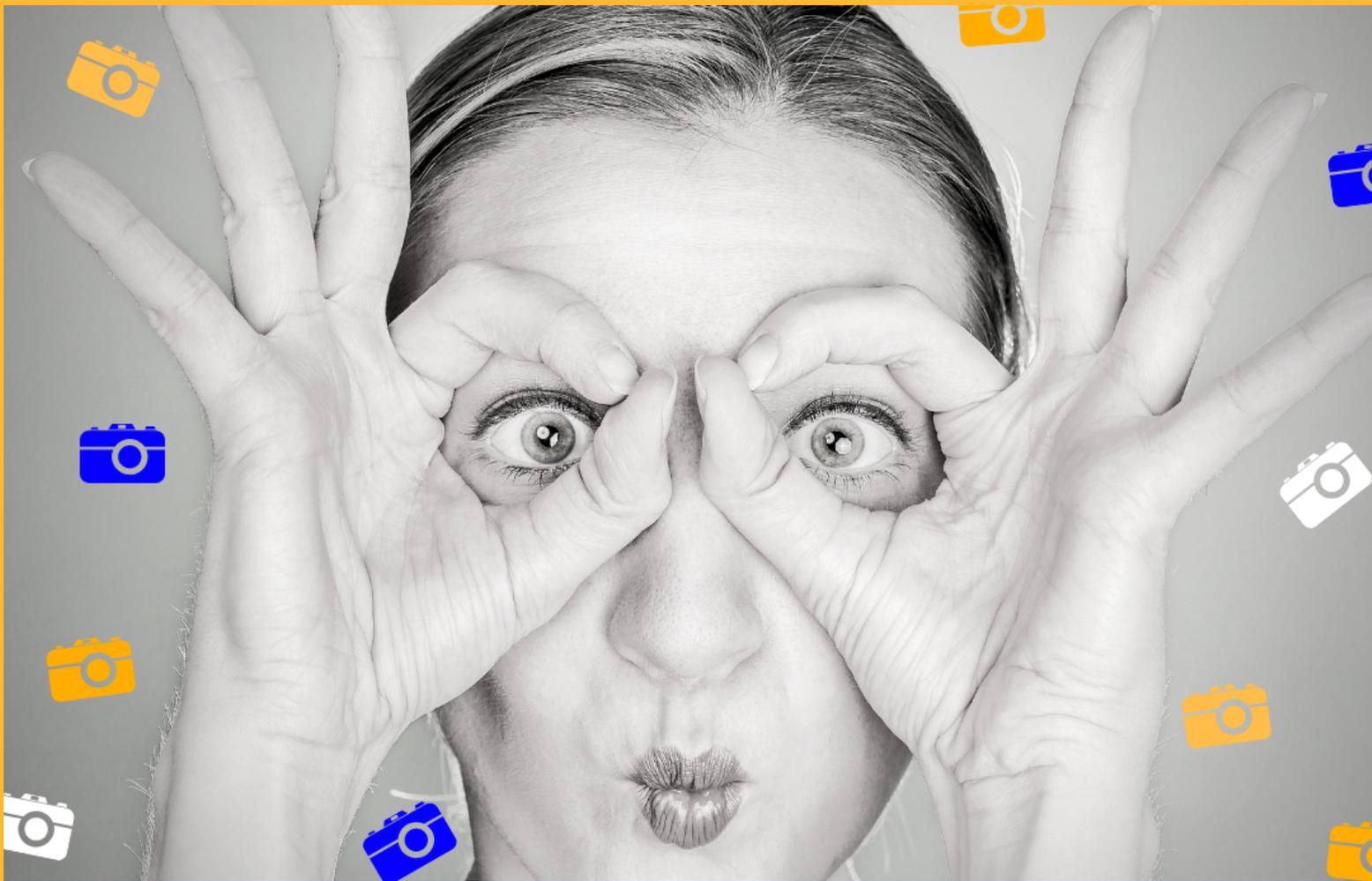
**JOIN US**



**SUBSCRIBE**

**TO OUR NEWSLETTER AND ENJOY**

**VOLUNTEER INFORMATION, NEWS, EVENT, AND  
COMMUNITY ENGAGEMENT!**



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)

## FOLLOW US ON SOCIAL MEDIA



Like us on Facebook



Follow us on Instagram



Follow us on Twitter



Visit our Website

Copyright © 2018 Volunteer Kamloops, All rights reserved.

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)