



Volunteer Kamloops

*Connecting Volunteers
Building Community*

Serving Kamloops over 30 years

Your Free Monthly Newsletter

In This Issue

- 1-2 Mental Health Moment:
Mental Health and
Wildfires
- 3 Canada's Volunteer Awards
- 4 Volunteer of the Month
- 5 Timeraiser of the Month
- 6 Member of the Month
- 7 Tyrell Cardinal A Kamloops
Volunteer
- 8 Follow us on Social Media

A Mental Health Moment: Mental Health and Wildfires

By: Taylor Rae, Link Program Coordinator

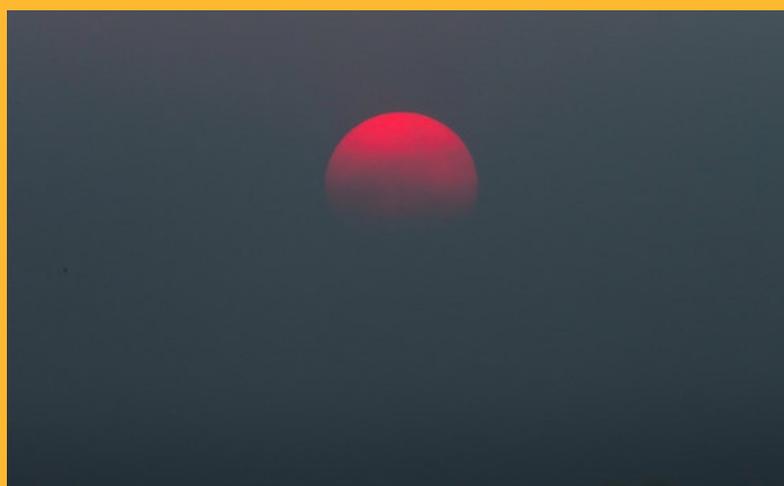


Image Credit: Unsplash/João Barbosa

The wildfire season has already arrived in Kamloops. We've had a mild winter and a relatively dry spring. At our office, we've been hearing people's concerns about the up and coming wildfire season. Not surprisingly, people are noticing that the fire and smoke are having an impact on their mental health. A BC Medical Journal article states that climate change is raising anxiety and compromising people's mental health.

The focus of Dr. Elizabeth Wiley's article in the BC Medical Journal is titled *The Unseen*

Impacts of Climate Change on Mental Health. Wiley states that "[f]or physicians and other health-care providers, the mental health effects of climate change will undoubtedly continue to affect our patients, our practices, and our communities for years to come."

She also noted that a lot of the problems people face are going unrecognized or under-appreciated and "[g]iven current climate-related projections, it is important that the BC physician community develop an awareness of the psychosocial implications of climate change and actively participate in efforts to prepare, advocate, and respond."



Image Credit: Unsplash/Joanne Francis

With wildfires becoming the new normal in Kamloops and our province, we are sharing concerns regarding people's mental health.

Wiley states that it is in the lane of medical professionals to help their patients with conditions caused or exacerbated by climate change.

You are not alone in feeling dread or fear in relation to climate change and wildfires. We are all living in a time where we see the effects of climate change.

How do you cope with these changes in your daily lives? Do you have tips, tricks, or recommendations for your peers? Start a conversation with us on Twitter using the hashtag #mhwildfire, message us on Facebook or come down to our office at 705 Seymour St.

Canada's Volunteer Awards



MAKE A DIFFERENCE

Canada's Volunteer Awards recognises the valuable contributions of volunteers. People who volunteer generously give their time and skill sets to enhance the quality of life of their fellow Canadians.

Canada's Volunteer Awards program recognises the significant contributions that volunteers, not-for-profit organizations, social enterprises and businesses across the country make to help people and their communities.

Nomination categories and criteria are as follows:

Thérèse Casgrain Lifelong Achievement Award - recognises dedicated individuals who have volunteered for at least 20 years and have inspired other volunteers, led volunteer groups, or made other exceptional achievements through volunteering.

Community Leader - recognises outstanding individual volunteers or groups of volunteers who have taken a lead role in developing solutions to social challenges in communities. This

category does not include not-for-profit organizations or registered charities.

Emerging Leader - recognises volunteers between the ages of 18 and 30 who have demonstrated leadership and helped to build stronger communities.

Business Leader - recognises businesses that demonstrate social responsibility in their practices, including promoting and facilitating volunteerism locally, regionally, and nationally as well as, for-profit or not-for-profit social enterprises dedicated to creating social, cultural or environmental benefits for their communities.

Social Innovator - recognises not-for-profit organizations, including not-for-profit social enterprises that find and use innovative approaches that address social challenges in their communities.

Visit <https://www28.rhdcc-hrsdc.gc.ca/inet-inet/ms-cva-pbc?lang=en> to learn more about nominating someone for the award. Nominations close on June 22nd.

HIGHLIGHT YOUR
ROCK STAR
VOLUNTEER



VOLUNTEER ^{OF THE} MONTH

Volunteer winners provided by:



Congratulations **CHRISTINE CHRISTENSON**

I volunteer for the MS Walk every year, this charity means a lot to me as MS has impacted my family.

See you at the walk on May 26.

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



Christine 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



Denis Geisbrecht

What I like about the groups I volunteer with.

Fostering dogs is always fun, giving them up is the most difficult. Computer mentoring at the immigration society is so fun taking basic computer skills and mixing that with a social atmosphere.

What I like best about my art

This particular piece of art describes me very well, the pet aspect mixed with the industrial aspect that describes my work/life balance.

What I like about the time raiser event

The event is great because you see familiar faces and seeing the previous years winners is motivating and satisfying.

HOW TIME RAISER WORKS



Local artwork is selected and purchased for auction



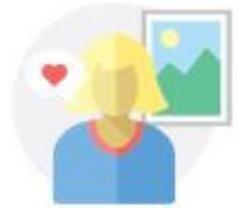
Non-profit agencies gather at the time raiser event



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

www.ktwdigital.com

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

Volunteer Kamloops Current Hot Opportunities

MS SOCIETY OF CANADA
MS Walk 2019

MAKE-A-WISH BC & YUKON
Foam Fest 2019 Volunteers

ARTHRITIS SOCIETY OF B.C.
Walk for Arthritis Committee Members

CANADIAN MENTAL HEALTH ASSOCIATION
Ride Don't Hide Volunteers

KAMLOOPS BLAZERS HOCKEY CLUB
Event Staff Volunteers

FOR DETAILS VISIT

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

The next KTW COMMUNITY TIMERAISEr

FRIDAY,
NOVEMBER 15

7:00 - 11:00 pm

The Rex Hall
417 Seymour St.

Live Music ~ Appies ~ Art

EVERYONE WELCOME

No obligation to volunteer

Member of the Month



Open Door Group operates on the fundamental belief that all individuals have the ability to succeed. Open Door Group is a CARF-accredited, not-for-profit organization and registered charity providing employment services to thousands of individuals a year, in three locations – including Kamloops, Sechelt, and Vancouver. We work with all individuals who are interested in preparing for, finding, and keeping meaningful employment. At our core, Open Door Group remains an organization about people and relationships.

In addition to employment services, we provide unique support programs for individuals living with mental illness in Vancouver and Kamloops. The program in Kamloops is our Gardengate Horticulture Program. Gardengate is a space of healing and recovery for individuals living with addictions or mental health conditions. Through activities in the garden, we support people to work towards personal goals such as healthy eating, active living, or vocational training. Building skills and confidence are primary focuses of the program, alongside supporting food security of volunteers and the Kamloops community.

Participants

You can sign up as a participant if:

- You have an addiction, or a mental health condition, and
- You are interested in Gardengate programs

Volunteers

You can sign up as a volunteer if:

- You are interested in volunteering
- You are interested in gardening
- You are interested in supporting other program activities



What is the process?

Contact Us

Contact us to set up a tour of the garden. You can phone or email us directly, or ask someone to arrange the tour on your behalf. Tours are about 20 minutes, and take place Monday to Friday afternoons by appointment.

Apply

Enjoy the tour and ask questions. If you decide the program is right for you after the tour, we will give you some paperwork to fill out. You can take the paperwork away with you to complete on your own or with support from another person.

Begin

Once you have completed the paperwork, call us to set up your first shift. We will work with you to find a day that works for you. This day will become your weekly shift. Program shifts start at 9 am and go until 12 pm, with a break at 10:15 am.



Tyrell Cardinal: A Kamloops Volunteer



Tyrell and Calvin Cardinal are local volunteers.

Image Credit: Submitted/Tyrell Cardinal

Since early 2012 I have volunteered in the community of Kamloops, B.C. I was raised by my mother Jeanie Cardinal and 4 amazing brothers. We lived through struggles I wish nobody had to go through. Our mother worked hard as a nurse before going into the non-profit sector. She made sure we always had food on the table and a roof over our head, any means necessary. My mother was always in the community volunteering and helping where she could. It would be honest to say my mother and her close friends is why I started volunteering at such a young age.

My first memorable account of volunteer work was building a life size traditional Metis red river cart as part of a youth project with IMCFS lasting over 6 months. Not long after I was sought for multiple events from special gatherings, youth events and to aboriginal day set ups. I have always enjoyed seeing others happy and

the difference volunteering can make.

Fast forward to April 2019. I have helped with PiT counts, 2 years with Snow Angels, and the BC Winter Games. I see no end in sight for contributing to the community, including the founding of Cursive Lifestyle! Designed to bring the community closer and make us stronger together.

I hope I can share my experience and knowledge with the community and in turn the community will share with the world. I currently raise my very bright 3-year-old Calvin in Kamloops, B.C with our loving family. I take him with me to clean debris from beaches and plant bee friendly plants around the outskirts of town. I truly believe that the younger they care for the planet, the more closely they take it to heart that we need to protect the earths environment.

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



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