



Volunteer Kamloops

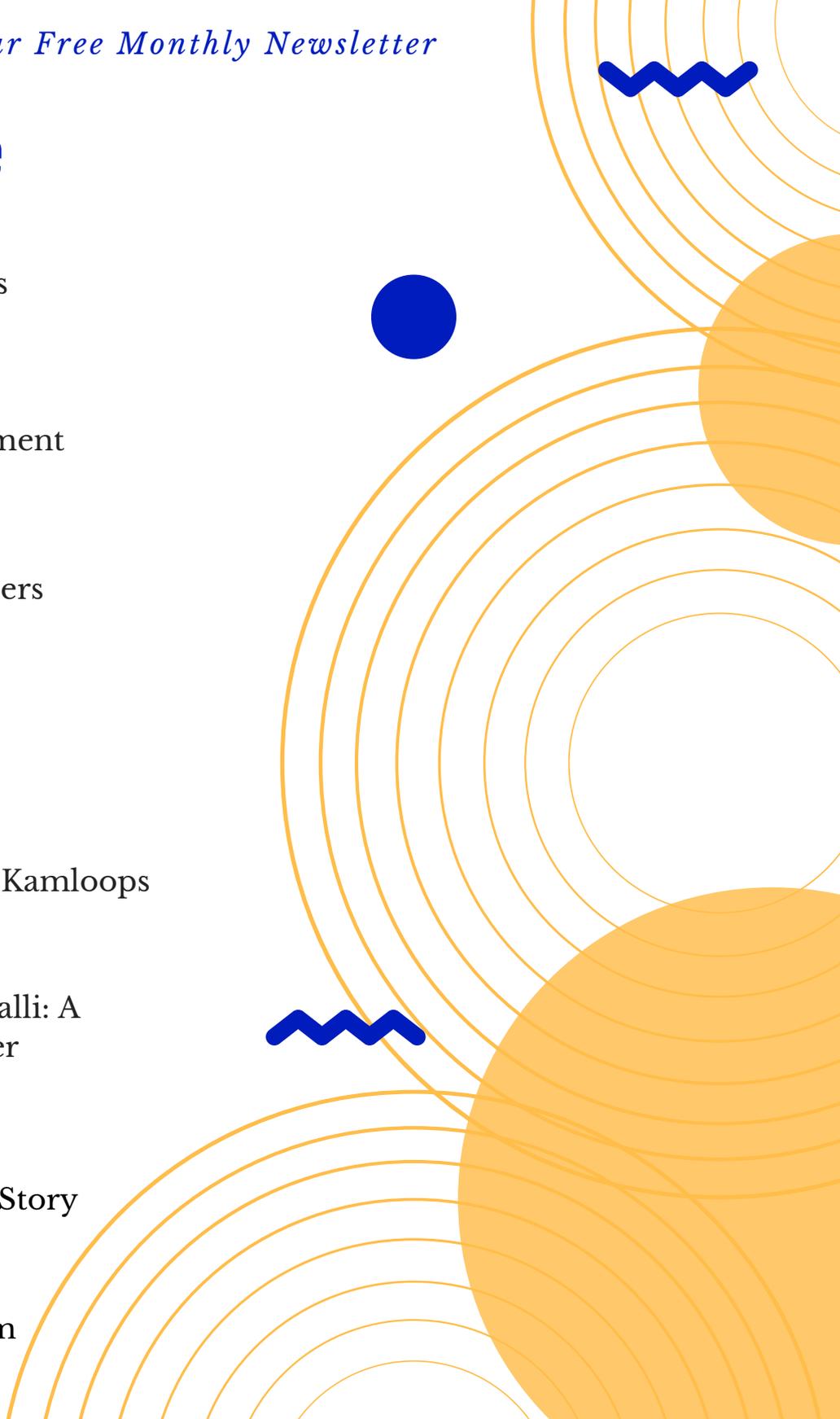
*Connecting Volunteers
Building Community*

Serving Kamloops over 30 years

Your Free Monthly Newsletter

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Newsletter Changes

As of June, the Volunteer Kamloops Board of Directors has made the decision to change our monthly newsletter to quarterly. As a result the new issue dates will follow our yearly schedule. We will continue to strive to produce a high quality newsletter full of interesting and engaging content for our local volunteers and nonprofits.

The issue dates are as follows:

April 30th
July 31st
October 31st
January 30th



As always we value the feedback, opinions, suggestions and more of our members and volunteers. So, if you have any questions, concerns, or comments regarding these changes we request that you please contact Taylor Rae, our Link Program Coordinator by emailing program@volunteerkamloops.org.

She will work towards answering any and all of your questions.

In the newsletter, we will still work towards highlighting all of our members, their events, and their volunteer opportunities.

We will also keep similar content such as our Volunteer of the Month, Timeraiser of the Month, and Member of the Month, however, those sections will receive name changes. Those changes will be the following:

Quarterly Volunteer Highlights
Quarterly Timeraisers
Featured Members

We look forward to sharing our newsletter with you and hope you still enjoy the content.

We hope you enjoy this issue of our newsletter.

Mental Health Moment



It can be hard to deal with wildfires and wildfire smoke. Whether you are a volunteer or someone living under wildfire conditions there are strategies you can use for your mental health. Always make sure you have some time for self-care!

Some strategies in coping with wildfire volunteering:

- Make sure you have something to eat before you volunteer.
- Do some deep breathing before you start and during your shift. You are volunteering in a very stressful situation.
- Listening and acknowledging the trauma the wildfire person and families are going through is extremely important.
- Ask who you report to if there is a concern or if you need a break
- Take a break when needed and have water and snack to keep up your energy
- Peoples' behavior changes in stressful situations, please take the time to be compassionate and help the person/families with their concerns in a calm and caring manner.
- If you can not cope with a difficult situation, please get help.
- You will be working with other volunteers so don't hesitate to ask questions or observe how others are handling concerns.
- Check in with yourself to see if you need to debrief with someone at the end of your shift.

Wildfire season wellness:

- If you have difficulties breathing stay indoors as much as you can.
- Encourage family and friends to visit or phone to stay in touch. It may help to not feel so isolated

- Try the grocery stores on line shopping if you need groceries. Sometimes family are not available to help out.
- Try to stay away from stressful news or shows that do not cheer you up.
- Reach out to community support if you are feeling overwhelmed.
- Volunteering indoors can help get you out of the house and stay connected with others.

Quarterly Volunteers of the Month

Nuleaf Produce Market store on the North Shore is sponsoring a volunteer on a monthly basis.

They highlight one volunteer in our community in an ad in Kamloops This Week (KTW). The lucky volunteer is also provided with \$100 gift card from New Leaf.

Volunteer Kamloops helps by identifying some of the numerous volunteers that make a difference in our community.

We want to encourage all of you to show support to all of our local volunteers that make Kamloops a better place to live.

We would also like to thank KTW and Nuleaf Grocery for their generosity.

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

VOLUNTEER OF THE MONTH

Volunteer winners provided by:



**Congratulations
JUDY
RICHER**

I have been volunteering at the Kamloops Hospice for 10 years. I love designing gardens that the families and staff can enjoy.



Judy received her \$100 gift certificate from NuLeaf.

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



BROUGHT TO YOU BY:

740 FORTUNE DRIVE, KAMLOOPS

250-376-8618

FRESHLY PICKED PRODUCE DAILY

VOLUNTEER OF THE MONTH

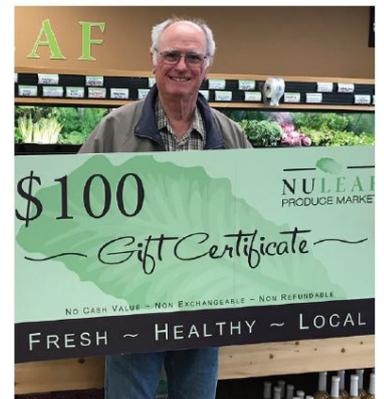
Volunteer winners provided by:



**Congratulations
DAVE WHITING**

Dave gives his time to a few causes, Gleaning Abundance, Snow Angels, and 1 to 1 reading at Kamloops School of the Arts. "The 1 to 1 reading is really special to me as this truly impacts the student. Reading is the gateway to everything. Helping a student become more confident in reading is extremely rewarding for me."

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



Dave received his \$100 gift certificate from NuLeaf.



BROUGHT TO YOU BY:

740 FORTUNE DRIVE, KAMLOOPS

250-376-8618

FRESHLY PICKED PRODUCE DAILY

Quarterly Timeraisers

Timeraiser is a nonprofit organisation that hosts art auctions. The catch is that the bids are placed in volunteer hours rather than dollars.

Throughout the event, potential and active volunteers meet with different agencies, and match their skills to the organizations' needs. Once a person matches their skills to an agency they can bid on artwork.

The winning bidders have a year to complete their volunteer pledge before they can bring their artwork home as a reminder of their goodwill.

Once the auction is over, the total number of volunteer hours are tabulated.

This event raises countless hours dedicated to volunteerism. We are so lucky we've been able to work with this agency and winners are being featured in Kamloops This Week. Check out this quarters featured winners and their artwork.

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 year 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



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 Team Fall 2019 Volunteers
ARTHRITIS SOCIETY OF BC 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 ~ Apples ~ Art

EVERYONE WELCOME
No obligation to volunteer

KTW of the TIMERAISER month



Jacquie Brand

What piece of art did you buy?

Galapagos Revisited by Ann Dehl

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

BC Living Arts, Kamloops Arts Council, Kamloops 56 Arts Chapter MS Society, Rouge, The Bridge, Kidney Foundation, Project X Theatre, Punny Rescue Society

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

I was the ED of the Kamloops Arts Council for 10 years and when I moved on to work for the YMCA, YWCA I wanted to continue to be a part of our amazing arts community. I loved being on the board of BC Living Arts helping plan and support artistically driven events, hosting coffee shop discussion debating the merit of the arts in Kamloops and being part of a creative, imaginative and unique team of individuals. It became a beautiful complement to my new life in the anti-venture field, allowing me maintain my connections in the arts community and use "that other" part of my brain! As for the other fantastic organizations I had the opportunity to volunteer with, after being on boards for years, it was SO much fun to help with one-off events where I had gone to meet so many wonderful people and have fun for the day while helping my community.

What do you like best about your artwork?

I have two pieces from past Timeraisers by her and when I saw "Galapagos Revisited" I immediately recognized her unique style without even seeing her name. Her work with acrylics is bold, and I am drawn to her style and use of colours that play together so well. I am always interested in the back stories of artwork and appreciate her abstract interpretation of her travels to the Galapagos.

What do you like about the Timeraiser event?

There are SO many different pieces at play in the Timeraiser! Generally events serve one or two facets of the community but with the Timeraiser, there are so many that benefit. First off, the Kamloops Arts Council receives a commission from the pieces that are purchased at their Emerging Artist Joint Show, the artists themselves receive the purchase price for their piece, the company or organization that purchase the pieces receives kudos for their support of the arts community AND they get to enjoy the piece throughout the year. Those who attend the Timeraiser - art lovers, philanthropists and volunteers - have an opportunity to meet the many amazing local non-profit organizations that make our city better, and the dedicated and passionate people who run

KTW of the TIMERAISER month



Catherine Turnbull Spence

What piece of art did you buy?

Well - first of all I did not really buy this piece - I only was able to receive it after completing 100 volunteer hours! So that tells you how much I really liked it. The title of my painting is "Oh Those Warm Wads!" I felt an attachment to it as soon as I saw it.

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

The organization I volunteered for were: Kids of Steele, Special Olympics, X Fest, Art Council and People in Motion.

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

I enjoyed each organization I volunteered for. It was an opportunity for me to meet new people and contribute to our community. Even though I was giving to others, it was also a fulfilling experience. One field a sense of satisfaction when they give. The people I

interacted with were always welcoming. Participating as a volunteer opened up my eyes and heart to many organizations, and their work, that I would not otherwise have had the opportunity to experience.

What do you like best about your artwork?

Art is all about the feeling it invokes in the beholder. This piece stirred up past memories within me - of fun, being carefree, and prairie winds it also touched on my present thoughts of trees and how they are symbolic of several areas in my life. I actually think part of the familiarity with this piece was that it reminded me of a picture I would see in a Dr. Zoolook. The colors are fun and quirky and the image is real but imaginative.

What do you like about the timeraiser event?

I love the uniqueness of this event. The Timeraiser concept benefits so many - and we all have fun doing it! (although there can be some very competitive bidding!) It benefits the volunteer organizations because they receive more exposure around their cause and they secure a new pool of volunteers. It benefits the art community because their art is displayed and more people are able to appreciate it. I have been so impressed with the quality of art at this event. And it benefits the participants because it gives them an opportunity to become more involved in their community - to experience the satisfaction of giving and building new relationships. And it benefits the community of Kamloops as it helps support organizations that provide a valuable service to the people that live here. Thank you to the organizers of this event - your time enriches many.

HOW TIMERAISER 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

HOW TIMERAISER WORKS



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Bidders bring their artwork home

SPONSOR of the MONTH



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

Volunteer Kamloops Current Hot Opportunities

Kamloops United Church Thrift Store Volunteers
Repair Café
Fixer Volunteers
Kamloops Therapeutic Riding Association Horse Leaders and Sidewalkers
Volunteer Kamloops Board Members
Diabetes Canada Information Booth

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 ~ Apples ~ Art

EVERYONE WELCOME
No obligation to volunteer

SPONSOR of the MONTH



1370B Summit Dr.
Phone: 250-434-2333
Fax: 250-434-2334
Toll Free: 1-855-434-2333

Volunteer Kamloops Current Hot Opportunities

Kamloops Track and Field Club BC Athletic Championships
Canadian Mental Health Association Volunteer Drivers
Simply the Best Thrift Store Display Artist
Overlander
Kamloops Festival of the Performing Arts Publicity Coordinator

FOR DETAILS VISIT
www.volunteerkamloops.org
or call 250-372-8313

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No obligation to volunteer

Featured Members

Kamloops Heritage Railway



Volunteer with Kamloops Heritage Railway.

Submitted: Kamloops Heritage Railway

Volunteering is a huge part of Kamloops Heritage Railway. Our 1912 steam locomotive was restored through thousands of hours of sweat equity by our many skilled volunteers. We continue today to be volunteer-driven and have positions as Onboard Attendants who ride the train looking after guests and as workers in our backshops looking after 2141 herself.

**Need Volunteers for
your organization.
Please contact
Volunteer Kamloops
today**

WEB: WWW.VOLUNTEERKAMLOOPS.ORG
PHONE: (250) 372-8313
EMAIL: INFO@VOLUNTEERKAMLOOPS.ORG

Kamloops Partner Assisted Learning (KPAL)



Image Credit: Bing Image Search

KPAL is a free one to one tutoring program for adult learners who want to improve their literacy skills so they can improve their daily lives, increase their job opportunities, etc.

KPAL is run by the KPAL Coordinator in collaboration with LinK (Literacy in Kamloops) and local volunteer tutors.

Adult learners contact KPAL and do a free reading, writing and/or math assessment and then the learners are matched with a volunteer tutor.

The schedule is flexible – the learner and their tutor decide on a convenient schedule that works for both of them and they usually in a public place like a coffee shop, a public library, or Street School.

Volunteer tutors are trained and provided with a tutoring guide and other helpful materials. All volunteers are supported by the KPAL coordinator.

Volunteers support the learner in meeting their personal learning goals.

Support Volunteer Kamloops!

Volunteer Kamloops now has an account at all *General Grants Recycling Facilities*. When you return your empties at one of their three locations listed below, request the refundable amount go directly to Volunteer Kamloops, which in return supports the volunteers and non-profit agencies in our community.



The General



General Grants



General Grants Locations:

611 Fortune Drive (North Shore)
963 Camosun Crescent (Behind TRU)

Thank you for supporting your



Volunteer Kamloops!

705 Seymour Street, Kamloops, BC V2C 2H4
Phone: 250-372-8313 Fax: 250-372-8314 Email: info@volunteerkamloops.org
Website: www.volunteerkamloops.org

Bhavana Deevanapalli: A Kamloops Volunteer



Bhavana Deevanapalli is a local Kamloops volunteer.

Submitted: Bhavana Deevanapalli

I came to Canada in April 2015. As part of my IB Diploma program I had to show volunteering experience. Growing up in India, which is a family focused culture, volunteering was a new idea to me but one that I had to learn quickly.

As I am interested in Science, and now studying my 2nd year at TRU, I decided to start volunteering at the Big Little Science Center, met some wonderful people there and made some new friends. It helped me expand my pool of knowledge and understand many things about life. My father works in the non-profit sector and he connected me with Edith Farrell from Volunteer Kamloops. Edith was very supportive about my volunteering, as she is one of the staunch advocates of giving back to the community.

Coming from a family background, I am close to my grandparents, and was excited when I got an opportunity to volunteer at the Senior Center. I enjoyed serving the elders in our community and it reminded me of my grandparents. I learnt a lot from the seniors, and it brought me close to people.

Volunteering at the Royal Inland Hospital, I felt immensely happy giving care for the Cancer patients and at the Women's Department. I'm really passionate about helping people and it was wonderful to meet new people every day and get to know their stories.

Through volunteering, I feel that I learnt many skills, including communication, leadership, connecting with people,

sensitivity, and patience at a whole different level.

Volunteering ties a community together. In the last four years of me coming to Canada and learning about the new culture and community service, I volunteered at several organizations including Royal Inland Hospital, Big Little Science Centre, Kamloops Immigrant Services, The Happyness Center, The Gleaning Abundance Program, and Pit Stop outreach program. Through volunteering I learnt so much about myself and I feel so joyous when I serve people.

I encourage everyone to spend some time volunteering because it helps bring the real meaning of a community and draws people together. I look forward to contributing more to the community through my volunteering.



HAVE YOU SUBSCRIBED TO THE

VOLUNTEER KAMLOOPS NEWSLETTER?

Email programevolunteerkamloops.org



If you want to find volunteer opportunities or volunteers we can help.

LEARN MORE BY VISITING OUR WEBSITE.

VISIT WWW.VOLUNTEERKAMLOOPS.ORG

If you want to lift yourself up, lift up someone else.

— BOOKER T. WASHINGTON

A LOCAL VOLUNTEER Story

THE CITY OF KAMLOOPS TOOK SOME TIME TO RECOGNISE THE HARD WORK OF VOLUNTEER STREET CLEANER

You might have noticed Ben James the last time you were walking Downtown. He is there everyday sweeping our streets.

This month the City of Kamloops recognised his hard work. Kathy Sinclair met with James and gave him a plaque, according to an iNFOnews article on June 26th.

It is people like Ben James that make our community a better place to live.

To support James, check out this GoFundMe page: <https://www.gofundme.com/the-ben-james-story-for-humanity>

We want to make sure amazing volunteers like Ben James are recognised for their efforts.

To volunteer visit our website or call our office at 250-372-8313.



Image Credit: FACEBOOK/ Luke Harley



Living with Diabetes?

If you are living with diabetes, you are
welcome to attend the

WESTSYDE SUPPORT GROUP

This group will provide the opportunity to discuss & learn about
topics related to diabetes.

**WHERE: The Hamlets, 3255 Overlander
Drive, Kamloops**

WHEN: Monday - 1:30 p.m. to 3:00 p.m.

Sep. 9, 2019, Open Discussion

Oct. 7, 2019, Lori Ontonio (BN, RN) Kelowna = TRU Respiratory Students
Focus on Type II Diabetes & Sleep Disorders

Nov. 4, 2019, Heather Morrison (BSW, RSW) Social Worker, Hamlets
Speaking about Anxiety for people living with Chronic Illnesses & Diabetes.

Dec. 2, 2019 Karen Kieper (C.D.E., Registered Dietician) RIH, IH
Healthy Eating for Diabetes

Jan. 6, 2020 Rob Caravan (C.D.F., Pharmacist) Kipp-Mallery
Q & A about Diabetes & DNA Testing, & latest information on Diabetes.

Feb. 3, 2020, Susanne Marsel LPN, BScPod, CP, CMP, (Forever Foot Care)
Demonstration on proper foot care for people living with Diabetes

Mar. 2, 2020 Lynda Bartie, VP Paladin Disability, Kelowna
Information about Disability Tax Credit for people living with Diabetes

Apr. 6, 2020 Melba Desouza, PhD, MPhIIN, MScN, BScN, RN (Asst. Prof. School of
Nursing, TRU)
Self Management for people living with Diabetes

May 4, 2020, Beth McBride, Weight Management & Nutrition Coach, Herbal One
Talk about Weight Management for people living with Diabetes

June 1, 2020, Open Discussion

For more information, please call Diane at 250-579-2526

Legend:

RN: Registered Nurse
C.D.E - Certified Diabetes Educator
IH - Interior Health
CP - Certified Podologist

LPN - Licensed Practical Nurse
RIH - Royal Inland Hospital
RD - Registered Dietician
CMP - Certified Master Pedicurist



The Focus Program

**To link or integrate
mental health consumers
with community
organizations**

Volunteer Kamloops has three main programs that are run from our office: Link, Snow Angels, and Focus. This article will discuss the latter.

The purpose of the Focus Program is to link or integrate mental health consumers with community organizations in a way that promotes their involvement and enhances community awareness about various mental health issues

The program is funded through Interior Health and is designed to assist adults 19 and over who are challenged by mental health concerns to find suitable volunteer placements. Conditions may include depression, anxieties, or any other mental health condition.

In addition, the Therapeutic Volunteer Program is a specialized program for those diagnosed with a mental illness and meeting the admission guidelines of the program. It is a long-term program and has limited intake numbers each year.

Anyone is welcome to make an appointment, either directly or through a professional referral.

Notice to all the Winning Timeraiser Volunteers

By Tara Holmes, Kamloops This Week

It's hard to believe how fast time is going and we are already 4.5 months away from our next event where you will be presented your art.

Half of your hours need to be completed by any or all of the agencies that were at the event last year. You will remember you were given a sheet to keep track of what you are doing along with a magnet of the art you bid on.

I highly encourage each of you to join the Kamloops This Week Timeraiser FB page as we update events coming up that could use volunteers and more info about the event itself. On the website www.ktwtimeraiser.ca you will see the KTW Timeraisers of the month that get featured every month in a full page in the paper. You are going to be featured next year.

You are a part of an award winning event. Kamloops This Week knew how valuable promoting volunteering is in the community, and to be able to also combine that with supporting local artists through generous sponsor donations, it becomes a win-win for everyone. By taking over title sponsorship of this event, we ended up winning a very prestigious award at the River Rock Casino in April. There were many cities through out BC that were impressed with the concept of the Timeraiser so kudos to September Kuromi who really believed in this from the start. It has really grown beautifully over the years and it's by having participants like you that continue to have it succeed. So please don't forget to get those hours in so we can get you on stage and present you your beautiful art..

If for some reason something urgent or unexpected has happened in your life that has caused you to not be able to fulfill your hours, we need to know this ASAP, so we can go to the next bidder that was below you to try to do the volunteering. We know life can get busy, but we also trust people every year that when they bid on the art with their volunteer hours commitment that they will stick to their word and see it through. We are here to help you get there so let us know if there's anything we can assist with. Again we understand life has curve balls so keep in touch please.

We have some exciting things planned for the next event Nov 15th at the Rex so be sure to keep that night open as you will be there to accept your art. If you would like to contact Volunteer Kamloops to get a list of upcoming events or agencies that need volunteers contact Taylor Rae and she can direct you to the KTW Timeraiser agencies and other non profits that need a hand. Her email is program@volunteerkamloops.org



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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Follow us on Instagram



Follow us on Twitter



Visit our Website

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

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