

Volunteer Kamloops

*Connecting Volunteers
Building Community*

Serving Kamloops over 30 years

Your Free Monthly Newsletter

In This Issue

2

Focus on Mental Health
and Volunteering

4

Mental Health Moment

5

Quarterly Volunteers of the
Month

6

Quarterly Timeraisers

7

Featured Member: Developing World
Connections

9

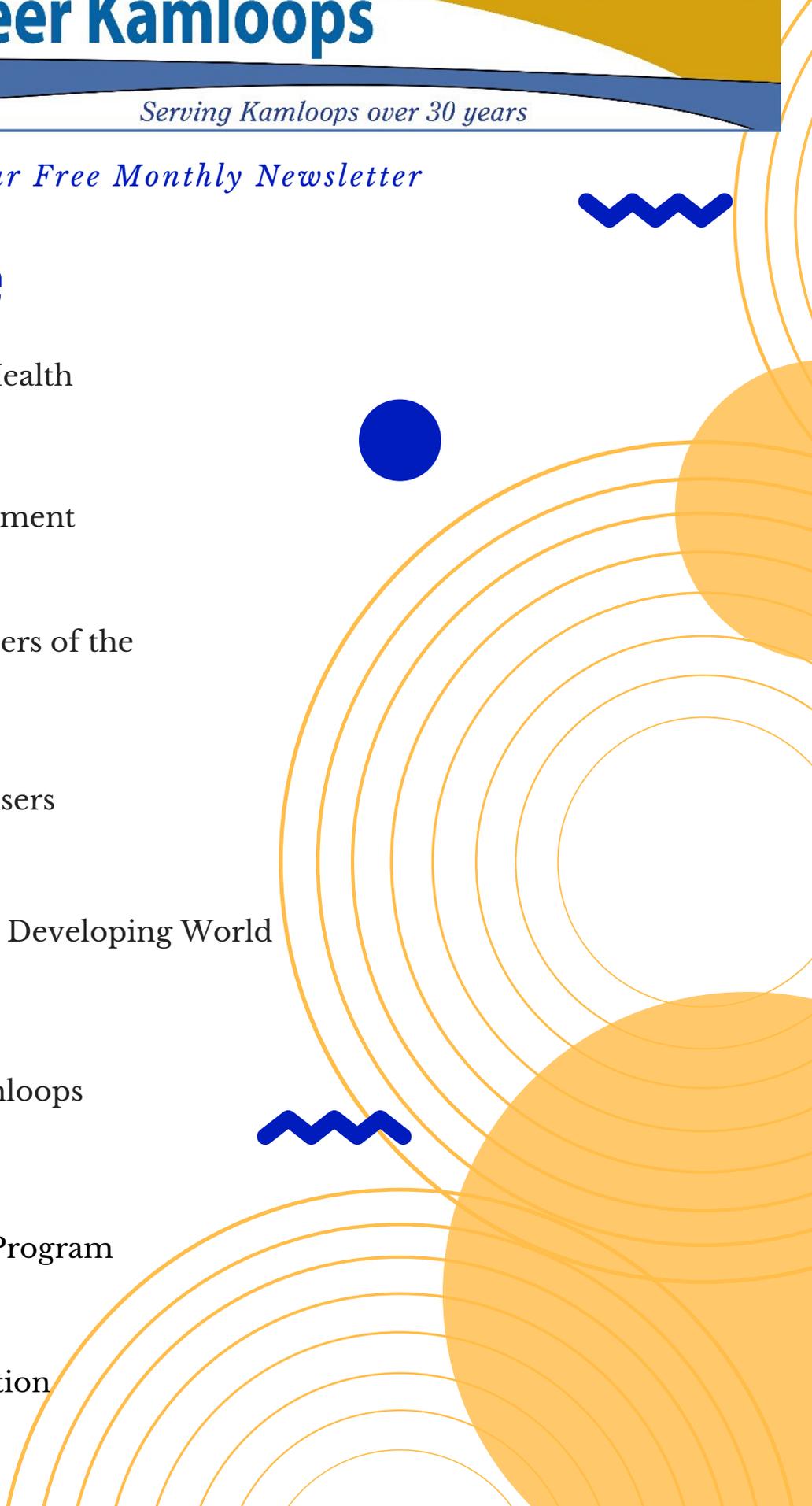
Taylor Rae: A Kamloops
Volunteer

10

The Snow Angels Program

13

Join the Conversation



FOCUS on Mental Health and Volunteering

By Amber Briglio – Volunteer Kamloops Focus program coordinator



People are drawn to volunteering for many reasons but at the Volunteer Kamloops Focus program (an Interior Health funded program) we focus on the mental health benefits of volunteering to help people with mental health concerns. The Focus program is a free service open to anyone over 19 years of age who has a mental health diagnosis or concern (including anxiety and depression). People can be referred by an agency, a mental health professional or they can self refer by calling Volunteer Kamloops at (250) 372-8313 or email focus@volunteerkamloops.org for more information or to book a time to register. Our two program coordinators Amber and Edith provide a supportive, confidential, non-judgemental environment to discuss your goals, and help connect you with volunteer opportunities. Some of



Gardengate: photo by Amber Briglio

the goals that clients come to our program with include wanting to build their resume, build on current and new skills, obtain a new reference, have something positive to do during the day, connect with people and make new friends, give back to the community and to have fun!

We work with some amazing local agencies who provide an encouraging

and supportive environment for our volunteers to reach their goals. One of those agencies is the Kamloops FoodBank. Located on the North Shore, the Kamloops Food Bank provides an essential service to Kamloops residents and has an amazing volunteer program. We love sending volunteers to help at the Food Bank as there are many ways to help there, and it truly gives volunteers the feeling of helping and giving back to people of our community. Another fantastic agency we work with



Gardengate: photo by Amber Briglio

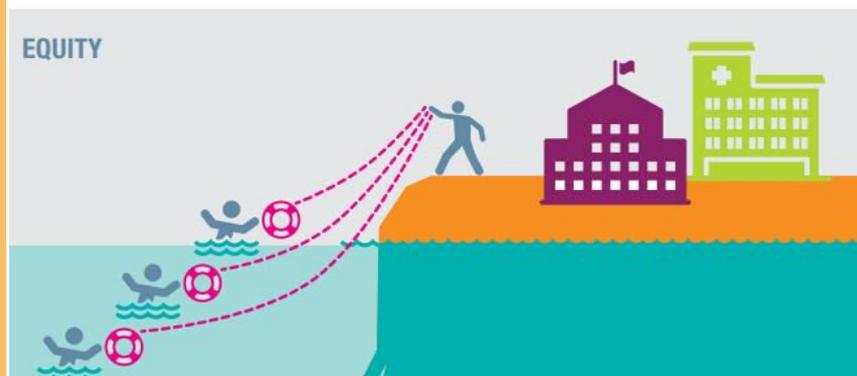
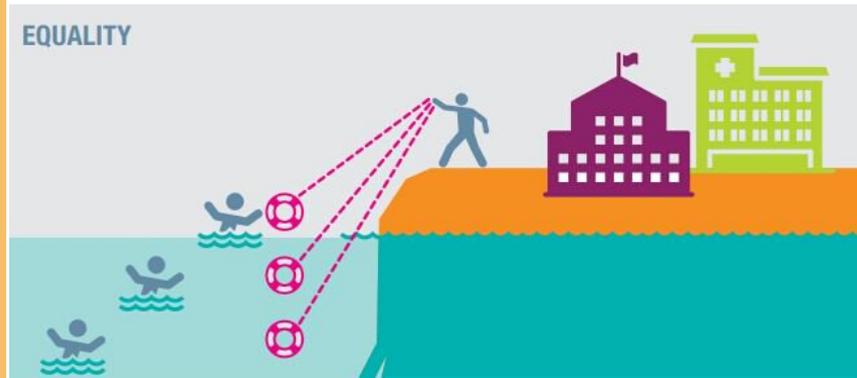
is Gardengate. Located in Brocklehurst, the Gardengate Program works with individuals who have diagnosed mental health conditions to gain and build life and work skills through volunteering at their amazing gardening plot which includes a kitchen and greenhouse. Not only do participants learn about gardening but they also learn about cooking, canning, wood working, crafts, and produce sales in a supportive environment. For those who have an interest in working with seniors we encourage volunteering at Overlander Residential Care. Overlander Residential Care has a fantastic volunteer program which provides informative orientation sessions to ensure their volunteers feel comfortable and ready prior to volunteering. Overlander Residential Care is always in need of volunteers to fill many positions such as portering residents, playing games, attending social outings, and visiting one on one with residents. Volunteering at Overlander Residential Care gives the volunteer a true sense of accomplishment as their help really makes a difference in the lives of the residents.

The Kamloops Food Bank, Gardengate, and Overlander Residential Care are three amazing agencies who work with the Focus program, but we also have many more including thrift stores, kitchen helpers, child care, and others. If you have a mental health concern and feel volunteering would be a great way to achieve your goals call Edith or Amber at Volunteer Kamloops (250) 372-8313 or email focus@volunteerkamloops.org to set up a time to meet and discuss how we can support you in achieving your goals through volunteerism. You can learn more about the program by visiting the Volunteer Kamloops website at www.volunteerkamloops.org.

Mental Health Moment

"The Canadian Mental Health Association, BC Division (CMHA BC) has published a new report on the social determinants of mental health and examines the ways that crucial BC services like social housing, social assistance and employment supports, can support or undermine the human rights and wellness of those living with mental health or substance use-related health issues.

The report, *Building an Equitable Foundation: Removing barriers to access for people with mental health and substance-use related disabilities*, outlines 12 recommendations to achieve fair and equal public services for all British Columbians. CMHA BC is also calling



on the Province to investigate how BC's current laws and public services meet the needs of people with mental health or substance-use related disabilities."

The information above was taken from a CMHA article titled, "CMHA calls for more equitable access to services for people with mental health and substance use-related disabilities."

If you would like to learn more, please copy and paste the link into your browser to be redirected:

<http://bit.ly/2oBPiFO>



the need to be a **valued and equal** member of the community



the need to have access to **social connection** and a sense of belonging



the right to meet our **basic needs** without constant stress or rejection

**FOR THE EQUAL RIGHT TO
OUR BEST MENTAL HEALTH
WE HAVE THREE SOCIAL NEEDS**



Canadian Mental Health Association
British Columbia
Mental health for all

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

**Congratulations
KATE
GREFFARD**

"I have been volunteering at the Kamloops Therapeutic Riding Association for 7 years. I love the horses and seeing how they positively impact the kids."

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

Volunteer winners provided by:



Kate 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

VOLUNTEER OF THE MONTH

**CONGRATULATIONS
CHRISTINE MARTEL WEBSTER**
who volunteers at Overlander Trinity Care Hospice



Christine received her \$100 gift certificate from NuLeaf

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



740 FORTUNE DRIVE, KAMLOOPS
250-376-8618
FRESHLY PICKED PRODUCE DAILY

Space provided by Kamloops This Week & Kamloops This Week Digital

VOLUNTEER OF THE MONTH

**Congratulations
ASHLEY
CURTIS**

As a 3rd year Respiratory Therapy student the Kamloops Hospice has been a great fit for her. She feels strongly about patient centered care and the hospice is all about that. She loves her time there and helps where she is needed.

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

Volunteer winners provided by:



Ashley 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

"No act of kindness, no matter how small, is ever wasted."

- A e s o p

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



Nickie Lasaga

What piece of art did you buy?
The artwork that I earned by volunteering in our great community is "Eskola" by Shelley Dwyer.

What organization(s) did you volunteer with to pay for your art?
I did 100 hours of Volunteer work with Kamloops Alliance Church, Operation Red Nose, Canadian Blood Services, Canadian Cancer Society, Kamloops Art Council, Kamloops Food Bank, Best Sigma Phi and Kamloops Adopt a Road.

What do you like best about the organizations you volunteered for?
I enjoy volunteering with different organizations. It gives me the opportunity to learn from different people and to help in different ways. It is very rewarding to see how many lives are touched by these great organizations as well as impacting my community.

What do you like best about your artwork?
The artwork is amazing. The definition of Eskola is the movement of ice of people from a place. It means 'going out' in Latin. It is about how the Hebrew people were led out of Egypt in the bible. When I look at the art I see movement and peace.

What do you like about the Timeraiser event?
The Timeraiser event is a great evening. It gives you an opportunity to mingle with people from our community with the common interest of giving back. The artwork is amazing. So many pieces to bid on. It's a elegant evening with great food and socializing. Great opportunity to learn about all the different organizations around Kamloops. I highly recommend this event to anyone who wants to give back to the community and gain some beautiful artwork.

HOW TIMERAISER WORKS



SPONSOR of the MONTH

"We built a highly organized wealth management process that we follow to ensure real advice and straightforward direction for business owners, high net worth individuals and their families."

Scotia Wealth Management
THE CONSENHEIM GROUP
201 - 242 Victoria St,
Kamloops, BC V2C 2A2
250-372-8117 or 1-800-669-8489
les.consenheim@scotiawealth.com
www.consenheim.ca

Volunteer Kamloops
Current Hot Opportunities

Provincial Winter Fair
Scient Volunteer
Volunteer Kamloops
Administrative Assistant
Habkat for Humanity
Restore
Kamloops Immigrant Services
Yoga Instructor
Ask Wellness Society
Shuttle Driver

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

KTW of the TIMERAISER month



September Kuromi

Our KTW Timeraiser of the month for September is, in fact, September Kuromi.

September brought this event to Kamloops in 2012 after seeing it in Toronto. She knew Kamloops would be a perfect fit for it, given the strong art and volunteer community for which we are known. September brought sponsors on board to pay local artists for their work and put on an art auction with live music and appies. During the event, people could bid on the pieces, but, instead of bidding money, they would bid volunteer hours for local non-profit agencies.

It was win-win for everyone. Kamloops This Week came on board as title sponsor to elevate this unique experience, as it deserves to be. We are sad to report that September and her family have relocated to Seattle for a new opportunity.

September will be at the KTW Timeraiser on Nov. 15 and we invite everyone to come and wish her well on her new venture.

We are excited to announce that Michael and Jennifer O'Brien from 4Cats Art Studio are stepping in to take over as the new organizers moving forward. Tickets are on sale now for Nov. 15 online via eventbrite or at ktwtimeraiser.ca. For more information contact Mike or Jenn at 4Cats at 778-471-6335.

KTW of the TIMERAISER month



Stuart Caird

What Piece of Art did you buy?
Raven Along Me Robson
By Kirk MacMillan

What organization did you volunteer for to pay for your art?
Special Olympics, JDRF, Rotomax.

What do you like best about the organizations you volunteered for?
Volunteering for numerous Charities was a great way to see how the different organizations give back to the community in their own unique way. The Special Olympics was amazing to see so many volunteers come together to ensure the athletes could compete at doing the sport that they love. The diversity of the tasks of working with Rotomax was my favourite part of that organization, as every day was different and engaging.

What do you like best about your artwork?
Growing up, I always lived near the mountains, I miss being able to look out the window and see the snow-covered peaks. I was immediately drawn to it when I first saw it on display. Now whenever I look at those mountains, I am reminded of home.

What do you like best about the Timeraiser event?
Timeraiser is a fantastic event for bringing the community together. From the local charities with the volunteers to the local artists being able to display their amazing talents. With having so many local charities in the same place allows you to really determine which ones will be the best fit for you and your skill set to help you create the greatest impact within the community.

HOW TIMERAISER WORKS



SPONSOR of the MONTH

SUMMIT STORAGE

Volunteer Kamloops
Current Hot Opportunities

St. Johns Ambulance
Medical First Responders Brigade
Literacy in Kamloops
Volunteer Tutors
Adaptive Sports at Sun Peaks
Ski and Snowboard Instructors
Volunteer Kamloops
Administrative Assistant
Volunteer Kamloops
Snow Angel 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
Tickets Available now
KTWTimeraiser.ca

SPONSOR of the MONTH

URBAN systems

Volunteer Kamloops
Current Hot Opportunities

Adaptive Sports at Sun Peaks
Ski and Snowboard Instructors
Kamloops Blazers Hockey Club
Event Volunteers
Repair Café
Fixer Café
Event Volunteers
Simply the Best Thrift Store
Display Artist
Interior Community Services
Kitchen Programs

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

Get tickets now at
KTWTimeraiser.ca
or at EventBrite.ca

Featured Member: Developing World Connections



Submitted: Developing World Connections

Developing World Connections (DWC) matches traveling volunteers with partners in developing countries to work together on sustainable projects that make along-lasting difference. One of the main motivations behind the formation of this Kamloops-based, non-profit, charitable organization was to provide everyday people with high quality, safe and affordable international service experience in developing countries.

Project work is two weeks in length and there are opportunities for individual adults, high school and university teams or corporate groups. Most projects involve getting your hands dirty - building schools, homes, water projects, livelihood centres, and more. No training or building experience is necessary.

Since 2005, DWC has sent over 3,000 volunteers of all ages and abilities to do good works. The organization was founded by a local Rotarian, Wayne McRann. This said, DWC has no professional, political or religious affiliations.

They make international volunteer travel as accessible as possible. They aren't in this to make money — their focus is on improving lives globally through





DEVELOPING WORLD CONNECTIONS

community development.

A Canadian Volunteer's entire trip paid through DWC is 100% tax deductible, including flights.

DWC envisions a globally engaged, poverty free and socially just world. How they make that vision a reality is by bringing together people and resources to complete sustainable, community-based projects. These trips are meant to empower host communities, foster relationships and provide a positive experience for all. The team is led by an experienced team leader who makes sure your experience is positively memorable. Projects are chosen by local, in-country partners to benefit those most in need and ensure the improvement will be maintained after the Volunteer Teams have returned home.

DWC currently serves in and has active projects in ten countries on three continents — Africa, Asia and Latin America.

They believe that volunteering alongside local people in the developing world on a poverty alleviating project builds hope. Hope for the community, the volunteer and hope for a better more peaceful world.

Taylor Rae: A Kamloops Volunteer

I haven't always been a volunteer. There were times where I focused on work and school and didn't spend much time focusing on much else.

After I graduated from TRU, I struggled to find employment. I decided to give volunteering a try because it would help me gain experience in my field. At the time, I didn't know that it would help me find my path.

In addition to walking dogs at the SPCA, I sat on their community council. I also volunteered with Arnica. These three volunteer positions helped land me the job as the Link Program Coordinator at Volunteer Kamloops.

From there my passion grew. I

volunteered countless hours to the Snow Angel Program, shovelling for seniors in my neighbourhood and putting our flyers in the community. When I heard Literacy in Kamloops needed help with their One to One Reading Program, I jumped on board and found my passion. Now, I volunteer with SD 73 at Lloyd George Elementary School and at South Kamloops Secondary School. I am excited to go and help students every week.

A lot of people tell me that I shouldn't work so hard, working at Volunteer Kamloops and Home Hardware while back at TRU, but I find so much joy in volunteering. Not only do I find satisfaction, but I've found my passion in helping others.

As a working professional and as a student I can't seem to stress how important volunteering has been for me. I have learnt so many new things and have discovered passions I never thought I had.

I recommend doing a bit of volunteering in your life, you never know where it will lead.





The Snow Angels Program

**Helping low income
seniors and people
with disabilities.**

We know people don't want to start thinking out winter and snow, however, for people who struggle with snow removal every year they can't wait. There are people in our community and your neighbourhoods that struggle every year with snow removal.

We need people like you to come forward to help those in need.

Volunteers shovel snow from the driveway and sidewalk. This must be done within a 24-hour window. We realise that shovelling snow isn't the most glamorous job or the most exciting but you are making a difference. Domino's Pizza recognises this and has agreed to give volunteers a free pizza every time they volunteer.

The Snow Angels Program is open to all volunteers, even families. To volunteer alone, youth must be over 14.

Volunteers will be matched with seniors in their area. This means it is likely you will be matched with your neighbour or someone within a couple blocks of your home. You will see your impact on your community..

Check out the infographic below to learn more about the program or email info@volunteerkamloops.org



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

A photograph of two people sitting at a wooden table, each holding a white coffee cup. The person on the left is wearing a purple bracelet, and the person on the right is wearing several bracelets, including a large wooden one. The background is a blurred outdoor setting.

join the conversation

ON MENTAL HEALTH

HOW HAS VOLUNTEERING
HELPED YOUR
MENTAL HEALTH?

Email focus@volunteerkamloops.org

YOUR ANSWERS WILL GO ON OUR CONVERSTATION BOARD
AT VOLUNTEER KAMLOOPS. NAMES WILL NOT BE USED.



Complete our Volunteer Application Form

Completing a Volunteer Application form is the first step towards volunteering. A form can be located on the Volunteer Kamloops website or by requesting one by emailing the Link Program Coordinator at program@volunteerkamloops.org.

Secondly, we recommend scheduling an appointment where you can sit down one a member of our staff to discuss your experience, interests, and motivating factors for volunteering. We will narrow down the number of possibilities from a thousand to a small handful where you can choose your favourites.

Then, the ball is in your court! You reach out to those volunteer agencies to ensure they are what you are looking for in a placement. You will then follow that organizations onboarding procedure, however, commonly it is a meeting with a staff member where you discuss the position, proceed with a criminal record check, sign their documents like a confidentiality statement, etc.

Once those documents and the proper steps are followed you will begin your volunteer adventure.

Volunteer Kamloops will make contact with you again about a month or so after your initial meeting with us to see where you've been placed in order to keep your file up to date with our office. If you haven't been placed, we will work with you to help facilitate your transition into volunteering.

Connecting with us is the first step. So call us today at 250-372-8313 or email info@volunteerkamloops.org.



TAKE PHOTOS OF YOUR
VOLUNTEER

EXPERIENCES AND EMAIL THEM TO US
FOR A CHANCE TO BE FEATURED ON
OUR SOCIAL MEDIA, IN OUR
NEWSLETTER, AND EVEN WIN A
PRIZE.

EMAIL
PROGRAM@VOLUNTEERKAMLOOPS.ORG

HOW DO YOU VOLUNTEER?

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