





Okanagan TELUS Community Ambassadors volunteering at the Central Okanagan Hospice Butterfly Release.

## Proud to give where we live.

Our TELUS team is passionate about investing in programs that allow us to make a positive and lasting difference in our communities. Since 2000, TELUS Community Ambassadors have put their hearts into lending a hand to keep our communities strong. So far, they've volunteered over 5.4 million hours to local organizations across Canada.



To learn more about the TELUS Community Ambassadors visit [telus.com/community](http://telus.com/community)



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Volunteering is something we do to give back to our community,

but the truth is volunteering keeps people healthy and productive. In this issue we have shared stories on how volunteering is beneficial to the mind, body and soul. Taking the time to give back is a win-win situation. Not only do we share with you why giving back is good for you, we supply you with over 70 agencies who are ready and willing to have you on their team. Enjoy the content and then find an agency to volunteer for so it keeps you "healthy and productive".

**Beyond 50**

Laurel D'Andrea  
GICOS Publisher & Proud Volunteer!

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# Get Involved CENTRAL OKANAGAN STYLE



Box 21152 RPO Orchard Park  
Kelowna, BC V1Y 9N8  
Phone: 250-808-2709  
Email: actuctkelowna1002@gmail.com

UCT is a non-profit financial service membership organization. Our members make a difference by volunteering in local communities or by choosing UCT for their insurance needs - or both! UCT's Kelowna Council 1002 and 1003 gives back to the Kelowna community by supporting causes and charities in our own backyard. We invite you to get involved and find out how good it feels to be part of the UCT difference.



Box 20262 RPO Town Centre  
Kelowna, BC V1Y 9H2  
Phone: 250-860-8681  
Email: info@blindcanadians.ca  
www.blindcanadians.ca

The AEBC is a consumer group of blind, deaf-blind partially sighted adults, their families and other interested individuals, who provide a forum for sharing helpful information and a vehicle for brainstorming on issues that affect those with sight loss. We share ideas and develop perspectives that benefit each of us in daily lives.



Phone: 1-604-369-3471  
www.autismspeaks.ca

Walk Now For Autism Speaks Canada - September 21. Register or volunteer for this free fun-filled, family event and become part of the single most powerful force to fund vital research, support family services and heighten awareness about autism and the issues facing the local and national autism communities. Experience the power of thousands united by a single cause by joining Walk Now for Autism Speaks Canada. Together we can find the missing piece of the puzzle.

## BCSPCA

3785 Casorso Rd  
Kelowna, BC V1W 4M7  
Phone: 250-861-7722  
www.sPCA.bc.ca/branches/kelowna

Help the BCSPCA Kelowna make a difference one animal at a time. Volunteer. Our Kelowna branch ideally operates with the assistance of over 20 regular volunteers per week in a variety of roles. These critical individuals assist our branches from supervising volunteer teams to individual dog walking, cat wellness, rabbit and small animal care, administrative support, maintenance, special events and fundraising, humane education, fostering, advocacy, and so much more. Apply online at [www.sPCA.bc.ca](http://www.sPCA.bc.ca)



P.O. Box 24057 Towne Centre  
Kelowna, BC V1Y 9H2  
Phone: 250- 769-3268  
Email: carpokanagan@hotmail.com

Our VISION is to reach out to society in which everyone can live active, independent, purposeful lives as they age. CARP ABC's: A - Advocacy; B - Benefits; C - Community Members of this chapter are aware of the number of seniors' issues in this community that no one has, or is able to, speak to. We invite anyone to join, and offer various positions allowing for flexibility in scheduling.



103-1865 Dilworth Dr  
Kelowna, BC V1Y 9T1  
Phone: 250-448-8057  
Email: melanie.wasylyshen@blood.ca  
www.blood.ca

Canadian Blood Services is a not for profit organization that manages the blood supply in Canada. Volunteers within Canadian Blood Services provide support in both the blood donor clinic as well as promoting blood donation within the community. For more information on Volunteer opportunities with Canadian Blood Services, please contact Melanie Wasylyshen, Volunteer Coordinator.

# Volunteering can Teach You Valuable Job Skills



a place of mind

Brendan is in his fourth year of university. As graduation draws nearer he wonders if he will be able to find a job. Unemployment for youth is almost double the Canadian average of 7%, and Brendan knows that the job market is fiercely competitive.

He, like many other students graduating from universities and colleges across the province, is asking, "Will my degree be enough?"

When Brendan was in his second year a friend told him about a volunteer opportunity working with kids at an after school program. Although he was juggling lots of homework, a part-time job and a relationship, the thought of getting out into the community and contributing excited him. What Brendan didn't know was that by volunteering he was also increasing his odds for finding that job after graduation.

Many employers will tell you they are not looking for graduates who can ace tests, but rather graduating students who are well rounded and have "soft skills." Through volunteering just once a week for a couple of hours, Brendan was honing his communication skills, building confidence, and learning how to work on a team. After a year, he was training new volunteers and without even knowing it he was developing leadership skills. The very "soft skills" employers are seeking.

Brendan is pleased to be developing his "soft Skills," but what really motivates him is how good it makes him feel when the kids run to him and tell him all about their day. He enjoys comforting little ones who have had a tough day.

For Brendan and many other students, volunteering is a fun and rewarding way to give back while at the same time giving them an important edge in finding that job after graduation.



## UBC Students in the Community

UBC's Okanagan campus has a number of programs promoting community collaboration among students, faculty and staff.

The **Community Service Learning Program** aims to develop responsible, engaged citizens and to impact critical social issues. Working closely with a number of organizations, the Community Service Learning Program combines classroom study with service in the community in order to achieve these goals.

Projects are centred on important issues including:

- Homelessness
- Senior's Isolation
- Children at Risk
- Aboriginal Issues
- Sustainability
- Student Projects

For more information contact Phil Bond at [phil.bond@ubc.ca](mailto:phil.bond@ubc.ca) or visit our website at [ubc.ca/okanagan/students/cslprogram](http://ubc.ca/okanagan/students/cslprogram)

The **Get Involved Program** is designed to respond to student's desire to get involved on and off campus. It helps students who want to give of their time, talents and passions, connect (short or long term) with volunteer activities, events or projects. Working with community organizations these programs provide students with a deeper understanding of the complex issues facing our community, and an opportunity to make a difference.



Get Involved Program, contact Phil Bond at [phil.bond@ubc.ca](mailto:phil.bond@ubc.ca) or visit our website at [ubc.ca/okanagan/students/getinvolved/](http://ubc.ca/okanagan/students/getinvolved/)



# Get Involved CENTRAL OKANAGAN STYLE

Canadian Breast Cancer Foundation  
**CIBC Run for the Cure**

[www.cibcrunfortheure.com](http://www.cibcrunfortheure.com)

Volunteer your time on Sunday October 5 and October 4, 2015 for the Canadian Breast Cancer Foundation CIBC Run for the Cure and to help make Run Day a great success. Sign up visit our website at [www.cibcrunfortheure.com](http://www.cibcrunfortheure.com) The Foundation is the leading community-driven organization in Canada dedicated to creating a future without breast cancer. Our investments in innovative and relevant research and education have led to progress in breast cancer prevention, diagnosis, treatment and care.



124 Adams Rd  
Kelowna, BC V1X 7R2  
Phone: 250-491-8443  
Email: [bcsi@redcross.ca](mailto:bcsi@redcross.ca)  
[www.redcross.ca/bcsi](http://www.redcross.ca/bcsi)

**How You Can Help. Volunteering:** If you are looking for ways to give back to your community, meet new people, have new experiences, or develop valuable professional and personal skills through training sessions, then volunteering for the RED CROSS is the right choice for you. Volunteers are needed in our Disaster Management Program and our Health Equipment Loan Program. To become a volunteer please contact [BCYvolunteering@redcross.ca](mailto:BCYvolunteering@redcross.ca) or phone 1-855-995-3529.

CENTRAL OKANAGAN  
**ELIZABETH FRY SOCIETY**  
preventing violence  
promoting justice

104-347 Leon Ave  
Kelowna, BC V1Y 8C7  
Phone: 250-763-4613  
Email: [info.efry@empowerific.com](mailto:info.efry@empowerific.com)  
[www.empowerific.com](http://www.empowerific.com)

Our purpose is to bring about an end to violence, eliminate poverty and seek justice for women and children in the Central Okanagan. With our amazing volunteers, we raise funds to support the services we offer women and children in our community. We look to generate awareness of our cause as we go about our daily lives.



1800 Parkinson Way  
Kelowna, BC V1Y 4P9  
Phone: 250-469-8800  
Email: [hcrawford@kelowna.ca](mailto:hcrawford@kelowna.ca)  
[www.kelowna.ca/recreation](http://www.kelowna.ca/recreation)

Volunteers assist adults with disabilities participating in cooking, arts and crafts, or fitness classes. You can also volunteer one-to-one with individuals in our aquatic and fitness centre, help out in our children's camps, sport programs, and a variety of special events. Positions are primarily at Parkinson Recreation Centre, but other locations are available. Training/ongoing support is provided.



RPO Box 24067  
Kelowna, BC V1Y 9H2  
Phone: 250-899-6381  
[www.coolarts.ca](http://www.coolarts.ca)

Cool Arts is dedicated to providing Fine Arts opportunities for adults with diversabilities living in the Central Okanagan; to create opportunities to make art; to take classes and learn; to be in a supportive Fine Arts environment; to exhibit or perform; and to be part of the larger art community.



PO Box 25141 Mission Park RPO  
Kelowna, BC V1W 3Y7  
Phone: 250-979-3941  
Email: [general@coreinso.com](mailto:general@coreinso.com)  
[www.AdaptiveAdventures.ca](http://www.AdaptiveAdventures.ca)

Being a volunteer with us is a unique experience...you will have fun, be challenged, contribute to your community in a meaningful way and help people with disabilities experience things they would not otherwise be able to. We provide training and support to volunteers interested in assisting on our Adaptive Adventures-cycling, hiking, kayaking, rock climbing, snowshoeing and nordic skiing. Join our team... let the Adventures begin!



# Social and Relationship Skills

Laura's hands shook so much she could barely hold the phone, let alone dial. Finally, she sent an e-mail to the care facility instead.

"I am interested in volunteering," the woman typed, rushing to finish before she lost her courage. "I'm finishing my graduate degree in botany. I saw your posting for volunteer gardeners, and I think I can help." She hit the send button and exhaled dizzily, remembering to breathe again.

The volunteer manager responded quickly and asked Laura to stop in for a visit. As she entered the courtyard of the facility, the need for gardening assistance was obvious. Raised beds and pathways were obscured by jungles of weeds.

"Our staff are busy caring for residents and don't have time for anything else," the volunteer manager explained. She seemed excited to find someone who knew something about plants. Laura followed her upbeat chatter, relieved that she was only expected to nod or smile occasionally.

Shortly thereafter, Laura began stopping by in the afternoons, pulling weeds and advising the manager on which seedlings to order. The courtyard began to transform. Curious about the changes, residents, visitors, and staff began wandering in. While taming vines and popping bulbs into the soil, Laura learned about a dying father, the stress of working double shifts, and the pain of a knee replacement. She was surprised at how much people shared with her.

"I'm terribly shy about meeting new people, and I assumed it was my knowledge of plants that was needed," Laura concluded. "Sometimes volunteering is just being an interested ear. What you hear matters more than what you say. Everybody needs someone who has time to listen."



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**BDO IS PROUD TO SUPPORT OUR COMMUNITY**

Our dedicated team of professionals has the expertise to understand your unique challenges and help you build your organization.

Assurance | Accounting | Tax | Advisory

250 763 6700  
www.bdo.ca



# Get Involved CENTRAL OKANAGAN STYLE



1425 Ellis St  
Kelowna, BC V1Y 2A3  
Phone: 778-478-9939

We are a women's service group that operates a thrift shop, donating funds to programs and organizations such as: Adaptive Outdoors Adventure, Arion Therapeutic Riding, summer camps for children, the Cancer Clinic, Central Okanagan Hospice, Diabetic Association, Kidney Foundation, Little Travellers Safety Village, Project Literacy, Small Dog Rescue, Women's Emergency Shelter, SPCA, Bridge Youth and Family Services, Youth Symphony of the Okanagan, RCMP Community Relations Awards, and much more.



Box 25041 Mission Park  
Kelowna, BC V1W 3S9  
Phone: 250-808-1626  
Email: [elevation@telusplanet.net](mailto:elevation@telusplanet.net)  
[www.elevationoutdoors.ca](http://www.elevationoutdoors.ca)

"Elevation Outdoors improves and enhances the lives of financially and socially disadvantaged youth through exhilarating outdoor experiences! With the help of passionate volunteers we currently operate winter snowboarding, spring sailing, and summer mountain biking programs. Join our team, share your love of outdoor experiences and help make a difference the lives of Kelowna youth!"



2255 Enterprise Way  
Kelowna, BC V1Y 8B8  
Phone: 250-215-1789

Emergency Support Services (ESS) provides short-term assistance to British Columbians who are forced to leave their homes because of fire, floods, earthquakes or other emergencies. This assistance includes food, lodging, clothing, emotional support and family reunification. Be it one home or 1000 homes - ESS is there to help. For more information, contact ESS at 250-215-1789.



1471 Highland Dr S  
Kelowna, BC V1Y 3W3  
Phone: 250-860-4911  
Email: [fatcatfestival@gmail.com](mailto:fatcatfestival@gmail.com)  
[www.fatcatfestival.ca](http://www.fatcatfestival.ca)

The Interior Savings Fat Cat Children's Festival is a successful community festival, celebrating the arts, diverse cultures and of course children. Fabulous performers, interactive workshops and stellar experiences are all offered in the gorgeous setting of Waterfront Park.

Be a part of this amazing community festival: join our Board of Directors, a Committee or help during the Festival.



101-3788 Bird Pl  
Kelowna, BC V1W4T3  
Phone: 250-860-3863  
Email: [gailrose47@telus.net](mailto:gailrose47@telus.net)  
[www.monasheegirlguides.com](http://www.monasheegirlguides.com)

Guiding is "Girls Only", values-based, and emphasizes citizenship, leadership, service and life skills development. Guiding promotes fun, friendship, outdoor adventure, and challenges through new experiences. Women are invited to join and share in the leadership. Training is offered online, on the job and in small group settings. We welcome participation working in a unit as well as helping in a support position.



1793 Ross Rd  
West Kelowna, BC V1Z 3E7  
Phone: 778-755-4346  
Email: [info@hfhkelowna.ca](mailto:info@hfhkelowna.ca)  
[www.habitatforhumanitykelowna.ca](http://www.habitatforhumanitykelowna.ca)

Habitat for Humanity is a volunteer driven, charitable organization. We partner with businesses and volunteers to provide decent, affordable homes for hard-working families in the Okanagan. For fans of our ReStore, plans are underway to open a second ReStore by the end of 2014. All proceeds from ReStore go directly to Habitat for Humanity Kelowna projects.

# Volunteering and Self Esteem

Cindy has always been shy. Although she is 47 she still remembers her first day of kindergarten hiding behind her mother screaming and crying, not wanting to go.

School was not a positive experience for her; she was an average student and thought there was nothing she was exceptionally good at. Her teachers told her mother she suffered from low self esteem, but offered her no solutions. In her early 20s when Cindy got her first career job in the next city away from her support system she was distraught and became even more introverted. Finally a colleague of hers understood her position and encouraged Cindy to attend a volunteer orientation at the Food Bank where she volunteered. Cindy enjoyed her first exposure to volunteering and soon signed up on a regular schedule. The staff and volunteers praised Cindy on her skills and appreciated her contribution. During her time at the Food Bank she took on several different positions and mastered many new skills. Cindy has gone on to volunteer for many other organizations taking on more responsibility and developing more skills. Cindy feels volunteering provided a healthy boost to her self-confidence, self-esteem, and life satisfaction. She felt good doing things for others and the community, which provided a natural sense of accomplishment. Her various roles as a volunteer gave her a sense of pride and identity. The better she felt about herself, the more positive view she had of her life. She soon felt more comfortable stretching her wings at work once she honed these skills in volunteer positions. Gradually she began setting goals and achieving them and now has a very good career and a wonderful family but still makes time to volunteer. Cindy is thankful to volunteering as it changed her life.



PHOTO • SHUTTERSTOCK.COM

**Volunteering**  
makes our community better

**Norm Letnick, MLA**  
Kelowna-Lake Country  
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**Steve Thomson, MLA**  
Kelowna-Mission  
#102-2121 Ethel Street  
Kelowna, BC, V1Y 2Z6  
(250) 712-3620  
Steve.Thomson.MLA@leg.bc.ca  
www.stevethomsonmla.bc.ca

A MESSAGE FROM YOUR LOCAL MLAs



# Get Involved CENTRAL OKANAGAN STYLE

## HANDS IN SERVICE

— LOVE. GIVES. BACK —

207-1889 Springfield Rd  
Kelowna, BC V1Y 5V5  
Phone: 250-861-5465  
Email: [info@handsinservice.ca](mailto:info@handsinservice.ca)  
[www.handsinservice.ca](http://www.handsinservice.ca)

Hands in Service provides free, compassionate home care, referral services and food security assistance to vulnerable clients struggling with disability, financial and social limitations. Volunteering is easy and rewarding. • Housekeeping • Laundry • Food preparation • Hamper delivery • Event facilitation • Technical and administrative support • Fundraising  
Participate as individuals or groups; once, short, or long term assignments.



339-2440 Old Okanagan Hwy  
W. Kelowna, BC V4T 1X6  
Phone: 250-864-0399  
Email: [hope.okanagan@gmail.com](mailto:hope.okanagan@gmail.com)  
[www.hope-outreach.com](http://www.hope-outreach.com)

H.O.P.E. Outreach is a group of trained volunteers, which do night time outreach, seven nights per week in downtown Kelowna. House of HOPE is a Safe House where homeless, addicted or exploited women can come for housing, safety, recovery and to continue their goals.



1157 Sutherland Ave  
Kelowna, BC V1Y 5Y2  
Phone: 250-448-6403  
Email:  
[info@innfromthecoldkelowna.org](mailto:info@innfromthecoldkelowna.org)  
[www.innfromthecoldkelowna.org](http://www.innfromthecoldkelowna.org)

Inn from the Cold - Kelowna is a volunteer based organization that provides support to people who are experiencing or are at risk of homelessness. Volunteers can get involved by volunteering during the day at the Free Store, organizing events, volunteering at the winter shelter or acting as an advocate in their mentoring program, Inn Home Support. Visit their website at [www.innfromthecoldkelowna.org](http://www.innfromthecoldkelowna.org) or call us at 250-448-6403 to find out more.



## Interior Health

Phone: 250-862-4047 or 250-862-4102

The Central Okanagan Residential Volunteer Services have volunteers who assist in many ways. Opportunities exist whether you're 13 or 73-whether you enjoy visiting, assist with gardening, helping with a program, special event or an outing- volunteers help to brighten the day for the people who live at Brookhaven, Cottonwoods, David Lloyd-Jones or Three Links. Be a Friend, Be a Neighbour, Be a Volunteer!



PO Box 30034 RPO Glenpark  
Kelowna, BC V1V 2M4  
Phone: 250-864-8350  
Email: [info@iwencanada.com](mailto:info@iwencanada.com)  
[www.iwencanada.com](http://www.iwencanada.com)

IWEN focuses on primarily marginalized women in Canada and Nepal to develop self reliance for rescued girls and their families. We provide scholarships for basic education, life skills and trade skills. "Empower a Girl Empower a Community" IWEN Volunteers can: sell scarves, help at fundraising events, teach ESL for Immigrant women here in Kelowna, as well as a number of other exciting opportunities.



1440 St. Paul St  
Kelowna, BC V1Y 2E6  
Phone: 250-763-1331  
Email: [info@jhscso.bc.ca](mailto:info@jhscso.bc.ca)  
[www.jhscso.bc.ca](http://www.jhscso.bc.ca)

We have opportunities for volunteers to participate in our Adult Restorative Justice Program and/or to share life skills with our housing residents in a small group setting. Most of our clients have multiple challenges in life and benefit greatly from compassionate community involvement. Volunteering with our clients is not for the faint of heart, but it can be very rewarding!

# Volunteering Combats Depression

Lynn has suffered from depression and anxiety for 15 years. It got to the point that normal everyday activities were too much to handle. Going to the bank or grocery store became triggers for panic attacks. Even when medicated she struggled with routine and discipline.



PHOTO • SHUTTERSTOCK.COM

Getting up in the morning was a task that Lynn found herself loathing when her depression was at its worst. She wouldn't leave the house or even get out of her pajamas.

After the stress of moving to a new city Lynn needed to find a way to meet new people. She said to herself "This is my life and my body, if I don't do something about this, no one will." She knew deep down that she couldn't live this way any longer. As a child, Lynn had had a love of horses and wondered if there was a way she could work with them now. She discovered the horse rescue society and as scared as she was, Lynn filled out the online application.

Lynn started volunteering with the horses and what she found was amazing! The sense of accomplishment she received was exponential. The responsibility she was given helped her realize "I can do this! I am worth it!" She started to feel not so alone in the world and met wonderful, caring people from all walks of life. She could be herself with everyone, never having to put on the 'happy face' mask she had worn for so many years. She has gained some of the routine and discipline she was lacking, but also the self-confidence

and self-love that was missing for so long. For all the help that she has given to the horses, they themselves have helped her tenfold and really believes

this quote -

*"The outside of a horse is good for the inside of a person"*

- Unknown

*Celebrating community growth and the support that makes it possible*



**Endowments • Grant Making • Community Leadership**

The Central Okanagan Foundation provides an ongoing contribution to the quality of life in our community and acknowledges the vital role of volunteers.

CENTRAL OKANAGAN  
FOUNDATION

*empowering generations to give.*

To learn more about COF visit  
**[www.centralokanaganfoundation.org](http://www.centralokanaganfoundation.org)**



# Get Involved CENTRAL OKANAGAN STYLE



Phone: 778-478-1961  
Email: [jason.ranchoux@jabc.org](mailto:jason.ranchoux@jabc.org)  
[www.jabc.org](http://www.jabc.org)

Have you ever said "If only I knew then what I know now?" Junior Achievement is dedicated to partnering with educators and volunteers to bring real world experience and insight into the classroom. Our programs give Grade 5-12 students the confidence in Work Readiness, Entrepreneurship and Financial Literacy to become the next generation of business and community leaders.



1849 Ethel St  
Kelowna, BC V1Y 4L6  
Phone: 250-860-9507  
Email: [volunteerkaris@gmail.com](mailto:volunteerkaris@gmail.com)  
[www.karis-society.org](http://www.karis-society.org)

Across the city, Karis provides safe housing, support, life-skills and training for upwards of 45 women caught in life altering addictions or challenges with their mental health. Our volunteers make a difference in our programs and in our city through their input, support and care of the Karis women. Come join our team. We offer flexible volunteer opportunities suitable for your schedule with orientation and training provided for all screened volunteers.



IH FRAIL AND CHRONIC ILLNESS HEALTH INITIATIVE  
120-1735 Dolphin Ave  
Kelowna, BC V1Y 8A6  
Phone: 250-763-8008  
Email: [stephanie@kcr.ca](mailto:stephanie@kcr.ca)  
[www.kcr.ca](http://www.kcr.ca) | Community Information Search | Health

Kelowna Community Resources is launching a new resource to assist those who have, or those who are caring for those who have chronic illnesses. Access all of the services and information you need in one location. In addition to health services, this resource will include information for all aspects of healthy aging. Visit [www.kcr.ca](http://www.kcr.ca), click on Community Information Search, and then click on Health.



IMMIGRANT SERVICES  
120-1735 Dolphin Ave  
Kelowna, BC V1Y 8A6  
Phone: 250-763-8008  
Email: [info@kcr.ca](mailto:info@kcr.ca) [www.kcr.ca](http://www.kcr.ca)

KCR is a multi-service, not for profit agency fostering diversity, collaboration and resourcefulness by tailoring services to meet community, family and individual needs.

Our volunteer opportunities include:

- Settlement Mentor: help Newcomers connect to the community
- Employment Mentor: guide Newcomers in learning about Canadian workplace culture
- Family Friend Volunteer: provide support and friendship to a single parent
- Crisis Line Worker: offer emotional support, information, and crisis intervention to callers.



PO Box 22107 Capri Centre  
Kelowna, BC V1Y 9N9  
Phone: 250-762-2354  
Email: [kdpcasociety@gmail.com](mailto:kdpcasociety@gmail.com)

Our Society supports access to reliable and safe contraception and abortion services in the Central Okanagan. We provide a voice to ensure these services remain readily available. A healthy membership is essential to our effectiveness; more members make it more likely we are going to be heard. We encourage you to take out a membership.



1315 Water St  
Kelowna, BC V1Y 9R3  
Phone: 250-762-2226  
Email: [info@kelownaartgallery.com](mailto:info@kelownaartgallery.com)  
[www.kelownaartgallery.com](http://www.kelownaartgallery.com)

Help to foster a community that values visual art as an integral part of the fabric that binds us together.

Enthusiastic volunteers can become involved through the following roles:

- Docents - leading school tours for children in grades K-7
- Special Events - assisting with exhibition opening receptions and fundraisers
- Family Sundays - helping children with art activities.

# Building stronger communities. Building fuller lives.



[prospera.ca](http://prospera.ca)

[facebook.com/ProsperaCreditUnion](https://facebook.com/ProsperaCreditUnion)





4-2550 Acland Rd  
Kelowna, BC V1X 7L4  
Phone: 250-870-2958  
Email: reagan@kelownachiefs.com  
www.kelownachiefs.com

The Kelowna Chiefs Hockey Club is a fantastic way to meet your neighbours, enjoy some exciting hockey and "work" with amazing people. For 26 nights, from September to April, the Chiefs are looking for people that have experience with hockey timekeeping, ushering, cash duties as well and probably most importantly... wanting to be a MASCOT! Come on out and become a part of the Chiefs Crew!



**KELOWNA**  
*Community Music School*

728 Dehart Ave  
Kelowna, BC V1Y 6A1  
Phone: 250-860-1737  
Email:  
info@kelownacommunitymusicschool.ca  
www.kelownacommunitymusicschool.ca

Excellence in music education and joyfulness of musical expression in all genres is our forte. Private lessons and group classes offer the highest level of music instruction and a strong sense of community through musical collaboration and performance. The premier music school in Kelowna since 1976, requires volunteers in fund development, publicity, graphic art and board of directors.



2-1441 St. Paul St  
Kelowna, BC V1Y 2E4  
Phone: 250-763-6696  
Email: droberts@kcds.info  
www.kcdis.info

Kelowna Community Development Society is dedicated to providing support for adults with intellectual disabilities. Our approach is personalized and collaborative. We work with individuals, their families, friends and support networks, as well as other service providers to create a plan that supports the individual in achieving their goals and living a life with dignity and respect. We foster integration, inclusion and independence through all of our programs.



Ste 205 - 2040 Springfield Rd  
Kelowna, BC V1Y 9N7  
Phone: 250-869-1300  
Email: 4anju@telus.net  
www.elks-kelowna.org

Our lodge is part of a Canadian volunteer organization of men and women serving the community. The Elks and Royal Purple Fund for Children is our primary charity, assisting the hearing impaired, providing hearing aids for children under 19 years of age. We also donate to the Kelowna Food Bank, Salvation Army and Gospel Mission, as well as local youth groups.



caring... for our community.

1265 Ellis St  
Kelowna, BC V1Y 1Z7  
Phone: 250-763-7161  
Email: info@kcfb.ca  
www.kelownafoodbank.com

The Kelowna Community Food Bank is a self-supporting charitable organization. Volunteers are the life-blood of our organization, contributing a collective 20,000 hours annually, helping with:

- Board of Directors
- Daily food pick up, warehouse assistance
- Recipient services
- Kitchen services
- Hamper preparation & distribution
- Special Events.



P.O. Box 20165 TC  
Kelowna, BC V1Y 9H2  
Phone: 250-763-7323  
Email: fol4k@hotmail.com  
www.kelownafol.ca

Friends, with enthusiasm for the value of reading, libraries and lifelong literacy, support the Okanagan Regional Library (Kelowna, Mission and Rutland branches). Volunteer opportunities include: fundraising book sales three times/year: set-up of sale venue and replenishing tables (physical labour), cashiering, contacting and scheduling volunteers, publicity, kitchen help; Library activities throughout the year, and as directors: secretarial, bookkeeping, publicity.

# Volunteer Time as a Family

PHOTO • SHUTTERSTOCK.COM



The Romero family with their two children were heading out the door to meet up with another family at Mission Creek Park for a light hike and a picnic - a wonderful Canadian tradition on a beautiful Saturday afternoon.

You see, the Romero family had emigrated from South America to the Central Okanagan more than ten years ago. The parents wanted a better life for their children. When they arrived, they were faced with many challenges and adjustments. Over time and with support, they learned to adjust and love their new adopted country. Along the way they learned about the culture of giving so prevalent in this society. This compassion and kindness towards others for no monetary reward is something that they wanted to instill in their children. With this in mind they started searching for a volunteer opportunity that would be satisfying for the whole family and agreed that the Immigrant Mentorship Program would be perfect for them. They were matched up with another family whose children were of similar age and had recently immigrated to Canada also

from South America. The Romero's assisted this family in adjusting to their new community, connecting them to resources, helping them with shopping, learning about our transportation system, participating in Canadian family activities - just like the picnic they had planned for today! While the children played and the adults chatted, everyone practiced their English skills, learned about another aspect of life in Canada, and, most importantly, new friendships were created.

It was what happened on the drive home that really solidified the meaning of volunteering as a family when the youngest child said, "That was great! When can we all get together again?" This family has started to instill the sense of volunteerism toward a more caring and welcoming community that will last a lifetime.



**"No matter who you are or where you are in life, there are opportunities for everyone to become involved in the community.**

**Everyone has the power to help and the power to make a difference.**

**Thank you for volunteering!"**

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**Ron Cannan, P.C., MP.**

Kelowna - Lake Country

114-1835 Gordon Drive  
Kelowna, BC, V1Y 3H4

(250)-470-5075

[ron@cannan.ca](mailto:ron@cannan.ca)

[www.cannan.ca](http://www.cannan.ca)

# MAKE A DIFFERENCE

*Volunteers Needed!*

## Do YOU have skills? We need...

- Front Office Workers
- Board Members
- Marketing Experts
- Fundraisers
- Short-Term Project Aides
- Leaders
- IT Support
- Annual Community Event Organizers

## Do YOU want to Volunteer?

- 1.) Go to [www.kcr.ca](http://www.kcr.ca)
- 2.) Click on "Volunteer Opportunities Search"
- 3.) Click on "Create a Profile" and enter your information
- 4.) We will send you Volunteer Matches

## Volunteer and you will...

- Develop Your Network
- Share What You Know
- Make a Difference in Your Community!
- Build Your Resume
- Learn Transferable Skills

## Does Your Agency Need Volunteers?

- 1.) Go to [www.kcr.ca](http://www.kcr.ca)
- 2.) Click on "Volunteer Opportunities Search"
- 3.) Click on "Add New" and enter your information



[www.kcr.ca](http://www.kcr.ca) | email: [info@kcr.ca](mailto:info@kcr.ca) | 250-763-8008 ext 125





Email: [mim3@shaw.ca](mailto:mim3@shaw.ca)  
[www.grandmotherscampaign.org](http://www.grandmotherscampaign.org)

Kelowna Grandmothers for Africa is one of 240 grandmothers groups across the country. The Grandmothers to Grandmothers Campaign, launched by the Stephen Lewis Foundation in 2006, is a response to the crisis faced by African grandmothers who struggle to care for millions of children orphaned by AIDS. The campaign raises awareness, builds solidarity mobilizes support in Canada, and raises funds for African partner organizations supporting immediate needs.



3151 Lakeshore Rd  
Kelowna, BC V1W 3S9  
Phone: 250-868-2650  
[bj.griffin@hotmail.com](mailto:bj.griffin@hotmail.com)

We are a ladies service club serving our community by helping with Senior and Summer games, Canada Day celebrations, Senior Homes and Big Bike Heart and Stroke. We also host fundraising events such as bake sales, rose sales, annual fowl supper and catering. Profits go to Camp Winfield, Food Bank, Salvation Army, Women's Shelter, Cancer and Gospel Mission.

## KGH FOUNDATION

Main Floor, 2268 Pandosy St  
Kelowna, BC V1Y 1T2  
Phone: 250-862-4300 Ext 7497  
Email: [nancy.wells@interiorhealth.ca](mailto:nancy.wells@interiorhealth.ca)  
[Kghfoundation.com](http://Kghfoundation.com)

Kelowna Hospital Foundation is the charitable foundation for Kelowna, Rutland, Winfield and Peachland Hospital Auxiliaries and the Cottonwoods Gift Shop. Together they raise over \$1M per year. Monies raised are used to purchase medical equipment for patient "care and comfort". Volunteer opportunities available at; Rutland Thrift Shop; KGH - Perking Lot (coffee kiosk), Centennial Mercantile (gift shop) and the Royal Bistro and at Cottonwoods care facility in the Gift Shop. Ages 14-95 welcome.



[www.international-childrens-games.org/web/](http://www.international-childrens-games.org/web/)

The Kelowna International Children's Games Legacy Committee organizes Kelowna athletes to participate in the annual International Children's Games. ICG is an IOC sanctioned event for athletes between the ages of 12-15 to participate in an international sporting and cultural event of a life time. For more information on the ICG check out our webpage. Join us and help make a difference in the lives of these athletes.



241-1889 Springfield Rd  
Kelowna, BC V1Y 5V5  
Phone: 250-862-8202  
Email: [kelownarighttolife@telus.net](mailto:kelownarighttolife@telus.net)  
[www.prolifekelowna.com](http://www.prolifekelowna.com)

Since 1972, the Kelowna Right to Life Society has spoken out for the right to life of every human person from the moment of conception to the moment of natural death. Our goal is to build a culture of life that respects the inherent dignity of each human life and upholds the notion of the strong, traditional family.



Email: [kelownarotaractclub@gmail.com](mailto:kelownarotaractclub@gmail.com)

Kelowna Rotaract was chartered in March of 2008 as a school-based club at the University of British Columbia Okanagan. We are sponsored by the Rotary Club of Kelowna Sunrise and often work together for events and service projects. We have now since reorganized ourselves as a community based club, welcoming students as well as young professionals to join us as we engage in our local community, international service, and fellowship.

# Physical Benefits from Volunteering

Little did Chloe realize when she started volunteering at the Recreation Centre that she was not only helping others get fit, but that her own fitness level was going to improve.



PHOTO • SHUTTERSTOCK.COM

During her volunteer interview, questions were asked about goals for volunteering and this wasn't one she had even thought about. On her first day in a "Fit n Stretched" class Chloe was matched up with a young lady who needed a bit of extra instruction. Chloe found that the easiest way to do this was to demonstrate the exercises and do them alongside her partner. They got into a rhythm and Chloe soon realized that if she just did the exercises, adding some encouragement and praise, her partner followed along enthusiastically! As the session progressed Chloe found herself getting stronger and was able to increase the difficulty which gave her an even better workout. The typical cool down and stretch at the end of the workouts left her feeling relaxed and happy.

Another volunteer, Gerry, has become

very good at playing and teaching Pickleball after being recruited to help out with the Adaptive Program for people with disabilities. The program takes place both indoors and out and has given Gerry a new hobby to look forward to while getting in shape. Through his volunteering he has learned about the exploding "Pickleball craze" and although he hasn't joined the ongoing league of over 400 people just yet, Gerry is certainly considering it. Chloe and Gerry are just two just two examples of the many ways volunteering can improve your health as an additional benefit to the many other gifts volunteering can give. If getting in shape is important to you, there are many organizations that need volunteers to help with their recreation programs





# Get Involved CENTRAL OKANAGAN STYLE



PO Box 24111  
Kelowna, BC V1Y 9H2  
www.kelownasuniserotary.org

We pride ourselves in being engaged in all areas of Rotary service; from support for recreational endeavours ,sporting events, park development, environmental projects, literacy, and feeding the needy at the local level, to building wells and latrines and helping orphaned children in developing nations. Join us Friday mornings at 7am, to find out where the meetings are held email President Greig at greigmc@telus.net Your first breakfast with Sunrise Rotary is on us!



**KELOWNA WALDORF SCHOOL**  
Education from the Inside Out

429 Collett Rd  
Kelowna, BC V1W 1K6  
Phone: 250-764-4130  
Email: admin@kelownawaldorf.org

The Kelowna Waldorf School has offered an inspired educational alternative since 1982. Volunteers are an essential support for our school community and assistance is required to maintain our buildings, gardens and property. Opportunities include cleaning, minor repairs, painting, weeding and pruning. As a non-profit organization we value the service you are able to provide so we may continue delivering top quality education to our students from Preschool through Grade Eight.



Box 20193, RPO Towne Centre  
Kelowna, BC V1Y 9H2  
Phone: 250-868-6620  
Email: community@coess.ca  
www.kelownawomensshelter.ca

Volunteering at the shelter is an opportunity to develop and share skills, participate in services and programs, and work towards a safer and healthier society for women and their children. Make a difference in the lives of women and children by donating time and energy in roles like Thrift Store assistant, Events, Housekeeping, Childcare, Administration and more.



Email: kazpartnership@videa.ca  
www.kazpartnership.ca

KaZ was formed by VIDEA to promote mutual learning and friendship between its members and people in rural Zambia. Our indigenous partner is Women for Change (WfC) and together we create projects that will be meaningful both here and in the areas where WfC works. Past successes include building a primary school, bore hole wells, community gardens, support for orphans, supplying carpentry tools, income generation for basket weavers and beekeepers.



**Kelowna's  
Gospel Mission**

259B Leon Ave  
Kelowna, BC V1Y 6J1  
Phone: 250-763-3737 Ext 204  
Email:  
sonja@kelownagospelmission.ca  
www.kelownagospelmission.ca

For over 35 years we have cared for the most vulnerable in our community. None of the impactful work we do would be possible without the support of our community. Volunteers are vital to our continued success. You can be a part of an amazing team of volunteers helping to feed the hungry, shelter the homeless and help the hurting.



PO Box 24056, RPO Towne Centre  
Kelowna, BC V1Y 9H2  
Phone: 250-860-9921  
Email: kelownasummit@gmail.com

Kiwanis meets weekly to listen to community speakers, discuss serving and bettering our community and fellowship. Jointly, we determine local community needs, and develop and implement projects to serve those needs. Members benefit from lasting relationships, enrichment through the exchange of ideas, experience leadership and the opportunity to serve our Central Okanagan community. For meeting and membership details contact Chris Thatcher, 250-860-9921. Kiwanis... Serving the Children of the World.

# Friends and Contacts



Moving to a new community can be exciting and challenging at the same time. Jake was excited about his move and it was one that would help his career. The only downside for Jake was he didn't know a soul and he has always had lots of friends and family around.

After a few weeks at work one of his colleagues took him out for lunch to see how he was adjusting to life in the Okanagan. Jake explained how he loved his new home, his job and of course the weather, but he was feeling a little lonely. Derek, Jake's colleague said he knew exactly how Jake was feeling as he went through the same thing when he first moved here.

Derek asked Jake how he felt about giving back? When Derek moved here he was introduced to the world of volunteering and is still doing it today. He picks agencies that he has an interest in when he is free he helps out. Derek explained to Jake that he has a great group of friends that are separate from his work friends, he has acquired new skill sets that have enhanced his job, plus he has learned so much about the community.

Some of the people that Jake will meet will introduce him to some other clubs as well as sports teams so he can get back into his other passions. Volunteering has also brought a few new clients to their company and that always makes the boss happy.

Thanks to Derek, Jake has learned that giving back is a win-win for everyone. Jake and Derek are now part of a team that mentors new employees when they transfer into town. One of the first things they teach the new employee is volunteering is a great way to increase your circle of friends.



PHOTO • SHUTTERSTOCK.COM

**ONE STOP, ONE SOURCE**

**Westkey**  
**250 • 765 • 6661**  
 1660 Innovation Drive,  
 Kelowna, BC, V1Y 2Y4  
[kelowna@westkeygraphics.com](mailto:kelowna@westkeygraphics.com)

Westkey's vast variety of print capabilities, warehousing & distribution services is second to none within the industry & provides print purchasing programs tailored to each of our customer's specific needs. Westkey is the only true One Stop, One Source print provider.

**VANCOUVER • CALGARY • EDMONTON • GRANDE PRAIRIE • KAMLOOPS • KELOWNA**



9-3151 Lakeshore Rd, Suite 251  
Kelowna, BC V1W 3S9  
Phone: 250-317-9877  
Email: infomaddokanagan@gmail.com  
www.madd.ca

Each year between 1,250-1,500 Canadians are killed and 64,000 injured as a result of impairment related crashes. MADD works to stop impaired driving and support victims of this violent crime. As a volunteer-based organization, we are always on the lookout for dedicated, passionate volunteers for victim support, court monitoring, special events, fundraisers, check stops and more. Help MADD Central Okanagan make our roads safer.



Email: okanaganfruittree@gmail.com  
www.fruittreeproject.com

The Okanagan Fruit Tree Project is a non-profit organization that turns backyard fruit trees into a valuable source of healthy food for the community by harvesting otherwise wasted fruit. Since 2012, the project has picked 23,000 lbs of fruit and shared it among volunteers, tree owners, and local charities. Volunteers of all ages, backgrounds, cultures, and diversibilities are welcome! Contact us at okanaganfruittree@gmail.com or www.fruittreeproject.com to get involved.



230-1855 Kirschner Rd  
Kelowna, BC V1Y 4N7  
Phone: 250-762-5850  
Email: info.okanagan@mssociety.ca  
www.mssociety.ca/okanagan

MS is a chronic, often disabling disease diagnosed during a person's prime of life. Our goal is to find a cure and enable people affected by MS to enhance their quality of life. Our volunteers are an existing, diverse, dynamic group who share a willingness to contribute their time and talent to end MS!



Memorial Arena  
1424 Ellis St  
Kelowna, BC V1Y 2A5  
www.kelownamuseums.ca

Volunteers with an interest in military history are needed for our reception desk and to welcome visitors to the museum. Four hour shifts once a month. Open Tues, Thurs, Sat (winter), plus Wed and Fri (summer). For more information phone Dana Hopkinson at 250-763-2417. Be sure to visit us November 11 to commemorate Remembrance Day.



Okanagan  
Boys & Girls Clubs  
A good place to be

1434 Graham St  
Kelowna, BC V1Y 9H2  
Phone: 250-762-3914  
Email: dwalker@boysandgirlsclubs.ca  
www.boysandgirlsclubs.ca

Okanagan Boys and Girls Clubs provides a safe, supportive place where children and youth experience new opportunities, overcome barriers, build positive relationships and develop confidence for life. Our programs support the healthy physical, educational and social development of young people and their families. We focus on building an individual's strengths and capabilities and all our programs embrace the principles of equality and inclusion.



Email: info@suicideawareness.ca  
www.suicideawareness.ca

Okanagan Suicide Awareness Society (OSAS) educates the public by providing a resource library, courses, seminars and workshops about suicide awareness and survivor support, establishes and supports community programs for those who have lost loved ones to suicide, cooperates with other organizations having the same or similar objectives as those of this Society, operates a private online support group.

# Purposeful Travel

Bob and Sally had visited many countries around the world on their “bucket list”. They were fortunate to see many exotic places, historic sites and memorable vistas.

It had occurred to them that the ‘list’ never ends and did they want these experiences to be the measure of their lives?

From their past travels they recalled the most meaningful experiences involved times when a small sacrifice may have been made on their part or when they had connected with someone from another culture on a personal level. As a result, for the past number of years they had committed to including a ‘purposeful’ component to their travel experiences. For example, they picked countries that they wished to visit and then included a Habitat for Humanity build into the trip. This allowed them to interact with like-minded people and experience the country and culture through the eyes of the “locals”.

Their Rotary Club assisted them by presenting ‘purposeful’ opportunities to experience other cultures through the local population by connecting with other Rotarians around the world and jointly working with local people on projects concerning Maternal and Child Health, Basic Education and Literacy, Disease Prevention, and Treatment and Economic Development.

These were the travel memories that lingered in their memory banks! These were the memories they would never forget!

Paradoxically, each such experience reaffirmed their understanding that the altruistic component of their travel experiences almost always exceeded the self-absorbing component of their trips when it came down to recalling the highlights.

It was a given they would not see every tourist attraction or experience every hyped travel experience promoted to them. Nevertheless, the personal satisfaction resulting from working with local people from different countries and cultures in purposeful activities provided the lasting memories that served them well in their later years.



PHOTO • SHUTTERSTOCK.COM

## Make a Difference to a Single Mom and Her Children!

Join this dynamic group of women making a difference in the lives of families in our community.

As a trained Family Friend Volunteer, you will be matched with a single mom to offer friendship and mentorship, support and encouragement.

Wonder if this volunteer opportunity is right for you?

Lisa Ford  
KCR- Family Friend Program  
P: 250.763.8008 ext.136  
E: lisaf@kcr.ca





# Get Involved CENTRAL OKANAGAN STYLE



Osteoporosis Canada  
Ostéoporose Canada

Box 21072, Orchard Park PO  
Kelowna, BC V1Y 9N8  
Phone: 250-861-6880  
Information line: 1-800-463-6842  
kelowna@osteoporosis.ca  
www.osteoporosis.ca

Share your skills and experience assisting with health fairs, presentations, fundraisers and more. Osteoporosis affects over 300,000 men and women in BC. It is painless and often goes undetected until a fracture occurs. Join us to help educate and support our community for a lifetime of strong and healthy bones.



Ovarian Cancer Canada  
Cancer de l'ovaire Canada

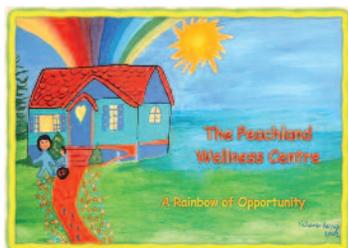
330 - 470 Granville St  
Vancouver, BC V6C 1V5  
Phone: 250-862-6253  
www.ovariancanada.org

Welcome Volunteers! It is our pleasure to invite you to join the great team dedicated solely to ovarian cancer! At Ovarian Cancer Canada there are many important roles and opportunities for you to contribute to creating awareness of the signs and symptoms, providing programs to women with ovarian cancer and their families, and funding vital research in early detection and ultimately, a cure.



123 Franklyn Rd  
Kelowna, BC V1X 6A9  
Phone: 250-763-4837  
www.pathwayskelowna.ca

"Embrace, Empower, Employ" Pathways Abilities Society (formerly KDSCL) is a not-for-profit organization that provides services to adults and youth with developmental disabilities. Our mission is "to assist people with disabilities to reach their individual goals and contribute as equal members of community". Our vision is of "welcome... building communities that support and value the diverse abilities of all people". We invite volunteers to join us in our mission.



4426 5th St  
Peachland, BC V0H 1X6  
Phone: 250-767-0141  
Email: wellnesscentre@shaw.ca  
www.peachlandwellnesscentre.ca

We support individuals in the Peachland area to maintain their independence and stay in their homes as long as possible; provide education and support programs, outreach services and information and referral. Our volunteers and staff work together with community members, organizations and the municipality. Join the PWC team and support others with your skills and expertise... you can make a difference!



Email: bhgood@telus.net

Probuss was started by Rotary (but is not a service club) with three clubs active in the Kelowna area. The Probuss clubs of Kelowna provides seniors with social activities and fellowship. The Men's Probuss club is in Kelowna, the Westside Probuss club is mixed membership, and meets in West Kelowna, and the Ogoopogo Probuss club, also mixed, meets in Kelowna. Talk to the volunteers at the fair and get the details on these social clubs.



421 Cawston Ave  
Kelowna, BC V1Y 6Z1  
Phone: 250-717-5304  
www.rotarycentreforthearts.com

Volunteer within the vibrant world of the visual and performing arts! What are the benefits from volunteering with us? Add experiences to your portfolio. Attend free shows. Belong to the cultural district community. Keep active. Receive random gifts of gratitude and attend annual appreciation parties. Listen to the latest lectures. View the newest artistic work.



# A proud community partner

## CAPITAL news



The Capital News publishes over 46,000 verified audited copies every Tuesday, Thursday and Friday, delivered direct to the doorstep throughout the Central Okanagan.



**Proud** to sponsor and support the organizations that enrich the community we live in and improve the lives of many.



**It starts with Scouts.**

664 West Broadway  
Vancouver, BC V5G 1Z1  
Phone: 1-250-215-1021  
Email: [wedis@scouts.ca](mailto:wedis@scouts.ca) [www.scouts.ca](http://www.scouts.ca)

As Canada's leading youth organization, Scouts Canada's Mission Statement is "To help develop well rounded youth, better prepared for success in the world." Volunteers may serve as support/admin or deliver non-formal education to youth aged 5-26. Full Leadership and Outdoor Skills training provide personal growth opportunities and challenge, as well as the opportunity to upgrade your resume, while contributing to the development of Canada's future leaders. Don't hesitate - call today!

## Sing for your life

203-446 West Ave  
Kelowna, BC V1Y 4Z2  
Phone: 250-860-5408  
Email: [nigel@singforyourlife-canada.org](mailto:nigel@singforyourlife-canada.org)  
[www.singforyourlife-canada.org](http://www.singforyourlife-canada.org)

'Silver Song Clubs' are the core program of Sing For Your Life Foundation, BC. The Clubs bring individuals aged 65+ (with a care giver, if appropriate) together twice each month for a 90-minute fun and engaging session. Led by professional, trained musician facilitators, the sessions engage seniors in a variety of "structured participatory singing and music making".



**University of Victoria** | Centre on Aging

## Self-Management British Columbia

Phone: 1-866-902-3767

If you are interested in developing group facilitation skills to share strategies for healthier living and support others, then join our team of dedicated volunteers. FREE 4-day leader training will allow you to learn new skills, help you stay connected to your community and give you a meaningful volunteer experience. Our self-management programs are for people in BC who are living with chronic disease, pain, diabetes or arthritis/fibromyalgia.



## Special Olympics British Columbia

PO Box 22078 Capri Centre,  
Kelowna, BC V1Y 9N9  
Phone: 250-861-7152  
Email: [s.grills@shaw.ca](mailto:s.grills@shaw.ca)  
[www.sobc-kelowna.org/](http://www.sobc-kelowna.org/)

Our mission is to provide individuals with an intellectual disability the opportunity to enhance their life and celebrate personal achievement through positive sports experiences! Highly motivated and enthusiastic volunteers are our backbone and most valuable resource. Help us coach, organize, chaperone, train, transport, motivate and raise funds for our athletes, or join our Board of Directors.



**Seniors Outreach & RESOURCE CENTRE**

102 - 2055 Benvoulin Crt  
Kelowna, BC V1W 2C7  
Phone: 250-861-6180  
Email: [senior@telus.net](mailto:senior@telus.net)  
[www.seniorsoutreach.ca](http://www.seniorsoutreach.ca)

In partnership with volunteers and other organizations, we help seniors enhance their quality of life. Our volunteer programs:

- Friendly Visitor: Connect with a senior for home visits of outings.
- Computer Mentor: Teach basic computer skills.
- Handyperson: Help with simple repair jobs.
- "Coffee Break" Hosts: Co-host a drop-in, socializing group.
- Income Tax Preparation: Prepare simple income tax returns.



## Park Place Spring Valley enriching lives of seniors

355 Terai Crt  
Kelowna, BC V1X 5X6  
Phone: 250-979-6000  
Email: [springvalley@parkplaceseniorsliving.com](mailto:springvalley@parkplaceseniorsliving.com)  
[www.parkplaceseniorsliving.com](http://www.parkplaceseniorsliving.com)

Spring Valley Care Centre's motto of "Suit Yourself" gives the 150 residents a "voice and a choice" in how they live their daily lives. If your passion is to add purpose, value, and a bit of happiness to people who will touch you in ways you can't imagine, then, WE WANT YOU!

# Joy is a wonder drug

Happiness heals. Every smile, every moment of joy can raise the spirit – and strength – of a seriously ill child.

To find out more about leaving a gift in your will to The Children's Wish Foundation of Canada, contact us at 1-800-267-WISH (9474).



[www.childrenswish.ca](http://www.childrenswish.ca)  
Registered Charity #: 12403 8878 RR0001



## St. John Ambulance

1941 Kent Rd  
Kelowna, BC V1Y 7S6  
Phone: 250-762-2840  
Email: kelowna@bc.sja.ca  
www.sja.ca/bc

St. John Ambulance is the oldest known charitable organization in the world, with a history of over 900 years of community service. We annually volunteer over 3,000 hours, providing first aid at a variety of community events, as well as emergency service during crises and disasters. Our Therapy Dog program bring "first aid of the heart" to the elderly in their homes.

## THE TERRY FOX RUN for cancer research

Phone: 1-888-836-9786  
Email: terryfoxrunkelowna@gmail.com  
www.terryfox.org

The Terry Fox Foundation is one of the most fiscally responsible charities in Canada. 84 cents of every dollar goes directly to cancer research, funding leading edge research for all types of cancer. Pre-planning begins in May with the Run in September. Volunteer roles vary from a few hours to many, depending on your interests and availability. Join us to support the progress of cancer research.



Phone: 250-212-7951  
Email: okbcdukeofedinburghaward@gmail.com  
www.dukeofed.org

The Duke of Edinburgh's award you set goals and achieve results in fun and challenging ways. You explore new activities and explore your interests. You experience incredible adventures you never thought possible, dream big and succeed! Through the awards three levels (Bronze, Silver, and Gold) you'll have the chance to tackle and make great strides in four key areas: Service, Skills, Physical Recreation, Adventurous Journey and Residential Project.



Giving Hope Today

1480 Sutherland Ave  
Kelowna, BC V1Y 5Y5  
Phone: 250-860-2329 Ext 333  
Email: suzied@kelsa.ca  
www.kelownasalvationarmy.ca

Our year-round volunteers provide on average 2,000 hours per month to support our Thrift Stores, Food Bank, and our youth and seniors programs. Over 1,600 seasonal volunteers ensure the success of our annual Christmas Kettle Campaign and food and toy hamper program. Experience the joy found from helping others transform their lives by volunteering with us! Heart to God, hand to man - together we make a difference!



544 Harvey Avenue  
Kelowna, BC V1Y 6C9  
Phone: 250-861-1515  
Email: chris@tourismkelowna.com  
www.tourismkelowna.com

The Airport Information Kiosk located in the arrivals area of the Kelowna International Airport is entirely staffed by Tourism Kelowna volunteers. Applicants must have previous customer service experience and be willing to expand their knowledge through several training courses. Please email chris@tourismkelowna.com if you are interested in joining our amazing team of volunteers. We look forward to meeting you!



United Way  
Central & South  
Okanagan Similkameen  
Change starts here.

202-1456 St Paul St  
Kelowna, BC V1Y 2E6  
Phone: 250-860-2356  
Email: angela@unitedwaycso.com  
www.unitedwaycso.com

United Way brings together businesses, governments, community members and partners in the social services sector who care about the issues we face in the Central and South Okanagan Similkameen. No other organization does this. This is our story. It takes every one of us working together to create change. This is your story. Join the United Way as a volunteer and help create our community's story.

Sign up today...  
**Volunteers Needed!**  
Contact us at [info@uptownrutland.com](mailto:info@uptownrutland.com)



**Uptown Rutland**  
**SCARECROW FESTIVAL**  
[www.ourrutland.ca](http://www.ourrutland.ca)

**12-4pm**  
**Sun, Oct 5th, 2014**  
**Sun, Oct 4th, 2015**  
**Lions Park**  
**(on Gray Rd, behind Plaza 33 Mall)**



**Uptown**  
**Rutland**



# Get Involved CENTRAL OKANAGAN STYLE



Email:whiteroz1@shaw.ca

The Westbank Lioness Club has been around since 2000. We're a group of dedicated ladies of Westbank (West Kelowna) trying to help people and improve our community. We assist local senior care homes with services to their residents and we support the Lions' Camp Winfield for handicapped kids. We also support youth programs and other charities. Currently we're raising funds to help the completion of the Lions Westbank Community Hall which was damaged by fire last year. Contact: Rose Thompson, President at whiteroz1@shaw.ca. New members always welcome!



Email:highview1@telus.net

WHO ARE LIONS Lions meet the needs of local communities and the world. The 1.35 million members of our volunteer organization in 206 countries and geographic areas are different in many ways, but share a core belief-community is what we make it. Lions are also prominently dedicated to youth programs and helping the young people in our community and around the world.



Email:admin@westsidedaze.com  
www.westsidedaze.com

Westside Daze is a multi-day festival held annually around the July long weekend in West Kelowna. Through the Westside Celebration Society, we plan and organize a Free, Fun, Family festival. Westside Daze features one of the largest parades in BC, fireworks, car show, kids fair, free nightly concerts and much more. For more information, email Westside Daze at admin@westsidedaze.com.

## A Great Place makes a Great Event!



A great relaxing venue to host your next private function! From Corporate client events to Wedding and Christmas parties. Our lounge and meeting room seats up to 110. The bar is open to the public and is very popular with locals and visitors alike. We're fully accessible and fully licensed. Check out our calendar for upcoming events!

Come in and visit Kelowna Elks Lodge #52 at...  
205-2040 Springfield Rd, Invue Building, 2nd floor

**250-860-5841**

EMAIL: elkskel@shaw.ca  
www.elks-kelowna.org



# Change starts here.

Helping kids be all they can be,  
turning poverty into possibility, and  
building strong communities



Give. Volunteer. Act



**United Way**  
Central & South  
Okanagan Similkameen

Change starts here.

**mY** story  
united way  
community



2013 Volunteer Organization of the Year: Freedom's Door



2013 Woman of the Year: Rose Sexsmith

# 40TH ANNUAL Civic & Community AWARDS GALA



## Celebrating Kelowna's Community Volunteers

The Civic Awards will recognize individuals, businesses and not-for-profit organizations for their contributions and achievements in 2014 at the Kelowna Community Theatre on **April 30, 2015**.

The City of Kelowna will be accepting nominations from **December 1, 2014** to **February 13, 2015**.

For a full list of awards, nomination forms and online submission, visit [kelowna.ca/residents](http://kelowna.ca/residents).

For more information, please contact **Amber Gilbert**  
250 469-8967 | [agilbert@kelowna.ca](mailto:agilbert@kelowna.ca)



**PLUS**  
Kelowna Hotel & Suites



Grant Thornton



**FORTIS BC™**



YMCA of  
Okanagan



KCR



ROCK 101.5